



## HYDRASPA – SPA & ALTERNATIVE HOLISTIC THERAPIES CENTER

**Massage Services: In Hydraspa we have multiyear experience and education in spa services and holistic therapies.**

### **RELAXING TREATMENTS: Travel to the world of relaxation!**

- **Aromatherapy Massage** | Holistic massage according the rules of Aromatherapy. The therapeutic characteristics of the essential oils, through a gentle massage treatment, benefits the body and mind, offering tranquility and wellness emotions. The essentials oils we use are certified Bio organic.
- **Head n Neck Massage** | A technique that offers you immediate stress relief, especially oh head and back neck area.
- **Sound Massage** | Relax with special sounds and music, special composed for Hydraspa and our Sound Massage Technique. A unique experience that offers you deep body & mind relaxation.
- **Hot Stones Massage** | One of the most famous massage techniques. Chill out with the touch of volcano stones!

### **DELUXE TREATMENTS: The most luxurious treatments, according our spa experience all over the world.**

- **Gold & Amber Massage** | Let yourself go to the precious characteristics of Gold and Amber. The ancient beauty and revitalization secret, is here to be shared with you.
- **Blooming Mind & Body Massage** | ! Body & Soul are blooming through our signature treatment, with special equipment with pressure techniques, essential oils, perfumes! Find again your Spring, through blooming!
- **Candle Massage** | Of the most famous treatments, in the most luxurious spas in the world. With the use of handmade natural candle!
- **Lymph Massage** | Lymph massage helps to drain the toxins of the body, decrease the swelling, helps with the cellulite and slimming.
- **Salt n Herbs** | Massage with Himalayan salt and herbs. Detox and wellness with pleasant and relaxing way!

### **RITUAL TREATMENTS: Traditional techniques with a ritual dimension.**

- **Chop Sticks Fire** | A traditional and astonishing Asian massage technique, with the use of chop sticks and fire, direct from the hand of the therapist. Gives immediate muscle liberation and relaxation in body and soul. Ideal for the winter stiffness and more.
- **Ayurvedic Massage** | Traditional Ayurvedic massage, known as «Abhyangam», with use of special hot essential oils. Works in muscle and energy fields, opening the channels (chakras). Is called and Yoga massage.
- **Luk Pra Kob** | One of the most famous massage techniques in the world, traditional Thailand's treatment, with the use of herbal compresses.
- **Bamboo Massage** | A unique massage technique with the use of hot or cold bamboo, is a must to try.
- **Crystal Massage** | A unique massage experience with precious gemstones and crystals as Amethyst, Opal, Agate etc. The therapeutic uses of the crystals are known from the ancient years.

### **SPA WELLNESS TREATMENTS**

- **JACUZZI** | The use of water as a treatment is known from the ancient years and still is in use and help the body to overcome many problems. Jacuzzis use hydro massage to stimulate muscles.
- **SALT CAVE** | Crystal Cave is a unique room built by Himalayan salt. In the Cave there is a special micro climate where are developed beneficent characteristics of salt therapy, helping to strengthen the body and improve wellness. In the Salt Cave marble hot beds energize the body and the metabolism. Helps to improve immunity system, healthier cardio, calories loss, weight balance, antiaging actions and more. You can enjoy a selection of special herbal drinks and relax in the Crystal Cave.
- **Sauna And Hammam Steam Shower** | High temperature provoke sweating and had many benefits for the body and the health of skin. Sauna and Steam Shower can improve the immunity system, relax joints – muscular and soothe pains, flush toxins, relieve stress, induce a better sleep, cleanse the skin and many other benefits
- **TEA JACUZZI** | A deluxe selection of rare teas are blended in Jacuzzi and you can enjoy a full antioxidant, relaxing and regenerating experience! All teas selection are organic.
- **BATH BOMB JACUZZI** | Handmade bath bombs with essential oils, herbs and minerals, free thousands of microbubbles in the Jacuzzi as same time offer to you all the benefits of active ingredients.
- **SPIERER'S BATH** | One of our signature spa service. A luxury gift for you or your beloved. Essential oils of red grape, essences of tobacco, fruits and flowers are blended in the Jacuzzi. An old receipt devoted to the Austrian builder of the old tobacco warehouse, architect Konrad Von Vilas, for the Swiss tobacco merchant Herman Spierer, in 1924.
- **Foot Spa** | Special salts, herbs and essential oils for your foot! Feet are our base, our next step. We must give them the attention they need! Enjoy a foot spa with regenerating and detoxing qualities!
- **Head Spa** | A one of a kind head bath with special hair protection and total relaxation. Attention you maybe fall asleep because of the relaxation you will receive!

