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# Massage

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The First Faculty of Medicine, in cooperation with CU Point, is offering all employees of Charles University the possibility of massages on the ground floor of the 1<sup>st</sup> Faculty of Medicine's building at Salmovská 5 in Prague 2.

- Massages are performed by students of the medical faculty who are certified masseurs with the appropriate authorisation.
- Massages are provided solely and exclusively to employees of Charles University.
- An employee ID card is required to enter the building.
- Massages are available **from 16:00 to 19:00 on Mondays and Wednesdays.**
- The service offered is a **60- or 30-minute reconditioning/relaxation massage** (includes time for preparation for the massage).
- **The price for a 60-minute massage is 400 CZK.**
- **The price for a 30-minute massage is 250 CZK.**
- Payment is made exclusively in cash to the masseur on site following the massage.
- The reservation system will be open **from 4 November 2024.**
- Massage dates will be updated continuously.
- To book a massage, go to [www.reservi.cz](http://www.reservi.cz)

Why get a massage?

Massage is a good way of eliminating the consequences of our rushed, stressful lives, with their lack of exercise or unilateral burden on the body (sitting at the computer, behind the wheel of a car, etc.).

This way of life is often the cause of back and head pain, stiffness of the musculoskeletal system, nervousness or insomnia. Massage is a natural way of addressing the cause of these problems, without further burdening the body with various painkillers, which only relieve pain for a moment, but do not deal with its origin.

Massage significantly improves blood circulation in the massaged areas and enhances lymphatic circulation, helping to facilitate the outflow of metabolic waste products and lactic acid; these substances cause fatigue and burden the body in general, are a frequent cause of pain and swelling, and also contribute to the formation of, for example, cellulite. Massage oxygenates cells and improves their activity, increasing the provision of nutrients to both the skin and subcutaneous tissue, as well as the muscles.

Massage also has a positive effect on the nervous system, which is why we feel refreshed and relieved of stress and tension after we have received one. Long-term, and especially regular massage will positively affect the general condition of the body, because massage is not only a way to relax the back, strained and stiff muscles, and improve the condition of your skin, but also to become generally firmer and more flexible.