



# EXPERIENCE RITUALS



*Chateau Monty*  
SPA RESORT  
★★★★

## CASHMERE RITUAL

*This experience caring ritual begins with a full body scrub, continues with a vitalizing pack and ends with a soothing body aromatherapy massage. Sandal wood, argan oil, thermal water from Aachen and stem cells from the Champagne pear are the ingredients that make this ritual unique.*

IN THIS THERAPY YOU WILL EXPERIENCE:

**Full body peeling**

**10 minutes**

**Full body follow-up treatment**

**20 minutes**

**Full body aroma massage  
with argan oil**

**30 minutes**

**+ PLUS**

Relieves tension and calms the mind.  
Relaxes tense and stiff muscles.

PRICE  
**60**<sup>min.</sup>  
**1890**  
CZK

*The nature  
lovingly gives,  
the man lovingly  
receives.*

*They represent the soul of GALA HOTELS. We work on all your senses to create the strongest possible harmonizing effect for body, mind and soul.*

*All five rituals have a healing and rejuvenating effect on the skin, bring relief to a tired body and positively affect your mood.*

## REHABILITATION RITUAL

*A massage that focuses on the muscles, skin, subcutaneous tissue, and the musculoskeletal system as a whole. It relaxes and stretches tight, shortened muscles and helps to restore the natural flexibility of the body. The massage relieves muscle and joint pains, and thanks to stretching and a little exercise, it has a positive effect on movement. The special strengthening blends of plant and essential oils in the massage oil, as well as the serum used to soothe and relieve blockages, cramps and pain, or the second serum that warms, relaxes, stimulates the muscles and blood circulation, will enhance the effect of this massage. At the end, a balm of exotic pine trees, which are found in the essential oil of the maritime pine, is applied.*

IN THIS THERAPY YOU WILL EXPERIENCE:

**Full body massage with a mixture  
of plant and essential oils**

**70 minutes**

**Body pack  
with maritime pine oil**

**20 minutes**

**+ PLUS**

Relaxes strained and stiff  
muscles of the whole body.  
Stress relief.

PRICE  
**90**<sup>min.</sup>  
**2390**  
CZK

## FIVE ELEMENTS RITUAL

Luxurious care, deep skin hydration and nourishment with vitamins A, B, C, E. The ritual begins with moistening the areas with coconut milk, followed by a creamy gentle peeling treatment to remove the top layers of old, dry skin. The scrub will deeply cleanse the pores, improve blood circulation to the skin and promote the elimination of toxins from the body. It is followed by a body pack with Fijian butter to improve skin elasticity, strengthen connective tissue and restore a youthful appearance. Hot lava stones are applied to relax, unwind, and enhance this ritual. On every step of the ritual, you will be accompanied by the tropical fragrance that is typical of the Fiji Islands.

IN THIS THERAPY YOU WILL EXPERIENCE:

### Gentle peeling

10 minutes

### Body pack

15 minutes

### Hydrating back, back of legs and hands massage

20 minutes

### Lava stone massage

25 minutes

### + PLUS

Revitalisation of the skin of the back,  
back of the legs and hands.  
Hydration of the skin. Stress relief.

PRICE  
70<sup>min.</sup>  
1990  
CZK

## FRANKINCENSE RITUAL

After a cleansing full body scrub that leaves your skin smooth, firm and glowing, you'll be wrapped up like a baby in a blanket in an incense butter pack. Then indulge in a deeply relaxing full body massage with nourishing frankincense essential oil, often referred to as the king of essential oils.

IN THIS THERAPY YOU WILL EXPERIENCE:

### Cleansing peeling

10 minutes

### Full body massage with frankincense oil

40 minutes

### Body pack

15 minutes

### + PLUS

The oil unifies skin tones.  
Lightens pigment spots on the body.  
Slows down the ageing process.  
Promotes skin cell regeneration.  
Relaxes tense and stiff muscles.

PRICE  
65<sup>min.</sup>  
1890  
CZK

## TEN FLOWERS

Flowers have rejuvenating and anti-depressive effects. First immerse yourself in a lavender crystal bath. The beneficial salt and lavender will help you cleanse not only your body but also your mind. A forty-minute massage with the help of warmed lavender pouches and essential oil of ten flowers will bring relief from mental tension and muscle pain, calm the nervous system and rid you of negative thoughts. Indulge in the sensual scent of lavender, the essence of which goes straight to your heart.

IN THIS THERAPY YOU WILL EXPERIENCE:

### Sea salt and lavender oil bath

15 minutes

### Lavender pouches massage

40 minutes

### + PLUS

Relaxes strained and stiff muscles.  
Stress relief.  
Rejuvenating and anti-depressive  
effects.

PRICE  
55<sup>min.</sup>  
1790  
CZK

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