



Classical and energetic massages for house guests

Classic full body massage

55min. 79,-€

Relaxing Massage

Back/neck/head massage

30min. 45,-€

Foot reflexology massage

40min. 65,-€

Indian head massage

Relaxing massage with coconut oil to stimulate the circulation of the reflex zones on the scalp - as well as the forehead, neck and ears. neck and ears.

30min. 45,-€

Honey massage

Honey massage on the back has a cleansing effect on the entire the whole organism. It improves blood circulation, relaxes the muscles and purifies the connective tissue.

30min. 45,-€

Savushata - Energetic massage

By touching specific energy points in combination with gentle strokes you will dive into deep deep relaxation. The self-healing powers of your body are activated and your own energy comes back into flow. |

60min. 89,-€
90min. 115,-€

PachaMama - Massage for pregnant women

In a massage specially adapted to your needs in a comfortable back or side position, you can release tension and recharge your batteries for you and your baby.

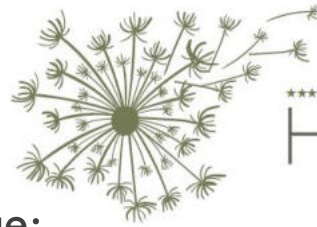
55min. 85,-€

Children relaxation massage

This back/neck/head massage is recommended for ages 8 and up.

30min. 45,-€

Susanne Maria Hilken, Holistic massage therapist,
Appointments at the reception or +49 178 8048558
Payment in cash, directly to the masseurs



The Power Massage:

HF Bioenergetic Massage is a holistic, high-energy treatment method. According to a set treatment procedure, the massages are performed with specific grips, rhythm and pressure. The treatment stabilizes and increases your mental and spiritual condition.

HF Bioenergetic Massage ® REGULATION

Helps you with, among other things:

Lack of energy; lack of drive, fatigue, connective tissue weakness, shoulder-arm syndrome, irritable bowel syndrome, constipation, hypotension, heavy legs, water retention in the legs, vein problems, circulatory problems and cramps.

Supports metabolism and cell regeneration.

body
60min. 87,-€

face
25min. 39,-€

body&face
85min. 115,-€

HF Bioenergetic Massage ® ANTI STRESS

Help you with: Stress, exhaustion and fatigue.

Supports the relaxation of the nervous system, strengthens the immune system and defenses, increases vitality and general well-being and gives more power.

body
45min. 67,-€

body&face
65min. 90,-€

HF Bioenergetic Massage ® REGENERATION

Helps you with: Hypertension, burnout, aggressiveness, pain, sleep disorders, cardiovascular problems, headaches, rheumatic diseases with occurring pain in connective tissue, muscles, vision and bones.

*Supports the ability to learn, remember and concentrate,
Regeneration processes after operations and diseases.*



body
60min. 87,-€

face
25min. 33,-€

body&face
80min. 109,-€

HF Bioenergetic Massage ® RESTLESS-LEGS

Helps you with: Restless legs syndrome, overload and overstimulation of the nerves.

Supports detoxification and is strongly blockade-releasing.

body
45min. 67,-€

body&face
65min. 90,-€

HF Bioenergetic Massage ® HEART BALANCE

Helps you with: low/high blood pressure, circulatory disorders, after heart attack/ for prevention, heart rhythm disorders, cardiovascular problems, as well as lung problems e.g. bronchial, asthma, smoking problems.

Supports the strengthening of the heart, the regeneration of the heart muscle and gives more vitality and joy. | Performed meditatively. |

body
45min. 77,-€

Bernadette Gaida, HF Bioenergetic Massage ® Therapist,

Appointments at the reception or Tel. 04562 2554497 / 0176 35584323

Payment in cash, directly to the masseurs