

## Classic treatments

### **Back massage €29**

approx. 25 min

Basic treatment – from the sacrum to the shoulders, including neck treatment

### **Extended back massage €40**

approx. 40 min,

basic treatment

with additional arm and hand massage

### **Full-body massage €59**

approx. 55 min

Basic treatment including arm, hand, leg and foot massage

### **Reflexology treatment €29**

approx. 25 min

Calf and foot massage using foot reflexology zones

incl. finishing treatment with WELEDA foot balm

### **Classic medical foot massage €29**

approx. 25 min

including calf massage

and finishing treatment with WELEDA foot balm

### **Headache treatment €49**

approx. 45 min

The combination of a classic massage, acupuncture and reiki can also relieve the symptoms of colds.

### **Lymphatic drainage €49**

approx. 40 min

This technique was developed to treat excess fluid in tissue (oedema). It unblocks and alleviates tension in the skin caused by oedema.

## Wellness & more

### **Ready for the day €49**

approx. 40 min

The tried-and-tested combination of a traditional massage and segmented massage does your back a world of good. Together with the refreshing WELEDA citrus almond oil, it

is guaranteed to be a special experience.

A foot massage paired with invigorating WELEDA foot balm will ensure you're all set for your holiday.

**A break from your desk €59**

approx. 50 min

If you mainly work at a desk, this is the treatment for you. To begin with, a heat cushion is used to prepare the shoulders and neck for a back, shoulder, neck and arm massage. The treatment is then rounded off with WELEDA arnica oil and a hand massage (focussing on hand reflexology zones) using WELEDA pomegranate hand cream.

**Sun, beach & sea buckthorn €49**

approx. 40 min

This treatment is for dry, irritated skin, leaving it feeling well taken care of. The skin and underlying tissue are regenerated by stroking the back, arms and legs (effleurage). Reiki elements and the revitalising WELEDA sea buckthorn oil complement the treatment, which is especially suitable for people who are sensitive to pressure.

**Massage for beach runners €59**

approx. 50 min

This massage is tailored to the muscles used for running and walking (also includes a back massage) and is designed to help you recuperate after a long stroll on the beach.

The treatment is rounded off with WELEDA arnica oil, a refreshing skin gel and WELEDA foot balm.

**A treat for your back €39**

approx. 40 min

A heated cherry stone pillow followed by a back and neck massage with WELEDA arnica oil provide relief for back pain and guarantee a good recovery and well-being. A refreshing skin gel is the perfect final touch for this treatment.

**Time for harmony €59**

approx. 45 min

WELEDA's pomegranate oil is a very special product thanks to its stimulating scent and properties that boost cell regeneration. This makes it ideal for pairing with a back massage. Combined with reiki treatment for the head and back, this session is truly holistic.

**A moment of calm €69**

approx. 70 min

Take a time-out from the worries of everyday life and enjoy the tried-and-tested combination of different massage techniques. In addition to a head, face and back massage, relaxation and recuperation are provided in the form of reflexology treatment.

**Feel-good massage €79**

approx. 70 min

A lymphatic drainage treatment for the face, leaving you purified, soothed and relaxed. Treat yourself to a full-body massage with a WELEDA oil of your choice, rounded off with facial lymphatic drainage.

**Balancing body, mind & soul €129**

approx. 90 min

A full-body massage with high-quality WELEDA pomegranate oil, WELEDA pomegranate hand cream and WELEDA foot balm, reiki elements and a final anti-wrinkle facial massage with WELEDA pomegranate face cream.