## WELLNESS BEAUTY FACE TREATMENTS

- **Face Hydra** | Face skin cleansing, bio scrub, face mask, hydration and face massage. All products are certified organic.
- **Express Facial** | Face skin cleansing, bio scrub, face mask, hydration. All products are certified organic.
- **Deep Cleansing** | Gift to your skin the lost shine and spark. Deep cleansing with bio scrub, steam vapour, sebum extract, use of high frequency waves, soothing and hydration care, face mask and face massage.
- **FRESH BAR** | Choose from a selection of fresh bio fruits, seeds and herbs from our Fresh Bar and with our beauty consultant we make on the spot and apply to you your personal beauty mask with fresh ingredients!
- **Beauty Queen - Antiaging** | A signature unique experience that offers you an innovative antiaging treatment with deep face cleansing, lifting massage, lymph massage, bio scrub, bio mask, hydration, cryotherapy. With the high tech bio products and experience.
- **Gua Sha** | The traditional Chinese practice, which all celebrities has as a secret. Special shaped Jade stones, regenerate your skin and gift to you shine and beauty!
- **SilkTherapy** | The most organic face treatment with real measurable results. The last weapon in the antiaging arena. A treatment with real silk from silkworms cocoons. A real innovation that offers to the face the ability to deal the damages caused by sun radiation, toxins, age with the most natural and pleasant way.
- **AntiMask** | Due to Covid era, the long use of the masks, the internment and the bad habits torment your face. With our organic treatment we offer to your skin the detox, the spark and the health that needs.

## WELLNESS BEAUTY BODY TREATMENTS

- **Body Bio Scrub** | Bio scrub and hydration. All our products are bio certified.
- **Choco Refresh** | Chocotherapy is a hydration, nourishing, wellness and relaxing treatment, which is based on cocoa amazing properties!
- **Body Detox** | The body gather toxins that affect the skin texture and more. Total detox treatment with Greek Spirulina and active charcoal, wrap mask detox and bio scrub!
- **Bye bye** | Say Bye bye to cellulite with a unique way. Freeze rollers, body mask, lymph massage and the use of natural herbal ingredients and peptides. Peptides as smart mediators, speed up a chain reaction so to reduce cellulite.
- **Body Body Sculpture** | The technique that reconstruct the body. Ideal solution for tired skin and cellulite.
- **Cryotherapy** | Innovative cryotherapy treatment, with temperature changes from hot to cold. Fights saggy skin and same time strengthens the tissues.

## HYDRASPA HOLISTIC ALTERNATIVE THERAPIES CENTER

The place works under holistic ways. Certified therapists, with many years' experience and scientist consultant, can offer you the best holistic treatments.

- **Traditional Chinese Medicine:** The balance of our body energies is the mirror of our system. Through Traditional Chinese Medicine we can bring harmony to body and spirit.
- **Clinical Herbalism:** Western and Chinese. The power of nature in the service of human wellness.
- **Bloom Technique:** The ultimate holistic approach to joints – muscular issues and relaxation. We bring the body the total balance and make it bloom again!
- **Reiki:** A Japanese form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing or hands-on healing through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.
- **Bio resonance:** Bioresonance is based on the idea that unhealthy cells or organs emit altered electromagnetic waves due to DNA damage. Proponents of bioresonance believe that detection of these waves can be used to diagnose disease, while changing these waves back to their normal frequency will treat disease. To use bioresonance, electrodes are placed on the skin and hooked up to a machine that "reads" the energy wavelengths coming from the body. This is process of diagnosis. Then, those energy frequencies can be manipulated by the machine to allow the body's cells to vibrate at their "natural frequency," which purportedly treats the condition.
- **Qi Gong – Tai Chi Chuan:** Tai chi Chuan is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Qi Gong is a millennia-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi = life energy.
- **Chakras Balance Therapy:** Chakras are the energy centers in an individual's body. Imbalances and blockages in Chakras lead to various physical and mental ailments. It's not very uncommon to find an individual's Chakra to be unbalanced or blocked. Balancing or unblocking of Chakras is performed through Chakra Therapy. Blockages in Chakras can be caused by various reasons such as negative emotions, fears and erratic lifestyle. As the Chakras are the gateways of flow of the universal energies to a human body, they have a direct impact on physical, mental, emotional and spiritual wellbeing of an individual. There are many a benefits of Chakra balancing through Chakra Therapy, the primary benefits being optimal physical, mental and emotional health.
- **Singing bowls:** Sound therapy with Tibetan singing bowls is an ancient form of regeneration. The first bowls were made from an alloy of various metals and were used already 6000 years ago in the Far East. Tibetan singing bowls area a mysterious acoustic phenomenon, which was discovered by "spiritual tourists" in the Himalayas and after the Chinese invasion of Tibet appeared also in Europe and the USA. The sound of Tibetan singing bowls and the gong harmonizes and allows deep relaxation of both sides of the brain. It stimulates stress relief on all levels and the

elimination of toxins from the body. After sound therapy emotions are calm and the mind clearer, and the sound vibrations have effect on the body after the singing bowls have been played on it.

- **E.F.T.:** Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in your energy system and treat pain. According to its developer, Gary Craig, a disruption in energy is the cause of all negative emotions and pain. Though still being researched, EFT tapping has been used to treat people with anxiety and people with post-traumatic stress disorder (PTSD).
- **Aromatherapy:** Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health. Aromatherapy is thought of as both an art and a science. Recently, aromatherapy has gained more recognition in the fields of science and medicine.
- **Detox Programs:** The proper function on our body begins from inside. In Hydraspa you will find specialized stuff that can give you the right directions and programs for a complete body detoxification, through from you will find the ultimate wellness.
- **Herbalist Workshop:** Hydraspa, is also an alternative holistic therapies training center. With us you can join in Herbalist learning programs, to know the local Nature, collect together with us fresh herbs and make your own cosmetic or nutritional herbal elixir.