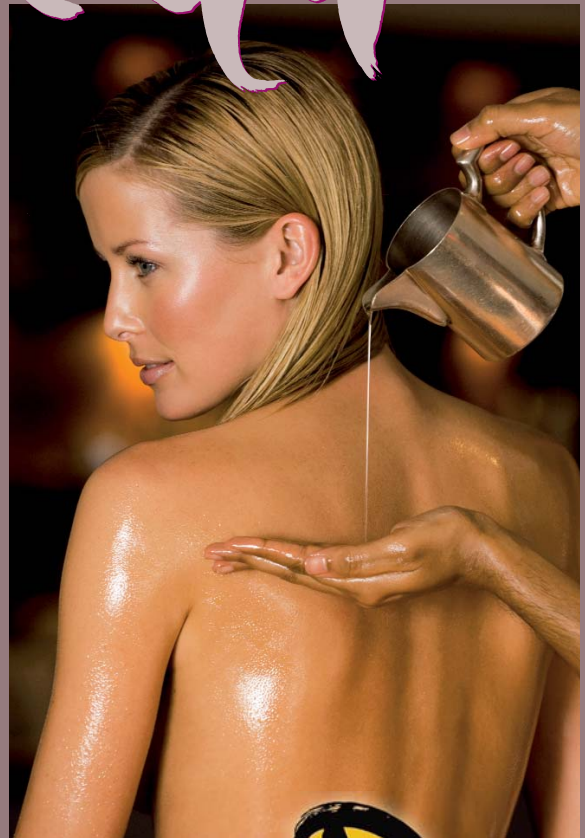


★★★★★
Der **Krallerhof**
The best side of life

Massages and Ayurveda




Refugium.



Massages

A massage not only works the body, it also caresses the soul. Stress hormones are dissipated and endorphins, the body's natural well-being hormones, are released. Massages have a long and glorious tradition. For over 3000 years, this art has been valued as an effective healing and care method: physical and psychological tension is released, the head becomes clear and energy flow is improved.

Put your well-being into the expert hands of our therapists for a tactile experience in the truest sense of the word.

Partial massage

Duration 25 minutes € 39.00

Duration 30 minutes € 45.00

St. Barth pampering massage

A gentle full-body massage with oils from Ligne St. Barth.

Duration 40 minutes € 59.00

Full-body massage

Duration 50 minutes € 65.00

Relaxation massage

Gentle full-body massage including head and facial massage.

Duration 55 minutes € 69.00

Facial massage

Duration 30 minutes € 39.00

Full-body massage Alpine Wellness

This treatment uses naturopathic products from the region that draw from centuries of tradition.

Choose from arnica, marmot oil or alpine herb balm.

Duration 50 minutes each € 76.00

Sports massage

Whether with warming or cooling sports oil, the sports massage alleviates or solves physical problems caused by the repetitive strain that some sports involve. It is based on the classic massage but uses additional techniques: lymph drainage, acupuncture and foot reflex zone massage.

Duration 50 minutes € 76.00



Combined massage

Combination of foot reflex zone massage and partial massage.

Duration 50 minutes € 76.00

Foot reflex zone massage

Thousands of nerve cords connect the internal organs. This treatment stimulates and positively affects the muscles and joints. The technique is recommended for migraines, indigestion and nervousness.

Duration 40 minutes € 65.00

Dorn-Breuss method

The spine has become more and more of a weak point in general well-being due to the changed behaviour of humans. A possible solution to this problem is offered by the effective spine and joint treatment according to Dieter Dorn, combined with the massage according to Rudolf Breuss.

Duration 55 minutes € 76.00



Lymph drainage

This very gentle massage technique stimulates and unblocks the lymphatic circulation. This method drains excess water and is often used for tear sacs, headaches and for the treatment of scars.

Duration 40 minutes € 65.00
Duration 55 minutes € 76.00

Facial lymph drainage

Duration 30 minutes € 49.00

Acupuncture massage

This treatment ensures an equilibrium of energy in the body and loosens blockades. Sleep and organ dysfunctions, as well as persistent muscle tensions, can thus be relieved.

Duration 40 minutes € 65.00
Duration 55 minutes € 76.00

Haki

The Haki method helps alleviate tensions and hardening in the shoulder, neck and head regions. It has preventive qualities and contributes to equilibrium, calm and regeneration. Nerves and muscles are harmonised.

Duration approx. 45 minutes € 65.00

Back intensive

A combination of classic massage and hot-stone treatment takes care of the entire back including the neck region. The warmth of the stones provides an intensive depth effect, relaxes the musculature and enhances blood circulation. Persisting tensions are thus relieved and the body's pH balance is optimized.

Duration 50 minutes € 76.00

Hot Stone

This massage uses naturally-formed basalt stones, which are heated to approx. 50°C. The deep penetration of the heat into the body increases the relaxing effects. Muscle cramps are relieved, and the oxygen flow to cells and the removal of waste materials is enhanced. At the same time, the psyche and the soul are relieved of stress and internal tensions. Well-being is increased and the internal balance is restored. This massage is also ideal for problems with joints, muscle ache, indigestion, and to enhance the lipid and tissue metabolism.

Duration 80 minutes € 122.00

Thai massage

The Thai massage is ideal for athletic, active people because it reactivates energy flows. Through targeted stretching positions, circular motions, joint mobilization and pressure point massages, individual organs and regions of the body are brought into equilibrium. This

treatment not only activates the muscles, but also the energy lines that affect all internal organs and hence the entire body.

