

MELEA – THE HEALTH CONCEPT

# Medical and Spa Services

Melea

THE HEALTH CONCEPT





## Melea – The Health Concept

A new dimension of wellness and conscious living

Melea – The Health Concept represents a new approach to integrated health and medical wellness. Our treatments combine modern medical expertise, innovative technologies, and holistic spa therapies to support regeneration, balance, and long-term vitality.

In our calm and inspiring environment, every experience is designed to support physical and mental renewal.

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# Massages



# Massages

<b>DEEP TISSUE MASSAGE / THERAPEUTIC MASSAGE</b>	<b>🕒 30</b>	<b>57 EUR</b>
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	<b>🕒 60</b>	<b>63 EUR</b>
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	<b>🕒 90</b>	<b>86 EUR</b>
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A deep tissue massage that primarily targets the inner layers of the muscles. This is a more intensive treatment recommended for muscle and tendon injuries, as well as for relieving pain and stiffness. During the 60- and 90-minute sessions, the entire body is treated, while the 30-minute option focuses on either the neck, shoulders and back, or the legs. This personalized therapeutic massage, performed by a trained therapist, aims to release muscle tension, improve circulation, and support regeneration. It is an excellent choice for physical strain, stress, or musculoskeletal complaints, helping to restore the body's balance and vitality.

<b>ALQVIMIA AROMA MASSAGE</b>	<b>🕒 30</b>	<b>66 EUR</b>
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	<b>🕒 60</b>	<b>76 EUR</b>
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	<b>🕒 90</b>	<b>89 EUR</b>
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The aromatherapy massage is a gentle, relaxing treatment that not only soothes the body but also uplifts the spirit. Carefully selected, 100% natural **Alqvimia** essential oils deeply influence the senses, support inner balance, and enhance the feeling of well-being.

<b>HOT STONE MASSAGE</b>	<b>🕒 80</b>	<b>89 EUR</b>
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During a hot stone massage, heated stones are placed on the body's energy centers and are also used as part of the oil massage. It has detoxifying, stress-relieving, and muscle-relaxing effects, while also improving circulation.

<b>TRADITIONAL THAI MASSAGE</b>	<b>🕒 60</b>	<b>63 EUR</b>
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	<b>🕒 90</b>	<b>86 EUR</b>
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Traditional Thai massage is performed fully clothed, on a mattress placed on the floor. Its uniqueness lies in the fact that therapists use not only their fingers, but also their palms, elbows, and even their feet during the treatment. By applying pressure and stretching the muscles, the massage helps promote the free flow of energy throughout the body. It may also include mobilizing and gentle joint manipulation techniques.

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**THAI OIL MASSAGE**

🕒 60

**79 EUR**

🕒 90

**101 EUR**

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Unlike traditional Thai massage, Thai oil massage is not performed in clothing, and its effectiveness does not rely on stretching techniques. It is a holistic treatment that brings the body, mind, and spirit into balance. Its main benefits include deep relaxation, the release of tension and energy blockages, stress reduction, and an increase in the body's energy levels.

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**THAI FOOT MASSAGE**

🕒 45

**56 EUR**

🕒 60

**63 EUR**

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It stimulates and activates the function of the internal organs, boosts the body's immunity, and supports detoxification. The massage is performed using cream and oil. The therapist uses not only their fingers but also wooden sticks during the treatment, thoroughly refreshing the body.

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**REFLEXOLOGY**

🕒 60

**58 EUR**

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Applying pressure to the reflex points located on the soles of the feet stimulates the body's self-healing mechanisms and supports immune system function. It is an excellent method for addressing musculoskeletal and digestive issues, various types of headaches, and also has a stress-relieving effect.

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**MELEA MOMENTS FOOT MASSAGE**

🕒 30

**51 EUR**

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This refreshing foot massage is specifically designed to relax the muscles of the feet and reduce fatigue. Performed with cream or oil, its pleasantly invigorating techniques stimulate circulation and leave the legs feeling light and refreshed. It is an ideal choice after a long day when you need a quick yet effective boost of rejuvenation.

