

A photograph of a modern, curved wooden sauna interior. The walls and ceiling are constructed from light-colored wood shingles. The ceiling features a series of skylights that allow natural light to enter. A large, dark wooden beam runs across the middle of the space. The floor is made of dark, rectangular stone tiles. A black door frame is visible on the right side. The overall atmosphere is warm and relaxing.

Longevity Wellness & Spa

Our range of massages & treatments

*Step inside our Longevity
Wellness & Spa and treat
yourself to the ultimate
in relaxation.*

*Unwind, recharge, and
let us pamper you.*



Wellness massages

FULL-BODY RELAXATION MASSAGE

A bespoke massage for relief and relaxation

A massage designed to deeply relax both body and mind. Gentle, flowing strokes help to release tension, calm the nervous system and induce a sense of overall lightness. It is performed using organic almond oil from Smyssly. The ideal choice when your body needs to slow down, relax and regain a sense of calm.

60 minutes, 2 790 CZK / 120 EUR

90 minutes, 3 290 CZK / 140 EUR

CALIFORNIAN WAVE

Relaxing Californian massage

The combination of gentle, flowing massage strokes relieves tension and provides complete relaxation. Also suitable for teenagers aged 13 and over.

60 minutes, 2 790 CZK / 120 EUR

90 minutes, 3 290 CZK / 140 EUR





HOT STONE MASSAGE

Warming stones for deep relaxation and improved blood circulation

A hot stone massage not only has a beneficial effect on the skin, subcutaneous tissue and muscle fibres, but also significantly increases blood flow, improves circulation and oxygenation of the blood, and accelerates tissue metabolism and the body's detoxification process. The massage also induces a deep sense of mental relaxation.

60 minutes, 3 090 CZK / 130 EUR

90 minutes, 3 590 CZK / 150 EUR

AROMATHERAPY

Rejuvenate your senses: aromatherapy massage for complete relaxation and wellbeing

A massage using essential oils, which is a soothing experience designed to rejuvenate both body and soul. This treatment combines the power of aromatic scents with gentle massage techniques that promote deep relaxation, relieve stress and improve overall wellbeing.

60 minutes, 2 990 CZK / 125 EUR

90 minutes, 3 490 CZK / 150 EUR





Wellness treatments

WHIRLPOOL BATHS

A soothing treatment using relaxation salts

Targeted treatment for regeneration
and revitalisation.

45 minutes, 890 CZK / 40 EUR, one bathtub

45 minutes, 1 490 CZK / 65 EUR, two bathtubs





About SMYSSLY

“SMYSSLY is care that begins with a touch and continues with the feeling that you are fine just as you are.”

SMYSSLY is a Czech skincare and body care brand that grew out of the close bond between a mother and daughter. Founded in the heart of Prague by Cecília and Silvia, the brand aims to create cosmetics that combine high-quality natural ingredients, expert formulations and a mindful approach to beauty.

"At SMYSSLY, we believe that ageing is not a battle. It is a natural part of life. Our products therefore do not promise to stop time, but help women feel good in their own skin — naturally, confidently and at peace with themselves.

Every product is created with an emphasis on sensory experience, functionality and simplicity. Carefully selected ingredients, local production and well-thought-out formulations form the basis of cosmetics that support daily rituals without unnecessary complexity.

Respect for nature is also an important part of the brand. We choose more sustainable materials, such as glass, bamboo or fabric packaging, and seek solutions that make sense not only for the skin but also for the environment around us.

SMYSSLY is skincare that begins with a touch — and continues with the feeling that you are just fine the way you are."





Cosmetics

GUA SHA FACIAL MASSAGE

A revitalising skincare ritual using the gua sha technique

A more intensive skincare ritual focused on improving blood circulation, relaxing facial muscles and stimulating acupressure points. It combines mindful touch, gua sha tools and SMYSSLY products.

