

Trigger point massage

A trigger point massage is a five-thousand-year-old oriental massage method, in which a massage therapist exerts pressure on the bioactive points of the patient's feet using their fingers.

The sole of the foot is considered to be an area of particular importance in reflexology, since the reflex zones of all organs are located on the sole. Foot massage is based on classical medicine, anatomy, physiology and pathology.

Duration: 40 minutes

The service is paid.