

HOTEL

Moarhof



## Our massage offer

Appointments by arrangement

### Classic massages

#### Partial body massage

(back / shoulder / neck)

25 minutes € 39

#### Full body massage

50 minutes € 69

#### Sports massage

Loosening and/or activating muscle groups that have been stressed during sporting activities.

25 minutes € 42

50 minutes € 78

#### Foot or hand reflexology massage

25 minutes € 39

#### Massage combination of your choice

50 minutes € 69

75 minutes € 89

#### Med. & Manual lymph drainage

25 minutes € 42

50 minutes € 78

40 minutes - Face with gentle peeling € 63

#### Connective tissue or fascia massage

50 minutes € 69

#### Kinesiotaping

is used for various complaints and injuries. It stimulates the body's own healing process by providing support and stability without affecting mobility. Price by agreement

### All vertebrae in balance

#### Dorn –Breuss-method

25 minutes € 39

50 minutes € 69

#### Cranio sacral regulation

with gentle release of tense fascia

60-70 minutes € 90

### A treat for the senses

#### Aroma or herbal oil massage

25 minutes € 39

50 minutes € 69

#### Brush massage followed by Aroma or herbal oil massage

first stimulates circulation, then soothes

50 minutes € 69

50 minutes with brush to keep € 75

#### East Tyrolean organic honey massage

Regulating and stimulating blood circulation

25 minutes € 39

50 minutes € 69

### Classics from Asia / Far East

#### Moxa, Schröpfen and/or GuaSha

25 minutes € 39

50 minutes € 69

#### Combination of aroma oil or detox foot bath, Foot reflex & full body massage

80 minutes € 95