



## **Our FOUR elements studio massages *by Verena***

### **Air massage**

#### **Partial body massage:**

Various essential oils open the bronchi and ensure better oxygen absorption in the lungs, accompanied by a gentle deep massage of the muscles, this massage gives you an airy, light body feeling.

Duration approx. 30 min **45 euros**

### **Water massage**

#### **Head and neck lymph massage:**

Gentle head and neck massage in connection with warm calf wraps and subsequent light lymphatic drainage massage, for improved regulation of the body, suitable water balance and detoxification.

This massage gives you an invigorating and supple body feeling

Total duration 30 min, of which approx. 15 min head-neck massage and approx 15 min lymphatic drainage massage

**40 euros**

#### **Earth massage back massage:**

Relaxing holistic back massage with specific herbal stamp pressure from local herbs related to the muscle area, followed by a heat treatment on the moor.

This massage gives your back muscles a pleasant, grounded hold.

Duration approx. 50 min

**65 euros**

#### **Fire massage the apre ski and mountaineering massage:**

Partial massage with warming herbal oil, thigh and lower leg treatment to prevent and loosen tension and cramps in the leg muscles.

Duration approx. 20 min

**30 euro**

Massage appointments can be made at reception for the following days of the week: Sundays and public holidays from 4pm to 7pm and Tuesday and Thursday from

6 p.m. to 8:30 p.m.

Our masseuse Verena will then come to your studio.