



Rada has been designed to bridge the gap between mind and body therapies by combining a holistic and biodynamic approach to all treatments. Offering individually curated, wholly non-invasive treatment sessions, Rada recognises that optimal wellness stems from a deep respect for the body, mind and spirit. Using the finest vegan organic ingredients handcrafted in Berlin, we aim to restore your body and mind by enlightening the senses and taking you on a healing journey.

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## MASSAGES

### RELAXATION MASSAGE

Designed to improve relaxation and remove metabolic waste, this massage uses gentle techniques and focuses on the soft tissue and fascia within the superficial layers. It can benefit the body by increasing circulation, relieving muscle and nerve pain, softening anxiety and depression, improving sleep and boosting the immune system.

### THERAPEUTIC MASSAGE

A deeper massage created to treat sore muscles while alleviating pain and injury. Therapeutic techniques are applied to unravel blockages in the fascia and connective tissue, improve blood circulation, stimulate the lymphatic system, improve mental health and restore the body's posture.

30 min	€70
60 min	€110
90 min	€160
120 min	€200

#### ADD ON

Treatment Face Mask €15

## HOT STONE MASSAGE

Hot lava stones are used as an extension of the hand to ease muscle pain and melt away tension. This precise full body massage will take you on a peaceful journey by restoring the body's natural energy and stimulating the blood flow and circulation, leaving you feeling weightless.

90 min

€180

### ADD ON

Treatment Face Mask €15

## CUPPING MASSAGE

Originating in China, this traditional therapy removes stagnation and stimulates the flow between positive and negative energy within the body (qi). Incorporated with massage, cups are applied to the skin and made to suction in order to improve circulation, promote healing and reduce pain.

90 min

€180

### ADD ON

Treatment Face Mask €15



# BODY TREATMENTS

## WHOLE WORLD AT YOUR FEET

A balancing treatment designed to alleviate aches and tension built up in the calves and feet. The massage releases and regenerates the muscles while the nourishing mask replenishes the skin.

45 min

€85

- magnesium herbal foot soak
- sugar exfoliation
- stress release pressure point foot and calf massage
- nourishing treatment mask

## HEALING HANDS

A stress release treatment aiming to stimulate blood circulation and promote detoxification of the lymph nodes. This hand, arm and décolletage massage enables muscle release, allowing the system to unwind and let go.

45 min

€85

- warm herbal compress
- sugar exfoliation
- stress release hand arm and décolletage massage
- nourishing treatment mask

## HEAD IN THE CLOUDS

A luxurious treatment that relieves head, neck and shoulder tension, aids in reducing headaches and migraines while nourishing the scalp, relaxes the face, hydrates the hair and balances the system.

60 min

€110

- hot sesame oil head massage
- detoxifying lymphatic drainage face, neck and shoulder massage
- aroma infused cocoon wrap
- hand and arm massage

# SPA RITUALS

## BECOMING

A full body detox treatment which acknowledges that our emotional, mental and physical health require extra attention. We take the body on a detoxifying and purifying journey whilst opening up pathways to assist the body in removing toxins.

90 min

€180

- detox oil infused magnesium foot bath and scrub
- cleansing massage using signature detox oil
- lymphatic face, neck and shoulder release

