

A woman is lying on her back, receiving a massage. Her eyes are closed, and she has a peaceful expression. A therapist's hands are visible on her back. The scene is dimly lit with warm, glowing candles in the foreground. A white circular logo is centered over the image, and a decorative gold-colored mandala pattern is overlaid on the bottom half of the image.

ESOTICA

Spa & Health Club

OUR TREATMENTS

# MASSAGES

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## **Alchymist Massage**

Step into a world of unparalleled relaxation with our signature Alchymist Massage, a unique and innovative therapy that masterfully blends the best elements of three revered traditions: Balinese, Hawaiian, and Swedish. This extraordinary massage is designed to transport you to a state of blissful tranquility, where every touch is a journey towards ultimate relaxation and rejuvenation.

The Alchymist Massage is a hidden gem, exclusively available within the serene sanctuary of Ecsotica Spa. This tranquil haven invites you to indulge in a wellness experience like no other, where the ancient wisdom of massage arts is seamlessly woven into every session. Here, time seems to stand still, and the outside world fades into oblivion, leaving you enveloped in a cocoon of peace and serenity.

## **Balinese Traditional Massage**

A deep tissue massage that uses ancient Balinese techniques to work on your muscles and release any tension or knots that may be causing you pain or discomfort. Our skilled therapists will apply firm pressure and rhythmic strokes to stimulate blood circulation and restore balance in your body.

## **Javanese Massage**

A traditional full body massage using firm pressure to promote relaxation and ease muscle aches and tension.

## **Bamboo Massage**

Bamboo massage releases energy blockages of the body, stimulates blood circulation, has similar effects as lymphatic massage, removes back pain, relieves tension and muscle stiffness. It is especially suitable for people with swelling or cellulite. Not recommended for very slim people.

## **Foot Massage**

Using finger pressure focusing on reflex points on soles to improve blood circulation, it has an energizing effect and increases sense of daily well-being.

## **Back Massage**

An integrated head, neck and shoulder massage, releases stress and tight muscles. Perfect for all those suffer from headaches or daily hectic lifestyle.

## RITUALS

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### **Ayurvedic Aromacology Ritual**

Discover deep relaxation and revitalization through the ancient art of Ayurvedic ritual. The treatment harmonizes your body's energy points, balances vital functions, and increases prana (life energy). Combining essential oils from around the world with color therapy, our therapists use varied techniques to alleviate muscle tension, enhance metabolism, and soothe the nervous system, leaving you deeply relaxed and rejuvenated.

### **Orient Ceremony**

A traditional relaxing North African massage with warm oil, inspired by ancient techniques. This soothing treatment combines floral mist and nourishing Sumptuous Oil, offering a sensory journey to the Sacred East. After a purifying hammam session, rich oils like Argan oil ("Liquid Gold") are used to moisturize and smooth the skin. Benefits include hydration, nourishment, and regeneration, ideal for dry or atopic skin conditions. Perfect for those seeking deep relaxation for body and mind.

### **Sushi Ceremony**

A unique, sensual skincare combining Western cosmetology with Far Eastern traditions, enhancing energy flow, balances body rhythm, and caters to mature skin needs, addressing elasticity, dryness, and discoloration from sun exposure.

### **Sumatra Sunset**

Ideal for balancing body and mind. The Indonesian wrap leaves skin soft, supple, and vibrant. The body mask, using a warm blanket, detoxifies, brightens, and nourishes the skin. The final massage releases muscle tension and improves blood circulation.

### **Ecsotica Delight**

A combination of a peeling with an energizing effect and a massage containing vegetable oils to hydrate, protect and relax your skin. Crystals of sea salt, lotus and cranberry powder incorporated into the fruit body scrub cleans, softens and at the same time supports resistance. The skin will be scented with an exotic scent that relieves emotional tension.

### **Glamour Sun Rays**

A complete spa experience with a muscle-relaxing warming session, a nourishing rose oil body treatment, a cleansing and moisturizing facial, and a refreshing Alchemist Sunrise drink with fresh fruit and sparkling wine.

## FACIAL TREATMENTS

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### **Orlane B 21 Extraordinaire Facial**

A unique treatment featuring the B21 serum, starting with skin stimulation and oxygenation, followed by toning, regeneration, and rejuvenation of facial muscles. The effect is enhanced with a collagen mask, resulting in brighter skin and visible reduction of signs of aging.