# Couples massages

**DEEP TISSUE MASSAGE / THERAPEUTIC MASSAGE** ⌚ 30 57 EUR/PERS

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⌚ 60 63 EUR/PERS

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⌚ 90 86 EUR/PERS

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A deep tissue massage that primarily targets the inner layers of the muscles. This is a more intensive treatment recommended for muscle and tendon injuries, as well as for relieving pain and stiffness. During the 60- and 90-minute sessions, the entire body is treated, while the 30-minute option focuses on either the neck, shoulders and back, or the legs.

**ALQVIMIA AROMA MASSAGE** ⌚ 30 66 EUR/PERS

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⌚ 60 76 EUR/PERS

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⌚ 90 89 EUR/PERS

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The aromatherapy massage is a gentle, relaxing treatment that not only soothes the body but also uplifts the spirit. Carefully selected, 100% natural **Alqvimia** essential oils deeply influence the senses, support inner balance, and enhance the feeling of well-being.

**THAI OIL MASSAGE** ⌚ 60 79 EUR/PERS

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⌚ 90 101 EUR/PERS

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This refreshing foot massage is specifically designed to relax the muscles of the feet and reduce fatigue. Performed with cream or oil, its pleasantly invigorating techniques stimulate circulation and leave the legs feeling light and refreshed. It is an ideal choice after a long day when you need a quick yet effective boost of rejuvenation.

**MELEA MOMENTS HYDRATING FACIAL MASSAGE** ⌚ 30 56 EUR/PERS

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Our exclusive hydrating facial treatment intensely replenishes and softens the skin, restoring its natural radiance. The uniqueness of the treatment lies in the gentle rose quartz crystal massage at the end, which helps calm both the skin and the mind, creating a sense of deep relaxation and harmony.

# Massage Rituals and Body Treatments



# Massage Rituals and Body Treatments

## ALQVIMIA AROMAFLOW

🕒 60

114 EUR

This back massage with warm, healing lava stones helps release deep-seated tension in the body and revitalizes energy, while you are surrounded by a captivating world of fragrances. The treatment is completed with a neck and shoulder massage, followed by a head massage for full relaxation.

## ALQVIMIA ANTI-STRESS MASSAGE

🕒 60

101 EUR

This noble oil blend deeply hydrates, regenerates, and nourishes the skin, leaving it silky smooth and supple to the touch. Its delicate, natural fragrance helps relieve stress, supports restful sleep, and promotes inner harmony. Carefully selected citrus and herbal essences protect the skin while easing both physical and emotional tension.

A fragrant, soothing experience for both body and mind.

## ALQVIMIA QUEEN OF EGYPT MASSAGE

🕒 60

107 EUR

The Queen of Egypt body oil is inspired by ancient rituals, designed to nourish, hydrate, and rejuvenate the skin. The sacred essences of frankincense and myrrh create harmony between body and soul, while its sensual fragrance awakens feminine strength and confidence.

An essence of Cleopatra's timeless beauty in every drop.

## ALQVIMIA OASIS OF SERENITY RITUAL

🕒 90

127 EUR

This ritual provides a sense of inner peace and deep relaxation, affecting the body, mind, and emotions. It helps restore inner harmony.

This stress-relieving body treatment combines a nourishing and hydrating facial with energy balancing supported by Tibetan singing bowls. The treatment begins with body exfoliation, followed by a body wrap. During this time, a facial treatment is performed, and the experience concludes with a relaxing massage accompanied by the soothing sounds of Tibetan singing bowls.

## ALQVIMIA QUEEN OF EGYPT RITUAL

🕒 90

127 EUR

A beauty ritual performed with Dead Sea salt and therapeutic mud, complemented by a pleasant hot stone massage and exotic fragrances blended with the aromas of frankincense and myrrh. It rejuvenates the skin, restores its beauty and natural radiance, and enhances self-confidence.

