

# MASSAGE MENU



## Quick & Fit

In need for refreshment during your lunch break? Go for this option!



## Head

Busy at work, tired at night: your head can use a treat.



## Foot

Your feet keep you going, day after day. Why not give them rest?



## Face

Your face shows your mood; let us bring a smile to it!



## Thai

The real thing – body massage like only the Thai can do.



## Four Elements

A treatment where earth, wind, fire and light meet. Pure satisfaction!



## Aroma

No aroma oil treatment is the same. Which of these is your favourite?



## Swedish

Surprise! A jump across the Baltic Sea for some Nordic pleasure.



## Hot Stone

Up for a combination of excitement and relaxation? Search no further!



## Sports

For those who want to win: relaxing can be the best training.



## Jade Massage Bed

Experience what magic hot stones can do for you.



## Massage in a Bottle

SpaRose gift voucher: feeling good by giving.

# A massage – why is it essential?

'Touch' is probably one of the most underrated of our senses in this day and age. As we grow older, we use our sight and hearing much more than touch. How often do we really touch our family, friends and work colleagues? People who aren't touched enough can suffer emotionally, and this in turn can lead to physical ailments.

Massage is an excellent way to put the 'touch' back into our lives! Massage, one of the oldest forms of treatment known, is an ancient art therapy in many countries. Generally, its purpose is to treat stress or pain and to heal and relax the body. Massage focuses on stimulating the nerves, muscles and glands of the body to perform better. Massage techniques require both knowledge and skills. A good massage can create happiness.

The word 'massage' dates back to the ancient Greek word meaning 'to knead dough' (*μάσσω*).

## Benefits of massage

1. A **better blood circulation** is part of the chain reaction that occurs in the body as a result of receiving massage therapy on a regular basis. When you have a better blood circulatory system, it helps to deliver nutrients and oxygen to all cells in the body.
2. Massage **carries metabolic waste away** from muscles and internal organs, resulting in lower blood pressure and improved body functions.
3. Massage increases circulation, friction, and thus **heat** in the muscle fibres, helping the muscles and surrounding tissues to become more elastic. Soft tissues of the body are like gelatin, in the sense that they become more dense and congealed when cold, and more flexible when warm.
4. Massage also helps to stimulate the **lymphatic system**, which will encourage lymphatic fluids to be circulating through the body. Stimulating the lymph organs will thus increase the immunity system and help controlling various pathogens.
5. Massage helps to **balance body and mind**, while the hand of the massage therapist touches your skin. This way, kindness and attention will connect to your body.

# Quick & Fit



Imagine sitting hours on end at your desk, talking to customers, tapping incessantly or driving for a long time. When your work is busy, shoulders can easily get stressed.

Even if you only have a short time or a lunch break at your disposal, a **Quick & Fit massage** might be just what you are looking for. This massage, focusing on neck, shoulders and back, doesn't take more than 30 minutes and yet allows you to take good care of yourself.

This massage helps to relax mind and muscles and achieves a better blood circulation in your body. You will be ready get back to your work refreshed!

## Benefits of a Quick & Fit massage:

1. A relief of **aching muscles** at the shoulder, neck and back;
2. A more flexible **spine**;
3. An improvement of the **blood circulation**;
4. A help towards the relief of chronic **headaches**;
5. A help towards the relief of nervous tensions in the **face**.

## Quick & Fit Massage Menu

Description	Duration	Price
Neck, shoulder and back massage	30 minutes	€35

# Head massage



A **head massage** can help relieve headaches caused by stress. To relieve the tension, you will receive extra attention to the base of the skull, near the hairline, because tension often accumulates in that area.

Often also the forehead and temples are included. With some people, a head massage can also help relieve symptoms of migraine-related headaches.

## Benefits of a head massage:

1. Increased **circulation** to the head;
2. Promotion of healthy **hair** growth;
3. Feeling of **well-being**;
4. Possible reduction of **wrinkles**;
5. Better **sleep** for the restless;
6. **Energetic feeling** for those who feel tired.

## Head Massage Menu

Description	Duration	Price
Herbal hair oil treatment	30 minutes	€39
Herbal hair oil treatment	45 minutes	€49
Herbal hair oil treatment	60 minutes	€69

# Foot massage



Foot massage has been practiced in many cultures for centuries to promote health and well-being. Today, foot massage is considered a complementary and alternative medicine used by millions to relieve pain, reduce stress and anxiety, rehabilitate injuries and boost general health.

The practice of foot reflexology massage involves applying pressure to specific points on the feet in order to affect various parts of the body. Whether you make time for self-massage after a long day or head to a spa for a session with a certified reflexologist, it won't just be your feet that reap the benefits.

