

REGENERATION PACKAGE

5x instrumental lymphatic drainage – 60 min

5x classical massage – 30 min

5x electrotherapy (TENS) – 15 min

Instrumental lymphatic drainage has a number of positive effects, including the removal of harmful toxins from the body. It is actually a pressure massage that relaxes the muscles, provides pleasant relaxation, improves blood circulation to the legs and as a bonus shapes the figure. This effective method will reboot your lymphatic system and fight cellulite, varicose veins and swelling.

Classical massage is suitable for relaxing and stimulating the muscles. It can improve blood circulation and lymphatic system. It relieves stress and tension of the muscles.

Electrotherapy is the action of specific types of currents on the body, promoting the course of physiological processes in tissues. The effects of electric current include pain relief, muscle relaxation, improved blood circulation, promotion of tissue healing, stimulation of metabolism and others.

+421 905 252 258, +421 911 581 294

200 €