It slows down skin aging, helps accelerate cell regeneration, and leaves the skin more youthful, softer, more hydrated, and firmer. It is ideal for sagging and dull skin. The treatment includes a full-body exfoliation followed by a body wrap. While the wrap takes effect, a rejuvenating facial treatment is performed, and the ritual concludes with a gentle hot stone massage.

### ALQVIMIA SILHOUETTE RITUAL

🕒 90

127 EUR

The Silhouette body shaping and firming ritual uses natural sculpting elixirs that specifically help reduce fat deposits and tone the body's contours. Rich in botanical oils and essential oils, it stimulates microcirculation, enhances skin elasticity, and supports detoxification. Its fresh citrus-herbal fragrance revitalizes the senses while toning and nourishing the skin. It is an ideal complement to weight loss, body shaping, and wellness programs, helping the body feel renewed, firmer, and more harmonious in shape.

### MELEA SIGNATURE MASSAGE RITUAL

🕒 90

140 EUR

This exceptional head-to-toe pampering treatment delights all the senses. The experience begins with a gentle dry brushing exfoliation to stimulate the lymphatic system. The ritual continues with a tension-relieving warm candle massage. During the body wrap, a facial treatment is performed to stimulate cell regeneration and ensure a long-lasting sense of well-being.

### DETOXIFYING SEAWEED SALT SCRUB

🕒 60

96 EUR

A skin-renewing treatment that harnesses the power of mineral-rich raw sea salt, combined with the exceptional blend of spirulina, shea butter, and essential oils. It stimulates circulation, detoxifies the skin, and removes dead skin cells.

The personalized application of our deeply nourishing probiotic body balm further relieves tension, soothes the senses, and nourishes the skin. The treatment includes a full-body exfoliation, followed by a shower, and is concluded with a soothing rehydration using balm.

### SEED TO SKIN PHYTO AROMATHERAPY BODY WRAP

🕒 60

101 EUR

This energizing ritual begins with a dry brushing exfoliation, that gently removes dead skin cells and stimulates the lymphatic system. It is followed by the application of a detoxifying, mineral-rich thermal mud to enhance circulation and improve skin texture. After a shower, the treatment concludes with rehydration using a selected balm.

### HYDRO AROMATHERAPY

🕒 60

101 EUR

This exceptional ritual starts with a gentle dry brushing exfoliation, which stimulates blood and lymph circulation and removes dead skin cells. The treatment continues with a massage using a vitamin- and mineral-rich regenerating and detoxifying body oil. The oil deeply nourishes and balances the skin while providing a sensory experience enhanced by a stress-relieving head massage.



# Facial Treatments

# Facial Treatments

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**MELEA MOMENTS HYDRATING FACIAL MASSAGE** ⌚ 30 **56 EUR**

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Our exclusive hydrating facial treatment intensely replenishes and softens the skin, restoring its natural radiance. The uniqueness of the treatment lies in the gentle rose quartz crystal massage at the end, which helps calm both the skin and the mind, creating a sense of deep relaxation and harmony.

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**SEED TO SKIN - THE EXPRESS GLOW** ⌚ 30 **66 EUR**

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The perfect treatment to discover the Tuscan Seed to Skin phyto-therapy skincare line. Just 30 minutes for healthy, glowing, and hydrated skin. After a double cleansing, dead skin cells are removed, followed by the infusion of active ingredients extracted through green molecular processes. The eye area is treated with a cold therapy device, and the treatment is finished with a cooling jade roller, sealing the natural treasures into the skin.

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**SEED TO SKIN - THE ESSENCE** ⌚ 60 **84 EUR**

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This treatment represents the essence of Seed to Skin phytotherapy. A perfect face and décolleté treatment with arm massage, based on the synergy of medicinal herbs. After double cleansing and exfoliation, a rejuvenating face and décolleté massage is followed by a skin-firming gua sha treatment. During the application time of a customized mask containing unique ingredients (such as manuka honey, volcanic charcoal, pink clay, and fermented plant extracts), a hand and arm massage helps relax tired muscles. This is followed by a cold therapy treatment for the delicate eye area, and the active ingredients are sealed into the skin with a cooling jade roller in this sensory-rich experience.

