



## Traditional Thai massages

**The authorship of the Thai massage is attributed to the North Indian physician Jivakar Kumar Bhaccha 500 BC, who is still revered as the „father of medicine“. The traditional Thai massage is still connected to Buddhism today. It is applied with Metta (loving kindness).**

The peculiarity of the of Thai massages lies in the special stretching, pressure and extension techniques. As a result, not only physical but also mental tensions are loosened. The mobility of the entire body is improved. The blood circulation of the entire body is encouraged and the lymph system is stimulated. Simultaneous a relaxed state is achieved. Not in vain the traditional Thai massage is one of the oldest and most recognized massage techniques in Asia.

All our therapists have certificates from recognized educational institutions such as monasteries or massage schools in Thailand.

**Take a break – you will be amazed.**



### INDIVIDUAL TREATMENTS

Of course, we also offer individually tailored treatments. For these, the amount of 120 kuna will be charged for 10 minutes.

Also, applications with 2 therapists with a premium of 90% are possible.

**Please secure your desire date in the wellness department in time.**



# THAI MASSAGES

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## TRADITIONAL THAI MASSAGE:

In different body positions the energy flow in the whole body is stimulated by **special stretching, pressure and extension techniques** techniques and blockades are solved. The treatment takes place on a special mat in light clothing. The therapists exert pressure at specific **energy points** with his/her thumb, hand, elbow, knee or sole. This pressure is initially slight and slowly adapted to individual needs and can be increased.

price / Cijena  
Kuna

50 minutes	530,-
80 minutes	830,-
100 minutes	990,-
20 minutes foot- or backmassage	240,-



## THAI FOOT REFLEXOLOGY MASSAGE:

This special massage technique in particular stimulates **the activities of the internal organs**. Furthermore the blood circulation as well as the lymphatic system are activated and **blockades are released**. This ensures a smooth flow of energy. The **stability** and the **sense of balance** are also consolidated.

price / Cijena  
Kuna

40 minutes	420,-
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### Combination foot and hand reflex zone massage

50 minutes	490,-
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## HERBAL THAI MASSAGE:

The herbal Thai massage is a traditional Thai massage in combination with the effect of various medicinal plants. More than **15 different herbs** are contained in the herbal bag, which is heated under steam. The heat, the resulting vapors and the oils contained therein stimulate the circulation and loosen up the muscles and joints. Therefore, this technique is particularly suitable for **pain and high-stress joints**.

price / Cijena  
Kuna

50 minutes	600,-
80 minutes	900,-



## THAI OIL MASSAGE:

A variant of the traditional Thai massage is that with special massage oils. The soothing and relaxing effect is due to the combination of the **massage** massage on the one hand and the **sense of smell** on the other. The special oils are absorbed by the skin and the contained ethereal substances are inhaled. As a result, the immune system is strengthened and the **skin gets tightened** and **detoxifies**. The Thai oil massage is the blessing for body and soul.

price / Cijena  
Kuna

50 minutes	590,-
80 minutes	890,-
100 minutes	1.060,-

## BRETANIDE THAI PACKAGE:

This specially compiled package contains **a cross section of the common massage techniques** from Thailand. In addition to the encourage of the internal organs, the circulation and the lymphatic system are stimulated. The body detoxifies and the joints and muscles are relaxed.

**Be in seventh heaven –  
you deserve it.**

price / Cijena  
Kuna

Combination of Thai foot reflexology (30 minutes), traditional Thai massage (30 minutes) & a Oil Thai massage (40 minutes) = 100 minutes	1.090,-
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**BRETANIDE**  
★★★★ SPORT & WELLNESS RESORT