

Massages

Classic Massage	25 / 50 minutes	€ 45 / € 85
------------------------	-----------------	-------------

Classic massage involves the manipulation of the skin, connective tissue, and muscles through techniques such as stretching, kneading, and applying pressure. It uses a variety of methods to enhance blood circulation, relax muscles, relieve tension, support the immune system, and reduce stress.

Manual Lymphatic Drainage (Dr Vodder method)	25 / 50 minutes	€ 45 / € 85
---	-----------------	-------------

The lymphatic system is a powerful ally in your body's natural defence and detox process. It helps flush out toxins, dead cells, bacteria, and other unwanted substances—keeping your system clean and resilient. By gently stimulating lymph flow, you can boost circulation, enhance oxygen supply to the tissues, and promote a healthier, more radiant you.

Lymphatic drainage isn't just detoxifying—it's also a natural way to relieve migraines, reduce cellulite, and leave you feeling lighter, clearer, and more energised.

Brazilian Lymph drainage	50 minutes	€ 110
---------------------------------	------------	-------

A special method of body shaping massage. It not only helps eliminate excess water retention from the tissues, but also promotes circulation, supports detoxification, and enhances digestion.

Foot reflexology	45 minutes	€ 55
-------------------------	------------	------

Foot reflexology offers a powerful, full-body boost through the soles of your feet. By stimulating key reflex zones, it not only enhances circulation but also taps into the body's natural energy pathways—bringing balance and harmony from head to toe. This targeted treatment is especially beneficial for supporting organ function and promoting overall wellness.

Massage „Combi“	50 minutes	€ 90
------------------------	------------	------

Classic back massage and foot reflexology

Facial	30 minutes	€ 40
---------------	------------	------

Facial massages promote blood circulation, making you look plumper and fresher. They improve the lymph flow thus preventing swelling. Your skin's elasticity will improve and look smoother due to improved blood circulation.

Hot Stone massage	50 minutes	€ 99
--------------------------	------------	------

Experience deep relaxation as the soothing warmth melts away tension—calming both body and mind to support restful sleep. The gentle heat of the stones encourages natural detoxification, boosts lymphatic flow, and helps strengthen your tissues and blood vessels, leaving you feeling revitalized from the inside out.

Please book your desired treatment at the reception.

Our masseuse, Manuela is looking forward to treating you.

