

SPA MENÜ

Sommer 2020

Massages with organic oils of Kerstin Florian

Magnesium Wellness

60 min. € 65,00

Invigorating and activating!

Magnesium increases healthy energy levels, good muscle function, sleep quality and overall well-being. This nourishing treatment uses the power of magnesium to promote detoxification and replenish commonly deficient levels. The therapeutic experience is completed with healing hot stones and a full body massage.

Neroli flowers sensory experience

90 min. € 95,00

Awaken your senses with the characteristic aroma of neroli essential oil in this deeply relaxing experience.

- Energy balance ritual to calm the mind
- Eucalyptus foot cleaning ritual to purify the mind
- Lymphatic dry brush peeling with Neroli body oil

Ginger Renewal

60 min. € 65,00

Time to relax!

Earthy minerals are combined with Ginger's healing properties. Invigorating fully body massage with warm ginger oil and hot stones.

Lavender Dream

60 min. € 65,00

Relax and breathe deeply!

Inhale the calming and balancing benefits of wild lavender in this unique SPA experience. Relaxing full body massage with hot stones & lavender oil.

Valluga Massage

90 min. € 90,00
60 min. € 60,00

A Swedish full body massage that will help reduce stress and improve circulation. This session will deeply relax your body with long and gentle strokes.

Deep Tissue Massage

60 min. € 70,00

Massage with therapeutic techniques that incorporates specific pressure to treat the deeper layers of muscles fibers. This massage will help you release chronic patterns of tension that create painful conditions.

Sport Massage

60 min. € 70,00

A customized massage to soothe strained muscle groups that may include all aspects of massage determined by each guest's level of athleticism. Massage combined with stretching and deep kneading eases tension in tight muscles, stimulation healing and improving recovery time from intensive training and long and stressful days.



Legs & Feet

30 min. € 30,00
45 min. € 45,00

A reviving, soothing and cooling massage after a long day on your feet.

Back, Neck & Shoulder Massage

30 min. € 30,00
45 min. € 45,00

A massage focused on the back, neck & shoulders. Strength and pressure are adapted to your individual needs.

Hot Stone Massage

90 min. € 95,00

60 min. € 65,00

The Nature and you!

Your body will feel harmony, balance and peace with this ancient body therapy. Heated Basalt stones placed on specific spots of your body, relaxing muscles, tissues and mind.

Mindfulness Massage

60 min. € 65,00

Relax, leave the pace of everyday life behind and emerge with a feeling of new determination and concentration. This holistic, deeply relaxing and clarifying experience is based on the concept of mindfulness and focuses on both the mind and the body to relieve stress and "be more in the present".

Regenerating Breuss Spinal Massage

45 min. € 50,00

The Breuss Massage is a gentle spinal massage that safely stretches, nourishes, aligns, strengthen and heals the spine. In one session muscles and tendons can gently release alongside the spine, thus relaxing and lengthening the vertebrae.

Foot Reflexology

60 min. € 65,00

30 min. € 35,00

A warm, relaxing and calming foot bath prepares you for a treatment concentrating on pressure points and massage techniques on the feet. Reflexology helps balance and detoxify, which can help alleviate tensions in the body, relieve headaches and most stress related conditions. Specifically designed to enhance total body wellness and general health. Not recommended for pregnant women.



Lymphatic Drainage

Full body

90 min. € 90,00

60 min. € 60,00

Legs or Arms & Chest

45 min. € 45,00

Lymphatic drainage is a therapeutic hands-on massage technique designed to increase the flow of lymph and reduce toxins in your body. The pressure applied is very light and gentle. This specialized massage is imperative before and after surgery (especially cosmetic). It will alleviate bruising and inflammation in half the normal time, and is a wonderful body detoxifying treatment.

Lymphatic drainage can:

- Help your body fight off infection and speed up recovery
- Help reduce water retention
- Boost weight loss, by improving your metabolic rate

Bamboo Massage

60 min. € 60,00

30 min. € 30,00

Known for its healing properties, this massage works at all levels to balance, calm and energize. The use of bamboo ensures healthy circulation, relief of muscle tension, deep relaxation and even aids in detoxification.