

# WELLNESS

For body and soul

Bigger, faster, newer, better...everyday life often corresponds to this patter, which often leads to stress rather than happiness. We think for your wellbeing you particularly need only one thing: Freedom

That is why with us you will find space to develop yourself, real closeness to nature through a respectful, careful use of resources and lovingly thought-out extras for private wellness.

On the following page you will find our little pampering program for relaxing in the apartment...

## **BATH SALT**

We will be happy to put together an aromatic bath salt for a relaxing bath in the apartment.

(HILDA & RUDL)

10,00

## **SAUNA CONCENTRAT**

Upon request, we will be happy to provide you with an infusion concentrate for your private sauna session in the apartment.

10.00

We have the following flavors to choose from:

### LEMON-ORANGE

promotes concentration, mood-enhancing, refreshing

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### MANDARIN

relaxes

### PEPPERMINT

antispasmodic, analgesic, expectorant

### PINK PINE

stress relieving

### FIR

antibacterial, invigorating

### LAVENDER

mental clarity

# MASSAGES

**Total relaxation**

Our professional masseuse Monika can offer you relaxing massages in your apartment on request. Just get in touch with us for your desired date.

## **MULINS FULL BODY MASSAGE**

50 MIN - 75.00

Natural, flowing movements from the hairline to the tips of your toes to relax and escape from everyday life.

## **PAMPERING MESSAGE BACK OR LEGS**

25 MIN - 39.00

for soothing deep relaxation

## **SPORTS MASSAGE**

50 MIN - 75.00

The muscles in the back and in the legs get loosened in order to release deep tensions

## **FACE, HEAD, NECK MASSAGE**

25 MIN - 39.00

## **AROMA OIL MASSAGE**

50 MIN - 75.00

The entire nervous system is regenerated through selected aromatic oils and gentle movements.

## **FOOT MASSAGE**

25 MIN - 39.00

The feet are the mirror image of the body. Through targeted stimulation of the reflexons, body functions are stimulated and blockages are released.