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AYURVEDIC MASSAGES

GLÜCKs / SCHMIEDE

Let yourself be treated by our Ayurveda therapist from Sri Lanka.

SHIRODHARA (FURNISHED OL) RADIANT BALANCE

Warm oil is poured over your forehead and head in a smooth,gentle stream. Stimulates and smoothes the autonomic nervoussystem. Your body will bringen itself back into balance. Ideal incombination with a shiroabhyanga.

40 min 58€

SHIROABHYANGA – MINDFUL FREEDOM

Your head- shoulder and neck areanis loosened intensively butGently. Tensions, top heaviness and blockages are released. The head feels free and flexible again.

50 min 79€

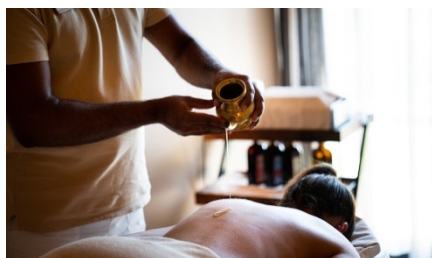
ABHYANGA – ENJOYABLE HARMONY

The full body massage with a special oil for absoluter relaxation. The stimulation of the self-healing powers and the detoxifying Effect convey a feeling of balance,calm and harmony.

40 min 65€

50 min 79€

75 min 119€



NATURAL POWER – HERBAL STAMP MASSAGE

Delicately fragrant and warm herbal stamps,massage the Valuable oils into your skin. Selected herbst igve vitality and strength through circular, flowing movements with noticable pressure. Has a very nice peeling effect.

50 min 79€

INTENSIVE JOINT MASSAGE

An intensive massage of hte muscles for problems with your joints. Tensions are released and the flexibility is increased. Special massage technology and ratations specifically release tension.

50 min 79€

PADABHANGA – PURE JOY OF LIFE

Stand with both legs again and feel the connectoin with your roots!.The ritual bath folloed by an intensive foot and calf massage is the ideal start to your vacation.

50 min 69€

MUKHABANGA – HARMONIOUS RADIATION

This beauty massage for the face,neck and chest area lights up your „innen light“. Experience a relaxing massage that promotes harmony and self- esteem

25 min 45€

Dorfhotel

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