

## *Physiotherapie*

*Helps to promote the body's natural healing process. Besides the classical physiotherapy we also offer you as follows:*

### *Fasciae mobilisation*

Fasciae belong to the conjunctive tissue and build a tension network which surrounds all elements of your body and connects them. If these are damaged or „sticky“ it can lead to limitation of movement or pain. Our mobilisation and relaxation techniques support the healing process.

45 min. € 99,-  
60 min. € 130,-

### *Sport physiotherapie*

*The scope is the use of different active and passive measures to optimize your performance after an operation and to find out your performance limits.*

45 min. € 99,-  
60 min. € 130,-

### *Triggerpoint therapy*

*The aim is to eliminate pain from so-called myofascial trigger points. These are localized muscle cramps in the skeletal muscle, which are locally sensitive to pressure and can cause transmitted pain.*

45 min. € 99,-  
60 min. € 130,-



*Comes directly to our hotel to see you*

*Your welcome voucher of € 5,- is only valid for the 60 minutes massages.*

### *Massages*

Certified physiotherapists, sportphysiotherapists as highly qualified masseurs are offering you a top-class massage program.

### *Sports massage*

Sport massage is a regenerative and classic massage with complementary handles to better meet the needs of the skier. Spasms created during exercise can be treated with appropriate stretch handles.

45 min. € 99,-  
60 min. € 135,-  
90 min. € 198,-

All prices include 20% VAT.

**Appointments cancelled free of charges latest 24 hours in advance.**

## Healing massage

With special grip techniques, stimuli are exerted on the subcutaneous tissue, musculature and deeper tissue. In this way, the lymph flow is stimulated, so that the recovery phase is accelerated. In addition, tensions are released, the mobility increases and pain caused by cramped muscles decreases

|         |         |
|---------|---------|
| 45 min. | € 99,-  |
| 60 min. | € 135,- |
| 90 min. | € 198,- |

## Foot reflexology

Through pressure on the thumbs or fingers on your feet, and especially on the foot sole, impulses are set which positively influence various organs of the body.

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|---------|---------|
| 45 min. | € 99,-  |
| 60 min. | € 135,- |
| 90 min. | € 198,- |

## Fullbody massage

affects the skin, muscles and connective tissue mechanically by means of pressure, strain or tensile stimuli. Muscle tension is released by heat and pressure, as well as stretching and loosening. As a result, the circulation of the skin and the muscles is promoted. In addition, the cell metabolism in the skin is stimulated and blood pressure and pulse lowered.

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|---------|---------|
| 45 min. | € 99,-  |
| 60 min. | € 135,- |
| 90 min. | € 198,- |

## Lymphatic drainage

A very gentle and relaxing technique affecting the transport of the lymphatic substances. It relaxes and is definitely the right choice after an arduous day.

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|---------|---------|
| 45 min. | € 99,-  |
| 60 min. | € 135,- |
| 90 min. | € 198,- |

## Make a wish—massage

You have always wanted to choose for yourself what is best for you or simply try a little bit from here and there? Then this is your chance. Talk to your massage therapist and together you will find the ideal treatment for you.

|         |         |
|---------|---------|
| 45 min. | € 99,-  |
| 60 min. | € 135,- |
| 90 min. | € 198,- |

All prices include 20% VAT.

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