



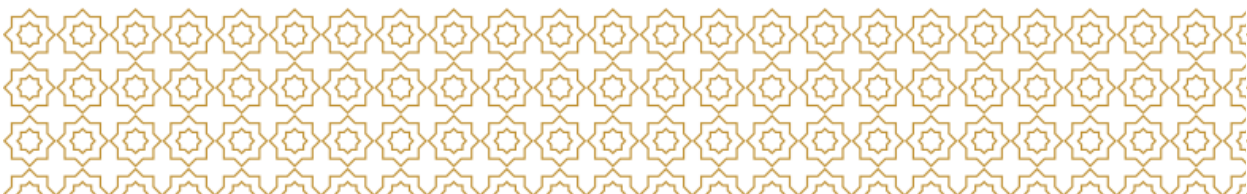
HarmoniA

WELLBEING

by DUKLEY

MASSAGE

*Relax. Refresh. Rejuvenate.*





*Experience harmony  
regeneration and relaxation.*

*Let us give you the inspiration to make a change.*

Get lost in the ambiance of a gentle breeze,  
the sounds of the waves, and the calming hands  
of our professional massage therapist.

Experience regeneration, and feel the harmony.  
Relax & rejuvenate your body and mind.





Massages are available seven days a week by appointment.

Each wellbeing therapy can be done in the seaside SPA cabana or in the privacy of your residence.

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**Dukley Hotel & Resort Customer Service**

+382 69 170 006

[customerservice@dukley.com](mailto:customerservice@dukley.com)

Dukley Hotel & Resort  
Customer Service is available 24/7.

Advance bookings are required.

Treatments can be scheduled from 10 am until 6 pm.



# Stress-free

## *Aromatherapy*

**60 min / 100 €**

Aromatherapy is a massage therapy using highly concentrated herbal, otherwise known as essential oils which are usually added to the regular massage oil or lotion. The sense of smell receptors are linked to the region of the brain known as the limbic system.

It controls emotions and influences the nervous system and hormones.

## *Hot Stone*

**50 min / 89 €**

The hot stone massage is a specialty relaxing massage, where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply and more quickly.

## *Foot-Indian Head*

**60 min / 100 €**

Indian head massage is a technique that adapts classic Swedish massage methods for treating the scalp, face, neck, shoulders, and upper arms. Even though the treatment is applied just on the upper part, its effects are felt throughout the mind and body!

Foot massage is a simple and effective method to relax your body and mind. It is based on the tenets of foot reflexology and involves applying pressure on key points in the foot to get benefits.





# Healthy Procedures

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## *Thai Oil*

**70 min / 118 €**

The traditional Thai massage is the ancient healing method combining wide and targeted acupressure and stimulation of energy lines known as sen, with the yoga-inspired positions. The effects of this massage grow when the recipient stays utterly calm and makes deep breaths.

## *Sports Massage*

**50 min / 120 €**

Sports massage is ideal to treat injuries and is used as a preventative treatment dealing with the health of muscle and connective tissue, range of movement, tone, symmetry, the balance of muscles, as well as the quality of posture.



# Esthetic Procedures

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## *Lymphatic Drainage Massage*

**50 min / 90 €**

Manual lymphatic drainage is a kind of gentle massage aimed at enabling a natural drainage of lymph, and preventing the transport of harmful substances from the tissue to the heart.

## *Face Lifting*

**60 min / 90 €**

Treat yourself with face lifting without surgeries: enjoy a face massage which will make your face reflect smaller in the mirror. Similar to the facelift techniques, such as face yoga treatment, this massage affects the circulation by addressing the unwanted inflammation points.







## Exclusive Procedures

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### *Osteopathy*

**1 h / 180 €**

This is a therapeutic massage delivered exclusively by hands. Its principle leans on the diagnosis of the entire body, followed by an adequate therapy. The therapist concentrates on certain blockages causing the muscle, ligament or bone structure spam.

### *Visceral Massage*

**1 h / 180 €**

This massage is performed by an experienced therapist who uses both hands to move and relieve fascia limitations in your stomach and pelvis, enabling a normal function of your internal organs.

# Express Massage

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## *Back & Neck Massage*

**25 min / 55 €**

Back & Neck Massage is all about relaxing. It focuses on supporting the client in recovering from the stresses of daily life.

## *Foot Massage*

**25 min / 55 €**

Foot Massage is all about unwinding. It focuses on relieving the client from the stresses of daily life.

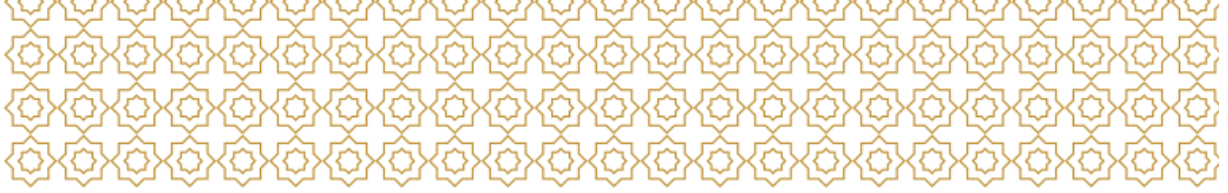
## *Face Massage*

**25 min / 55 €**

Face massage helps restore circulation to the face, and is a great way to get rid of unsightly inflammation problems.







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