

# arsmed



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- Classic massage
- Massage with honey/bee pollen/chocolate
- Massage Lomi Lomi | Hawaiian
- Facial relaxation and lifting massage
- Hot stone massage
- Foot reflexology massage
- Lymphatic massage
- Sport massage/deep tissue
- Manual therapy /chiropractic technique



Arsmed - Andrzej Kaczmarek



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TIME 30/60 MIN

### **CLASSIC MASSAGE WHOLE BODY/PARTIAL**

**PRICE 70/100 ZŁ**

CLASSIC MASSAGE CAN BE RELAXING, STIMULATING AND THERAPEUTIC. IT EFFECTS ENTIRE BODY OR ITS PARTS, IMPROVES BLOOD AND LYMPHATIC CIRCULATION, AND

TIME 45/90 MIN

### **LOMI LOMI MASSAGE/ HAWAIIAN**

**PRICE 120/250 ZŁ**

LOMI LOMI MASSAGE WAS USED IN ANCIENT TIME BY NATIVE HEALERS AS A HEALING PRACTICE. IT IS GREATLY RELAXING, YET HEALING AND THERAPEUTIC. ITS CHARACTERISTICS ARE SMOOTH AND HARMONIC MOVEMENTS

TIME 30 MIN

### **FACIAL RELAXATION AND LIFTING MASSAGE**

**PRICE 70 ZŁ**

IMPROVES FACE OUTLINE, SMOOTHS WRINKLES AND REDUCES THE TENSION. HAS A LIFTING EFFECT. RECOMMENDED FOR PEOPLE WITH FACIAL TENSION AND PROFESSIONALS DEALING WITH CLIENTS

TIME 60 MIN

### **HOT STONE MASSAGE**

**PRICE 160 ZŁ**

IT HAS ELEMENTS OF ACUPRESSURE, AROMATHERAPY AND THERMOTHERAPY. RESTORES ENERGY BALANCE IN THE BODY. ESPECIALLY RECOMMENDED FOR RELAXATION PURPOSE

TIME 60 MIN

### **MASSAGE WITH HONEY/BEE POLLEN/CHOCOLATE**

**PRICE 170 ZŁ**

COSMETIC-RELAXING TREATMENT WITH CLEANSING AND NURTURING EFFECT FOR SKIN. ENZYMES, AMINO ACIDS, VITAMINS AND MINERALS IN HONEY/BEE POLLEN/CHOCOLATE PROVIDE EXCELLENT NOURISHING AND REVITALIZING EFFECTS

TIME 50 MIN

### **FOOT REFLEXOLOGY MASSAGE**

**PRICE 80 ZŁ**

MANUAL TREATMENT PERFORMED ON CERTAIN AREAS OF FEET THAT CORRESPOND TO SPECIFIC INTERNAL ORGANS PROMOTING THEIR STIMULATION AND HEALTH

TIME 60 MIN

### **LYMPHATIC MASSAGE/DRAINAGE**

**PRICE 100 ZŁ**

TREATMENT USED FOR EDEMA/SWELLING AND LYMPH STAGNATION PROBLEMS. THE AIM IS TO PUSH STAGNATING LYMPHATIC FLUID INTO THE LYMPHATIC NODES THEREFORE ALLOWING FOR FRESH, OXYGEN RICH ARTERIAL BLOOD TO FLOW

TIME 50 MIN

### **SPORT MASSAGE/DEEP TISSUE**

**PRICE 120 ZŁ**

SIMILAR TO CLASSIC MASSAGE BUT PERFORMED WITH GREATER INTENSITY ALLOWING STIMULATION OF CONNECTING/MYOFASCIAL DEEP TISSUE

TIME 50 MIN

### **MANUAL THERAPY/CHIROPRACTIC TECHNIQUE**

**PRICE 120 ZŁ**

MANUAL THERAPY COMBINES METHODS /TECHNIQUES USED TO DIAGNOSE AND TREAT REVERSIBLE FUNCTIONAL DISORDERS OF MOVEMENT STRUCTURES, SUCH AS JOINTS, MUSCLES, MYOFASCIA AND LIGAMENTS

