



THE WORLD'S LARGEST
HOTEL CHAIN®

Best Western Central Hotel: massages

Different types of massage provide a relaxing experience helping to rejuvenate the mind and body, eliminate stress, relieve pain, loosen strained muscles and stiff joints, and enhance one's mood.

Classical back massage. Duration 30 minutes; price 58 LTL.

Relieves physical and psychological fatigue, improves blood circulation, and enhances working capacity. Massage helps to keep skin resilient and elastic.

Relaxing full body massage. Duration 60 minutes; price 105 LTL.

Relaxing back massage. Duration 15 minutes; price 35 LTL.

Relaxing back massage. Duration 30 minutes; price 58 LTL.

Aromatherapy body massage ,Lengvumas (Ease)'. Duration 30 minutes; price 68 LTL.

Using top quality massage oil and natural essential oils.

Head, neck and shoulder massage. Duration 30 minutes; price 58 LTL.

Eases exhausted or strained neck and shoulder muscles, relieves back pain, improves blood circulation, recuperates nervous system, and eliminates fatigue and insomnia.

Anti-cellulite full body massage. Duration 60 minutes; price 105 LTL.

Increases blood and lymph circulation, improves microcirculation, softens tissues, and enhances metabolism. Massage movements penetrate into deeper layers of muscle tissues, thus enhancing oxygen and blood supply. This has a positive effect on the hypodermic fat layer, making muscles more elastic, and reducing cellulite.

Slimming legs and buttocks massage. Duration 30 minutes; price 68 LTL.

Stimulates blood and lymph circulation, enhances metabolism and fat dissolution, and increases elimination of excess fluid. Applied massage oils and creams make skin resilient and soft.

Honey back massage. Duration 20 minutes; price 58 LTL.

Honey back massage. Duration 30 minutes; price 68 LTL.

Honey body massage. Duration 60 minutes; price 105 LTL.

Leaves with a feeling of freshness and ease, and eliminates tiredness. Honey perfectly absorbs slag and helps to remove it from organism, leaving the skin softer and smoother.

Face massage. Duration 30 minutes; price 68 LTL.

Relaxes mimicry muscles, improves blood circulation, and increases elimination of excess fluid. The face skin becomes smoother and fresher.

Head massage. Duration 15 minutes; price 35 LTL.

Head massage. Duration 30 minutes; price 50 LTL.

Removes fatigue and stress, helps to relax, improves blood circulation, and eliminates spasmodic pains.

Best Western Hotel Vilnius

Konstitucijos pr. 14
LT-09308 Vilnius, Lithuania
Tel. +370 5 2739595
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office@vilniushotel.eu
www.vilniushotel.eu

Best Western Hotel Santaka

J. Gruodžio g. 21
LT-44293 Kaunas, Lithuania
Tel. +370 37 302702
Faks. +370 37 302700
office@santakahotel.eu
www.santakahotel.eu

Best Western Hotel Central

Šv. Jokūbo g. 22
LT-66118 Druskininkai, Lithuania
Tel. +370 313 60533
Faks. +370 313 60534
office@centralhotel.eu
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Toll free number 8 800 30396

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General full body massage. Duration 60 minutes; price 105 LTL.

Removes stress and tension, helps to relax, and recover after hard work. Massage improves blood circulation of the entire organism, enhances metabolism, and boosts muscle tone.

Foot massage. Duration 15 minutes; price 35 LTL.

Foot massage. Duration 30 minutes; price 50 LTL.

Improves blood circulation, stimulates all internal organs, and normalises general anxiety sensitivity.

Volcanic lava stone massage. Duration 60 minutes; price 105 LTL.

Hot stone massage is particularly beneficial for those who tend to feel chilly or who have cold hands and feet. Massage is performed using polished volcanic lava stones rich in minerals and iron. The energy of hot stones penetrates into the deeper layers of tissues, which leads to muscle relief, improved microcirculation, energy metabolism in the organism, and feeling of inner peace.

Amber massage. Duration 90 minutes; price 145 LTL.

Rubbing the skin with amber produces on its surface negative ions, which improve energy metabolism and blood circulation, stimulate biologically active points, prevent cell oxidation and promote cell regeneration, and removes fatigue and stress. The therapy uses amber powder, light amber beads and warm amber bags.

Four hand massage. Duration 60 minutes; price 139 LTL.

Four hand synchronous massage effectively tones up, improves activity of all organism systems, removes fatigue, and guarantees total relaxation. |

Lymphatic drainage massage. Duration 60 minutes; price 105 LTL.

Enhances blood, oxygen, and nutrient supply to cells, stimulates cell renewal processes, and increases elimination of toxins and excess fluid. This massage is particularly beneficial for people with poor blood circulation (swollen or painful legs, etc.).

Body peeling and massage with aromatic herbs. Duration 30 minutes; price 68 LTL.

Sea salt body scrub. Duration 15 minutes; price 35 LTL.

Body peeling with ecological scrub mixtures. Duration 15 minutes; price 35 LTL.

Gently scrubs the body skin, stimulates metabolism, effectively nourishes and stiffens the skin. Even dry and scurfy skin becomes smoother and softer; there is no need for extra application of cream or lotion.

Dervish *hakim* massage. Duration 30 minutes; price 68 LTL.

This is the energy back massage regenerating intervertebral discs, gently pulling the spine, removing muscle strain and spasms, improving energy metabolism, and normalising general anxiety sensitivity.

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