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**SEED TO SKIN CURE FOR MEN** ⌚ 60 **84 EUR**

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The perfect refreshment and renewal in one treatment. This facial or head massage includes the application of a replenishing mask with customized special ingredients (such as manuka honey, volcanic charcoal, pink clay, and fermented plant extracts). This is followed by a cold therapy treatment for the delicate eye area, and the treatment concludes with a cooling jade roller that seals the active ingredients into the skin, offering a full sensory experience.

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**OXIGENEO TREATMENT** ⌚ 60 **114 EUR**

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⌚ 90 **140 EUR**

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A three-in-one skin renewal treatment that combines exfoliation, nourishment, and oxygenation. We offer personalized treatments for various skin concerns. Using radiofrequency that reaches the dermal layer, we achieve immediate skin tightening, followed by oxygen-based exfoliation tailored to the skin type. The treatment is completed with ultrasonic infusion of active ingredients.

**OXYGENEO TREATMENT GP GLAM****🕒 60****145 EUR****🕒 90****150 EUR**

The Oxigeneo Glam treatment strengthens the skin's protective barrier, preventing invisible water loss. Its active ingredients - containing gold flakes, silk protein, and antioxidants - stimulate collagen production, delivering an immediate firming and skin-smoothing effect. The treatment is completed with ultrasonic infusion of active ingredients, followed by either a manual facial massage or LED therapy.

**HYDRAFACIAL MD® DELUXE****🕒 60****147 EUR**

HydraFacial MD is one of the most advanced skin rejuvenation technologies, improving the skin's beauty and health quickly and painlessly. It helps achieve healthy, clear, fresh, youthful, and deeply hydrated skin. This is the only treatment that addresses multiple skin concerns simultaneously. Using vacuum technology, it gently yet thoroughly cleanses the pores and, with combined active ingredients, helps reduce the appearance of wrinkles.

**HYDRAFACIAL MD® PLATINUM BY MELEA****🕒 90****165 EUR**

HydraFacial MD is one of the most advanced skin rejuvenation technologies, improving the skin's beauty and health quickly and painlessly. It helps achieve healthy, clear, fresh, youthful, and deeply hydrated skin. It uses mechanical lymphatic drainage to help reduce edema and firm connective tissue, followed by gentle yet thorough pore cleansing with vacuum technology and the use of combined active ingredients to reduce the appearance of wrinkles.

**HYDRAFACIAL MD® PERK & LIP EXTRA****🕒 15****33 EUR**

This 15-minute add-on treatment gently exfoliates and deeply hydrates the lip area: it smooths the surface and leaves the lips visibly fuller and more refreshed.

**SKINPEN****🕒 90****227 EUR**

SkinPen® is a clinically proven microneedling device developed for skin rejuvenation. Thanks to its precise technology, the skin's structure can be safely and visibly renewed. This minimally invasive procedure relies on the body's natural wound-healing processes. It creates thousands of controlled micro-injuries in the skin at a regulated depth and intensity, triggering the body's regenerative response. As a result, the skin is renewed through increased cell division stimulated by growth factors, while the production of collagen, elastin, and hyaluronic acid is enhanced.

## MELEA MAGIC

🕒 60

94 EUR

Immerse yourself in complete pampering with our signature combined treatment. Gentle exfoliation prepares your skin for renewal, followed by soothing toning and radiofrequency skin tightening to stimulate skin elasticity. A 20-minute relaxing face, neck and décolleté massage helps release tension. At the end of the ritual, intensive hydration leaves your complexion silky, radiant, and youthful. Allow every moment to indulge your senses and reveal your skin's natural glow.

