MASSAGE MENU

Carefully selected for you by our dedicated staff. A massage is a unique treatment: the masseur’s every move is designed to meet your particular requirements in order to revitalise and relax your body from head to toe.

SPA MASSAGE

A spa massage is a treat for body and soul. Fragrant organic essential oils are used for this relaxing massage that relieve tension or have a stimulating effect on the body.

DEEP TISSUE MASSAGE

Relieves sore muscles and tension due to stress. A massage where pressure is applied deep and direct on the painful areas.

LOMI LOMI

This Hawaiian massage treatment leaves body and soul with a deep sense of well-being. A range of coordinated stroking techniques makes this treatment the “queen of massages”.

CUPPING THERAPY

Revitalising massage that increases the blood circulation in the connective tissue and has a regenerative effect. The use of cupping glasses and other special techniques that are applied during the treatment stimulate the removal of waste products in the tissues.

SHIATSU

The Asian art of balancing and activating the body’s vital energy. Translated, shiatsu means: finger pressure massage. The pressing, stretching and rotating movements unblock the energy channels and relieve tension. Shiatsu is traditionally carried out without oils.
ABHYANGA
An ancient Indian massaging technique that restores your body’s balance. A traditional Ayurvedic full body massage with gentle strokes and marma point stimulation to activate the metabolism.

60 mins | 190 €
80 mins | 260 €

THAI MASSAGE
Special Far Eastern techniques help to deeply relax the body. The body is pulled, stretched, pummelled and revitalised. Traditionally, a Thai massage is carried out on a tatami in comfortable clothing.

60 mins | 190 €
80 mins | 260 €

LYMPH DRAINAGE
Special techniques are used to stimulate the lymphatic system and encourage the removal of waste products in the body. No oil is used for this partial body treatment. It can be used on the face, arms, stomach or legs.

30 mins | 90 €
60 mins | 140 €

PREGNANCY MASSAGE
Treatment for a very special time. A special treatment that is designed to meet the requirements of pregnant women. This treatment is carried out between the fourth and the seventh month of pregnancy.

60 mins | 190 €

BACK MASSAGE
A partial body massage treatment that relieves tensions in the shoulders and back. A range of massage techniques is applied to loosen areas of myogelosis and hardened back muscles.

30 mins | 90 €

LEG AND FOOT MASSAGE
Pleasant relaxation that revitalises your legs and feet. This partial body massage treatment is aimed at the relaxation of the muscles in the calves and feet.

45 mins | 120 €

FACIALS
SISLEY
CLASSIC FACIAL TREATMENT
The all-round treatment programme for your skin. A deep cleansing facial including exfoliation, vapozone, a face massage, a mask and a finishing treatment.

60 mins | 170 €
80 mins | 220 €

SISLEYA GLOBAL ANTI-AGING FACIAL
The best of what Sisley has to offer for your skin. This 80-minute treatment features all of the benefits of ten years of research it took to develop Sisley’s Global Anti-Age. Highly sophisticated, deeply penetrating massage techniques relax your face, leaving it regenerated and young looking. Fine lines are smoothed away; the epidermis is strengthened and becomes firmer and more elastic.

80 mins | 280 €

PHYTO AROMATIQUE FACIAL
Enjoy aromatherapy in combination with relaxing massages. A Phyto Aromatique treatment combines massage rituals from all over the world with the expertise and experience of a high-tech brand to revitalise body and soul. Various massage techniques have been developed on the basis of local traditions and the effectiveness of aromatherapy. Your skin will be left feeling supple and firmer; and regain a lasting radiance.

60 mins | 200 €
80 mins | 250 €

SKINCEUTICALS
SPECIAL FACIAL
Highly concentrated, effective treatment to protect the skin from harmful UV rays, as well as prevent and correct skin ageing caused by light. Available with or without vapozone treatment.

60 mins | 190 €

AQUA ORGANIC
LUXURY FACIAL
Carefully personalised to meet the individual requirements of your skin. A precious combination of plant-based active ingredients, the powerful effects of pure essential oils and high-quality minerals deep cleans the skin, smoothes it and leaves it looking radiant. Green luxury for your skin.

60 mins | 160 €
80 mins | 210 €

MENS FACIAL
FACIAL TREATMENT FOR MEN
Some time out for the “stronger” sex. After deep cleansing of the skin, our experts determine your skin type, which all further treatment steps are then based on. Personalised exfoliation, additional cleansing and care.

