



# FLORA

## Spa & Wellness

### *Head, Shoulder and Neck Massage*

♡♡ 30 min | 46 €

Indulge in deep relaxation with this unique massage focusing on the upper body. Ideal for those who spend long hours sitting and suffer from headaches or tension.

Enjoy relief and relaxation as we target the upper back, neck and head.

### *Classic Partial Body Massage*

♡♡ 30 min | 46 €

This classic partial body massage focuses on the back and neck to promote a harmonious balance of strength and relaxation.

### *Leg and Lumbar Massage*

♡♡ 45 min | 72 €

This massage targets the legs and lower back, perfect for individuals who are active, enjoy hiking, or spend a lot of time on their feet. It focuses on the lumbar area to revitalize the legs and feet, providing relief and rejuvenation.

### *Foot Reflexology Massage*

♡♡ 45 min | 72 €

Foot reflexology involves targeted stimulation of the reflex zones on the entire foot. It has a stress-relieving effect, improves sleep and activates the body's self-healing powers. The treatment is performed in a supine position.

### *Classic Full Body Massage*

♡♡ 60 min | 82 €

The classic massage. A powerful massage with kneading and stroking movements. Promotes blood circulation, relieves pain, relaxes and stimulates the metabolism.

This full-body massage massages the back, neck, back and front of the legs and arms.

### *Aromatherapy Massage*

 60 min | 82 €

A calming massage with gentle strokes and little pressure to harmonise body, mind and soul. This massage has a stress-relieving and harmonising effect.

The back, neck, back and front of the legs and arms are massaged during this full-body massage. You have the option of choosing your favourite aroma blend from our range.

### *Holistic Relaxation Massage*

 60 min | 86 €

Experience deep relaxation with this holistic massage enhanced by the use of cupping glasses and a Kneipp 'hot roll.' Relieve muscle tension, stimulate blood circulation, and achieve an overall sense of relaxation and rejuvenation. Treat your back, neck, head, and face to this luxurious experience.

### *Hot Stone Massage*

75 min | 105 €

Re-energise and recharge your batteries: a soothing experience with warm oils and hot basalt stones. The warmth floods your whole body and creates deep and cosy relaxation.

The focus is on massaging the back, back and front of the legs as well as the arms.

### *Herbal Stamp Massage*

75 min | 110 €

In the herbal stamp massage, the body is massaged with warm oil and hot herbal stamps. The stamps are filled with aromatic herbs, lemon peel, ginger, lemongrass and lavender. The massage and herbs promote blood circulation throughout the tissue, loosen muscles and ensure an all-round harmonious body sensation.

The focus is on massaging the back, back and front of the legs as well as the arms.



Parallel massages are possible

Please note that the application times include dressing and undressing as well as a short period of rest.