



THAI MASSAGE EFFECTS

Helps release the blockages and stimulates the flow of life energy, which establishes a balance of body, mind and spirit. By this different psycho-physical problems are eliminated.

Thai massage physiological effects to a circulatory system are better blood and lymph circulation and reduced heart rate. It reduces the edema caused by slow lymph flow and accelerates toxins' departure from the body. Furthermore, tendons and muscles are relaxed, joints are unlimbered and the whole body is more flexible. A superior nervous and digestive system is stimulated and more active.

Modern variations of traditional Thai massage helps removing mental and physical stress, relax the body and ease muscles' problems caused by increased physical effort. Also they reduce the incidence of chronic pain problems, balance work of the entire body and help to fight against cellulite.

THAI PAMPERING OR THAI FOOT MASSAGE (60 MIN)

The massage includes the following: foot bath and exfoliation, massage of shoulder joints with ointment balm made with traditional Thai herbs. This is followed by intensive foot, ankle and leg massage and massage of shoulder joints, neck, head, arms and hands (Thai ointment balm and oil).

The massage is performed in a sitting-lying position. You will enjoy relaxing Thai music too.

Do not put it off, you won't regret it!

THERAPEUTIC THAI MASSAGES

T1	Traditional THAI massage (50/80/110 min)	€ 49/69/89
T2	THAI massage with aromatic oils (50/80/110 min)	€ 49/69/89
T3	THAI massage with warm herbs and aromatic oils (80/110 min)	€ 70/90
T4	Combination of traditional THAI massage and massage with aromatic oils (80/110 min)	€ 69/89
T5	Relaxing aroma massage (50/80/110 min)	€ 49/69/89
T6	THAI back massage with aromatic oils (30/50 min)	€ 33/49
T7	Back massage with warm herbs and aromatic oils (50 min)	€ 50

RELAXING & ANTI-STRESS MASSAGES

T8	THAI SPA coconut peeling and massage with warm coconut oil (80 min)	€ 80
T9	Anti-stress head and neck massage (25 min)	€ 33
T10	Anti-stress face, neck and décolletage massage (25 min)	€ 33
T11	Thai Anti-stress back, shoulders, neck, arms, hands and head massage (50 min)	€ 49
T12	Anti-stress massage of feet and hands (50 min)	€ 49
T13	Thai pampering, Thai foot, shoulder, arm and hand massage (60 min)	€ 49
T14	Massage with warm coconut oil (50/80 min)	€ 55/75
T15	Massage with goat butter lotion (50/80 min)	€ 50/60
T16	Thai body massage with touch of jasmin with warm Jasmin oil (50/80 min)	€ 55/75

MASSAGE PACKAGES-COMBINATION

T20	Back massage & feet massage (60 min)	€ 60
T21	Traditional THAI massage & feet massage (80 min)	€ 69
T22	Relaxing aroma massage & face, neck and décolletage massage (80min)	€ 69

MASSAGES FOR PREGNANT WOMEN

N1	Back oil massage (30/50 min)	€ 33/49
N2	Body oil massage (50 min)	€ 49

SAUNA

The word sauna is of Finnish origin and means a type of bath where the body is initially warmed up in hot air and then cooled down under a cold shower.

With its warming and cooling phases the sauna has a beneficial effect on the skin, breathing, heart, blood pressure, kidneys, glands, nerves and mental state. Heating and cooling phases cleanse and regenerate the skin, accelerate cell regeneration, thoroughly moisten the skin and stimulate and invigorate blood circulation. Heating phases affect breathing with outstanding circulation of respiratory passages and bronchial relaxation, whilst the cooling phase enables rapid compensation of oxygen shortage due to the hot environment.

Saunas have been used since ancient times in the form of various refreshing baths. Baths have been replaced by Finnish saunas which experienced major increase in popularity in the 20th century with their global expansion from the Scandinavian countries. The Finnish sauna is also known as the genuine sauna since all other types of saunas we know today were developed from this type.

Turkish sauna
 Finnish wood stove sauna in a log cabin
 Breadbath
 Hay sauna
 Rasul
 whirlpool

SAUNA AND WHIRLPOOL

Sauna - 3 hour entrance / 1 pers (01.09. -30.04.) includes use of steambath, finnish sauna, breadbath, panorama bio sauna, whirlpool, 2 towels a & bathrobe	25,00 €
Sauna - 3 hour entrance / 1 pers (01.5.-31.8.) includes steambath, panorama bio sauna, whirlpool, 2 towels & bathrobe	20,00 €
Hay sauna + whirlpool / 1 pers (60 min) towel and bathrobe	15,00 €
Rasul Oriental sauna + whirlpool /1 pers (60 min) towel and bathrobe	20,00 €

SOFT-PACK SISTEM

THERAPEUTIC MOOR MUD TREATMENTS

The pad contains Moor mud and salt crystals.

Effects: relaxes tense muscles, regenerates the skin's protective layer, inhibits inflammations and balances the female hormone system.

It is a very good complementary treatment for rheumatic diseases, inflammation in the joints and for Osteoarthritis.

Body Care Treatments

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| S1 Mediterranean massage (80/110 min)
(Peeling with salt, full body massage) | 80/100 € |
| S2 Compress with soft-pack system (50 min)
(Anti-cellulite, peeling with salt, fango wrap, hay wrap) | 45 € |
| S3 Therapeutic Moor Mud treatment (50 min)
Partial Body Treatment | 45 € |

Opening Hours

THAI SPA MASSAGE CENTER
and Sauna center Wellness Essense Bled:

mon-sat : 11am-10pm
sun & holidays: 11am-9pm

VAT is charged in the price.
Price list is valid from 1.04.2019

PACKAGES WITH SAUNA AND MASSAGE

HAY SAUNA PACKAGE

Whirlpool, hay sauna (ritual); 60min

+

SP1 / massage 30 min

40,00 €

SP2 / massage 50 min

56,00 €

ORIENTAL RASUL PACKAGE

Whirlpool, oriental sauna

(ritual with fango mud and peeling); 60min

+

OP1 / massage 30 min

43,00 €

OP2 / massage 50 min

59,00 €

SAUNA PACKAGE CLASSIC (01.09-31.05)

Whirlpool, turkish sauna (with peeling), finnish sauna,
panorama bio sauna, bread sauna; 120min

+

KP1 / massage 30 min

45,00 €

KP2 / massage 50 min

60,00 €

KP3 / massage 80 min

79,00 €