

THE
SECRET GARDEN
Day Spa

MASSAGE GUIDE

SWEDISH MASSAGE

Full body massage manipulating all the muscles of the body with reviving, stimulant and quite strong motions promoting well-being and refreshment. The boosted blood stream has a positive effect on the metabolism, and even improves the flexibility of the skin.

ANTISTRESS MASSAGE

This program is designed to reduce tension, dissolve the stiffness in the muscles of the whole body and has a wonderful effect on the nerves; it helps against self-demand, lack of sleep, migraine, stress. When an essential oil is inhaled into the lungs and absorbs through the skin, it offers both psychological and physical benefits.

HUNGARIAN-STYLE TOKAJI MASSAGE

Swedish full body massage with a special oil designed for those who are looking for something typical Hungarian. Our special grape-seed massage oil is combined with real, high quality Tokaji Aszu essence, so that forming a rich and moisturizing massage cream. The extract of Tokaji Aszu helps to prevent the premeditated aging of cells, its fruit sugar ingredients boost the activity of capillars so that rejuvenate and energize the skin.

TIRED FOOT AND LEG MASSAGE

Swedish sole and feet massage: You may feel your foot tired after being stifled in shoes and socks all day, or because of long walking, travelling, even because of steady sitting or standing. The aim of this program is to ease the muscles and reduce pain.

LADIES' PACKAGE

It is a three-steps beauty treatment combined with two massages lasting about an hour. After face cleaning, we put on a natural, curative-mud facial mask, and as long as the mask exerts its influence on the skin, you can enjoy a relaxing sole massage. After the sole massage we wash down the mask, and you get a gentle face massage refreshing the skin of the face. The secret of this program is the curative-mud (peat) which is a special material from the lake of Hévíz, the largest thermal lake in Europe.

HUNGARIAN LAVENDER MASSAGE

This full-body massage is a relaxing treatment done with 100% natural and pure lavender-essential oil from Tihany, Hungary. That region, by the Lake Balaton, is the home of the world-famous lavender fieldlands of Hungary. This small, purple flower is not only beautiful and fragrant but ideal for massages. It may eliminate nervous tension, enhance blood circulation, relax the muscles and also moisturise the skin. Its fragrance is calming, relaxing and balancing – physically and emotionally.

VITA-C MASSAGE

This full body massage program is done with the combination of Hungarian C-vitamin extract and high-quality grape seed oil so that creating a special massage oil. Albert Szent-Györgyi was a Hungarian biochemist who won the Nobel Prize (in 1937) for first time in history isolating vitamin C.

CLEOPATRA'S ROSE WATER MASSAGE

For this full body massage treatment we combine pure rose water with shea butter so that forming a rich moisturizing massage cream. Rose water helps hydrate and tone the skin giving it a refreshed look. Its anti oxidant properties help strengthen skin cells and regenerate even aging skin tissues. Indeed, the aroma of rose rids you of feelings of anxiety and promotes emotional and physical well-being just like the reviving massage designed to your wish.