

ONLY: SPA

Spa Treatments

Therapeutic Massage 60min/85€ - 90min/130€ *

Therapeutic massage is a massage type that is designed to treat both deep and superficial tissues alongside providing a therapeutic effect. Therapeutic Massage has a wide range of skilled techniques used to manipulate soft tissues and treat muscular problems. It can be used specifically for relaxation or to reduce pain and normalise the body's muscles and soft tissues. It can be used to decrease muscular tension, reduce pain and mentally relax the body.

Deep Tissue Massage 60min/85€ - 90min/130€ *

Deep tissue massage centers on realigning the deeper layers of connective and muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the tense areas, either following or going across the fibers of the muscles, tendons and fascia. Beneficial for athletes and those who like stronger approach.

Sport Massage 60min/85€ - 90min/130€ *

Sport massage is a form of massage involving the manipulation of soft tissue to benefit a person engaged in regular physical activity. Is designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and strenuous physical activity and trauma. The application of sport massage, prior to and after exercise, may enhance performance, aid recovery and prevent injury.

Shiatsu 60min/85€ - 90min/130€ *

Shiatsu offers a sense of wellbeing and health. It can be applied simply as a relaxing and calming treatment to balance energy in the body or for therapeutic purposes anywhere for various musculoskeletal problems. Is been done wearing comfortable clothes or on bare skin on a mattress call "futon" on the floor. It contributes positively to the balance of emotions and peace of mind.

Back, Neck & Shoulders Massage 30min/55€ *

This is a traditional back, neck, and shoulder massage that stimulates blood circulation and improves skin and muscle tone, while soothing tense and tired muscles. The strokes of the massage relax individual muscles and replicate the movements of the circulatory system.

The overall experience eliminates mental stress.

*Kraxenofen, additional cost to each treatment 30min/25€

Prenatal and Postnatal Shiatsu 60min/85€ - 90min/130€ *

Shiatsu treatment are enjoyable, relaxing and stimulating. The treatment, support the pregnant woman's need during all of her pregnancy and help her adjust to the physiological and emotional changes that occur during this very special time. A quiet space of healing is created during shiatsu treatment. This space enables the pregnant woman to connect on a deeper level with the baby that is growing in her womb. This connection has a positive effect in the mother and the baby, before, during and after the baby is born.

Reflexology 40min/65€ *

In Reflexology, pressure is applied to specific reflex points on the foot. These points correspond to organs and areas of the body. The Treatment is said to induce a healing response and is generally relaxing and help alleviate stress.

Cupping 30min/55€*

Cupping refers to an ancient Chinese practice in which a cup is applied to the skin and the pressure in the cup is reduced, so that the skin and superficial muscle layers is drawn into and held in the cup. In some cases, the cup may be moved while the suction is active, causing a regional pulling of the skin and muscles. Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair.

Kraxenofen 30min/25€

A modern hay bath with warm, comfortable seats and aromatic alpine hay with numerous positive effects on health. Suggested before each Spa treatment as it warms up & relaxes back & neck region and unblocks respiratory system.

*Additional cost to each treatment 30min/25€

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Please book your Massage treatment at least 2 hours in advance for your better convenience!