It helps to release tension, promote microcirculation and give the skin a fresh and rested appearance. The treatment concludes with a gentle relaxation technique for overall relaxation.

30 minutes, 1 390 CZK / 60 EUR

GLOW TO THE SKIN

A brightening ritual for fresh and radiant skin

A gentle, brightening ritual using SMYSSLY skincare products, applied using soothing massage techniques. The treatment is designed to hydrate and soften the skin and prepare it for a natural glow.

Ideal whenever you want your skin to look fresh and rested — with or without make-up. The ritual promotes skin comfort, radiance and natural vitality.

30 minutes, 1 490 CZK / 65 EUR

60 minutes, 2 190 CZK / 95 EUR



Head Spa Ritual

What is a Head Spa?

A Head Spa is a unique restorative and relaxing treatment that combines elements of trichology, cosmetology, aromatherapy and massage. Originating in Japan, scalp care is considered not only part of a beauty ritual, but also a way to support overall wellbeing and inner balance.

A short history

Head Spa began to develop in Japan in response to the stresses of urban life and growing concerns about hair and scalp health. The first treatments appeared in beauty salons in Tokyo and Osaka, where, in addition to a standard hair wash, clients received a deep scalp cleanse using natural herbs, oils and massage.

The concept later spread throughout Asia, evolving further in Korea and China. Today, it is also gaining popularity across Europe, thanks to its visible results and the deep sense of relaxation it provides.



Benefits of Head Spa

1. DEEP CLEANSING OF THE SCALP

Removes dead skin cells, excess sebum, residues of styling products and impurities. This allows the skin to 'breathe', reducing the risk of inflammation and hair loss.

2. STIMULATION OF HAIR GROWTH

Massage and exfoliation improve blood circulation in the skin, thereby ensuring that the hair follicles are better supplied with oxygen and nutrients. The hair becomes stronger and grows faster.

3. RELAXATION AND STRESS RELIEF

Warm water, aromatherapy and massage relieve tension in the head, neck and shoulders. They help with headaches, tiredness, anxiety and insomnia.

4. DETOX AND LYMPHATIC DRAINAGE SUPPORT

Thanks to thorough work on the neck, nape and chest area, lymphatic drainage is improved, swelling subsides and muscle tension is relieved. The body cleanses itself naturally.

Important note:

After the treatment, the hair is simply dried; no styling is carried out.



Head Spa



HEAD SPA

A harmonising ritual for the hair, scalp and senses

The treatment includes a scalp exfoliation, hair wash, application of a hair mask, a head, neck and hand massage, an arc shower, aromatherapy, a steam hair bath, facial cleansing and the application of a face mask. We use MoroccanOil products on the hair.

60 minutes, 1 790 CZK / 75 EUR



LifeCube Cryochamber

*Step into a new era
of wellness care.*

Discover LifeCube, a state-of-the-art dual-chamber system for whole-body cryotherapy, offering you maximum recovery in the shortest possible time. A single session lasts just 2-4 minutes, but you'll feel its benefits all day long.

Are you ready to cool down and feel better?





Cryochamber

LIFECUBE CRYOTHERAPY

Ideal for rapid relaxation of muscles and joints and for general revitalisation — the cold stimulates the production of endorphins and improves your mood.

Available according to current availability

Single entry*, 490 CZK / 25 EUR

*(price per entry)

CRYO PACKAGE: 3 SESSIONS OVER THE WEEKEND

Recommended for rapid energy recovery, relief from muscle tension and to boost your metabolism.

3 sessions according to current availability

Package*, 1 290 CZK / 58 EUR

*(you save 180 CZK / 7.5 EUR compared to individual sessions)

CRYO PACKAGE: 4 SESSIONS OVER THE WEEKEND

Ideal for intensive recovery, boosting the immune system and stabilising your sleep pattern.

4 sessions according to current availability

Package*, 1 590 CZK / 70 EUR

*(you save 370 CZK / 15.3 EUR compared to individual sessions)





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