

In our club, masseuse Csilla Popovics warmly welcomes our guests!

Based on Swedish massage techniques, its application is twofold.

Its purpose is to treat muscle aches and pains caused by everyday life. This can be caused by poor posture, sitting hunched over or running around all day. But it can also be used to treat painful muscle knots caused by stress.

Another typical field of application is rehabilitation after accidents and injuries. The care of weakened muscles and joints with limited movement can contribute greatly to a full recovery and help healing.

The effect of massage on the muscles provides muscle regeneration for athletes, while for those with a general physique, it can mean toning, adequate oxygen supply and even the elimination of fatigue.

The right massage is an amazing way to complement your workout and soothe you after a hard day.

## MASSAGE TYPES:

// **SPORTS MASSAGE**

// **RELAXING MASSAGE**

// **ANTI-CELLULITE MASSAGE**

(shaping treatment against cellulite)

## PRICES

### // **SPORTS OR RELAX MASSAGE**

|                                  |            |
|----------------------------------|------------|
| Face/back/feet/legs 30 min ..... | HUF 7 000  |
| Back+arms/Back+legs 45 min ..... | HUF 8 500  |
| Full body 60 min .....           | HUF 9 500  |
| Full body+foot 90 min .....      | HUF 12 000 |

### // **ANTI-CELLULITE MASSAGE**

|                                     |            |
|-------------------------------------|------------|
| Anti-cellulite massage 30 min ..... | HUF 8 000  |
| Anti-cellulite massage 60 min ..... | HUF 10 000 |

### // **5 OCCASIONS PASS PRICES**

|              |            |
|--------------|------------|
| 30 min ..... | HUF 31 000 |
| 45 min ..... | HUF 38 500 |
| 60 min ..... | HUF 43 000 |
| 90 min ..... | HUF 54 000 |

### // **10 OCCASIONS PASS PRICES**

|              |             |
|--------------|-------------|
| 30 min ..... | HUF 59 500  |
| 45 min ..... | HUF 72 500  |
| 60 min ..... | HUF 81 000  |
| 90 min ..... | HUF 102 000 |

### // **5 OCCASIONS PASS PRICES ANTI-CELLULITE MASSAGE**

|              |            |
|--------------|------------|
| 30 min ..... | HUF 36 000 |
| 60 min ..... | HUF 45 000 |

### // **10 OCCASIONS PASS PRICES ANTI-CELLULITE MASSAGE**

|              |            |
|--------------|------------|
| 30 min ..... | HUF 68 000 |
| 60 min ..... | HUF 90 000 |

## BOOKING AN APPOINTMENT:



**CSILLA POPOVICS**

+36 20 588 9182

chillhousemassage@gmail.com

**OPENING HOURS:**

From Monday to Friday, by appointment.

**WWW.LIFE1.HU**

Prices are in HUF and include VAT.

**CORVIN**