



## Visiting Practitioner - Sandra Laznik

### June 17 to June 30, 2018



Sandra Laznik graduated at University of Sport Science in Slovenia, where besides becoming a professor of sport education, also gained fitness and aerobics instructor qualifications. She upgraded her knowledge with completing TRX® suspension trainer course, Gliding® course and training in classical and sports massage. She is a Sun Power Yoga qualified teacher (Yoga Alliance), Universal Tao Healing Arts qualified facilitator of Sacred Femininity Courses and Pilates teacher.

#### **Abdominal Detox Massage**

If you have problems with sleep, constipation or losing weight, suffer from allergies or hormonal imbalances and find it hard to focus, this could be linked to a blockage in the abdominal area. This massage breaks down the knots and lumps and helps to relieve bloating, improves digestion and brings back your health and radiance.

**60 minutes - EUR 165**

#### **Therapeutic Back Massage / Therapeutic Full Body Massage**

Perfect for a business person that spends most of the time on airplanes and board rooms. Treatment focuses on releasing neck tension and tiredness in the shoulders. It helps remove knots that are stuck between shoulder blades and relieves lower back pain that usually continues down into the legs (sciatic nerve pain). Includes legs massage, foot reflexology and can be adjusted into a full body massage.

**60 minutes - EUR 165**

**90 minutes - EUR 185**

#### **Natural Face Lift Treatment**

This treatment activates all facial muscles using vigorous massage technique and naturally refreshes your complexion, opens your eyes, lifts your cheeks, leaving your skin looking radiant. It delivers instantly visible results and is highly empowering as you will probably learn for the first time how to exercise more than 50 muscles on your face and neck!

**60 minutes - EUR 165**

#### **Customised Private Session**

Yoga | Pilates | Women's Health Session

**60 minutes - EUR 115**

**90 minutes - EUR 135**