



Amenity®

Sport Arena Lipno

Massage Price List

www.sportarenalipno.cz

Name	Duration	Price *
Sport massage Full-body	60 min.	1 500 CZK
Nape and back	30 min.	900 CZK
Full-body aroma relaxation massage	90 min.	1 900 CZK
Honey detox massage	1x 30 min.	900 CZK
	2x 30 min.	1 500 CZK
Full-body honey massage	90 min.	1 900 CZK
Chinese energy massage – therapy	60 min.	1 500 CZK
Indian head massage	30 min.	900 CZK
Face-lifting massage	30 min.	900 CZK

Sport-regenerative massage

A revitalising massage aimed at regenerating the muscles and increasing overall efficiency of the limbs.

Full-body aroma relaxation massage

Close your eyes, immerse yourself in the calming sounds of music and allow your body and mind to receive the healing power of touch. A very gentle massage combining the therapeutic power of touch and the properties of carefully selected essential oils. You will thus experience the feeling of deep relaxation and rest.

Honey detox massage

The result of bringing together healing energy through the masseur's hands, the beneficial effects of honey and the massage technique called "pumping" is renewal of your body's natural detox abilities. During the massage, old deposits and poisons are "pumped" deep out of the tissues of each part of your body. The combination with the honey method creates a gummy substance on the problematic parts of your massaged body, and this substance needs to be thoroughly washed off at 20-minute intervals during the massage.

Full-body honey massage

An overall cleansing of your skin and body, with cosmetic and nourishing effects.

Chinese energy massage – therapy

The human body is interlaced with twelve energy (acupuncture) pathways. Each pathway is closely tied to an organ. If the pathways are in order, energy flows through them harmonically and you feel healthy and full of energy. The essence of Chinese energy massage is the renewal and harmonisation of the flow of energy along the acupuncture pathways. The combination of classical massage techniques and Chinese medicine techniques will make you feel loose, relaxed and deeply rested. The energy massage is used for nerve regulation, relaxation and establishing an energy balance. It is also used to alleviate fatigue and insomnia and promote detox processes.

Foot and leg massage

The massage will bring relief to your tired and swollen legs, which have supported you the whole day at work, in the gym or on a hike. A massage of the feet and soles is highly beneficial. It will help loosen foot muscles and improve circulation in the entire leg.

Address

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Lipno nad Vltavou 998
382 78 Lipno nad Vltavou

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Foot and leg massage	30 min.	900 CZK
Children's full-body massage (for children up to age 12)	30 min.	900 CZK
Breuss massage	30 min.	900 CZK
Hot lava stone massage – full-body	90 min.	1 900 CZK
Hot lava stone massage – back	60 min.	1 500 CZK
"Tokoriki" ritual massage – full-body	90 min.	1 900 CZK
Chocolate weight-loss body wrap	90 min.	1 900 CZK

* **Massage studio hours** – by appointment

* Payment in advance for booked massages

* Advanced booking required, at least 24 hours in advance

* A massage may be cancelled no later than 24 hours in advance.

The CANCELLATION FEE is 100% of the price of the massage if you cancel the massage less than 24 hours in advance or fail to turn up at the booked time.

Children's massage

A children's massage is an oil massage of the full body or part of the body for children aged 3 to 12. The massage is modified to suit the age and body of the child.

Breuss massage

A gentle, high-energy massage of the back. It regenerates the intervertebral discs and resolves physical and energetic blockages. It is the basic solution to many problems of the limbs, and the key to removing deep mental obstacles.

Hot lava stone massage

Use of special massage grips with elements of the Hawaiian technique, hot lava stones and aromatic oils achieves a highly relaxing, anti-stress and harmonious effect. The combination of heat, touch and aroma makes this the queen of massages and an unforgettable experience for you.

"TOKORIKI" ritual

The undiminishing warmth of seashells and smooth massaging movements that imitate the movement of waves along the seashore will take you far away from the day-to-day. The entire ritual includes a fully-body peeling treatment using cane sugar crystals, skin hydration using top quality coconut oils, a full-body massage using hot seashells and a full-body wrap using coconut butter.

Chocolate weight-loss body wrap

Activation of the lymphatic system, activation of the skin using brushes, application of thermo-active chocolate cream with a high cocoa, guarana and caffeine content, plus thermal wrap.

Indian head massage

Reduces or relieves headaches, fatigue and insomnia. Improves blood and lymphatic circulation in the head and neck. Effective against chronic stress and improves nervous system activity.

Face-lifting massage

Gentle massage of the face and neck. Improves circulation of oxygenated blood. Tightens the skin and connective tissue. Increases collagen production, which improves flexibility of the skin. Relieves muscle tension.

Contacts

Sport Arena reception

M: +420 725 991 991

E: sportarena@amenity.cz

Restaurant Bue Lipno (Bowling)

M: +420 770 177 222

E: bluelipno@amenity.cz



General contraindication (when not to have a full-body massage)

- if you suffer from heart disease
- if you suffer from cancer
- if you suffer from atherosclerosis
- if you suffer from an injury-related inflammatory or haemorrhaging stomach disorder
- if you suffer from a serious blood disorder (haemophilia, leukaemia)
- if you suffer from febrile, infectious or acute inflammatory disease
- if you have been ordered bed rest or have recently had an operation
- If you suffer from organ failure
- if you suffer from acute psychoses or are under the influence of alcohol, drugs and psychotropic substances
- if you have just eaten
- if you are breast feeding

Consult your physician if you have:

- diabetes
- epilepsy
- fluctuating blood pressure

Partially contraindication (partially body massage only)

- in areas with purulence or fungal infection
- on or around inflamed joints
- in areas that are bleeding, with open wounds or extensive bruising or fracturing
- in areas with animal or snake bites
- in areas with burns, scalds or acid burns
- in areas with varicose veins, phlebitis or varicose ulcers
- in areas with swelling of unknown cause
- in areas with enlarged local lymph nodes, tumours, warts, birthmarks, lesions or ulcers
- the abdomen of pregnant women, women in childbed and menstruating women
- the abdomen during acute gall-bladder disorders
- the abdomen during persistent constipation or if the bladder is not empty

In case of health problems, seek professional medical attention and postpone your massage.

If you are unsure if a massage is appropriate for you, consult your physician in advance.

Allowing a massage to be performed constitutes confirmation by the client that he/she is familiar with the contraindications.

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