# spitzhorn

The Lightness of Being



### Massages - Made by Rania

Sport Massage	50 minutes / 160.00
Back-Neck-Shoulder	25 minutes / 70.00
Head and Neck Massage	25 minutes / 70.00
Deeply relaxtion massage	50 minutes / 140.00
Deeply relaxtion massage	90 minutes / 220.00
Reflex feet massage	40 minutes / 90.00

#### **Face**

Face Cleaning	75 minutes / 140.00
Face Massage	30 minutes / 70.00
Eyelashes or Eyebrow colouring	30 minutes / 30.00
Eyelash lengthen	90 minutes / from 180.00
Microbrading (per treatment) (minimum 3 treatments)	90 minutes / from 140.00

## **Manucures and Pedicures**

Manicure	
Polish change	60 minutes / 80.00
3	10 minutes / 25.00
Shellac Manicure	70 minutes / 90.00
Men's Manicure	20
Pedicure	30 minutes / 50.00
Pedicure with polish	60 minutes / 90.00
•	70 minutes / 100.00
Shellac removal manicure or pedicure	/ 40.00
	/ 40.00

#### **Waxing**

Full leg	30 minutes / 70.00
Half leg	20 minutes / 45.00
Bikini line	15 minutes / 40.00
Brazilian Bikini	50 minutes / 80.00
Underarm	15 minutes / 25.00
Arms	20 minutes / 35.00
Face	from 15.00



### **Nathalie Chornowicz**

Traditional Chinese Medicine therapist

**TuiNa Massage:** A set of manual techniques aimed at restoring the body's energetic balance: massages, stretching, and mobilization, according to the needs of each person.

25 minutes / 65.00 50 minutes / 140.00 **Qi Gong:** Combination of gentle body movements, breathing and self-awareness. Its technique consists of simple movements, combined with breath work and mindfulness, to achieve well-being, self-control and vitality

60 minutes / 25.00

**Acupuncture:** combining acupuncture, cupping and moxibustion, according to individual needs.