



## Classic / Swedish Massage

Back & Neck	40 min	3.500
Feet & Legs	40 min	3.500
Full Body	55 min	4.500

## Lymphdrainage

Face & Neck	25 min	2.000
Partial	40 min	3.500
Full Body	55 min	4.500

Thai Massage	80 min	6.500
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with Karin Rock / Austria

**Classic / Swedish Massage** stimulates circulation, relaxes muscles and strengthens the meridian system. Other benefits are: Loosening tight muscles and stretching connective tissues, relieving cramps and muscle spasms, decreasing muscle fatigue, loosening joints and improving range of motion, increased muscle strength, calming the nervous system, stimulating blood circulation, firming up muscles and skin tone, relieving symptoms of disorders like asthma, arthritis, carpal tunnel syndrome, chronic and acute pain, headache & athletic injuries, mental relaxation, improvement in length and quality of sleep, relief stress, anxiety and irritation, increase ability to concentrate, improved sense of well being.

**Lymphdrainage ( Relaxing Massage)** is a delicate, light form of favoring the lymph flow, based on light, rhythmic and constant movements: reduces cellulite & swollen, heavy feet, scars, high blood pressure and is a great anti stress treatment.

**Traditional Thai Massage** is a deep, full body treatment, starting at the feet, progressing up to the head. Using a sequence of gentle, flowing exercise movements, the body is moved, loosened and stretched (YOGA positions) of the joints and the muscles. This unique type of massage restores the flow of energy by applied acupressure on the energy lines ( SEN ) throughout the body, aimed at harmonizing and energizing. **Physical benefits:** Helps detoxification of the body and boosts immune system, regulates blood pressure, increase of muscle flexibility and relaxation, improvement of breathing and posture, correction of body alignment and dissolving of energy blocks, Improvement of athletic performance, helps with arthritis, back pain and body toning. **Mental benefits:** supports concentration and creativity, clears and calms the mind, helps to gain mental clarity. **Psychological effects:** reduce and relieve stress and anxiety, helps to boost the inner energy level, improves health & vitality.

by appointment

011 268 4808 or 076 557 5556 pranaloungecolombo@gmail.com

pranalounge.lk Holistic Health Center

60 Horton Place Colombo 7