sajul cu pietre vulcanice
canic rocks massage

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

a cu roci vulcanice calde se bazeaza pe faptul ca pe
uman exista anumite canale energetice numite
ane si a unor centrii energetici numiti "chakra" – cele
ra principale se gasesc pe linia mediana a corpului,
ngul coloanei vertebrale si sunt conectate cu anumite
si functii ale corpului.

ot stones massage is the most fashionable type of
ge that is practiced in massage salons, beauty and SPA
s from around the world, mainly due to the special
that are obtained with this type of massage.
by with volcanic rocks is based on the fact that within
man body there are some energetic channels called
ans and energy centres called "chakras" – the 7 main
s can be found in the middle of the body, along the
nd they are connected with certain organs and body
ons.

50 min / 95 lei

saj specializat si terapeutic
cialized and therapeutic
ssage

e numeroasele beneficii aduse de masajul terapeutic
nara urmatoarele:permite ameliorarea in numeroase
almeaza diverse dureri si simptome, scade incordarea
asa generala, relaxeaza musculatura contractata,
elasticitatea tesuturilor, impiedica atrofia musculara,
ra oboseala.
e foarte important de retinut este faptul ca acest tip
saj nu se adreseaza doar persoanelor bolnave, ci si
anatoase, cu scopul de a preveni bolile si de a mentine
smul in forma.

g the numerous benefits of the therapeutic massage,
mention the following: it improves health, relieves
l nervous tension, loosens tightened muscles,
ses tissue elasticity, prevents muscle atrophy and
es fatigue.
s important to remember is the fact that this type of
ge is not only for sick people, but also for the healthy
nd its purpose is to prevent diseases and keep the
t.

50 min / 100 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 / 55 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 / 55 lei

Contact

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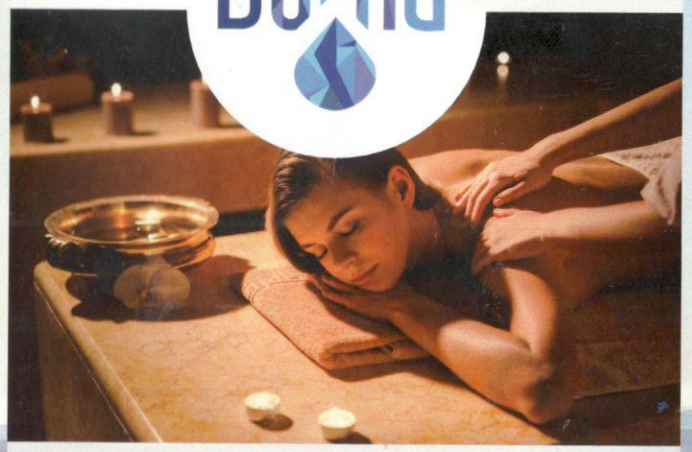
HEALTH SPA
Dorna



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 / 75 lei