30 mins | 90 €
60 mins | 170 €

FRESH & SHINE
EXPRESS FACIAL
Some time out for your skin. Personalised to meet your needs and your skin’s current condition, this short treatment helps you to look fresh and radiant.

30 mins | 90 €
AQUA ORGANIC CLARIFYING TREATMENT

Head to toe cleansing. An exfoliation treatment removes dead skin cells, and revitalises and moisturises dry, tired looking skin. This is followed by a white clay, jojoba and almond oil body wrap that cleanses and nourishes the skin. During the time the wrap takes to work, we will pamper you with a cleansing facial and a relaxing face massage.

90 mins | 200 €

AQUA ORGANIC DETOXIFYING TREATMENT

Head to toe detox. Exfoliation stimulates the circulation and the skin’s detoxification process. A chlorella seaweed wrap increases the detoxifying effect. Heat compresses amplify the effects of the detoxifying hot pack. During the time the treatment takes to work, we will nourish your face and pamper you with lymphatic drainage.

90 mins | 200 €

LUXURY BODY TREATMENT

For super-smooth skin. Full body exfoliation treatment, followed by a full body wrap to moisturise the skin. May also be booked separately for €100 per treatment.

60 mins | 180 €

BACK TREATMENT

Treat your back to some special attention. Includes cleansing, deep cleansing, exfoliation, vapozone, mask and a finishing treatment.

45 mins | 120 €
INTENSIVE SLIMMING BODY CARE
BY SISLEY

Sisley’s latest cellulite beating offer is an intensive, firming body treatment. Specific massage strokes all over the body stimulate the skin’s metabolism and relieve tissue affected by water deposits. Products such as Phyto-Svelt Global or Cellulino have a smoothing effect and improve the look of the skin long-term. At least five treatments are needed for optimum effect.

60 mins | 200 €
5 sessions x 60 mins | 950 €

ULTRATONE DETOX SHAPING BODYTRAINING

Sensational results without any effort. Relax whilst ULTRATONE shapes your body to perfection. Bioelectrical impulses exercise your body in the way professionals go to the fitness studio.

1 session x 80 mins | 150 €
12 sessions x 80 mins | 1,200 €

SISLEYA ANTI-AGING FIRMING BODY CARE
BY SISLEY

Luxurious body massage with a firming effect. The extremely effective body care product Sisleÿa Concentré Anti-Aging Fermeté Corps combines the efficiency of a serum with the comfort of a cream and the impact of a firming product. Combining this care product with massage techniques has a firming and relieving effect. Your contours will become more clearly defined. At least five treatments are needed for optimum effect.

80 mins | 280 €
5 sessions x 80 mins | 1,500 €
EXTRAS

**EYEBROW DYEING**
30 €
Together with a facial
15 €

**EYELASH DYEING**
35 €
Together with a facial
20 €

**HAIR REMOVAL**
Facial hair removal
from 15 €
Hair removal lower leg
40 €
Hair removal entire leg
75 €
Hair removal underarm
20 €

**MAKE-UP**
30 €
Day make-up
15 €
Evening make-up
15 €
Wedding make-up (including rehearsal make-up)
35 €
Wedding make-up & hair (including rehearsal make-up & hair)

**NAIL LOUNGE**

**NAIL TREATMENTS**
Spa manicure, without nail varnish
80 €
Spa pedicure, without nail varnish
80 €
Spa manicure, with nail varnish
90 €
Spa pedicure, with nail varnish
90 €
New varnish
30 €
Gel polish
140 €

TIME TO PAMPER YOURSELF
BRENNERS LADIES’ DAY
Spa massage
Classic Sisley facial
3.5 h | 370 €

PURE MASCULIN
Treatment menu - massages
Brenners men’s facial
Spa manicure or spa pedicure
3.5 h | 450 €

DELUXE PROGRAMM
TREAT YOURSELF TO SOMETHING VERY SPECIAL
Beauty spa special for your body with exfoliating scrub and treatment wrap
Spa massage
Classic facial, neck and neckline treatment
3.5 h | 370 €

COUPLE TIME
TREATS FOR TWO
Relax in a comfortable atmosphere with a small bottle of champagne
Beauty bath with relaxing essential oils
Treatment menu - massages
Classic facial treatment
For 2 people
3.5 h | 750 €

AUSAVA CLUB
Discover the unique House of Wellbeing Villa Stéphanie. 120 m² fitness centre with state-of-the-art cardio machines 500 m² sauna area with integrated ladies’ sauna, plunge pool with lounge area, Roman-style pool with views across Lichtentaler Allee, sunbathing lawn in a private park, personal trainer for personalised exercise sessions, beauty spa with gorgeous treatment rooms and Brenners physiotherapy in our „Haus Julius“-Join the exclusive circle of AUSAVA Club members. We are looking forward to your registration.