## LIVING LIGHT RITUAL

🕒 45

66 EUR

The Living Light Ritual is a modern, regenerating facial treatment that combines the cellular effects of LED light therapy with a short, preparatory hydrating facial massage. The light therapy supports the skin's natural renewal processes, stimulates collagen production, and contributes to a more even, refreshed complexion. By the end of the treatment, the skin appears calm, replenished, and visibly radiant.

## ADD ON MASK

13 EUR

Available with Melea Moments, Living Light Ritual, or Nuvola treatments.

## FACIAL CLEANSING

🕒 30

50 EUR

Can be booked as an add-on service alongside other treatments.

## EYEBROW SHAPING

🕒 20

when booking  
a treatment  
0 EUR

## EYEBROW TINTING

🕒 20

18 EUR

## EYELASH TINTING

🕒 20

18 EUR



# Medical

# Medical

## INTERNAL MEDICINE CONSULTATION

🕒 60

76 EUR

The goal upon arrival is to assess the state of health, personal needs, and risk factors, identify any dangerous symptoms, recommend further examinations if necessary, and suggest complementary treatments to improve health and well-being. The key focus of the program is identifying risks arising from lifestyle.

## DIETETIC CONSULTATION

🕒 60

50 EUR

The purpose of the consultation is to assess nutritional status and eating habits. Based on the data, the dietitian analyzes daily needs, identifies deficiencies in the diet, and provides advice to improve health and well-being.

## PSYCHOLOGICAL CONSULTATION

🕒 60

63 EUR

Our mental state also affects our physical health. This consultation helps you take steps toward mental balance with the support of a professional. It is the beginning of a self-awareness process that can help you feel better both physically and mentally in the long term.

## PHYSIOTHERAPY CONSULTATION

🕒 30

28 EUR

The goal of the physiotherapy consultation is to assess the musculoskeletal condition and determine functional movement abilities, based on which a personalized movement program tailored to your condition can be developed.

## PHYSIOTHERAPY SESSION

🕒 30

25 EUR

🕒 50

28 EUR

## PERSONAL TRAINING

🕒 30

28 EUR

🕒 60

40 EUR

## FITNESS PROFILE ASSESSMENT

🕒 30

23 EUR

The purpose of the assessment is to provide guests with an overview of their physical fitness level. During a fitness evaluation with a personal trainer, they receive insight into their skeletal muscle condition, endurance, and flexibility. Our specialists assess the condition of the muscles and joints, as well as their load-bearing capacity.

## BASIC HEALTH ASSESSMENT (ECG, BLOOD PRESSURE)

🕒 20

33 EUR

The goal is the early detection of any cardiac irregularities. The ECG helps analyze heart rhythm, the origin of electrical impulses, conduction speed, myocardial thickness, and possible blood supply disorders of the heart muscle. Regular check-ups are important as they help prevent and identify cardiovascular diseases.

## ARTERIOGRAPHIC MEASUREMENT

🕒 15

28 EUR

The purpose of the arteriograph measurement is to quickly and accurately assess arterial stiffness and elasticity. This non-invasive examination reveals the condition of the arteries, the so-called "arterial age," and helps detect arterial calcification or vascular aging even before symptoms appear.

## AGE INDEX MEASUREMENT

🕒 15

23 EUR

The AGE test is a simple, painless examination that shows how many harmful substances - so-called advanced glycation end products - have accumulated in the body over time. These substances attach to cells and indicate aging and disease risk.

## INBODY BODY COMPOSITION ANALYSIS

🕒 15

23 EUR

Using the InBody 970 body composition analyzer, this biophysical assessment helps determine body weight, BMI, fat and muscle mass, visceral fat, waist circumference, and body water content.

## IMBODY

🕒 ACCORDING TO INDIVIDUAL NEEDS

from  
25 EUR

IMBODY is an intelligent, digitally controlled resistance training device that enables personalized, full-body workouts. The system adapts to the user's strength level, supports proper exercise execution, and ensures effective and safe training at any fitness level.