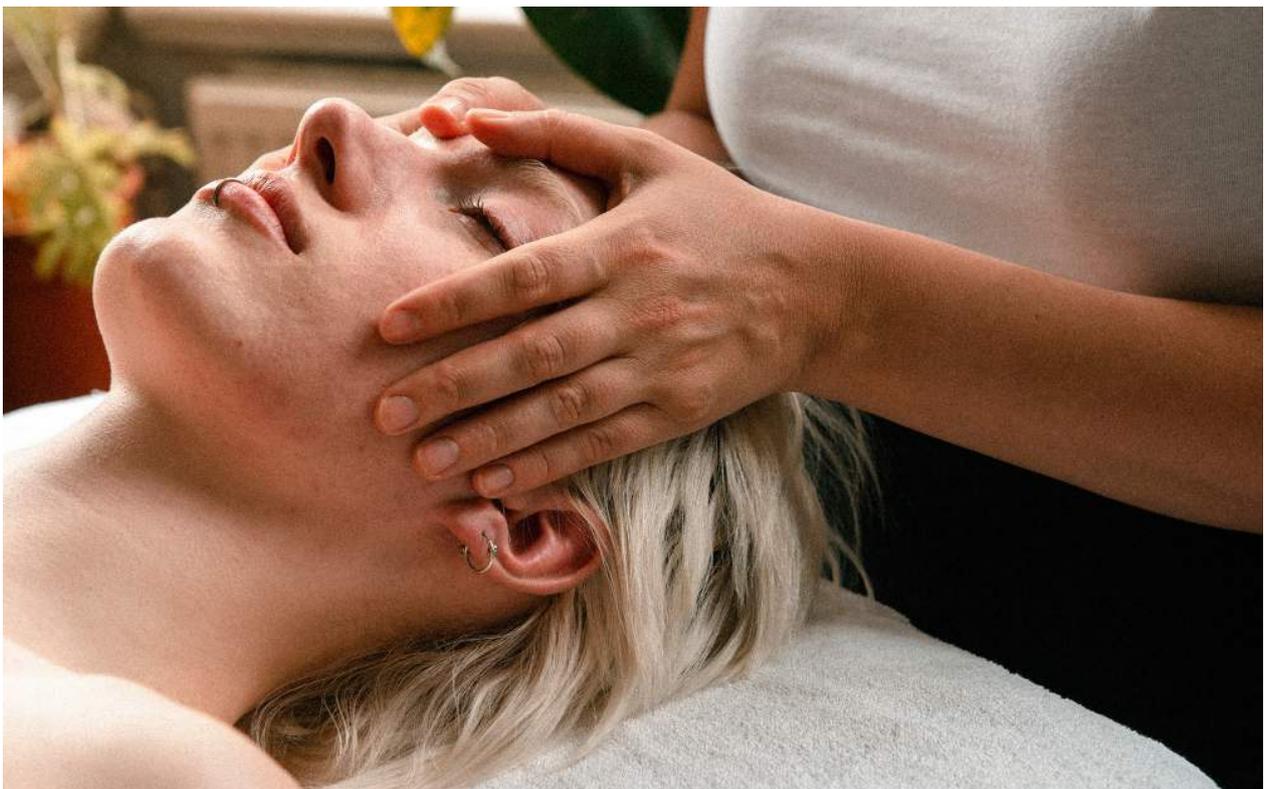
## REST, REVIVE & RECHARGE

Designed to warm up the body, release tired muscles and untangle the system's blockages, this treatments assists in a healthy recovery by restoring energy to the vessel and unlocking those aches and pains.

120 min

€220

- muscle release oil infused magnesium foot bath and scrub
- therapeutic massage using signature muscle release oil
- tension release face, neck and head treatment
- body stretching that alleviates tight joints



## THE LONG EXHALE

This grounding ritual focuses on the body's own resources to heal by working on the midlines and honing in on the breath. Feeling into self allows you to center your energy and discover a greater understanding of your own ability to balance and heal.

120 min

€220

- grounding oil infused magnesium foot bath and scrub
- concentrated breathing
- centering massage using signature grounding oil
- grounding foot massage and mask

## INVEST IN REST

A full body relaxation treatment that allows the system time to rest, unwind and let go. Designed to clear energy pathways, allowing positivity and well-being to enter the system. A retreat for both the body and mind.

150 min

€260

- de-stress oil infused magnesium foot bath and scrub
- relaxation massage using signature de stress oil
- tension release face, neck & shoulder treatment
- hot oil head massage
- balancing foot massage and mask

\*Cancellations made 24 hours or less before an appointment will be subject to a 50% surcharge.