AUSAVA CLUB CLASSIC
Use of pool all year round
Gym and sauna including bathrobe, towels and amenities
Use of Brenners sunbathing lawn
Additional 20% off all spa treatments
Annual fee | 2.100€
Partner card | 1.500€

AUSAVA CLUB CLASSIC
Use of pool all year round
Gym and sauna including bathrobe, towels and amenities
Use of Brenners sunbathing lawn
Additional 20% off all spa treatments
10% off spa products
Free aqua aerobics and yoga sessions
Each additional personalised exercise session €80 instead of €140
Free monthly body analysis and personalised workout plan
Annual fee | 3.500€
Partner card | 2.500€

AUSAVA CLUB SUPERIOR
Use of pool all year round
Gym and sauna including bathrobe, towels and amenities
Use of Brenners sunbathing lawn
Additional 20% off all spa treatments
10% off spa products
Free aqua aerobics and yoga sessions
1x personalised exercise session a month; each additional personalised exercise session €80 instead of €140
Free monthly body analysis and personalised workout plan
Free use of Villa Stéphanie lounge including drinks and snacks
Annual fee | 5.500€
Partner card | 2.500€

AUSAVA CLUB PREMIUM
Use of pool all year round
Gym and sauna including bathrobe, towels and amenities
Use of Brenners sunbathing lawn
Additional 20% off all spa treatments
10% off spa products
Free aqua aerobics and yoga sessions
Additional 20% off treatments and products at Brenners Spa as well as all in-house F&B services
Free use of our private gym, depending on availability
Personalised spa basket with exclusive laundry service
Free use of our private gym, depending on availability
Free use of our private gym, depending on availability
Free use of our private gym, depending on availability
Annual fee | 5.500€
Partner card | 2.500€

Free parking
€2,000 credit for treatments and products at Brenners Spa as well as all in-house F&B services
Free use of our private gym, depending on availability
Personalised spa basket with exclusive laundry service
2x a year free booking of our spa suite
BRONZE – AFTERWORK SPA
Sundays to Thursdays from 6 p.m. onwards
Use of pools, fitness studios and saunas including bathrobe, flip-flops, bath towels & amenities
Use of lounge and sunbathing lawn
Free parking in front of Villa Stéphanie (depending on availability)
Free Wi-Fi
Price per person | 50 €

SILVER – ME TIME
Daily
Use of pools, fitness studios and saunas including bathrobe, flip-flops, bath towels & amenities
Use of lounge and sunbathing lawn
Free parking in front of Villa Stéphanie (depending on availability)
Free Wi-Fi
20% off every treatment booked
Price per person | 100 €

GOLD – RENEW, RELAX, REFRESH
Daily
Use of pools, fitness studios and saunas including bathrobe, flip-flops, bath towels & amenities
Use of lounge and sunbathing lawn
Free parking in front of Villa Stéphanie (depending on availability)
Free Wi-Fi
20% off every treatment booked
Breakfast in the „Fritz and Felix“ until 11 a.m.
60 minute spa massage
Light spa snack in the Villa Stéphanie
Price per person | 250 €
### COACHING

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Body analysis including exercise advice</td>
<td>150 €</td>
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<tr>
<td>Retest</td>
<td>120 €</td>
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<tr>
<td>Personal trainer</td>
<td></td>
</tr>
<tr>
<td>10-visit pass x 60 mins</td>
<td>1.200 €</td>
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<tr>
<td>50-visit pass x 60 mins</td>
<td>5.000 €</td>
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<tr>
<td>100-visit pass x 60 mins</td>
<td>8.000 €</td>
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### DIET

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<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>Diet coaching QPNT</td>
<td>150 €</td>
</tr>
<tr>
<td>Personalised diet plan per week</td>
<td>150 €</td>
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<tr>
<td>Spa cuisine full-board per day</td>
<td>180 €</td>
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### ACTIVITIES

