



## MASSAGES AND BEAUTY

The art of touch, when time stands still

### Lomi Lomi – Hawaiian Bodywork

Characteristics are the long, flowing, wave-like rhythmic strokes, which can be gentle, sensual and nourishing as well as dynamic, powerful and deep. The continuity of this rhythmic massage, as well as the gentle stretches and mobilization of all the joints, hips and shoulders, creates deep relaxation and leaves the recipient with more suppleness, flexibility, and strength. Lomi Lomi is a whole-body experience of a special kind. Let your senses travel, celebrate your life. ALOHA

80 minutes: € 115,00

50 minutes (treatment of the back, the  
backside of legs, neck, and shoulders): € 80,00

### Swedish Massage

Wellbeing for body and soul. Relaxes tense muscles, supports the skin's functions and stimulates the blood and lymph flow.

25 minutes: € 35,00

50 minutes: € 65,00

80 minutes: € 95,00

### Hot Stone Massage

An ancient healing art of the Native American Indians, who used the power of the hot stones in their treatments. The round, smooth stones fill the body with their warmth. Tight muscles are loosened and blood circulation is improved.

25 minutes: € 35,00

50 minutes: € 70,00

### Aromatherapy Massage

A gentle massage with precious Aromatherapy Oils to harmonize body, mind, and soul.

25 minutes: € 40,00

50 minutes: € 75,00

### Manual Lymphdrainage

Gentle, effective treatment to stimulate the lymph system. Lymphdrainage is decongesting, reduces water retention, soothes pain and speeds up the healing process. It is the ideal treatment after accidents, to reduce swelling, to relieve constipation and congested heavy, strained legs.

25 minutes: € 35,00

50 minutes: € 65,00

25 minutes (face, neck and décolleté): € 35,00

80 minutes (whole-body treatment): € 95,00

### Antistress Scalp-Neck-Shoulder Massage

Relaxes deep-seated muscle tension, thru a targeted treatment of the tight muscles, in combination with a heat treatment.

25 minutes: € 35,00

50 minutes: € 70,00

### Footreflexology

The whole body is reflected in your feet. Organs, lymph, and the nervous system can be harmonized through the reflex zones. Congested areas, headaches, digestive and stress caused problems can be relieved with this massage.

25 minutes: € 35,00

50 minutes: € 65,00

# AYURVEDA

The traditional Indian Medicine. Only the original, Indian, medical Herbal oils are used. They promote rejuvenation, cell regeneration, revitalize and strengthen the immune system.

## **Abhyanga (ayurvedic whole-body massage)**

Leads to deep relaxation, stimulates detoxification. Muscles, bones and nerve tissues are strengthened.

**80 minutes: € 115,00**

## **The Ayurvedic Back Massage**

The energy starts flowing, muscles, bones and nerve tissues are strengthened. Physical and psychological blockages are freed up. The treatment ends with a deep penetrating herbal heat pack.

**50 minutes: € 75,00**

## **Padabhyanga**

A feel-good massage with warm oils, covering the feet, calves, up to the knee. Recommended to relieve stress, sleep problems, inner unrest, and mental exhaustion.

**45 minutes: € 70,00**

## **Almondbran Body Peeling for velvety soft skin**

Gently it will remove dry, rough skin parts, as well as superficial impurities. Blood circulation is enhanced and the skin will become soft and smooth. The peeling is especially efficient after a good sweat in the sauna.

**20 minutes: € 35,00**

# BEAUTY WITH NATURAL COSMETICS

Treat yourself to a special mini-vacation

## **Classical Dr. Hauschka Facial**

Start with a relaxing footbath, arm- and hand-, neck-, shoulder- and foot massage as well as aromatic compresses, which allow you to breathe deeply. This prepares you for the deep cleansing and the following regenerating, revitalizing treatments with nourishing masks. A special lymph-stimulation with delicate brushes decongests and strengthens the immune system. The Classical treatment leaves you with a feeling of being filled with light, inner balance and lightness.

**110 minutes: € 125,00**

## **Dr. Hauschka Revitalising- and Relax Treatment**

A facial without deep cleansing, which wakes up tired-looking skin and allows you to relax from head to toe.

**80 minutes: € 95,00**

## **Dr. Hauschka Cleansing Treatment**

An intensive deep cleansing with the natural Dr. Hauschka Cosmetic purifies and refines the skin and is followed by specific masks for a radiant skin.

**50 minutes: € 75,00**

# EXTRAS

**eyebrow colouring (20 minutes): € 10,00**

**eyelash colouring (30 minutes): € 18,00**

## **Depilation with wax**

Upper lip (15 minutes): € 12,00 / Underarm (25 minutes): € 25,00 / Full leg (50 minutes): € 55,00  
 Eyebrow shaping (20 minutes): € 18,00 / Half leg (25 minutes): € 35,00 / Back (40 minutes): € 45,00

## **Pedicure, without nail polish (upon request)**

Price depends on time spent (30-55 minutes). Includes a herbal footbath: € 35,00 - € 50,00