



## Classic massages

### HEAD – NECK – FACE

To free your mind

- Relieve tension in neck, head and shoulder area
  - Relieve bonding
- For a refreshing appearance

**40 min – 59€**

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### HOLISTIC MASSAGE

An individual massage geared to your needs with various massage techniques.

- Tensions of psychological and physical origin can be released

subfield (back and legs): **25 min – 45€**

whole-body massage: **50 min – 75€**

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### BACK – SHOULDER – ARMS – LEGS

Massage for active people

- targeted work with different techniques and mountain arnica
  - perfect for athletes before and after the activities

**45 min – 65€**

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### LEG STIMULATION

The feet reflect our organs. All organs are stimulated by the pressure and stroking massage. It gives you an intense sensation of wellbeing.

- Footbath with salt

**30 min – 55€**

# Energetic massages

## **“TIME TO DREAM ON” SINGING BOWLS MASSAGE**

Through the vibration of the singing bowls and the different pitches, the body is brought into vibration.

- Good for internal blocks
- Relieves cramps and tensions
- The inner balance will be restored

**40 min – 59€**

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## **“TRAVEL INTO ANOTHER WORLD”**

“Prana” and “Chi” means vital energy. Through energy hemispheres body, mind and soul enter into a “state of being“.

- Gentle touch
- Energetic work
- Can take effect to various affections

**40 min – 59€**

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## **“LET IT GO AND RELAX - LOMI – LOMI – NUI“**

Hawaiian temple bodywork: This massage is based on a special ancient ritual. It stands for a new beginning in life.

- Hawaiian music
- Special massage techniques
- Ideal for pregnant women (from the third to the seventh month in lateral position)

**50 min – 85€**

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## **“ABHYANGA“**

Pleasant massage based on holistic lymph-stimulating strokes with warm sesame oil. This results a physical and mental cleansing.

- Skin rejuvenation
- Lymph-stimulating
  - Purging
- Cell renewing

**50 min – 95€**

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## **AROMATHERAPY MASSAGE**

Highly effective oils with gentle massage techniques ensure the well-being of body, mind and soul.

**50 min – 75 €**