

assage

Classic Massage

The entire body or individual areas of the body are treated by means of different massage techniques the muscles are loosened and tensions are released.

> PARTIAL BODY | 25 MIN - 42 WHOLE BODY | 50 MIN - 75 WHOLE BODY | 80 MIN - 110

Shoulder-Neck Massage

this massage helps with tension in the neck (which can lead to headaches), therapeutic measures for entire shoulder girdle. On request you will receive exercises for your home.

> SHOULDER – NECK | 25 MIN – 44 SHOULDER – NECK | 50 MIN – 82

Our

Organic Massage oil Pure

Sunfloweroil combined with Jojoba-, Almond- & Sea buckthorn Oil **Essential oils up for choice** Orange, Pine needle, Lavender, Peppermint, Swiss pine, Lime, Grapefruit

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Subject to modification





Foot Reflexology Massage

The entire body and organs are reflected on the soles of the feet. on the soles of the feet, which are treated with special which are worked on with special grips, activating the of the body are activated

FOOTREFLEX 25 MIN – 44

Combined Massage

Choose your most important areas of the body. Our masseur will be happy to advise you for your customized massage therapy.

COMBINED MASSAGE | 50 MIN - 82

Aromatic Massage with herbs

a soothing oil massage for body, mind and soul, has a regenerating effect and helps with tense muscles on request with St. John's wort oil (mood-lifting) possible please let us know when booking

> WHOLE BODY AROMA 50 MIN | 79 WHOLE BODY AROMA 80 MIN | 114

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Moxibustion & Massage

With Moxa Cigarres certain body parts are being heated. The essential oils of the dried mugwort stimulate the flow of the energy in the body. This treatment is ended with a massage.



WHOLE BODY | 50 MIN - 80

Cupping & Massage

Various cups detox the body by flushing out toxins and slags out of the body and activate the self healing forces. The muscles are being supplied with blood and feel relaxed. Fascia adhesion are being removed. The treatment ends with a massage.

WHOLE BODY MASSAGE + CUPPING BACK | 50 MIN - 80



Lymphdrainage

The gentle lymphatic drainage strokes are only applied to the surface of the skin and have a draining and relaxing effect.

> **FULL BODY LYMPHATIC DRAINAGE | 50 MIN - 80** For swelling and lymph congestion in arms/legs

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Herbal stamp massage

Herbal stamp massage promotes blood circulation, relaxes muscles and nervous system. Furthermore, it is a gentle exfoliation and moisturizing treatment for your skin. Heated herbal stamps are used to massage the legs, arms and back.

Herbs = fragrant Asian herbs for velvety soft skin

FULL BODY | 60 MIN - 116



ease note

We ask that you come in a bathrobe and underwear, to shorten the changing time.



Please inform us of any illnesses, the taking of tablets and pregnancy at the time of booking.

Thank you for your understanding.

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