

Classic Treatments

Swedish Massage (Klassische Massage)

Using specific techniques such as stroking, kneading and friction your skin, connective tissue and muscles will be mechanically affected. Your circulation will be encouraged which leads to the loosening of your muscles, removing small blockages, knots and releasing tensions giving you a relaxed and calm feeling. Please inform your therapist about your expectations and the intensity you would prefer so that the massage is fitted to your likings and needs.

Detoxing Massage (Detoxing Massage)

Energetic radiance and pure pleasure! Regenerating, deep cleansing massage with specific massage cups and 100% natural active substances. Gentle, deep reaching massage techniques vitalise the body and prepare it for a treatment aiding blood circulation.

Lymphdrainage (Lymphdrainage)

The lymphatic system transports body fluids from the tissues to the heart and back. Therefore it is responsible for the drainage, purification and decongestion of the body. Using very soft and pumping movements your masseuse can support your lymphatic system. This special technique intends to your skin and subcutaneous tissues. Please note that this massage does not affect the blood circulation to your muscles.

Acupunctmassage (Akupunktmassage)

As well as lymph fluid and blood, energy flows through our body. For centuries the Chinese have known this life energy as "Chi". In the Acupunctmassage a special stick is used to glide along the meridian which frees the energy flow from tensions and blockages preventing pain and aches. This treatment can cause reactions in the body. These reactions are desired because they just show that your body responds to this treatment. You should relax after the Acupunctmassage; please do not immediately use the sauna, solarium or pools to give your body time to adjust to its new energy level.

Foot Reflexology Massage (Fußreflexzonenmassage)

The foot reflexology massage is believed that each organ or body part corresponds to a particular zone of the foot. Specific pressure points are stimulated and calmed by special techniques. This can sometimes be unpleasant, but they stimulate the connected organ or body part positively. Please do not compare this massage with the Swedish Massage which only relaxes the foot.

Anti-stress Massage (Antistress-Massage)

This massage is a pure relaxation massage and is performed with light, rhythmic movements. The anti-stress massage aims at harmonizing and calming the mind and soul. Face, neck and shoulders are also included in order to reduce stress and its signs. This leads to the improvement of the well-being and achieves regeneration.

Hot Stone Massage (Hot Stone Massage)

The Hot Stone Massage is carried out with heated basalt stones which glide smoothly along your skin by using oils. In addition to the massage effect, the heat furthers the relaxation of the muscles. The Hot Stone Massage is a very relaxing and calming massage but on request can also be supported with selected techniques of Swedish Massage. The additional massage techniques seem encouraging and have an effect on the blood circulation.

Stamp Massage (Stempelmassage)

The natural ingredients of the stamp contents are extracted with steam and care for mental wellbeing and relaxation.

Fascia Massage (Faszienmassage)

text will follow at a later stage

Sport Massage (Sportmassage)

text will follow at a later stage

Nacken- und Schultermassage

text will follow at a later stage

Price List - Classic Treatments

Therapy	Minutes	Single Treatment	Package Prices (10+1)
Swedish Massage	25	€ 33,00	€ 330,00
	50	€ 60,00	€ 600,00
Swedish Massage with aroma oil	25	€ 35,50	€ 355,00
	50	€ 62,50	€ 625,00
Lymphdrainage	25	€ 36,00	€ 360,00
	50	€ 68,50	€ 685,00
Acupunct Massage	25	€ 36,00	€ 360,00
	50	€ 68,50	€ 685,00
Anti-stress Massage	50	€ 68,50	€ 685,00
Foot Reflexology Massage	25	€ 36,00	€ 360,00
Stamp Massage	25	€ 42,00	
	50	€ 78,00	
Peeling und Massage	75	€ 91,50	
Peeling	25	€ 40,00	
Hot Stone	50	€ 68,50	€ 685,00
Detoxing Massag	25	€ 36,00	€ 360,00
	50	€ 68,50	€ 685,00
Taping	25	€ 36,00	
Fascia Massage	25	€ 36,00	
Sport Massage	25	€ 36,00	
Neck-/Shoulder Massage	25	€ 33,00	€ 330,00

Price List - Treatment-Packages

Green-field Dream:

Energy Balance Trainer

Swedish Massage

Hay-blossom Pack 75 Minutes € 77,50

Bundle of Energy:

Peeling

Coconut-Oil Pack

Foot or Head Massage

Full-body Massage

Face Pack 115 Minutes € 150,50

Time Together:

2 x Stamp Massage

2 x Swedish Massage

2 x Glass of Prosecco 50 Minutes € 144,50

