

TREATMENTS

Swedish massage

Tension and hardening in the musculoskeletal system are specifically released with gentle and intensive movements. The muscles are stretched, loosened and relaxed. Blood circulation improves and the metabolism is stimulated.

30 Min € 40,-
60 Min € 75,-
90 Min € 110,-

Foot reflexology massage

The entire body is reflected on our feet. The foot reflexology massage can thus release blockages in the whole body, strengthen the self-healing powers and increase the general well-being. In addition, the tissue on the foot is intensively loosened and relaxed.

30 Min € 40,-

Tyrolean massage

intensively relaxing and regenerating massage – with arnica oil and extra time for back, shoulders and neck. Final application with marmot ointment and relaxing pine oil.

Ideal for overstrained muscles and joints!
(Partial body 45 min, Full body 75 min)

45 Min € 65,-
75 Min € 95,-

Mixed massage

Swedish massage mixed with foot reflexology.

60 Min € 75,-
90 Min € 110,-

Dorn method

The method developed by Dieter Dorn is a gentle but very effective spinal and joint treatment for the entire musculoskeletal system.

30 Min € 40,-

Lomi Lomi Nui

The "queen of massages" has its roots in Hawaii.

Flowing movements, tangible stretches and gentle mobilisation release physical and mental tension.

Enjoy the moment and experience "ALOHA"!

90 Min € 125,-

Relaxation massage

Pure relaxation from head to toe! The soothing strokes promote circulation throughout the body, have an immune-boosting effect and allow the mind to float.

75 Min € 95,-

Breuß Massage

This sensitive, highly energetic back massage with St. John's wort oil is able to release physical and mental blockages.

The spine is gently stretched, which can lead to deep relaxation of the entire back.

The Breuß massage can also be booked in combination with a Dorn method.

30 Min € 40,-
