



Masajul cu pietre vulcanice Volcanic rocks massage

masajul cu roci vulcanice (pietre calde) este cel mai in voga tip de masaj ce se practica in saloanele de masaj, centre de infrumusetare si centre SPA din intreaga lume, in special datorita efectelor deosebite ce se obtin prin acest tip de masaj.

Terapia cu roci vulcanice calde se bazeaza pe faptul ca pe corpul uman exista anumite canale energetice numite meridiane si a unor centrii energetici numiti "chakra" – cele 7 chakra principale se gasesc pe linia mediana a corpului, de-a lungul coloanei vertebrale si sunt conectate cu anumite organe si functii ale corpului.

The hot stones massage is the most fashionable type of massage that is practiced in massage salons, beauty and SPA centres from around the world, mainly due to the special effects that are obtained with this type of massage.

Therapy with volcanic rocks is based on the fact that within the human body there are some energetic channels called meridians and energy centres called "chakras" – the 7 main chakras can be found in the middle of the body, along the spine and they are connected with certain organs and body functions.

50 min / 85 lei

Masaj specializat si therapeutic Specialized and therapeutic massage

Printre numeroasele beneficii aduse de masajul therapeutic se numara urmatoarele: permite ameliorarea in numeroase boli, calmeaza diverse dureri si simptome, scade incordarea nervoasa generala, relaxeaza musculatura contractata, creste elasticitatea tesuturilor, impiedica atrofia musculara, inlatura oboseala.

Ce este foarte important de retinut este faptul ca acest tip de masaj nu se adreseaza doar persoanelor bolnave, ci si celor sanatoase, cu scopul de a preveni bolile si de a mentine organismul in forma.

Among the numerous benefits of the therapeutic massage, we can mention the following: it improves health, relieves general nervous tension, loosens tightened muscles, increases tissue elasticity, prevents muscle atrophy and removes fatigue.

What is important to remember is the fact that this type of massage is not only for sick people, but also for the healthy ones and its purpose is to prevent diseases and keep the body fit.

50 min / 90 lei



Masaj facial Facial massage

Masajul facial este un tratament care ajuta la mentinerea sanatatii si frumusetii pielii, dar si la incetinirea procesului de imbatranire. Alaturi de beneficiile oferite pielii, masajul facial ajuta la combaterea stresului, a congestiei sinusurilor, durerilor de cap si migrenelor.

Sedintele regulate de masaj facial sunt recomandate pentru fermitatea si stralucirea pielii, minimizarea liniilor fine si a ridurilor, dar si pentru hidratare si eliberarea tensiunii.

Facial massage is a treatment that helps maintain skin health and beauty but it also slows down the ageing process. Besides skin benefits, facial massage helps combat stress, sinus congestion, headaches and migraines.

Regular sessions are recommended for facial skin firmness and brightness, to minimise fine lines and wrinkles and also for skin hydration and tension release.

25 min / 45 lei

Masajul capilar Head Massage

Dupa parerea specialistilor, un masaj capilar este un tratament minunat pentru relaxare si detensionare. Aceste hraneste parul prin stimularea circulatiei sangvine si a substantelor nutritive de la nivelul pielii.

Prin masajul capilar si masajul efectuat la nivelul coloanei cervicale se pot reduce durerile de cap si cefaleea, realizandu-se totodata o decontractura musculara.

According to experts, a Head Massage is a wonderful treatment for relaxation and stress relief. These nourishes the hair by stimulating blood flow and nutrients to the skin.

The capillary massage and massage performed cervical spine can reduce headaches, achieving also a muscular decontractation.

25 min / 45 lei

Contact

Hotel Dorna ** Vatra Dornei**
S.C. Meridian Turism S.A.
Str. Tudor Vladimirescu Nr. 5A
Vatra Dornei, județul Suceava
România

Rezervări și info:
(+4) 0230 37 00 38 (+4) 0756 10 10 13
www.hoteldorna.ro rezervari@hoteldorna.ro



WELLNESS & SPA

Masajul este considerat una dintre cele mai vechi forme de vindecare, de aceea va invitam sa le incercati la noi!

Massage is considered one of the oldest forms of healing, so we invite you to try it with us!

Masaj general (suedez) General Swedish massage

Masajul se practica pentru imbunatatirea proprietatilor fizice ale tesuturilor, stimularea aparatelor si sistemelor organismului.

Masajul suedez este extrem de benefic pentru cresterea nivelului de oxigenare al sangelui, in scaderea toxinelor musculare, imbunatatirea circulatiei, cresterea flexibilitatii si reducerea tensiunii locale.

