

# *Massages*



**Please book in advance at reception**

*Let us spoil you...*

## *Classic relaxation massage*

The classic massage is a relaxing treatment. There is a partial or full body massage, using beneficial essential oils if necessary.

**25 min – €39**

**50 min – €65**

## *Neck massage*

The neck massage is used to relax the neck, back and shoulder area. This is how energy blockages can be released.

**25 min – €39**

## The foot massage

Foot reflexology works on the entire body or specific areas through targeted treatment of the foot. Stress is reduced and energy is built up.

**25 min – €39**

**50 min – €65**

## Part manual pressure massage

**Legs – face – or whole body**

Pressure massage is a very gentle relaxation technique. It has a balancing and relaxing effect.

**25 min – €39**

**50 min – €65**

## Trigger point massage

Trigger points are hardened areas in the muscles that radiate tension. Targeted treatment of these points relieves muscular tension.

**25 min – €39**

## Thai foot massage

Thai foot massage is a refreshing, revitalizing massage that is deeply relaxing. The feet, calves and knees are massaged comprehensively, the muscles are stretched, the joints in this area of the body are mobilized and the energy pathways and reflex zones are stimulated.

**60 min – €75**

with foot bath