

Classic Massages

Claudia Sophia Cappel

Appointments by arrangement

Classics

Partial body massage (back / shoulder / neck) 25 minutes	€ 35
Full body massage 50 minutes	€ 65
Sports massage Deep tissue and leg massage 25 minutes Deep tissue - full body 50 minutes	€ 35 € 65
Foot reflexology massage 25 minutes	€ 35
Massage combination of your choice 50 minutes 75 minutes	€ 65 € 85
Manual lymph drainage 25 minutes 50 minutes	€ 35 € 65
Connective tissue or fascia massage 50 minutes	€ 65

All vertebrae in balance

Dorn –Breuss- method 25 minutes 50 minutes	€ 35 € 65
Cranio sacral regulation with gentle release of tense fascia 60-70 minutes	€ 85

A treat for the senses

Aroma or herbal oil massage with different oils such as: Swiss stone pine, rose, lavender, lemongrass, orange... 25 minutes 50 minutes	€ 35 € 58
Brush massage followed by Aroma or herbal oil massage Promotes circulation and soothes 50 minutes	€ 65

Local specialities

East Tyrolean organic honey massage For the back and connective tissue 25 minutes 50 minutes	€ 35 € 65
Honey- Ginger Oil Massage Promotes blood circulation and soothes 50 minutes	€ 58,00

Classics from China

Moxa, Schröpfen und GuaSha 25 Minuten 50 Minuten	€ 35 € 65
Combination of aromatic oil foot bath, foot reflex & full body massage 80 minutes	€ 90

Special applications

Annika Jauffer

Appointments by
arrangement

Gua Sha Anti-Age Application and Dien Cham Facial Reflexology Massage

Gua Sha is an ancient scraping technique from China. During the Gua Sha facial application is worked only on the face, of course very gently. The skin is well supplied with blood - the result is an even, rosy, radiant complexion. Wrinkles are reduced, puffiness often disappears completely. Dien Cham Vietnamese facial reflexology massage, it consists of a facial massage and the punctual stimulation of exact reflex points

25 minutes

€ 35

Deep relaxation for back, neck and head with aroma oil

The application is a combination of the Hawaiian bodywork Lomi Lomi and the Indian head massage "Head Relax". Due to the high relaxation effect, this application is an efficient support against headaches and insomnia

Back, neck, head

50 minutes

€ 65

LOMI LOMI NUI Bodywork

Lomi Lomi Nui is a Hawaiian bodywork that balances energy deficits, releases tension, stimulates self-healing processes and has a particularly healing effect on the spiritual and mental levels. Flowing touches, lots of oil on the skin - a dive into another world - a journey to yourself...

Back

50 minutes

€ 75

Full body

90 minutes

€ 125

Activating brush application

followed by oil treatment ... promotes blood circulation and stimulates the body's circulation. Brush application is especially suitable for low blood pressure, lack of drive in the morning and fatigue

Full body

50 minutes

€ 65

Whole body - relaxation wellness application with essential oils

With special strokes, combined with Lomi Lomi Nui and the Tibetan eight massage, blockages on the physical and mental level should be released and the harmony of body, mind and soul restored.

Full body

50 minutes

€ 65

Foot reflex revitalization or combination application

By stimulating the reflex zones on the foot, the whole body is positively influenced, blockages are released, especially effective of course in combination with deep relaxation for the back and neck with essential oils

Foot reflex massage

25 minutes

€ 35

Combination massage

50 minutes

€ 65

F E R I E N H O T E L

