

ELEMIS DEEP TISSUE BACK MASSAGE

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most. Feet massage + back peeling + back massage.

Recommended: 2 treatments per week for the first month, then 1 treatment per month.

Duration: 30 min. Price: 26 EUR.

CHOOSE FROM:

- Stress-a-Way: Wind down and release the tension of the day. Performed with De-Stress Massage Oil
- Spirit Reviver: A powerful surge to invigorate and recharge. Performed with Cellutox Active Body Concentrate.
- Muscle Melt: Relax and re-energise a tired and aching body. Performed with Musclease Active Body Concentrate.
- Chakra Balancing: Reconnect your mind, body and soul. Performed with Exotic Frangipani Monoi Moisture Melt.

*Chakra – spiritual energy centers in the human body.

ELEMIS DEEP TISSUE MUSCLE MASSAGE

Deep, rhythmic pressure massage which combines ten different massage techniques. During this effective and individually fitted massage you will feel the tension going away and aching muscles relaxing. You will revive your senses. Masseur will create an individual and the most effective de-stressing combination of essential oils. Just before this deep whole body massage choose yet one more component of the combination – greeting ritual (foot massage) or whole body exfoliation.

Feet massage + full body peeling + body massage.

Recommended: 2 treatments per week.

Duration: 60 min. Price: 37 EUR.

CHOOSE FROM:

- Stress-a-Way: Wind down and release the tension of the day. Performed with De-Stress Massage Oil
- Spirit Reviver: A powerful surge to invigorate and recharge. Performed with Cellutox Active Body Concentrate.
- Muscle Melt: Relax and re-energise a tired and aching body. Performed with Musclease Active Body Concentrate.
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MASSAGE TECHNIQUES OF DRUSKININKAI HEALTH RESORT RESEARCH

The history of a classical massage in Lithuania started in 1921. In 1946 the classical massage was introduced to the therapists of Druskininkai by K. Dineika who was one of the most famous health specialists in Lithuania. After 70 years have passed, “SPA Vilnius” not only applies his professional massage techniques, but also improves them.

Massage therapy has a positive impact on all areas and systems of the body, relieves tension, and improves circulation and nutrition of tissues.

SWEDISH BACK MASSAGE

Perfect for tired and tense muscles of neck, shoulders and back. The massage relieves back aches and muscle stiffness. It is also recommended for treating spinal pain.

Recommended: 2 treatments a week (8 treatments a month).

Duration: 30 min. Price: 20 EUR.

FULL BODY SWEDISH MASSAGE

It is recommended for treating stress and inner tension, body stiffness and edginess. The massage improves circulation and muscle tone, enhances the performance and soothes nerves. It is also suitable for those who suffer from cardiovascular diseases, digestive disorders, nervous system diseases, chronic nonspecific respiratory diseases and circulatory problems.

Recommended: 2 treatments a week (8 treatments a month).

Duration: 60 min. Price: 29 EUR.

RELAXING FULL BODY MASSAGE

The massage soothes nervous system, reduces muscle tone and fatigue, and increases stress resistance.

Massage therapy stimulates the release of endorphins (hormones of happiness) which help to relax, reduce the stress, enhance immunity, and improve overall well-being and mood.

Relaxing massages recommended for treating psychological tension, stress, depression, headaches, physical fatigue and after strenuous workout. It also enhances sleep quality, decreases anxiety and touchiness.

Recommended: 2 or more treatments a week (8 or more treatments a month).

Duration: 60 min. Price: 29 EUR.

ANTI-CELLULITE TREATMENT

Redefine your silhouette and regain your self confidence!

The massage is performed using special massage techniques on the cellulite affected areas such as thighs, buttocks and lower abdomen. They help to improve tone of the skin and reduce the appearance of cellulite. After each treatment your skin becomes softer, smoother and firmer.

For better results we also recommend Elemis seaweed body wrap or detoxifying body wrap every next day after the anti-cellulite massage.

Recommended: 3 treatments per week for 1 month as a full course. Then 1 every 14 days as maintenance.

Duration: 30 min. Price: 34 EUR.

LEGS AND BUTTOCKS SLIMMING MASSAGE

The massage helps to eliminate excess fluid from legs and buttocks area. The skin looks smoother and firmer, and legs and buttocks reduce in size.

Recommended: 2 or more treatments per week (8 or more treatments per month).

Duration: 30 min. Price: 34 EUR.

FIRMING BODY MASSAGE

Firming body massage is ideal for treating cellulite and overweight. The therapy improves tone, texture, elasticity and firmness of the skin, stimulates blood and lymphatic circulation, increases muscle tone and efficacy. After the treatment you will feel much better.

Recommended: 2 or more treatments a week (8 or more treatments a month).

Duration: 60 min. Price: 46 EUR.

LYMPHODRAINAGE MASSAGE

The massage helps to remove the excess fluid from the body, to detoxify and to strengthen the immune system. It also increases metabolism and blood circulation. Lymphodrainage massage is recommended to reduce swelling and varicose veins, and for persons suffering from diabetes.

It is also recommended to avoid food for at least 2 hours before the treatment.

Recommended: 2 or more treatments per week (8 or more treatments per month).

Duration: 90 min. Price: 46 EUR.

ROMANTIC MASSAGE FOR TWO

This warming massage is performed by two massage therapists in one room for you and your partner. Synchronous motions and massage oils help you to relax, reduce tension and stress, and calm your mind.

Duration: 30 min. Price: 40 EUR.

BURMESE MASSAGE

The massage is perfect for very busy and tired people. The massage therapist holds the client's head during the whole massage session, constantly making swinging movements. The therapist massages face, scalp, neck and shoulders, stimulating biologically active points of the body. Massage therapy relieves the tension of face, neck and shoulder muscles. It also strengthens hair root and slows down hair loss. The treatment invigorates, improves work efficacy and overall well-being, relieves pain, and reduces fatigue and stress. Burmese massage is performed with the recipient in the sitting position. You don't need to take your clothes off or prepare for the treatment beforehand.

Duration: 20 min. Price: 11 EUR.

BACK MASSAGE WITH HONEY

It is an excellent remedy for spinal and articular diseases. Highly effective for the treatment of cold, cough, radiculitis. Helps to fight stress during the periods of stress and tension, improves blood circulation, provides tissues and organs with oxygen and other nutrients. After this massage your skin will be clean, soft and nurtured.

Duration: 30 min. Price: 26 EUR.

LYPOSSAGE

Lypossage is an all-natural body contouring treatment that will help reshape your figure. Lypossage is performed on the lower body, including the buttocks, hips, thighs and lower abdomen, or the upper body, including the arms, or the face, neck and head. Expected outcomes of lypossage treatment include dimension loss, diminished look of cellulite and improved skin tone. Maintenance programs will be customized to the needs of each individual client by certified lypossage practitioner.

Duration: 30 min. Price: 34 EUR.