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Brenners biking / hiking with trainer</td>
<td>60 mins</td>
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<tr>
<td>Mountain bike or e-bike hire per person</td>
<td>per day</td>
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<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>MIHA Bodytec – EMS training with trainer</td>
<td></td>
</tr>
<tr>
<td>30 mins</td>
<td>80 €</td>
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<tr>
<td>60 mins</td>
<td>150 €</td>
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<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>Fitvibe – vibration training with trainer</td>
<td></td>
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<tr>
<td>30 mins</td>
<td>80 €</td>
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<tr>
<td>60 mins</td>
<td>150 €</td>
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<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td>Workout plan for at home</td>
<td>150 €</td>
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<tr>
<td>Use of private gym</td>
<td>60 mins</td>
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SPECIAL TRAINING SESSIONS

KICK-BOXING AND MENTAL TRAINING with Henry Charlet
In sports, mental strength is just as important as talent. Choose your training session:

- UPGRADE YOUR FITNESS
- THE WAY OF THE SAMURAI
- THE JOURNEY ITSELF IS THE DESTINATION

60 mins | 250 €

REIKI
The word is a combination of the two Japanese words “rei”, which means spirit, and “ki”, the body’s vital energy. The Reiki practitioner touches specific parts of the body, and the recipient experiences a warm and tingling sensation. Reiki is a complementary technique for balancing the body’s vital energy and activating the body’s self-healing powers. It is aimed at achieving physical and mental health.

60 mins | 200 €

KIYINDO SHIATSU with Pierre Clavreux
An unforgettable experience invented exclusively for the Oetker Collection. Pierre Clavreux developed Kiyindo Shiatsu, a revolutionary technique that is based on pain relief through touch, over twenty years ago.

60 mins | 280 €
DR. KÖNIG & TEAM

Detox infusion including initial consultation  from 350 €
Colonic hydrotherapy including initial consultation  from 350 €
Various full medical examinations
We will be happy to make you a personalised offer:  from 2.200 €

Traditional Chinese medicine
with acupuncture / singing bowls & initial consultation  from 180 €

Medical osteopathy  from 200 €

Healthy Sleep
Comprehensive medical history and a clinical examination at the beginning of the stay. A final discussion after the end of the therapy, review of your night sleep including heart rhythm monitoring, blood pressure monitoring, body position, oxygen saturation, respiratory function, sleep advice including „Digital Detox“ and individual final report with advice on sleep hygiene.  from 1.200 €

Genetic testing and preventive medical advice (Whole genome sequencing and interpretation)  from 2.500 €

Autologous Plasma Therapy (ACP)
Intraarticular / soft tissue treatment  from 400 €

ADDITIONAL MEDICAL DETOX
(to accompany our weight loss & detox packages)

3x personalised detox infusion (with homeopathic and vital substances), detailed ultrasound examination of the abdominal organs (detoxifying organs), comprehensive laboratory diagnosis of the metabolism including inflammation parameters, digital detoxification advice. 3x cleansing colonic hydrotherapy including detailed medical consultation before the first treatment, personalised final report including laboratory parameters and diet advice.  from 3.450 €

UROLOGY / GYNECOLOGY / COACHING

Urological consultation / examination  from 350 €

Gynecological Check Up  from 1.450 €
in combination with holistic hormone counseling  from 1.750 €

Mental Health / Coaching  from 150 €
**DR. YILDIRIM**

Consultation and Canfield 3D imaging face treatment simulation

350 €

Line smoothing with botulinum toxin, one zone
Zones: frown lines, forehead lines, crow’s feet, chin.

350 €

Mid-face lift with hyaluronic acid
Look fresh and rested

from 2,400 €

Face contouring with hyaluronic acid
Look young and attractive

from 4,800 €

Full-face contouring with hyaluronic acid
In combination with collagen production stimulating treatments

from 9,000 €

**DR. BESCHNIDT**

**TREATMENTS**

Basic dental check-up
from 150 €

Professional dental cleaning
from 150 €

Professional teeth whitening (Bleaching)
from 550 €

**COMPLETE DENTAL CHECK-UP**

Complete medical examination of the teeth, professional dental cleaning, assessment of condition of the teeth and the periodontium, X-rays if indicated (potentially 3D CB-CT) and further therapy suggestions (as needed).

