

## Relaxing & Regeneration Moments

<b>PARTIAL BODY MASSAGE</b>	Professionally coordinated massage technique for back, neck, shoulder and also for the leg muscles. With gentle or strong pressure, the muscles are loosened and the tension released.	<b>25 MIN EUR 47</b>
<b>WHOLE BODY MASSAGE</b>	All the tension is loosened and the pain relieved through gentle and deep strokes.	<b>50 MIN EUR 79</b>
<b>HEAD-SHOULDER AND NECK MASSAGE</b>	This stimulating head, neck and shoulder massage releases physical and mental tensions and blockades.	<b>25 MIN EUR 47</b>
<b>INDIVIDUAL HEALING MASSAGE</b>	This massage will be adjusted to your individual needs and discomfort, supported from therapeutic gels and creams	<b>50 MIN EUR 79</b>
<b>SPORTSMASSEGE – MUSCLE RELIEF</b>	The blood circulation and the energy flow are increased through therapeutic techniques. The tension in the muscle and the blockades are released. This treatment is an excellent prevention for avoiding sore muscles.	<b>50 MIN EUR 85</b>
<b>AROMA THERAPY MASSAGE</b>	Relaxing massage with special selected, warm oils and essences, which have genuine natural power. Gentle balancing strokes are the basic elements of this massage. Depending on your physical or mental condition, choose your special essential oil with the therapist.	<b>50 MIN EUR 82</b>
<b>NECK &amp; HEAD MASSAGE</b>	Gentle relaxing massage technique that is focused especially on the shoulder, neck and head area. Through special grip techniques and gentle strokes, tensions and pain points are released. Therefore are headaches and migraines also treated.	<b>25 MIN EUR 47</b>
<b>HEAD &amp; FACE MASSAGE</b>	This massage is an all-rounder in increasing well-being, vitality and intensifying the beauty. With the head and face massage, targeted combination handles of kneading, stretching and circular strokes result in increased well-being and a fresher appearance. The gentle movements also stimulate lymph flow and blood circulation, which tightens the complexion and relieves heavy eyelids.	<b>25 MIN EUR 47</b>
<b>CUPPING MASSAGE</b>	5000 years old proven therapist's method, which is characterized by rapid effect, using the connections to the inner organs and activating the self healing power of the immune system.	<b>50 MIN EUR 82</b>
<b>REFLEXIVE FOOT MASSAGE</b>	The individual reflex zones are treated intensively with a special technique to harmonize the organism. There are a deep relaxation and also deep effect after this wonderful massage.	<b>25 MIN EUR 47</b>
<b>LYMPHATIC DRAINAGE</b>	Lymphatic drainage massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues.	<b>25 MIN EUR 47</b>
<b>ANTI STRESS MASSAGE</b>	Dissolves blockades and relieves pressure in your back due to warming moor-cream.	<b>50 MIN EUR 79</b>

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<b>SPINE &amp; PELVIS MASSAGE TREATMENT</b>	Based on the checking and compensation of the length of your legs combined with soft treatment of spine and pelvis.	<b>50 MIN EUR 82</b>
<b>HOT STONE MASSAGE</b>	A combination of massage, energy treatment and the beneficial effects of hot stones. The entire organism is charged with new energy and vitality. Tensions are released in a gentle way.	<b>50 MIN EUR 82</b>
<b>LOMI LOMI NUI</b>	The Hawaiian temple massage Lomi Lomi Nui is also called the „Queen of Massage“. This treatment is made on kings and queens. No other massage connects the exterior of your body in such a harmony with the interior of it.	<b>70 MIN EUR 139</b>
<b>AROMA PRIME PEELING</b>	Exotic massage peeling with a nutritive care cream for a smooth skin.	<b>25 MIN EUR 49</b> <b>50 MIN EUR 87</b>



### Book a treatment

Please make an appointment directly at the reception. Speed dial 100

### The strenght is to be found in serenity

We kindly ask you to come to the massage area in your bathrobe five minutes before the start of the treatment in order to start relaxed in the feel-good mode. Valuables and cell phones should stay better in your apartment during this time.

### If you can not come to the booked treatment:

If you cannot keep your booked appointment, please let us know by the end of the working hours of the reception on the day before. In case of a short-term cancellation of the agreed appointment (of 3 hours and less before), the treatment will be fully charged.

### Healthiness first:

Our team is trained and experienced. Please inform us about diseases or special complaints before treatment so that the wellness program can be made according to your needs.