This type of massage is practiced to improve physical properties of tissues, to stimulate body's organs and systems.

Swedish massage is extremely beneficial to increase blood oxygenation, decrease the amount of muscle toxins, to improve blood circulation, to increase flexibility and reduce local pressure.

45 min / 65 lei



Masaj cu bete de bambus Bamboo stick massage

NOU

Masajul cu bete de bambus are origine asiatica. In cultura acestui popor, bambusul reprezinta longevitatea, fertilitatea si energia vitala. Studiile realizata arata ca prin folosirea acestor bete din bambus este imbunatatita circulatia fluidelor, temperatura corpului se regleaza, iar corpul se revitalizeaza in intregime. Acest tip de masaj are numeroase efecte: anticelulitic, drenant, tonic, detoxifiant si energizant.

Bamboo stick massage is of Asian origin. In the culture of this people, bamboo signify longevity, fertility and vital energy. Studies show that using these bamboo sticks improves fluid circulation, body temperature adjusts, and body revitalizes completely. This type of massage has many effects: anti-cellulite, draining, tonic, detoxifying and energizing.

55 min / 105 lei



Masaj reflexogen Reflexogene massage

NOU

Reflexoterapia are drept scop reechilibrarea energiei vitale a organismului. Reflexoterapia este o stiinta practicata cu mii de ani in urma de catre popoarele egiptene, civilizatii maiase ori incase.

Un mijloc de relaxare al acestuia il constituie masajul reflexogen al piciorului. Efectul acestui tratament este o senzatie de lejeritate si de relaxare.

Se foloseste pentru: inlaturarea tensiunilor si a stresului, imbunatatirea circulatiei sanguine si a celei limfatice, recuoerarea in cazul afectiunii anumitor organe, ca terapie alternativa sau complementare cu terapia clasica si deblocarea fluxurilor nervoase.

Reflexotherapy aims to rebalance the vital energy of the body. Reflexology is a science practiced thousands of years ago by Egyptian peoples, mayans or inka.

A mean of relaxing it is the reflexogenic massage of the foot. The effect of this treatment is a feeling of ease and relaxation.

It is used to: relieve tensions and stress, improve blood and lymph circulation, recovery in the case of certain organ diseases as alternative or complementary therapy with classical therapy and unblocking nerve fluxes.

50 min / 67 lei

Masaj anticelulitic Cellulite massage

Masajul anticelulitic are rolul de a stimula circulatia sangvina si limfatica locala, activand metabolismul pielii si de a indeparta depunerile adipoz.

De asemenea, duce la eliminarea toxinelor din tesuturi, redand pielii elasticitatea.

Trebuie stiut faptul ca masajul anticelulitic este eficient in masura in care gradul de profunzime si intensitate terapeutica este atins.

Cellulite massage is designed to stimulate local blood lymph circulation, activating skin metabolism and removing fat deposits.

It also helps eliminate toxins from the tissues and restore skin elasticity.

One should know that celulite massage is effective to the extent that the depth and intensity required is achieved.

55 min / 87 lei



Masaj de relaxare combinat

(reflexoterapie+masaj suedez)

Combined relaxation massage

(Swedish massage and Reflexology)

Prin acest tip de masaj se faciliteaza circulatia sanguina si transportul toxinelor spre organele de eliminare sau detoxifiere.

Masarea zonelor reflexogene implica fisurarea cristalelor de toxine, a depunerilor pe care circulatia sanguina le va trimite spre organele de eliminare, imbunatatind starea de sanatate.

This type of massage facilitates blood circulation and also the toxins transport to the organs of elimination and detoxification.

Massaging reflex zones implies cracking crystal toxin deposits which blood circulation will send to the organs of elimination, improving health.

50 min / 82 lei

Masaj cu lumanari calde Massage with hot candles

Acest tip de masaj ofera o relaxare puternica datorita uleiului incalzit la o temperatura putin peste cea a corpului. Masajul va ofera atentia si rasfatul de care aveti nevoie. Masajul cu ceara imbunatateste circulatia sangelui, ajuta la detensionarea muschilor, echilibreaza sistemul nervos, calmandu-l sau relaxandu-l dupa caz, influenteaza organele interne prin stimularea vaselor de sange, relaxeaza, tonifica si imbunatateste aspectul general al pielii.

This type of massage offers a strong relaxation because of the oil which is heated at a temperature a little higher than the body temperature. This massage offers you the attention and the spoiling you are looking for. Wax massage improves blood circulation, loosens muscles, balances nervous system by calming or relaxing it, influences internal organs by stimulating blood vessels, relaxes, invigorates and improves the aspect of the skin.

50 min / 98 lei