

### Classic Massages

Special massage techniques improve blood circulation and stimulate the metabolism. The entire musculature stretches, loosens, and relaxes.

#### Full Body Massage

50 min.....72,00 €

#### Leg Massage

20 min.....38,00 €

#### Foot Massage

20 min.....38,00 €

### Back & Neck

Anti-Stress Treatment | An intensive massage to relax the neck, shoulder and back area. Particularly suitable for people who sit a lot at the computer and experience problems due to a lack of exercise or accumulated stress.

25 min.....50,00 €

### Deep Tissue Back Massage

Muscle Relaxing and Loosening | Essential oils are deeply worked into the tissue and have a warming effect. The combination of special massage grips and an in-depth cupping technique helps you feel noticeably lighter and improves your mobility.

50 min.....75,00 €

### Physiosport Massage

Connective Tissue Massage | An intensive treatment that rebalances the body structure. Ideal for anyone who wants to improve their athletic performance and mobility, or who suffers from postural problems.

Optimal treatment before or after physical activity.

50 min.....75,00 €

### Abhyanga - Ayurvedische Ganzkörpermassage

In Harmony with Body, Soul and Spirit | Individual energy points are activated through long strokes over the muscles and circular movements on the joints. It relaxes, strengthens the immune system and has a cleansing and relieving effect.

70 min.....95,00 €

### Mukabhyanga - Ayurvedische Gesichtsmassage

Relieving Head and Face Massage | Warm oil is slowly spread over the face, head and neck and massaged in with light stroking movements. A soothing massage in which the Ayurvedic energy points are stimulated in order to create an energetic balance. It has a relaxing and calming effect and is beneficial for your skin.

20 min.....38,00 €

### Tranquillity Ritual

Aromatic Body and Face Massage | Gentle massage strokes and precious aromas of essential oils enfold the recipient in a unique way, relieving all tensions in the body and face and providing a pleasant feeling of well-being.

50 min.....72,00 €

### Rest Ritual

Action on 3 Sensory Paths | A ritual designed to rebalance our body and spirit and guide it towards a serene and relaxing evening to enjoy the restorative benefits of a healthy, peaceful and deep sleep. The synergy of the exclusive blend of essential oils, hypnotic music and gentle strokes combined with the use of soft brushes, lead to a state of deep relaxation and peace of mind and body. Ideal in cases of stress and sleeping difficulty.

45 min.....65,00 €

### Lymphatic Massage

Detox for the Skin | A light pressure is applied to the skin through gentle movements. Special grips help activating the lymph flow and boost the function of the lymph nodes. The massage has a purifying and regenerating effect.

50 min.....65,00 €