spitzhorn

The Lightness of Being



Massages - Made by Rania

Sport Massage	50 minutes / 160.00
Back-Neck-Shoulder	25 minutes / 70.00
Head and Neck Massage	25 minutes / 70.00
Deeply relaxtion massage	50 minutes / 140.00
Deeply relaxtion massage	90 minutes / 220.00
Reflex feet massage	40 minutes / 90.00

Face

Face Cleaning	75 minutes / 140.00
Face Massage	30 minutes / 70.00
Eyelashes or Eyebrow colouring	30 minutes / 30.00
Eyelash lengthen	90 minutes / from 180.00
Microbrading (per treatment) (minimum 3 treatments)	90 minutes / from 140.00

Manucures and Pedicures

Manicure	
Polish change	60 minutes / 80.00
3	10 minutes / 25.00
Shellac Manicure	70 minutes / 90.00
Men's Manicure	
Pedicure	30 minutes / 50.00
Pedicure with polish	60 minutes / 90.00
	70 minutes / 100.00
Shellac removal manicure or pedicure	

Waxing

Full leg	30 minutes / 70.00
Half leg	20 minutes / 45.00
Bikini line	15 minutes / 40.00
Brazilian Bikini	50 minutes / 80.00
Underarm	15 minutes / 25.00
Arms	20 minutes / 35.00
Face	from 15.00



/ 40.00

Nathalie Chornowicz

Traditional Chinese Medicine therapist

TuiNa Massage: This massage uses pressure on the meridians of the back, legs and feet. It rebalances the body's energies and promotes deep relaxation.

Please wear a soft T-shirt and leggings or soft trousers.

25 minutes / 70.00 50 minutes / 140.00 **Acupuncture:** Muscle or joint pain? Or just a desire to feel better and sleep well? Acupuncture is ideal!

50 minutes / 140.00

Qi Gong: This traditional Chinese form of gymnastics combines gentle body movements, breathing and self-awareness to promote well-being, self-control and vitality.