

Massages-2015



- ↳ Boosting your physical and emotional well-being by promoting relaxation, sleep and stress relief.
- ↳ Waking up your body's defences with assorted oils.
- ↳ Hot stones for relieving back pain

NEW! SPA Vino Creme for the sauna and steam bath

Soothing and invigorating well-being cream with the scent of grapes.

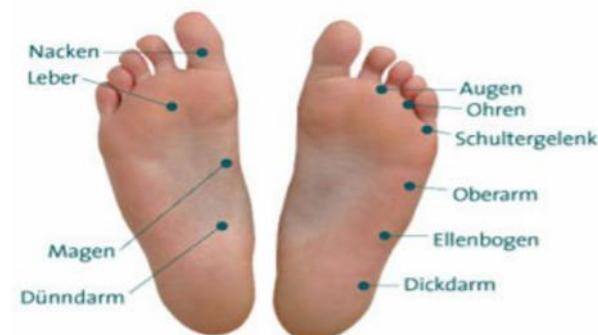
25 min	Classic localised massage Lymphatic drainage massage Connective tissue massage	€ 27.00
	Additional charge for special oil	€ 4.00
30 min	Reflexology massage	€ 33.00
55 min	HOT STONE massage	€ 58.00
50 min	Classic full-body massage Lymphatic drainage massage Connective tissue massage	€ 46.00
	Additional charge for special oil	€6.00
Lemongrass oil, lavender oil, orange oil, grape seed oil, rosemary oil		
15-20 min	Steam peel with Alpine herb salt	€ 10.00 per person
10 min	Magnet therapy	€ 10.00
	SPA Vino Creme for one	€ 4.00

Magnet therapy to boost your energy
Combined with a massage € 7.00

Aqua Fit-water aerobics every Tuesday and Thursday

at 08:00 with Annemarie in the indoor pool, with massage
option afterwards (please register)

Looking forward to your visit is our masseuse *ANNEMARIE*



Providing massages with oils

The SPA Vino Creme is applied during your session in the steam bath or sauna. Spread onto the skin, massage in gently, and let the heat work its magic

Massage in again before rinsing off in the shower, without using soap

The grape extract has a high moisture binding capacity with regenerating properties for cell renewal and the prevention of wrinkles forming due to age

Lavender oil

Used for tensions and symptoms of exhaustion.

Lavender has a calming effect and is well suited to skin that is easily irritated.

Orange oil

Orange promotes good blood flow, stimulating the skin's regenerative ability and the lymph flow. It tightens the skin, helping you to detox and drain tissue. It also strengthens your body's defences and works to prevent colds and flu. As well as stimulating activity in the gastrointestinal tract.

Rosemary oil

Thanks to its ability to boost the blood flow and relieve pain, this can be added to the mix to help with stiff muscles, tensions and rheumatic pains. It also helps with circulation problems and works to cleanse and clear up your skin.

Steam peel with Alpine herb salt

Works to purify, detox and regenerate. Classic steam bath with Alpine herb salt in its pure, natural form. This power package made up vitamins, minerals and trace elements from the mountains stimulates your metabolism, purifying and neutralising your body, restoring your sense of well-being.

HOT STONE

Therapy: a deep relaxation 'delight' using the heated stones, with special oils to soothe the whole body.

An all-round feel-good treatment!

Beauty therapy and pedicures

Sabine Volderauer is a trained beauty therapist and pedicurist

Facials, manicures
foot care and well-being, hair removal

We'd be happy to book you in for an appointment. Our brochure and prices are available from the info corner.
(please register at least 2 days in advance)