Essential in the foot massage is the solar plexus reflex. The solar plexus is sort of a little warehouse where all your stress is stored. When the solar plexus point is pressed on, stress is released, blood circulation can resume to its job to the fullest: of transporting oxygen and nutrition to the cells as well as cleansing waste and toxins away. Thus the body is renewed.

## Benefits of a foot massage:

1. Improved blood **circulation**;
2. Better **removal** of toxins;
3. Balance and harmony (**homeostasis**);
4. **Energy** and rejuvenation;
5. Enhancement of **immunity**.

## Foot Massage Menu

Description	Duration	Price
Foot massage	30 minutes	€39
Foot Massage	45 minutes	€49
Foot massage	60 minutes	€69
Foot scrub pedicure	30 minutes	€45
Foot massage & foot scrub pedicure	60 minutes	€69
Foot massage & manicure	50 minutes	€55
Foot massage, pedicure & manicure	75 minutes	€79

# Face massage



The face is full of nerves and pressure points, so it makes sense that a **face massage** is a desirable form of pampering.

A face massage combines lymph massage, Swedish massage and pressure point techniques. The therapist uses gentle, even strokes to manipulate superficial layers of skin, muscle and connective tissue.

Whether you are looking for a quick midday pick-me-up or a soothing escape, the luxury of massage is easily justified by some of its more practical benefits.

## Benefits of a face massage:

1. A better **mood**;
2. **Prevention** of wrinkles;
3. **Detoxification** of the body by stimulation of lymphatic vessels.

## Face Massage Menu

Description	Duration	Price
Face massage	30 minutes	€39
Face massage	45 minutes	€49
Face massage	60 minutes	€69

# Thai massage



Traditional **Thai massage** (*nuad thai*, นวดไทย) is both an ancient art and science, it is a traditional part of Thai medicine. The massage therapist has much theoretical and practical knowledge.

Thai massage combines both physical and energetic aspects. It is a deep, full-body massage progressing from the feet up, and focusing on sense or energy lines throughout the body, with the aim of clearing blockages in these lines, and thus stimulating the flow of blood and lymph throughout the body. It draws on yoga, acupressure and reflexology.

Thai massage is a popular massage therapy that is used for management of conditions such as musculoskeletal pain and fatigue. Thai massage involves a number of stretching movements that improve body flexibility, joint movement and also improve blood circulation throughout the body.

## Benefits of Thai herbal compress:

1. Deep **relaxation**;
2. **Relief** of stress and fatigue;
3. Boost of emotional and physical **well-being**;
4. Improved **circulation** of blood and lymph;
5. Stimulation of internal **organs**.

## Benefits of Thai massage:

1. Less **stress**;
2. A state of deep **relaxation**;
3. Positive effect on **emotional status**;
4. Feeling of being more **refreshed** in the morning;
5. Better **blood** flow;
6. More **oxygen** brought to the brain.

An additional option in this context is a **Thai herbal compress**. This is a combination of fresh and dried herbs are wrapped in a muslin compress, which is steamed and then applied to the body in a gentle pressing, circular and rolling movement.

As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

## Thai Massage Menu

Description	Duration	Price
Thai Massage	30 minutes	€39
Thai Massage	45 minutes	€49
Thai Massage	60 minutes	€59
Thai Massage	90 minutes	€89
Thai Herbal Compress Massage	60 minutes	€69
Thai Herbal Compress Massage	90 minutes	€99
Thai Oil Massage	60 minutes	€69
Thai Oil Massage	90 minutes	€99

# Four elements

## IV

According to a Thai medical theory, "the human body consists of four elements: earth, water, wind and fire." These elements relate to our body, health and well-being and all influence on our minds.

Elements are seen as flowing from one into the other, creating cycles of balance and imbalance, of nourishment and control. The senses – touch, smell, sight, hearing and taste – arise from it and can be defined by the qualities of the elements.

With the 'Body Intake' you get the attention and treatment you need. All massages include the best equipment and pure aromatherapy oils.

### EARTH MASSAGE

**For whom?** For everyone, but ideal for people born in October, November or December.

**What is it?** Earth Massage is a Thai massage, helping to relax muscles. The massage reduces muscle contraction, increases blood circulation and stimulates the lymphatic system. It also optimises the nervous and breathing systems.

**Which aroma oils are used?** Aroma rebalancing oils (to help find balance in your body). Others are sandalwood, jasmine and rosemary.

**Good to know:** The element 'Earth' represents the body as a whole, in the muscles and flesh. Its energy is seen as nourishing, embracing and fertile. It is associated with patience and compassion.



### WATER MASSAGE

**For whom?** For everyone, but ideal for people born in July, August or September.

**What is it?** Water massage is an aroma massage with essential oils, followed by a treatment with herbal steam or compress. The steam will penetrate into the skin, increase blood flow, reduce inflammation and enhance breathing.

