

Massages & Rituals

The Art of Slowing Down Among the Vineyards | Residence Lacina

Welcome to a place where time keeps a different pace.

Out there, beyond our hotel windows, the rolling landscape of Velké Pavlovice basks in the sun, and the vines quietly draw strength from the earth so that they can ripen. In here, we have created a space where you can do the same. Pause. Calm your mind. Ripen into absolute stillness.

At Rezidence Lacina, we believe that true luxury lies in being fully present, in silence, and in care that adapts entirely to your needs.

Our massages and rituals combine deep professional expertise in bodywork with the pure alchemy of nature. Every touch of our therapists has a purpose – it washes away tension from overworked muscles, soothes a tired nervous system and brings you back to your centre. We use only 100% natural grape seed and apricot kernel oils and pure essential oils.

Before you surrender to our rituals, take a seat for a moment. Savour a glass of fine wine and let your mind leave behind the world of deadlines and never-ending obligations.

You are entering your safe harbour. All you need to do is take a deep breath and, for the first time in a long while, truly... exhale.

EXCLUSIVE RITUALS

SOIL & SOUL Ritual / Grounding in the Modré Hory Hills

A deeply relaxing, grounding ritual focused on releasing chronic stress and restarting a tired mind.

Just as the vine needs deep roots and firm ground (Soil), our tired mind sometimes needs to find solid ground beneath its feet and peace in the heart (Soul). This ritual celebrates the terroir of Velké Pavlovice and offers complete disconnection from the outside world.

The experience: Welcome with a warm cup of grape-leaf and herbal tea for inner calm. A gentle full-body scrub of crushed grape seeds that stimulates circulation in the skin. A deep, relaxing full-body massage with warm, 100% natural grape seed oil and essences of cedarwood and lavender. The therapist focuses on releasing the nervous system and muscle blockages. Finished with a wine wrap with a lifting and moisturising effect.

Price & duration: CZK 2,850 / 90 minutes

BASALT & VINEYARDS Ritual / The Power of Volcano and Vine

An exclusive warming ritual combining therapeutic massage with the power of hot lava stones.

The vine draws its strength from deep within the earth – from the minerals and the warmth the soil holds. This ritual uses heated volcanic stones (basalt) that pass deep warmth into the muscles, while grape seed oil nourishes the skin.

The experience: The massage begins with flowing hand strokes and continues with smooth hot stones placed on the body and used for massage. The heat penetrates deep into the tissues, instantly releasing even the stiffest muscles along the spine, stimulating circulation and inducing a state of deep meditation. The therapist gradually works through the back, neck, arms and legs. Finished with a warming, relaxing wrap for the hands and feet. The ideal ritual for the colder months.

Price & duration: CZK 2,650 / 90 minutes

PREMIUM MESSAGES

CUVÉE / Perfect Harmony of the Senses

A personalised, tailor-made massage inspired by the art of assemblage – blending the finest grape varieties into one perfect whole.

A perfect cuvée is born from the masterful blending of different elements into absolute harmony. This massage has no fixed template. Based on an initial conversation, the therapist blends (composes) a combination of techniques tailored precisely to your body.

The experience: An opening ritual with tea and a choice of essential oil to suit the guest's current mood. This is followed by targeted therapeutic bodywork. The therapist combines gentle strokes, fascia release and intensive warming of the tensest areas (neck, back, shoulders). The massage ends with a gentle scalp massage that instantly switches off the stress in your head.

Price & duration: CZK 1,950 / 60 minutes

TERROIR FOOT / Lightness of Earthly Steps

A deep, relaxing and regenerating massage focused exclusively on tired legs and feet.

Our feet are what connect us to the earth (terroir). All day long they carry our weight – and the vine could not grow without a firm foundation. This massage restores lightness to legs tired from day-long walks through the Pavlovice wine cellars or from demanding business days.

The experience: The treatment begins with a warm foot bath with sea salt, grape skins and juniper essential oil. This is followed by a precise, deep massage of the calves and thighs to release tension, and a complete reflexology foot massage. Through the reflex points on the soles, the whole body is brought into harmony and the internal organs are stimulated.

Price & duration: CZK 1,750 / 60 minutes

EXPRESS MESSAGES

HIGH-FLYER RESTART

Instant relief for a stiff back and neck after desk work or a long car journey.

Focus: Cervical spine, neck, shoulders, lower back. Massage pressure is adjusted to the guest's needs.

Price & duration: CZK 1,250 / 30 minutes

DIGITAL DETOX

Washes away mental fatigue, soothes eyes strained by the blue light of screens and releases a stress-clenched jaw.

Focus: Face, décolleté, scalp, hairline and trapezius. A deeply relaxing micro-massage.

Price & duration: CZK 1,150 / 30 minutes

Overview of Rituals and Massages

<i>Name</i>	<i>Duration</i>	<i>Concept</i>	<i>Price</i>
SOIL & SOUL	90 min	Grounding, anti-stress, deep reset for the mind	CZK 2,850
BASALT & VINEYARDS	90 min	Volcanic stone warmth and regeneration	CZK 2,650
CUVÉE	60 min	Personalised, tailor-made massage	CZK 1,950
TERROIR FOOT	60 min	Care for tired legs, wine bath, lightness	CZK 1,750
HIGH-FLYER RESTART	30 min	Quick back & neck relief for busy managers	CZK 1,250
DIGITAL DETOX	30 min	Head & face micro-massage, soothes the eyes	CZK 1,150

*Premium service is included in the price of 90-minute treatments – **a closing relaxation ritual with refreshments.***

Add-on to the premium massages (30-minute express massages not included)

AURORA / Awakening and New Energy

An energising, detoxifying and refreshing ritual inspired by the sunrise over the Pavlovice vineyards.

Aurora (the morning star) symbolises a new beginning and a surge of pure energy and lightness. The treatment is designed to rouse the body from lethargy, get the lymphatic system flowing and flush out toxins after a demanding period at work (or after an evening wine tasting).

The experience: Welcome with a refreshing grape-water drink with citrus notes. More dynamic massage techniques using gentle pressure and stretching (inspired by body and breath work). A light grape seed oil enriched with essences of rosemary, mint and blood orange is used. Finished with a reflexology massage of the soles that stimulates the energy pathways throughout the body and leaves your legs feeling light.

Price & duration: CZK 1,850 / 60 minutes

Overview of Rituals and Massages

(excluding 30-minute treatments)

<i>Name</i>	<i>Duration</i>	<i>Concept</i>	<i>Price</i>
SOIL & SOUL	90 min	Grounding, anti-stress, deep reset for the mind	CZK 2,850
BASALT & VINEYARDS	90 min	Volcanic stone warmth and regeneration	CZK 2,650
CUVÉE	60 min	Personalised, tailor-made massage	CZK 1,950
AURORA	60 min	Refreshment, new energy, detox	CZK 1,850
TERROIR FOOT	60 min	Care for tired legs, wine bath, lightness	CZK 1,750

*Premium service is included in the price of 90-minute treatments – **a closing relaxation ritual with refreshments.***