



BODY MASSAGE TREATMENT

[BOOK NOW](#)

EXPC HOTEL
SOFIA


PREMIER
SOFIA AIRPORT HOTEL

Enjoy a massage in the comfort of your room by making
a prior reservation



Massage

Classic Full Body Massage

Duration: 50 minutes

Price: 99 BGN

The Classic Full Body Massage is a perfect blend of relaxation and therapeutic benefits. This massage covers every part of the body using smooth, rhythmic movements to relax muscles, improve circulation, and release tension. It's suitable for those seeking relaxation and rejuvenation as well as those looking to enhance their overall health and well-being.

Restorative Back Massage

Duration: 30 minutes

Price: 69 BGN

The Restorative Back Massage is an ideal solution for relieving stress and tension built up in this crucial area of the body. This therapy focuses on the deep muscle tissues of the back, employing targeted techniques to release muscle knots and restore normal tone. The massage not only reduces pain and stiffness but also improves mobility and blood circulation, leaving you feeling light and comfortable.



Massage

Aromatherapy Full Body Massage

Duration: 50 minutes

Price: 99 BGN

An aromatherapeutic full body massage is a unique experience that combines the healing power of massage with the impact of natural essential oils. This therapy offers three special programs, each tailored to address different needs:

- Relax: Promotes deep relaxation and stress reduction.
- Balance: Restores inner balance and harmony.
- Energy: Revitalizes and replenishes energy levels.

Anti-Stress Candle Massage

Duration: 50 minutes

Price: 99 BGN

The anti-stress aromatic candle massage is an incredibly relaxing experience that blends the warmth of a massage candle with the gentleness of a therapeutic massage. As the candle melts into an all-natural essential oil, it nourishes the skin and soothes tight muscles while the delicate fragrances create a sense of deep tranquility and coziness. This therapy is perfect for releasing built-up stress and tension, leaving you with a feeling of complete relaxation and restored equilibrium.



Massage

Deep Tissue Sports Massage

Duration: 50 minutes

Price: 119 BGN

A deep tissue massage is one of the most relaxing and effective therapies for body recovery. This is a specialized technique that focuses on the deeper layers of muscles and connective tissues (Includes deep muscle, sports, fascia, periodontal, myofascial, and mobilizing massage methods). It helps to alleviate muscle tension and stiffness. Improves blood and oxygen flow to the muscles and soft tissues. Increases flexibility and range of motion. The massage typically targets specific problem areas identified by the therapist through evaluation and consultation with the client.

Lomi Lomi (Traditional Hawaiian Massage)

Duration: 50 minutes

Price: 119 BGN

Lomi Lomi is a deeply healing practice originating from Hawaii, which combines gentle, flowing movements with an intuitive approach to the body. This massage employs primarily the hands, forearms, and elbows to create a sensation of extraordinary softness and wholeness, reducing stress, relaxing muscles, and balancing the energy flows within the body. Beyond its physical benefits, Lomi Lomi also calms the mind, fostering a sense of inner peace and harmony.



Massage

Reflexology Foot Massage

Duration: 30 minutes

Price: 69 BGN

Reflexology foot massage works on the reflexogenic zones of the feet and lower legs, stimulates metabolism, balances energy processes throughout the body, and has a beneficial effect on all organs and systems. Performed using specialized products, it enhances lymphatic and venous flow. It alleviates the feeling of tiredness in the lower limbs. In addition to relaxing weary feet, reflexology also promotes overall well-being and rejuvenation of the entire organism.

Indian Head Massage

Duration: 30 minutes

Price: 69 BGN

Indian head massage is an ancient Ayurvedic therapy rich in techniques that alleviate stress and tension through gentle, rhythmic movements on the scalp, neck, and shoulders. It improves blood circulation, promotes hair growth, and calms the mind, while simultaneously balancing the body's energy centers. Ideal for reducing fatigue and enhancing focus, an Indian head massage leaves you feeling deeply relaxed and internally balanced.