

## HAY FLOWER PACKS

3 packs – € 28,- / each additional pack – € 3,-

Our hay flower sacks are filled exclusively with high quality, unfertilized hay and different herbs. A marvellous experience with a wonderful fragrance and relaxing warmth.

## LAVENDER PACK

Lavender oil, almond oil and sesame oil, made from pure, natural substances

This is a feast for the body, mind and soul and gives relaxing impulses. After hectic days it has a balancing and harmonizing effect.

## SPORTS PACK WITH ARNICA AND ST.

### JOHN'S PLANT OIL

A cooling effect given by the arnica and a soothing effect from the St. John's plant oil, regenerates and revitalizes after physical activity.

## BIRCH OIL- CELLULITE PACK

Orange oil, jojoba oil, wheat germ oil, birch leaves, rosemary leaves.

This pack has a purifying, detoxifying and diuretic effect and strengthens the tissue.

It stimulates fat burning and boosts blood circulation, the skin regains firmness.

## OIL BATH

all € 23,-

## POMEGRANATE REGENERATING PACK

Pomegranate seed oil, jojoba oil, sesame oil, olive oil, macadamia nut oil

A fountain of youth and intensive nourishment for the skin, retains moisture, stimulates cell renewal and is an antioxidant.

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[www.therapie-gastuna.at](http://www.therapie-gastuna.at)

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ENGLISCH



## HEALINGMASSAGE & KINESIATRICS

### *Applications in the house!*

- ◆ For information and reservations at the can be carried out.

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## **DRY MASSAGE**

*Partial massage – 20 minutes – € 34,-*

*Full body massage – 30 minutes – € 38,-*

*Full body massage – 50 minutes – € 65,-*

Loosening of the muscles and tension release is the aim of this oldest and best proven form of massage treatment.

## **REFLEXOLOGY**

*30 minutes – € 38,-*

*50 minutes (combined foot and leg massage) – € 65,-*

Activation of the whole organism. The foot is seen as a mirror of the whole body. Functional disorders of the internal organs can be improved by foot reflexology.

## **LYMPHATIC DRAINAGE**

*30 minutes – € 45,-*

With gentle massage the lymphatic flow and toxins in the lymphatic system can be brought in to movement. This helps with vein problems and water retention after injuries or post operative treatment.

## **DORN-BREUSS THERAPY**

*€ 50,-*

Gentle mobilization of the joints and spine. Excellent therapy for acute spinal problems (ilio sacral joint) and crooked pelvis.

## **ENERGY TREATMENT- RELEASE AND RELAX**

*25 minutes – € 38,- / 50 minutes – € 65,-*

This massage, using 100% organic essential oils, has a calming, relaxing effect especially on the head, neck and shoulders.

## **ALPINE MASSAGE**

*30 minutes – € 40,-*

This is a vigorous massage after energetic sports activity, using herbal oils from the Gastein mountains (arnica, marmot oil, St. John's plant oil, peppermint oil)

## **SHIATSU**

*50 minutes – € 62,-*

Shiatsu is a form of massage which harmonizes and revitalizes mind and soul in a gentle way. The balance of the body is restored, all body functions are balanced and inner serenity adjusts itself.

## **CONNECTIVE TISSUE MASSAGE**

*20 minutes – € 31,-*

This treatment has a similarity to reflexology. Using the relevant areas which lie on the skin's surface, blockages and adhesions below the tissue will be freed. This treatment is used for abdominal pain, digestive problems and osteoporosis.

## **WELLNESS TREATMENT**

*50 minutes – € 65,-*

This treatment spoils you with warm candle oil (bamboo-lime) foot reflexology, back and neck massage. You'll have a feeling of freedom and total relaxation.

## **SOFT LASER THERAPY**

*€ 17,- – € 27,-*

The laser light stimulates cellular respiration with positive results. Used for healing wounds, acute inflammatory pain, sports injuries. Price depending on length of treatment

## **SOFT PACK TREATMENT** *(waterbed)*

Experience a virtually weightless condition on our soft pack couch. Enjoy the warmth and perfect body sensation.

## **MUDPACK**

*2 packs – € 28,- / each additional pack – € 3,-*

Works wonderfully with muscular tension and rheumatic complaints. Loosens cramp and relieves inflammation