### **Orlane L'anti - Fatigue**

A treatment designed to combat skin exhaustion caused by factors like sleep deprivation, pollution, and stress. It revitalizes the skin by infusing it with energy and vital elements, smoothing and rejuvenating your complexion for a radiant glow.

### **Orlane Moisturizing Super Global**

An intensive hydration treatment, ideal for dehydrated skin or skin subjected to extreme climatic conditions. Restores a proper moisture balance and maintains hydration at an optimum level. Protects and insulates the skin.

## WELLNESS PEDICURE AND MANICURE

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### **Margaret Dabbs Supreme Manicure & Pedicure**

Offers long-lasting results and deep hydration. The manicure includes nail and cuticle care, hand scrub, bath, serum, massage, and spray. The pedicure features nail and cuticle care, ingrown skin removal, foot scrub, bath, oil, massage and spray.

## PACKAGES

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### **Morning Sparkle**

Start your day with our Morning Sparkle package, featuring a luxurious breakfast with Prosecco, two hours of relaxation in our health club with pool, sauna, steam, gym and relaxation area, a choice of a 30-minute massage, and the soothing touch of Indonesian Wedang Jahe tea.

### **Fairytale Afternoon**

An all-inclusive package featuring a welcome glass of Prosecco, fruit basket, one hour of relaxation with pool, sauna and steam, a 60-minute massage of your choice, Indonesian Wedang Jahe tea, followed by a three-course dinner at the San Carlo Gourmet Restaurant.

## PRIVATE SAUNA EXPERIENCE

### WITH REFRESHMENTS

Indulge in a premium private sauna experience designed for up to four guests, available for 5,500 CZK for a two-hour session. This exclusive rental offers a range of amenities to ensure your utmost comfort and relaxation. Upon arrival, you will have access to a private changing room, allowing you to prepare for your sauna session in complete privacy. The sauna itself is spacious and can comfortably accommodate your group, providing a serene environment to unwind and rejuvenate. Additionally, you will enjoy a selection of refreshments to keep you hydrated and energized throughout your visit. The private sanitary facilities ensure that you have everything you need at your convenience, making this an ideal choice for those seeking a high-end, personalized sauna experience.

## ECSOTICA SPA & HEALTH CLUB

### MEMBERSHIPS

#### One Month Membership

Include	2x30 min massage or 1x60 min massage		Ecsotica Health Club 1 entrance a day	
Additional benefits	Restaurant 10% off	Accommodation 15% off	Spa treatments 10% off	Health Club for friend 20% off
Price	5,500 CZK		31 days	

Receive a free 30 minute massage for referring a member

#### One Year Membership

Include	12x30 min massage or 6x60 min massage		Ecsotica Health Club 1 entrance a day	
Additional benefits	Restaurant 10% off	Accommodation 15% off	Spa treatments 20% off	Health Club for friend 20% off
Price	55,000 CZK		12 months	

Receive a free 60 minute massage for referring a member

## MASSAGES

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Balinese Traditional Massage	60'	2,950	90'	3,700
Alchemist Massage	60'	2,950	90'	3,700
Javanese Massage	60'	2,950	90'	3,700
Bamboo Massage	60'	2,950	90'	3,700
Foot Massage			30'	1,590
Back Massage			30'	1,590

## RITUALS

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Ayurvedic Aromacology Ritual	60'	3,250	90'	3,700
Orient Ceremony	60'	3,250	90'	3,700
Ecsotica Delight			130'	4,700
Glamour Sun Rays			120'	3,999
Sumatra Sunset			150'	4,999
Sushi Ceremony			120'	4,500
Foot Ritual			60'	2,940

## WELLNESS PEDICURE & MANUCURE

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### (WOMEN & MAN)

Margaret Dabbs Supreme Manicure	60'	1,800		
Margaret Dabbs Supreme Pedicure	60'	2,200		
Orly Breathable Nail polish (only in combination with Manicure or Pedicure)	330'	490		

## FACIAL TREATMENTS

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Orlane B 21 Extraordinaire Facial	105'	4,900		
Orlane L' anti - Fatigue	90'	3,500		
Orlane Moisturizing Super Global	90'	3,500		

## SPA PACKAGES

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Morning Sparkle		3,199		
Fairytale Afternoon		4,599		

## ECSOTICA SPA

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Ecsotica Health Club Entrance	120'	1,100		
Private Sauna with Refreshments	120'	5,500		

## ECSOTICA SPA MEMBERSHIP

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Membership	1 month	5,500		
	1 year	55,000		



**ECSOTICA SPA & HEALTH CLUB**

**Alchemist Grand Hotel and Spa**

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