

Massage has many benefits: in addition to providing total relaxation and relaxation, it recharges your body with energy; promotes recovery and eliminates pain. It can also be a complementary or alternative treatment for recovering from possible injuries or physical discomfort.

During exercise, our muscles are put under stress, releasing substances that increase muscle fatigue. Muscle tension and toxin build-up can cause pain - massage can reduce this pain in a number of ways: it stimulates circulation; it relaxes muscles and tissues.

Massage also has an important role to play in stretching - allowing areas to be stretched that are not possible with traditional methods. During a massage, our muscles loosen up and relax, allowing us to rest and recharge.

Massage helps you feel good, both physically and emotionally. Recommended for all ages.

## MASSAGE TYPES:

// FULL BODY MASSAGE

// PARTIAL BODY MASSAGE

// FOOT MASSAGE

## PRICES

### // FOR THOSE WITH A PASS

Full or partial body massage 60 min .....	HUF 7 000
Full or partial body massage 30 min .....	HUF 4 000
Reflexology treatment or refreshing foot massage 60 min .....	HUF 7 000
Reflexology treatment or refreshing foot massage 30 min .....	HUF 4 000

### // FOR THOSE WITHOUT A PASS

Full or partial body massage 60 min .....	HUF 8 000
Full or partial body massage 30 min .....	HUF 5 000
Reflexology treatment or refreshing foot massage 60 min .....	HUF 8 000
Reflexology treatment or refreshing foot massage 30 min .....	HUF 5 000

The treatment time can be adjusted according to your needs (e.g. 40, 50, 90, 120 minutes).

## BOOKING AN APPOINTMENT:

### LÁSZLÓ KARDOS

physiotherapist, reflex therapist, electro-acupuncture therapist

+36 30 604 1656

### OPENING HOURS:

by prior appointment between  
7 am and 10 pm