

FIT LIFE SPA & HEALTH CENTER

MASSAGE TYPES AND DESCRIPTIONS

- **Swedish Massage:** A type of massage that reduces muscle tension, increases blood circulation and provides general body relaxation.
- **Aromatherapy Massage:** A massage with special aromatic oils that aims to relax both the body and mind through breathing and the effect of flower essential oils applied to the body.
- **Partial Massage:** A therapy aimed at reducing muscle tension on a specific body part, usually applied to the waist, back, or neck based on the visitors' request.
- **Fit Life Sports Massage:** A type of in-depth massage that aims to increase the performance of athletes, reduce muscle fatigue, and reduce the risk of injury.
- **Jet Lag Massage:** Jet lag occurs when people move from one time zone to another in a short period, and the circadian rhythm cannot adapt to the new time zone. This massage helps reduce the effects of jet lag by balancing your biorhythm.
- **Hot Stone Massage:** A type of massage performed using heated volcanic stones on the body with aromatic oils to relax the muscles and regulate energy flow.
- **Esalen Massage Therapy:** Balances the energy in the body with long and fluid touches, the manipulations used in all types of massages, and small vibrations applied to the body at a slow tempo by the therapist, creating a feeling of relaxation throughout the body.
- **Partial Cellulite Massage:** A type of massage that aims to reduce the cellulite appearance by accelerating blood circulation in the area through special techniques.
- **Scrub & Foam Massage:** A bath treatment to cleanse the cells on the skin and revitalize the skin.
- **Judas Tree / Natural Fruits Bath Ritual:** A bath ritual using the Judas tree and natural fruit extracts, and special mixtures to nourish and renew the skin.
- **Traditional Balinese Massage:** A massage that includes techniques specific to the Indonesian island of Bali to provide mental and physical relaxation.
- **Reflexology Massage:** A type of massage that is performed by applying pressure to the sections on the soles of the feet representing the organs to regulate the energy flow in the body.
- **Indian Head Massage:** Aims to reduce stress and provide relaxation with special techniques applied to the head, neck, and shoulders.
- **Tuina Massage:** A massage based on traditional Chinese medicine to regulate blocked energy flow, reduce muscle tension, and restore balance in the body.

ELITEWORLD *Grand*

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- Thai Massage: A traditional type of massage that is performed by stretching the body and applying a small amount of pressure to open energy channels and provide general relaxation.
- Shiatsu Massage: A type of massage that is applied using the traditional Japanese (Namikosi) technique, which aims to regulate the energy flow by applying pressure on the energy channels with fingers, hands, and elbows.