

### MASSAGE

<b>d</b> swedish	55 / 75 min	360 / 430 kn	full body massage specifically adapted to you and your requirements.
sport	45 min	310 kn	deep back and leg massage which flattens the muscle fibers.
partial	25 min	250 kn	massage of your choice.
aromatherapy	55 min	380 kn	full body massage. stimulates the release of serotonin, the hormone of happiness, nourishes and revitalizes the skin.
<b>d</b> candle	25 / 55 min	250 / 430 kn	full body or back massage. deeply nourishes and hydrates the skin.
anti cellulite	75 min	470 kn	breaking of fat, removal of toxins and excess fluid. treatment of the upper arms, abdomen and thighs.
hot stone	75 min	430 kn	full body hot stone massage, reducing stress and tension, stimulating circulation.
back, shoulder and scalp	40 min	290 kn	concentrating on tension relief of back and shoulders, finishing with a relaxing scalp massage.
foot massage	25 min	230 kn	relaxing foot massage combined with the activation of essential pressure points.
mother-to-be massage	55 min	430 kn	feel-good massage with back scrub, relaxing tense muscles, easing sore spots, while improving circulation and mobility.

### HOLISTIC TREATMENTS

<b>d</b> shiatsu	55 / 75 min	450 / 560 kn	working on the meridians a free flow of energy through the body is stimulated. Through the deep relaxation the body's natural ability to heal itself comes into play.
energetic massage	55 / 75 min	470 / 580 kn	deeply relaxing massage restoring balance to your energy body, with shiatsu and craniosacral elements.
lymphatic drainage	25 / 55 min	290 / 430 kn	light massage of different areas of the body to move fluid. helps the lymph flow more freely through the body, for a better support of your immune system.
<b>d</b> foot reflexology	55 min	320 kn	activating the meridians of the body in order to restore the body's self-healing capacity.
raindrop technique	30 min	280 kn	holistic massage which balances physical and mental health by dripping a sequence of essential oils on the spine.
<b>d</b> crystal bath chromotherapy	20 / 40 / 60 min	90 / 160 / 210 kn	seven pure quartz crystals radiating light and energy for clearing and balancing of the chakras.
healing ritual with four elements	45 min	325 kn	ancient shamanic method for rebalancing the elements, resulting in deep relaxation of the body. harmonizes mind, body and soul.
cosmetic pressure points	25 min	250 kn	tender face and scalp massage, emphasis on activation of vital and facial pressure points according to mitsuo shirahama, rejuvenating and improving overall radiance.

## FACE

classic facial	85 min	550 kn	deep and complete mechanical cleansing of the face.
<b>d</b> illuminating radiance	30 min	220 kn	reveal your skin's beauty and radiance in just 30 minutes
hyaluronic filler	55 min	400 kn	anti-age treatment, correcting the signs of aging as they appear, leaving your complexion glowing.
thalgodermil	55 min	350 kn	for problem skin, based on essential oils with a rebalancing marine algae mask to reduce inflammations and control excess oil.
hydra-moisture source	55 min	390 kn	for all skin types. ultra-hydrating facial. combats dehydration lines & improves skin texture for a smooth and radiant complexion.
silicium super lift	55 min	570 kn	super lift facial, designed to combat all signs of aging 40+ (loss of firmness, pronounced wrinkles) cleansing, exfoliation, smoothing, massage, application of super-lifting mask, making you look five years younger.
cold marine	55 min	350 kn	the sos treatment for sensitive, fragile or reactive skin. your skin is left fresh and luminous, with redness visibly reduced.
ocean for men	50 min	350 kn	high-tech facial for stressed male skin, combining energising marine active ingredients with relaxing massage movements.

## BODY

marine prelude	60 min	390 kn	full body scrub for super soft skin. natural marine mud & sea salt infusion via body wrap, invigorating exfoliation, finishing with a light massage
detox	60 min	390 kn	this body wrap features a detoxifying seaweed, to eliminate excess fluid and relieve tired and heavy legs, combined with stimulating essential oils of peppermint and lavender, finishing with relaxing massage using an oil blended especially for detox.

## HANDS AND FEET

spa manicure	55 min	230 kn	bath, exfoliation, massage, mask.
spa pedicure	55 min	230 kn	bath, exfoliation, massage, mask.
spa manicure & pedicure	110 min	410 kn	bath, exfoliation, massage, mask, editing and polishing nails.
nail polish	20 / 40 min	90 / 170 kn	nail polish application only.
gel polish	50 min	180 kn	gel polish application only.
gel polish removal	30 min	120 kn	gel polish removal only.
manicure with gel polish	90 min	350 kn	manicure with gel polish application.

## WAXING

face	20 min	100 kn
brow shape	20 min	70 kn
half leg / with bikini	45 min	200 kn
full leg / with bikini	60 min	250 kn

## PERSONAL TRAINING CLASSES up to 2 persons

<b>d</b> qi gong	55 / 75 min	510 / 670 kn	"life energy cultivation", gentle exercises connecting body, breath, energy and mind into one integrated whole. used for health, spirituality, and martial arts training.
taiji quan	55 / 75 min	510 / 670 kn	"supreme ultimate boxing", silk reeling exercises, standing meditation, chen style forms, barehand and forms with sword and sabre. exercises like qi gong with added circular, spiral movements that simulate the inner martial arts principle.
zen yoga & qi gong	55 / 75 min	490 / 610 kn	yoga asanas, sitting meditation and qi gong exercises.
<b>d</b> yoga	60 / 90 min	590 / 750 kn	choose from ashtanga, vinyasa and restorative yoga with a certified yoga professional.
yoga package	180 min	1350 kn	three yoga classes of your choice to deepen the overall experience.
introduction to yoga	60 min	590 kn	introduction to yoga practice and theory.
<b>d</b> de-stress and coping strategies	60 min	590 kn	relaxation techniques and yogic breathing.
guided meditation	50 min	320 kn	guided practice for clarity and awareness.
introduction to meditation	60 min	490 kn	introduction to meditation, its benefits and techniques.
<b>d</b> chinese calligraphy	60 min	540 kn	the energy in the strokes and characters depicts our own vital energy. harmony between our mind and body, between our hand and the ink on rice paper.
vegan basics	60 min	490 kn	how to include a more plant-based diet into your life