## VISBODY

🕒 20

25 EUR

Visbody is a modern body analysis device that uses 3D body scanning and composition analysis to provide a comprehensive overview of the body's current condition. The measurement records detailed body measurements and proportions while creating a 3D body model to visually track changes over time.

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**MOLECULAR HYDROGEN INHALATION THERAPY** ⌚ 30 **30 EUR**

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The Molecular Hydrogen Booster is an easy-to-use inhalation device that delivers molecular hydrogen through the nose. This powerful antioxidant helps slow down cellular aging, improves brain function, and accelerates muscle recovery after exercise. It reduces fatigue and inflammation, supports memory and concentration, alleviates anxiety, and improves mood, contributing to the long-term maintenance of physical and mental well-being.

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**INTERMITTENT HYPOXIC–HYPEROXIC THERAPY** ⌚ 40 **56 EUR**

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During intermittent hypoxic–hyperoxic therapy (IHHT), the guest relaxes comfortably while breathing alternately low- and high-oxygen air through a mask. This treatment produces effects similar to high-altitude training without physical exertion. IHHT increases energy levels, improves stress tolerance and cellular regeneration, and stimulates the nervous system. As a result, it supports better sleep, improved mental performance, greater endurance, and more energy, while reducing susceptibility to illness.

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**BINAURAL VIBROACOUSTIC THERAPY (WELNAMIS)** ⌚ 22 **46 EUR**

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Binaural Acoustic & Dynamic Stimulation is a computer-controlled sound and vibration therapy that helps the brain relax without the need for a therapist. Special sounds and vibrations slow down mental activity and act on the body's energy centers (chakras). The treatment reduces stress, improves mood, enhances sleep quality, and boosts creativity and concentration. Available programs include stress relief, alertness, power nap, and mindfulness.

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**NUVOLA DRY FLOAT THERAPY** ⌚ 20-30 **46 EUR**

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Nuvola is a newly patented system that supports the regeneration of body and mind, elevating the concept of beauty and well-being. During this “dry float therapy,” the guest floats on 400 liters of warm water without getting wet or needing to undress. This method not only enhances traditional wellness treatments but also reduces stress and improves sleep quality, positively impacting mental health.

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**BEMER THERAPY** ⌚ 20 **20 EUR**

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Blood circulation supplies the body's tissues and organs with oxygen and nutrients while removing waste products, primarily through microcirculation. BEMER physical vascular therapy is a medical device that improves the function of small blood vessels, ensuring better blood flow. Scientifically proven, it helps improve physical performance, reduce pain and inflammation, support wound healing, and improve the condition of the skin and muscles.

# Infusion Bar

## ENERGY

🕒 50

102 EUR

This cocktail delivers vitamins and minerals directly and effectively into the body, targeting the tissues that need them most for regeneration. The Energy infusion is a true “boost treatment” that lays the foundation for maximum performance, whether for physical or mental challenges.

## IMMUNE POWER

🕒 50

102 EUR

The Immune Power cocktail replenishes the body's reserves and strengthens its defense system. Its nutrients play a key role in immune function and work in synergy to support and enhance the body's natural protective mechanisms.

## BEAUTY FROM INSIDE

🕒 50

102 EUR

Our goal is to provide your body with essential nutrients necessary to maintain healthy skin, hair, and nails. The active ingredients in this cocktail work in synergy to rejuvenate the body, improve external appearance, and slow down aging processes caused by internal and external factors. Beauty From Inside effectively helps restore critical nutrient levels, supporting a radiant and confident appearance.

## BRAIN BOOSTER

🕒 50

102 EUR

Our Brain Booster cocktail provides a solid foundation for high-level mental performance and a stable sense of well-being before and during periods of intense demand. It eliminates limiting deficiencies, improves cognitive and psychological functions, and reduces stress, anxiety, and fatigue.

