

MASSAGES

RECONDITIONING AND REGENERATING MESSAGES

Classical massage of the back, neck, cervical spine and face

total time 30 minutes / 290,-

Classical massage of the back, neck, cervical spine and face

total time 60 minutes / 550,-

Classical complex body massage

total time 90 minutes / 790,-

RELAXATION MESSAGES

Hot stone massage of the back and neck –

total time 60 minutes / 580,-

Hot stone complex body massage –

total time 90 minutes / 790,-

Back nad neck massage by chocolate oil –

total time 60 minutes / 590,-

Lymph massage

total time 60 minutes / 490,-

Lymph massage

total time 120 minutes / 890,-

Manual face lifting

total time 60 minutes / 420,-

ENERGETIC MESSAGES

Aroma massage –

total time 90 minutes / 790,-

Foot massage in the Evita Spa –

total time 30 minutes / 350,-

RECOMMENDED BY THE MASSEUR

Complex body massage

total time 60 minutes/ 650,-

REHABILITATION PACKAGE

It is very suitable for people who have a long-term back ache, neck ache, cervical spine ache or feet ache. The Evita Wellness will take care of you in three visits (during 14 days as recommended). This package is accurately compiled to target the chronic problems of the musculoskeletal system. It offers the best 3 massage techniques.

The package includes:

- Lifting massage – total time 60 minutes
- Classical massage total time 60 minutes
- Hot stone massage – total time 60 minutes

All these 3 massages are offered for a reduced price 1. 350,-

THE EVITA WELLNESS AND SPA

Our offer of a complete relaxation is provided by an aroma bath, the Kneipp Spa, infrasaunas and a relaxation area.

AROMA BATH

You will appreciate the effects of aroma baths especially with a partner in a romantic candlelight atmosphere. At the same time massage system leads to regeneration of physical and mental strength. Pressure water jets

massage the muscle groups, tendons, joints, blood circulation and muscle tissue and also works well on many reflex points of the feet and hands.

PRIVATE SPA FOR 2 PERSONS

Your arrival will be followed by a nice and pleasant romantic and relaxing experience. You will change into a robe, which is prepared for you in the locker room. Then you immerse into a warm aroma bath scented with essential oils, which harmonize your body wonderfully. Finally resting in the lounge while listening to relaxing music, the whole spa is just for you two.....

- Infrasauna for two
- Aroma bath for two
- Relaxation in the lounge
- A carafe of water and lemon
- 0, 75 l of cold strawberry champagne or fruit juice

Total time 90 minutes / 990,- CZK

- Aroma bath for two
- A carafe of water and lemon
- 0, 375 l of cold strawberry champagne or fruit juice

Total time 60 minutes / 640,- CZK

The aroma bath special offer:

- Massage of the back – 30 minutes 290,- / 1 person
- Complex body peeling – 30 minutes 200,- / 1 person

Infrasauna salt therapy

Therapeutic effects are achieved by the combination of salt and infrared light. Using the sauna helps with reducing calories, increasing immunity and metabolism. It slows the skin ageing down. The infrasauna is also suitable for people who are treated for high blood pressure or heavily endure high temperatures in a traditional Finnish sauna. The infrasauna can be also visited by children. **The generally known therapeutic effects:** It increases the tissue expansion, improves elasticity and tension of the skin, immediately reduces the stiffness of the limbs, joints, back, etc. It relieves pain, reduces muscle tension, spasm. It improves blood circulation in the skin, which is a requirement for beauty and skin quality. It leaves the skin soft and smooth. Deep warming and subsequent sweating help to eliminate cellulite, it deeply cleans debris which means the body detoxifies. The infrasauna is used as a supplement for weight reduction. In 30 minutes you can burn up to 600 calories.

PRIVATE SPA FOR UP TO 4 PERSONS

- Infrasauna with an essential oil
- Relaxation in the lounge
- A carafe of water and lemon

Total time 90 minutes / 350,- CZK

The sauna special offer:

- Complex body peeling for reduced price – 200,- / 1 person
- Massage of the feet – 200,- / 1 person

PRIVATE SPA FOR 5 PERSONS

This method of relaxation can be used as a nice time spent with friends or as a birthday party or just as a meeting, so you can combine business with pleasure.

- Relaxation massage for 30 minutes
- Infrasauna with an essential oil
- Aroma bath
- Relaxation in the lounge
- A carafe of water and lemon
- 0,75 l of cold stawberry champagne

Total time 2 – 3 hours / price for 1 person 650,- minimum of 3 persons

Massage ritual with luxurious body care

What is a body ritual?

As cleansing the body and the spirit it is a full body treatment. The ritual appeals to all senses which means you perceive the cleansing ritual with all five senses – you will taste it, feel it on your body, it envelopes you in the enchanting aroma and your eyes may have a soothing sleep. A cleansing aroma bath is waiting for you as well as a gentle and pampering peeling or a body mask. In particular you get a harmonious body massage with aromatic oils.

Massage rituals for 1 persons, the body and the soul

REJUVENATING RITUAL – Champagne with roses

The essence of femininity – a luxurious body relaxing massage leaves the skin velvety soft as rose petals, and it is preceded by the romantic scented bath. This is followed by a relaxing full body massage that positively affects the psyche, brings a sense of harmony and joy. It calms you down and gives you the feeling of luxury care. It slightly affects woman´s sensuality – thanks to the aromatherapeutical effect of a damask rose with wine extracts.

