

## SPA guidelines

To be able to guarantee your preferred date, we recommend that you book early.

Please arrive approximately 5 minutes before starting the treatment.

Please wear a bathrobe and no jewellery.

If you have any physical complaints, allergy, or if you are pregnant, etc., please inform our SPA staff before starting.

Out of respect for the following guests, we ask for your understanding that in case of delays on your part, the treatment time will be reduced.

Appointments can be cancelled free of charge up to 24 hours in advance. If cancelled later, 80% of the booked treatment will be charged.

EMMY  
five elements

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Unsere Prana- und **Physiotherapeutin Brigitte** ist von Montag bis Freitag verfügbar.

Buchen Sie Ihre Behandlung an der Hotelrezeption oder mit der **hotelinternen Nr. 9**.

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La nostra prano- e **fisioterapeuta Brigitte** è a disposizione da lunedì a venerdì.

Prenotate il vostro trattamento alla reception oppure telefonando al **numero interno 9**.

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Our prana- and **physiotherapist Brigitte** is available from Monday until Friday.

Book your treatment at the hotel reception or with the **internal number 9**.

# SPA

## Massages & treatments





<b>Nacken &amp; Rücken Massage</b> .....	€ 72,- (50 Min.)
<b>Hot Stone Massage</b> .....	€ 78,- (50 Min.)
<b>Fußreflexzonenmassage</b> .....	€ 72,- (50 Min.)
<b>Tuina Massage</b> .....	€ 78,- (50 Min.)
(Meridiane und Akupressur, um die Energie ins Fließen zu bringen)	
<b>Klangschalenbehandlung</b> .....	€ 75,- (50 Min.)
(mit Kleidung)	
<b>Lymphstimulierende Massage</b> .....	€ 72,- (50 Min.)
<b>Kombi Massage</b> .....	€ 106,- (75 Min.)

Die klassische Massage wird mit einer der folgenden Behandlung kombiniert:

- Pranatherapie
- Gesichtsmassage
- Klangschalenbehandlung (mit Kleidung)
- Fußreflexzonenmassage

<b>Physiotherapeutische Behandlung</b> .....	€ 78,- (50 Min.)
<b>Aromaöl Massage</b> .....	€ 42,- (25 Min.)
	€ 72,- (50 Min.)
<b>Gesichtsmassage</b> .....	€ 42,- (25 Min.)
<b>Pranatherapie</b> .....	€ 42,- (25 Min.)
(Chakren, Ebenen und Heilsteine)	
<b>Kindermassage</b> .....	€ 42,- (25 Min.)

<b>Massaggio collo e schiena</b> .....	€ 72,- (50 Min.)
<b>Massaggio Hot Stone</b> .....	€ 78,- (50 Min.)
<b>Massaggio di riflessologia plantare</b> .....	€ 72,- (50 Min.)
<b>Massaggio Tuina</b> .....	€ 78,- (50 Min.)
(Meridiani e digitopressione per far fluire l'energia)	
<b>Trattamento con campane tibetane</b> .....	€ 75,- (50 Min.)
(con vestiti)	
<b>Massaggio linfostimolante</b> .....	€ 72,- (50 Min.)
<b>Massaggio combinato</b> .....	€ 106,- (75 Min.)

Il massaggio classico viene combinato con uno dei seguenti trattamenti:

- Pranoterapia
- massaggio del viso
- trattamento con campane tibetane (con vestiti)
- Massaggio di riflessologia plantare

<b>Trattamento fisioterapico</b> .....	€ 78,- (50 Min.)
<b>Massaggio con olio aromatico</b> .....	€ 42,- (25 Min.)
	€ 72,- (50 Min.)
<b>Massaggio del viso</b> .....	€ 42,- (25 Min.)
<b>Pranoterapia</b> .....	€ 42,- (25 Min.)
(chakra, piani e pietre curative)	
<b>Massaggio per bambini</b> .....	€ 42,- (25 Min.)

<b>Neck &amp; back massage</b> .....	€ 72,- (50 Min.)
<b>Hot stone massage</b> .....	€ 78,- (50 Min.)
<b>Foot reflexology massage</b> .....	€ 72,- (50 Min.)
<b>Tuina massage</b> .....	€ 78,- (50 Min.)
(meridians and acupressure to bring the energy flowing)	
<b>Singing bowl treatment</b> .....	€ 75,- (50 Min.)
(with clothes)	
<b>Lymph-stimulating massage</b> .....	€ 72,- (50 Min.)
<b>Combination massage</b> .....	€ 106,- (75 Min.)

The classic full-body massage combined with one of the following treatments:

- Prana therapy
- facial massage
- singing bowl treatment (with clothes)
- foot reflexology massage

<b>Physiotherapeutic treatment</b> .....	€ 78,- (50 Min.)
<b>Aromatic oil massage</b> .....	€ 42,- (25 Min.)
	€ 72,- (50 Min.)
<b>Facial massage</b> .....	€ 42,- (25 Min.)
<b>Prana therapy</b> .....	€ 42,- (25 Min.)
(chakras, planes and healing stones)	
<b>Children's massage</b> .....	€ 42,- (25 Min.)