# Laboratory Services

## **MELEA COMPREHENSIVE ROUTINE LAB PACKAGE**

**54 EUR**

A comprehensive package including 30 test parameters, providing a detailed overview of general health status. It is an important tool for prevention, early detection of abnormalities, and often serves as a basis for further targeted examinations.

## **MELEA THYROID LAB PACKAGE**

**36 EUR**

This package helps detect thyroid dysfunction. It includes blood measurement of thyroid hormones and testing of thyroid-specific antibodies.

## **MELEA ENDOCRINOLOGY LAB PACKAGE**

**53 EUR**

Provides insight into the hormonal balance of the body and helps identify thyroid, adrenal, glucose metabolism, and sex hormone disorders.

## **MELEA INSULIN RESISTANCE LAB PACKAGE**

**33 EUR**

Detects insulin resistance using a 3-point glucose tolerance test. The test also supports early diagnosis of prediabetes.

## **MELEA PSA LABORATORY TEST**

**20 EUR**

A simple and quick blood test that provides information about prostate health. Primarily used as a tumor marker for early detection of prostate cancer, but elevated levels may also indicate benign enlargement or inflammation. Annual screening is recommended for men over 45.

The price of the lab packages includes the sampling fee.

English-language report: 13 EUR (issuance within 1 week).

In addition to specialized lab packages, all essential basic laboratory tests are also available.



# Other Treatments

# Other Treatments

## CUPPING THERAPY

🕒 30

33 EUR

Cupping is a traditional treatment method in which a vacuum is applied to the skin to enhance blood circulation, reduce pain, and promote healing. During the procedure, cups are placed on the skin, creating suction that stimulates deeper tissues and improves local blood flow.

## KINESIO TAPE

🕒 20

12 EUR

Kinesio taping is a complementary therapy. Due to its elasticity, the tape follows every movement of the body, creating a continuous shift between the skin and connective tissue attached to the tape. It lifts all layers of the skin, thereby opening up the veins and lymphatic vessels, which enhances circulation and reduces pain.

## FLOSSING THERAPY

🕒 20

25 EUR

Floss band is a special elastic band used to apply compression to muscles and joints, thereby reducing pain, increasing range of motion, and helping the accumulated lymph and fluids to be transported more quickly. Flossing therapy is combined with movement therapy to achieve more effective results.

## MCKENZIE CONSULTATION

🕒 20

25 EUR

🕒 30

28 EUR

The McKenzie therapy is a modern, active physiotherapy method that focuses on identifying the causes of musculoskeletal pain and providing targeted treatment. During the therapy, personalized exercises and posture advice are used to help reduce symptoms and prevent recurrence.

It is particularly effective for spine-related issues such as lower back, mid-back, and neck pain. The goal of the method is for the client to take an active role in their recovery and to be able to manage their symptoms independently in the long term.

## Y BALANCE TEST

🕒 20

25 EUR

The Y Balance Test is a functional movement assessment tool used to evaluate dynamic balance and lower limb injury risk. During the test, the individual stands on one leg while reaching as far as possible with the other leg in three directions, forming a Y shape. It is widely used in sports, rehabilitation, and for preventive purposes.

## MAT PILATES

🕒 60

33 EUR

## MASSAGE GUN TREATMENT

🕒 20

25 EUR

# Melea

THE HEALTH CONCEPT



## Appointment Booking

Please book an appointment by email or phone using the contact details below, or in person at the Medical & Spa reception.

[smr@melea.hu](mailto:smr@melea.hu)

+36 20 406 90 22

Opening hours:

Monday–Thursday: 08:00–20:00

Friday: 08:00–21:00

Saturday: 07:00–21:00

Sunday: 07:00–20:00

*The prices shown are for informational purposes only.*

Our treatments can be booked at the Medical and Spa reception located on the ground floor.

Please arrive 10 minutes before your scheduled treatment time.

Treatments may be cancelled free of charge until 8:00 PM on the day before the treatment (by phone, email, or in person at the Medical and Spa reception). In case of late cancellation or no-show, 100% of the treatment fee will be charged as a penalty.