**Which aroma oils are used?** Sweet autumn oil (to help stimulate your appetite). Others are relaxing oil, energising oil, tropical oil, lavender, lemongrass, orange and geranium.

**Good to know:** The element 'Water' relates to blood and other fluids of the body. It is associated with emotions, most often sadness or fear. Water is also connected to creativity.



## AIR MASSAGE

**For whom?** For everyone, but ideal for people born in April, May or June.

**What is it?** An essential oil massage which helps the blood circulation, as well as relax the body. The massage will improve the flexibility of joints and bones as well as stimulate and balance hormones.

**Which aroma oils are used?** Romantic oils to help to adjust the hormones. Others are ylang-ylang, Indian cork, royal lotus, rose, white tea, apple.

**Good to know:** The element 'Air' usually corresponds to breath, whether it is the air we breathe in, or the action of breathing. Air is also associated with the intellect, imagination and with taking in new ideas.



## FIRE MASSAGE



**For whom?** For everyone, but ideal for people born in January, February or March.

**What is it?** An optimal massage for balancing the body for the fire element is reflexology or a foot massage. It will stimulate and effect to the endocrine system. It will help to relax and balance both physically and mentality.

**Which aroma oils are used?** Refreshing oils to help balance the emotions. Others are peppermint, eucalyptus, spearmint, rosemary, ocean, spring, tea tree.

**Good to know:** The element 'Fire' provides the spark of life, as well as inspiration and spontaneity. Laughter, passion, impatience and impulsivity are all attributes related to the element of fire.

## Four Elements Massage Menu

Description	Duration	Price
Water, Earth, Wind or Fire Massage	45 minutes	€49
Water, Earth, Wind or Fire Massage	60 minutes	€69
Water, Earth, Wind or Fire Massage	90 minutes	€99

# Aroma massage



Having an **aromatherapy massage** is one of the most soothing and relaxing treatments that you can have! Whether you wish to calm down after a hard day, cure minor ailments; renew your energy; reduce stress; or simply experience the pleasures of a scented massage; the effects of the essential oils together with human contact give a powerful form of therapy. Through the massage, your skin will absorb the oils and a small, but useful amount is taken into the bloodstream during the massage.

It is very important to remember that an aroma therapist treats the entire person, mind, body and spirit, not just the symptoms.

During the intake we will decide together with you which of the following oils is best suitable for you.

## **Relaxing oil**

A soothing massage oil to promote relaxation, lighten the mood. It is good as counterbalance against anxiety, depression and stress. That is due to a special formula of essential oils together with geranium oil. This oil does wonders on the mind, body and spirit. On top, it alleviates neuralgia. It has a wonderful, feminine, floral aroma.

## **Refreshing oil**

The refresh massage oil is a powerful fusion of pure essential oils and rich carrier oils designed to revitalise the body and elevate the senses. Refresh massage oil is particularly good for anyone feeling sluggish or lacking in energy (e.g. in winter). The blend contains orange oil, lime oil and mint oil to lift the mood.

## **Rebalancing oil**

This massage oil contains a blend of essential oils with balancing and reviving properties. Its inspiring and stabilising effects help restore the balance between the mind and body. Especially lavender oil and ylang-ylang essential oil are powerful massage oils which help relaxing and to get to a calm and clear state of mind.

## **Benefits of an aromatherapy massage:**

1. Improved **blood** circulation;
2. Increase of **lymphatic flow** (helping to detoxify the body);
3. Relaxation of **muscles** (less pain);
4. Stimulation of the **nervous system**;
5. Improved **digestion**;
6. Stimulation of the **skin**;
7. Feeling of **well-being**;
8. Relaxation of **body and brain**.

### **Energising oil**

Energising massage oil blend is an invigorating combination of pure oils that penetrate the skin and refresh senses. The blend provides a wonderful massage glide, using the highest grade oils available with grape seed oil and vitamin E. Add to all that sweet almond (rich in cell-building protein) and jojoba (moisturising the skin).

### **Detoxifying oil**

The body eliminates waste every day through the skin. Essential oils can be potent plant helpers in this detoxification process, think of juniper oil, lime oil and frankincense oil. Our blend of oils has been composed to help promote a healthy blood circulation in the body.

### **Lavender oil**

Lavender essential oil is versatile. Lavender oil is famed for its ability to treat emotional or physical aches and pains. Lavender oil can relieve headaches and nausea and promote easier breathing. It boosts circulation, lowers blood pressure, and strengthens muscles.

### **Herbal oil**

Formulated to balance specific skin, this oil consisting of a combination of herbs not only lubricates but also purifies the skin. They have a balancing effect on the mind and body; they promote the appearance of smooth, youthful skin; and they support vitality and a healthy circulation.

