



MASSAGES  
&  
PACKAGES

# MASSAGES

## RELAXATION MASSAGE

🕒 30 min	_____	1 100 CZK
🕒 60 min	_____	2 100 CZK
🕒 90 min	_____	2 630 CZK

A relaxation massage is designed to promote deep physical and mental relaxation. It helps relieve tension and back pain, reduces fatigue, and brings a sense of calm, balance, and overall rejuvenation. Unlike a regenerative massage, it does not focus on deep muscle work, but instead uses gentle, flowing techniques to soothe the body and mind.

## REGENERATIVE MASSAGE

🕒 30 min	_____	1 100 CZK
🕒 60 min	_____	2 100 CZK
🕒 90 min	_____	2 630 CZK

A restorative massage focused on supporting the body's recovery after physical strain, injury or surgery. It helps relieve muscle fatigue, stiffness and soreness, making it ideal for athletes seeking faster regeneration, as well as for those with a sedentary lifestyle or uneven physical strain. After the massage, we recommend a calm regime without greater physical activity and an increased intake of fluids to support recovery.

## ANTISTRESS MASSAGE

🕒 60 min	_____	2 100 CZK
🕒 90 min	_____	2 630 CZK

A gentle, deeply relaxing treatment that helps release physical and emotional tension, reduce nervousness, anxiety and exhaustion, and restore overall balance to the body and mind. Rather than using strong pressure, the massage focuses on flowing movements and stimulation of nerve endings. The treatment most commonly focuses on the head, neck, shoulders and face, where stress tends to accumulate the most. According to your preference, it can also be performed as a full body massage.

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## HOT STONE MASSAGE

- 🕒 60 min \_\_\_\_\_ 2 200 CZK
- 🕒 90 min \_\_\_\_\_ 2 730 CZK

The comforting warmth of genuine lava stones works deeply within the body, helping to release tension and restore balance. The heat penetrates the muscles almost instantly, easing stiffness and discomfort while creating a profound sense of harmony and relaxation. The renewed flow of energy brings calmness, a feeling of safety and deep relaxation, allowing stress and everyday tension to gently fade away.

## HEAD AND FACE MASSAGE

- 🕒 30 min \_\_\_\_\_ 900 CZK

A relaxing and regenerative treatment that releases tension, reduces stress, improves circulation and supports a fresh, youthful appearance of the skin. It also helps relieve headaches, migraines and stiffness in the neck area.

## LEG MASSAGE

- 🕒 30 min \_\_\_\_\_ 1 100 CZK

A treatment focused on relieving muscle tension, improving circulation and supporting the regeneration of the lower limbs. The massage helps relax the feet, calves and thighs.

## AROMATHERAPY MASSAGE

- 🕒 90 min \_\_\_\_\_ 2 630 CZK

A gentle touch therapy designed to relax the body and mind while restoring natural balance. The aromatherapy massage is based on slow, mindful movements and the scent of natural essential oils. Its purpose is to calm the nervous system, restore the flow of energy and create a deep sense of inner harmony.

You will be invited to choose from a selection of essential oils and select the fragrance that resonates most with you in the present moment.

# MASSAGES

## COUPLE MASSAGES

🕒 60 min \_\_\_\_\_ 4 200 CZK

🕒 90 min \_\_\_\_\_ 5 260 CZK

\* available by individual reservation only \_\_\_\_\_

A massage experience for two in a private and peaceful atmosphere.  
Available as either a relaxation or regenerative massage.

# PACKAGES

## VISTA RELAX

🕒 Wellness zone 30 min	400 CZK
🕒 Wellness zone 60 min	800 CZK
🕒 Wellness zone 120 min	1 600 CZK
🕒 Wellness zone 150 min	2 000 CZK

Vista RELAX combines massage and wellness into one seamless experience. Choose a 60 or 90 minute massage and complement it with access to the wellness zone for 30 to 150 minutes. Whether you prefer the sauna, whirlpool or relaxation area, you can create a combination tailored to your individual needs. The combination of massage and wellness promotes deep relaxation, relieves muscle tension, supports the body's natural regeneration processes and provides a lasting sense of physical and mental wellbeing. The final package price depends on the selected massage and the length of your wellness stay.

## VISTA PARADISE

🕒 240 min	7 500 CZK for 2 persons
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\* available by individual reservation only

Four hours of uninterrupted relaxation designed exclusively for the two of you. The package includes wellness access, a couple massage and refreshments for shared moments of calm and rest.

## VISTA RITUAL

🕒 240 min	5 500 CZK one person
	9 900 CZK two persons

A wellness ritual combining herbal teas, a cleansing steam sauna peeling and a deeply relaxing anti-stress massage. Throughout the experience, a dedicated host will guide you towards deep calm, physical release, mental clarity and renewed energy.

### Massage Package 6 + 1 Free

12 600 Kč

✓ Valid for 60 minute relaxation and regenerative massages.