



FLORA

Spa & Wellness

Denkpause Head, Shoulder and Neck Massage

30 min | 56 €

Immerse yourself in a unique state of deep relaxation, particularly suitable for people who are prone to headaches. Enjoy soothing relaxation and noticeable pain relief with a massage of the upper back, neck, and head.

Rückenbalance Classic Partial Body Massage

30 min | 56 €

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

Beinwohl Leg and Lumbar Massage

45 min | 74 €

This massage, which focuses on the leg and lumbar areas, is ideal for people who walk a lot, enjoy hiking or participate in sports. It massages and revitalises the root area of the lumbar spine as well as the legs and feet.

Fußbalance Foot Reflexology Massage

45 min | 76 €

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.

Kraftquelle Classic Full Body Massage

60 min | 94 €

The classic massage: a vigorous massage with kneading and stroking movements that stimulates blood circulation, relieves pain, relaxes and boosts the metabolism. This full-body massage covers the back, neck, legs and arms.

·Verwöhnzeit· Aromatic Oil Massage

60 min | 82 €

A gentle massage with light strokes and minimal pressure that brings body, mind and soul into harmony. It has a stress-relieving and harmonising effect. The back, neck, legs and arms are massaged. This massage does not specifically target areas of tension. Choose your preferred aromatic oil blend from our range.

·Freier Kopf· Holistic Relaxation Massage

60 min | 88 €

This holistic massage experience is intensified by the use of cupping glasses, which are gently moved over the skin, and by a 'hot roll' according to Kneipp. Muscle tension is relieved, blood circulation is stimulated and a deep feeling of relaxation and recuperation arises – a real treat for the back, neck, head and face.

·Basaltkraft· Hot Stone Massage

75 min | 105 €

Recharge your batteries and regain your strength: a soothing treatment with warm oils and hot basalt stones. The gentle warmth flows through your entire body, providing deep, comforting relaxation. The focus is on massaging your back, legs and arms – for a feeling of inner peace and regenerating harmony.

·Gewürzgarten· Herbal Stamp Massage

75 min | 115 €

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.

·Lymphdrainage· lymphatic drainage

arms or legs

45 min | 76 €

Do you suffer from swelling or a heavy feeling in your body? Our gentle lymphatic drainage activates the natural drainage of excess fluid, reduces swelling, supports detoxification, strengthens the immune system and visibly improves the appearance of the skin – a soothing treatment for arms or legs.

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