### **Coconut oil**

Soothing, cooling, and easily absorbed, coconut oil is an excellent massage oil for any time you feel the need to cool down and hydrate your body. Just a dollop can provide deep moisture. The coconut oil is expeller pressed and never chemically processed: this nutritious oil will leave your skin feeling silky smooth.

### **Homemade coconut oil**

This oil adds a sweet tropical note to massage oils. This homemade variety of coconut oil is the richest natural source of lauric acid, and is considered to be one of the best oils for promoting healthy skin and hair.

<b>Aroma Massage Menu</b>		
<b>Description</b>	<b>Duration</b>	<b>Price</b>
Aroma Massage with pure organic aroma oils	30 minutes	€39
Aroma Massage with pure organic aroma oils	45 minutes	€49
Aroma Massage with pure organic aroma oils	60 minutes	€69
Aroma Massage with pure organic aroma oils	90 minutes	€99

# Swedish massage



**Swedish massage** is a technique to relax the entire body. This massage uses hands in various ways. It is used to massage gently, to knock gently and to chop muscles, to lift them away from the bone and then to squeeze.

This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. Swedish massage therapy is just something that goes way beyond relaxation.

## Benefits of a Swedish massage:

1. **Relaxation;**
2. Increase of **oxygen** levels in the blood;
3. Decrease of **muscle toxins;**
4. Improvement of **blood circulation** and flexibility;
5. Easing **tension.**

## Swedish Massage Menu

Description	Duration	Price
Swedish Massage	60 minutes	€69
Swedish Massage	90 minutes	€99

# Hot stone massage



A **hot stone massage** is a type of massage therapy. It is used to help you relax and ease tense muscles and damaged soft tissues throughout your body.

During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat.

## Benefits of a hot stone massage:

1. **Relief** of muscle tension and pain;
2. Reduction of **stress and anxiety**;
3. Promotion of sleep;
4. Potential relief of symptoms of **auto-immune diseases**;
5. Possible **immunity boost**.

## Hot Stone Massage Menu

Description	Duration	Price
Hot Stone Massage	60 minutes	€75
Hot Stone Massage	90 minutes	€110

# Sports massage



A massage is gaining popularity as a useful component in a balanced training regimen. A **sports massage** can be used as a means to enhance pre-event preparation and reduce recovery time for maximum performance during training or after an event.

In a way, the sports massage is comparable to Swedish massage, with this difference that with a sports massage more force is applied to reach the desired effect of a better blood circulation. This deep tissue massage reaches deep into the body tissues, which are thus released, making the effect of muscle knots go away.

## Benefits of a sports massage:

1. Promotion of **flexibility**;
2. Reduction of **fatigue**;
3. Improvement of **endurance**;
4. Help to **prevent** injuries;
5. **Preparation** of body and mind for optimal performance.

## Sports Massage Menu

Description	Duration	Price
Aroma Massage with pure organic aroma oils	45 minutes	€55
Aroma Massage with pure organic aroma oils	60 minutes	€69
Aroma Massage with pure organic aroma oils	90 minutes	€99

# Jade massage bed



A **thermal jade massage bed** consists of the unique combination of ornamental jade stone, germanium stone and tourmaline stone, plus infrared rays to revitalise human health. The three stones are full of more than 45 types of minerals that your body needs.

**Jade stones**, for instance, have a wave energy which is identical to that of human cells. As such, they can stimulate cells and blood circulation, they increase metabolism, eliminate waste in the body and improve immunity.

**Germanium stones** help to reduce blood pressure, decrease cholesterol and cellulite. Moreover, they help to reduce migraine and stress.

**Tourmaline stones** can release infrared radiation are slightly electric. They can bring minerals into the body. As a result, blood circulation improves, numbness of hands and feet are relieved and so is the pain in the body.

Come and stay for 15 minutes or half an hour and feel reborn.

## Benefits of a jade massage bed:

1. Acceleration of **removal** of toxins from the body;
2. Improvement of the **functioning** of the body's systems;
3. **Strengthening** of the body;
4. Reduction of **fatigue**;
5. Sauna-like **sensation**;
6. **Regeneration** of damaged cells.

## Jade Massage Bed Menu

Description	Duration	Price
Jade Mattress Stone Therapy	15 minutes	€19
Jade Mattress Stone Therapy	30 minutes	€29
Jade Mattress Stone Therapy	60 minutes	€49

# Massage in a Bottle



Whether its chilled out relaxation with a luxury Swedish massage, or deep therapeutic work to sort out a painful back, a **SpaRose gift voucher** makes an original and thoughtful gift.

Vouchers are valid for six months and may be used as full or part payment against any of our massage treatments which include pedicure and manicure, shoulder and back massage, foot massage, deep tissue massage, Swedish massage and couple's massage.