The ritual includes:

- Aroma bath
- Complex body massage with rose buds and essential oil of rose champagne
- A glass of sparkling wine

Total time 120 minutes / 1. 300,-

GOLDEN RITUAL – Treatment with 24 carat gold

Gold, except it is a precious metal, it also has valuable cosmetic properties, it provides the oxygenation, detoxification, protection and regeneration of the skin. Give your body a golden energy!!!

The ritual includes:

- Aroma bath
- Relaxation massage of the back with an oil which cointains gold
- Complex body application of a special cream with scales of 24 carat gold

- Treatment of the face and chest by a collagen and caviar lifting serum
Total time 90 minutes / 1. 400,-

PINK RITUAL – Champagne with roses

A luxurious care warms up, harmonizes, smooths down and relieves not only the body but also the soul. A relaxing massage and full body scrub with rose petals and fine sea salt leave your skin silky smooth and soft as rose petals themselves. It positively effects the psyche, brings a sense of harmony and joy. It calms you down and gives you the feeling of a luxury care. It slightly effects woman's sensuality thanks to the aromatherapeutical effect of a damask rose with wine extracts. It promotes blood and lymph circulation.

The ritual includes:

- Partial massage with an essential oil of rose champagne
- Complex body treatment by sea salt peeling with rose petals

Total time 90 minutes / 750,-

CHOCOLATE RITUAL

It begins with immersing into warm bath with a cup of hot chocolate. After an aroma bath the complex body peeling will pamper you. This is followed by fantastic partial chocolate massage with massage oil and finally you relax with a chocolate mask to detox the body.

The ritual includes:

- Chocolate oil massage of the back, neck and cervical spine
- Chocolate peeling of the whole body
- Chocolate detoxifying mask

Total time 120 minutes / 1. 400,-

LULUR RITUAL

An exotic therapy for the body and the soul.... no doubt the queen of exotic treatments. Exotic essences of vanilla and avocado make the ritual an amazing sensual experience.

Lulur is an Indonesian ritual which for centuries was reserved for brides. It begins with a refreshing foot bath. Then it is followed by a full body scrub and then massage of your back and legs. Finally your face is refreshed by a moisturising and nourishing face mask. You will be wonderfully softened and refreshed.....

The ritual includes:

- Refreshing mint bath of the feet
- Complex body peeling with vanilla and avocado scents
- Relaxation massage of the back and feet
- Fine massage of the face with moisturising cream

Total time 90 minutes / 950,-

Massage rituals for 2 persons, the body and the soul

What is a body ritual?

As cleansing the body and the spirit it is a full body treatment, not only cleansing aroma baths or the sauna, but also energy massage with natural essential oils that have an impact on mental and spiritual harmony of your body with a cup of herbal tea. This method of relaxation is most popular in the spring, autumn and winter months to absorb new energy. In these seasons it is very important to switch off and also find free time for yourself and your partner.

ENCOURAGING GREEN TEA RITUAL

- Aroma bath in the whirlpool for 60 minutes
- 2 x 30 minute massage of the back, neck, cervical spine and face
- A cup of green tea

Total time 120 minutes / 950,-

HARMONIZING JASMINE RITUAL

- Aroma bath in the whirlpool for 30 minutes
- 2 x 45 minute complex massage
- A cup of jasmine tea

Total time 120 minutes / 1. 450,-

REFRESHING CITRONELLA RITUAL

- Infrasauna
- 2 x 30 minute massage of the back, neck, cervical spine and face
- A carafe of water and lemon

Total time 60 minutes / 760,-

SOOTHING LAVENDER RITUAL

- Infrasauna
- 2 x 45 minute complex massage
- A carafe of water and lemon

Total time 90 minutes / 1. 190,-

ROMANTIC RITUAL

It provides a romantic relaxation experience in candlelight. Firstly, in the Evita Spa, you start with a light massage of your feet. Then a stay in infrasauna is provided and this just gently warms you up. Then immerse into aroma baths scented with essential oils which harmonize your body wonderfully and release it from pain.....

The ritual includes:

- Relaxation in The Evita Spa with a light massage of the feet
- Infrasauna for two
- Aroma bath for two
- Relaxation in the lounge
- Cold strawberry champagne

Total time 120 minute / 1. 100,-

Lavender – gives you a feeling of peace and serenity. The most important feature of lavender is its ability to restore balance – whether of mind or body. It lowers blood pressure. It has analgetic, antidepressive and sedative effects.

Citronella – lemon grass is refreshing and has an antiseptic character. It has the ability to alleviate headaches. It has a toning and stimulating effect on the whole organism.

Green tea – is especially appreciated for its high content of antioxidants that make our skin smoother, younger and more resistant to environmental influences. The green tea oil is a completely natural and moisturising product. Its fragrance refreshes you, energises and rises in body and spirit. The green tea scent is fresh and energetic. By using these oils you prevent your skin from drying out and from rapid ageing. Moreover, it has also aromatherapeutical and relaxing effects.

Jasmin – its refreshing sweet aroma works on the mind and emotions. It harmonizes sensory aspects with emotional aspects of our beings. It is a sensually warm and joyful fragrance. In the sensational level may jasmine provoke passion and combine it with love. In the mentally spiritual level it can restore creative ability. It also enhances intuition and the ability of generating original ideas.

Operator

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Opening hours

Tuesday: 9 am - 6 pm ON ORDER
Wednesday: 9 am - 6 pm ON ORDER
Thursday: 9.00 - 12.00 ON ORDER
Friday: 9 am - 6 pm ON ORDER
Saturday: 13:00 - 18:00 ON ORDER

Registration

The Municipality of Frýdek-Místek, the Trade Licensing Office,
Č.J. ŽÚ/959V/07/Pí, Ev. Č. 380202-85544