



Rehabilitation center Santé Anti-stress massage

Who thinks there is no need for rest in today's hasty world is wrong. One possibility for relaxing, but also strengthening the entire body, is massage.



Stress – very frequent word and, sadly, also a problem. Unease of soul is projected on our body. Low level of energy leads to fatigue, headache, digestive disorders, loss of hair, insomnia and depression. Stress (strain) is most frequently exhibited by stiff neck, shoulders and upper neck, where important energetic body centers can be found.

Anti-stress massage of head thoroughly relaxes the muscles, induces blood circulation in skin, relieves everyday stress, headache and aching eyes. It brings peace to the mind and harmonizes the organism physically and mentally. Massage helps in removing toxins accumulated in skin and muscles, and when repeated it can even reduce migraine.



Anti-stress massage is based on ancient Ayurveda techniques, which harmonize the body and soul. It has positive impact on the mind, helps overcome fatigue, irritation, removes emotional stress and relieves anxiety.

Massage is the ideal way of reserving a “moment for yourself”. Rehabilitation center Santé offers besides anti-stress massage also a number of other massages. Try for example chocolate massage, massage with lava stones, Hawaii massage Lomi Lomi and many more.