from 1,300 €
# PHYSIOTHERAPY

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Initial physiotherapy consultation</td>
<td>30 mins</td>
<td>80 €</td>
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<tr>
<td>Physiotherapy is used to treat all sorts of medical conditions. The patient’s symptoms dictate which treatment techniques are applied.</td>
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<tr>
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<tbody>
<tr>
<td>25 mins</td>
<td>90 €</td>
<td></td>
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<tr>
<td>55 mins</td>
<td>170 €</td>
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<tr>
<th>Treatment</th>
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<tr>
<td>PNF – PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION</td>
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<tr>
<td>PNF is based on the interaction between the nerves and the muscles. The aim is to encourage the nerve and muscle system to carry out necessary movements again by copying the stretching and contracting sequence.</td>
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<tr>
<th>Treatment</th>
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<td>95 €</td>
<td></td>
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<td>60 mins</td>
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<th>Treatment</th>
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<tbody>
<tr>
<td>MANUAL THERAPY</td>
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<td>A treatment for spinal chord and joint disorders that involves passive techniques as well as active exercises. The therapist mobilises locked joints by employing gentle techniques or stabilises hypermobile or unstable joints with individual exercises.</td>
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<tr>
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<tbody>
<tr>
<td>CRANIOSACRAL THERAPY</td>
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<tr>
<td>A body-oriented form of manual treatment that has its origins in osteopathy. It is based on working with the craniosacral rhythm, or the gently pulsating brain and spinal fluid. This is a holistic treatment that carefully addresses physical, emotional and mental issues.</td>
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<td>90 €</td>
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<tr>
<td>60 mins</td>
<td>170 €</td>
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<thead>
<tr>
<th>Treatment</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>MANUAL LYMPHATIC DRAINAGE</td>
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<tr>
<td>A treatment aimed at draining away the lymph that can be beneficial if you suffer from lymphoedema. Special rhythmic, pumping massage strokes increase the lymph flow.</td>
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<tbody>
<tr>
<td>30 mins</td>
<td>90 €</td>
<td></td>
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<tr>
<td>45 mins</td>
<td>135 €</td>
<td></td>
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<tr>
<td>60 mins</td>
<td>170 €</td>
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<thead>
<tr>
<th>Treatment</th>
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<tbody>
<tr>
<td>REFLEXOLOGY MASSAGE</td>
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<tr>
<td>This treatment speeds up the circulation in the organs as well as all other areas of the body. The inner healing powers are therefore activated, and body and soul regain their balance.</td>
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<tr>
<th>Treatment</th>
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<tbody>
<tr>
<td>60 mins</td>
<td>145 €</td>
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<tr>
<th>Treatment</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>CONNECTIVE TISSUE MASSAGE</td>
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<tr>
<td>Stimulating the connective tissue in the hypodermis with pulling and pressing movements speeds up the circulation, releases tension and has a beneficial effect on the organs.</td>
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<tr>
<th>Treatment</th>
<th>Duration</th>
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<tbody>
<tr>
<td>20 mins</td>
<td>70 €</td>
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<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Cost</th>
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<tbody>
<tr>
<td>MYOFASCIAL RELEASE – FASCIA TREATMENT</td>
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<tr>
<td>The targeted manipulation of deep-down hardened areas in the connective tissue or fascia system is aimed at evening out the entire organism and restoring its balance and vitality.</td>
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<tr>
<td>30 mins</td>
<td>95 €</td>
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<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Cost</th>
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<tbody>
<tr>
<td>THERMOTHERAPY</td>
<td></td>
<td></td>
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<tr>
<td>(only in combination with physiotherapy)</td>
<td></td>
<td></td>
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<tr>
<td>Fango packs</td>
<td>25 mins</td>
<td>40 €</td>
</tr>
<tr>
<td>Thermal towel treatment</td>
<td>15 mins</td>
<td>35 €</td>
</tr>
<tr>
<td>Hot air treatment</td>
<td>15 mins</td>
<td>35 €</td>
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<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Cost</th>
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<tbody>
<tr>
<td>WORKOUT PLAN FOR AT HOME</td>
<td></td>
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</tr>
<tr>
<td>Our experts will compile a personalised workout plan for you to follow at home.</td>
<td></td>
<td>150 €</td>
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<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>150 €</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
"Time is the true luxury."