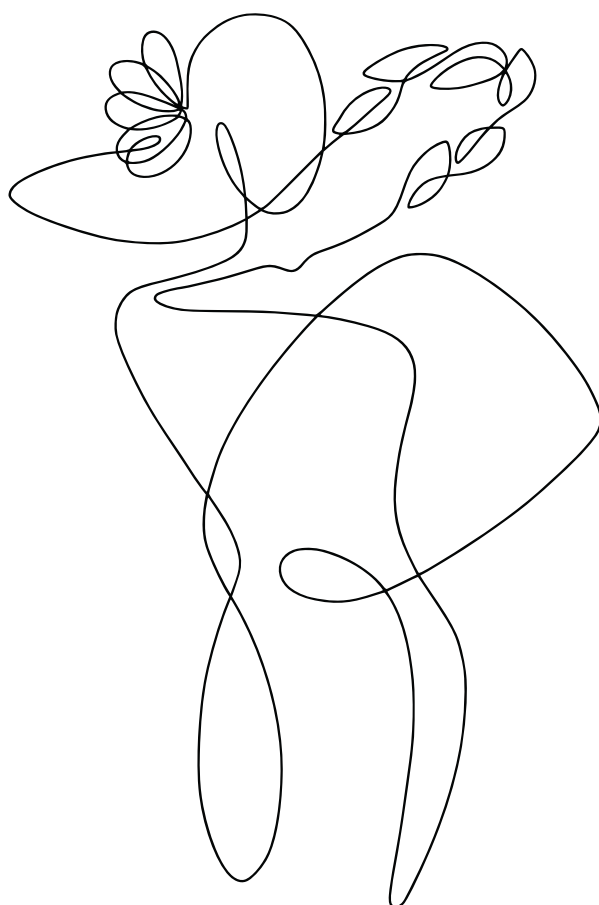


MASSAGES



M^OUNTAINS

SPA

Aroma oil massage

A gently performed massage, which positively effects the harmonization of body, mind and soul with the help of precious aromatic oils.

25/50/80 min
€40,00/€80,00/€120,00

Classic Massage

The massage serves to mechanically influence the skin, connective tissue and musculature through stretching, pulling and pressure stimuli.

25/50/80 min
€40,00/€80,00/€120,00

Sports Massage

The sports massage is a supplement to the classic massage. It uses the classic massage techniques as well as additional techniques and is tailored to the needs of the athlete and the specific problems of sport.

25/50/80 min
€40,00/€80,00/€120,00

Anti-stress massage

In the anti-stress massage, individual parts such as the shoulders, neck, face and decollete zone are massaged with slow, rhythmic stroking movements. Through the various massage techniques and joint loosening, the muscles are relaxed and revitalised at the same time, stress and anger are reduced after this type of the massage.

25 min
€40,00

Honey back massage

Stimulates blood circulation and elimination, the whole organism experiences a complete cleansing. Energies that were blocked can flow freely again.

50 min
€80,00

Wang style

The wang style massage is a traditional Chinese massage from the field of traditional Chinese medicine (TCM) techniques along the energy pathways the qi and blood flow, thereby treating many disharmonies in the body ...

50min

€80,00

Upper body massage

Neck, Back, Shoulder

In this massage the whole upper body is massaged with gentle movements so that the body can relax.

50min

€80,00

Lower body massage

Legs and buttocks

Muscles are loosened by gentle stroking movements over legs and buttocks, which relaxes your body.

50min

€80,00

Gentle facial massage with Guasha stones

A facial massage with guasha stones is a popular technique to tighten the skin, promote circulation and relieve tension

45min

€80,00

Butterfly facial massage

More and more midwives and psychologists highly recommend this gentle and special facial massage.

The massage is originally developed for traumatised and sensitive faces.

25 min

€40,00

Facial massage

Facial massage is a relaxing and soothing method to relieve tension in the facial area and promote blood circulation

30min

€40,00