Duration 90 minutes € 128.00

Sound massage

Several singing bowls are placed on the fully-dressed body while lying down and are rung. The fine vibrations and sound touch the body, mind, and soul. They flood the entire body organism and reach all cells.

Duration 55 minutes € 88.00

Lomi Lomi Nui

This mixture of ritual, massage, dance and physical workout is like the powerful, undulating dance of the ocean. Its effects are a balm to the body, mind, and soul. This attentive massage regenerates and creates harmony between yourself and your environment.

Duration 90 minutes € 132.00





Shiatsu

This Japanese technique frees up energy blockades. Shiatsu literally means finger or thumb pressure. But in practice this technique can also be applied with the palm of the hand, the elbow, foot, or knee on pressure points. Simple stretching, rotations and the aforementioned pressure activate vitality and the powers of self-healing. In addition, Shiatsu also includes techniques from physiotherapy and osteopathy and thus has a positive effect on problems with joints, spinal and back conditions, indigestion, etc.

Please wear comfortable sportswear.

Shiatsu Classic

Duration 1 hour € 88.00

Shen Shiatsu

Duration 80 minutes € 122.00

R.E.S.E.T. – balanced jaw

The jaw joint plays a central role in the dynamics between the head and the spine. An imbalance has effects on the entire body. With R.E.S.E.T., the Australian kinesiologist Philip Rafferty developed a simple method to relax the musculature and the jaw joint. R.E.S.E.T. is an acronym for Rafferty Energy System of Easing the Temporomandibular joint. It sends balancing energy through the hands into the jaw muscles. This method can also be used as a self-help technique. It aids joint pains in the arms and legs as well as the spine, migraines and facial and head aches, teeth grinding, tense shoulders, ear problems and tinnitus, visual impairments, bladder problems, chronic fatigue, and many more.

Duration 50 minutes € 76.00



Ayurveda

Ayus – life, Veda – knowledge: translated literally, Ayurveda means “the science of life”.

At an estimated 5000 years, it is regarded as the oldest traditional system of medicine.

Its origins lie in the Vedic civilisation of ancient India. Ayurveda concentrates on the physical, mental, emotional, and spiritual aspects that are important in the health and illness of humans. It is the art of bringing everyday life into harmony with the laws of nature. Based on the interplay of body, mind, and soul, behaviour and environment, it is thus possible to achieve greater health and joy of life in a natural way.



Shirodhara – oil pouring, forehead

This treatment brings the body and spirit into a state of calmness. The nervous system is calmed, and the body's energies are adjusted. This excellent deep relaxation has nourishing, cleansing and vitalizing effects on the hair and the scalp.

Duration 1 hour € 99.00

Shirodhara deluxe

Experience and enjoy this regal treatment! Paired with a preparatory herbal oil massage or a Mukabhyanga, luxurious relaxation is guaranteed.

Duration 90 minutes € 138.00

Abhyanga – full-body massage

This so-called "inunction" uses different massage techniques such as pressure point and head massage, head inunction, as well as gentle, balancing body massages. This treatment has very positive effects on the three circulation systems: blood, nervous and, above all, the lymphatic system. An activated lymphatic flow reduces the blood pressure as well as pain and tensions. Duration 1 hour 45 minutes € 152.00

Mukabhyanga

Ayurvedic head, facial and cleavage treatment: through special techniques and different oils, this massage has cleansing and nourishing effects. Mukabhyanga brings about deep, intensive relaxation. It assists blood circulation, the lymphatic flow and the removal of metabolic wastes. In combination with the Marma vitality points, it affects the deeper tissue layers, helps to balance the cerebral hemispheres and activates the higher brain centres.

Duration 50 minutes € 88.00

Marma point

This massage equalizes tensions and is similar to an acupuncture massage, except that this form of treatment uses a special oil massage. Through additional pressure and massage of the Marma points in clockwise rotation, energy flows and organs are stimulated. This massage of vitality points provides relaxation and increases general well-being.

Duration 90 minutes € 128.00

Padabhyanga

This pleasant foot reflex and leg massage very positively affects the entire body via the corresponding foot zones.

Duration 50 minutes € 88.00

Samvahana

Crucial in this gentle, balancing massage are the applications as well as the effects of the slow stretching motions on the nerve tracts. The subsequent bath allows the relaxing sensation to linger.

Total duration 80 minutes € 99.00

Shiroabhyanga

This is the gentlest form of head massage. Gentle applications and soft pressure stimulate and assist lymphatic activity.

Duration 45 minutes € 78.00

Pantai Luar

This traditional application from the East Asian region is regarded as the high art of influencing energy points and channels. The whole body is worked on with special herbal stamps and a 140°C plant extract oil. High-grade oils, the valuable ingredients of the herbal stamps such as lime, herbs and spices, the heat of the stamps, the targeted motion sequence of the massage, as well as the exotic scent – the special combination of all these factors activates a self-repair mechanism. Accompanied by deep relaxation and well-being, it activates cell regeneration.

Full body

Duration 90 minutes € 152.00

Partial body (back or legs)

Duration 50 minutes € 99.00



Garshan

Ideal to assist weight loss: the silk-glove massage removes wastes and enhances weight loss. Garshan effectively counters cellulite and increases the elasticity and tightness of the connective tissue. It is also recommended for the treatment of listlessness and tiredness as it stimulates energy flow.

Duration 1 hour € 88.00

Ayurveda treatment

after consultation.

Duration 1 hour € 88.00

Duration 90 minutes € 128.00

Opening Times

Indoor pool	7 am – 9 pm
Family sauna	10 am – 7 pm
Fitness world	7 am – 9 pm
Refugium	9 am – 7 pm
Sauna world	3 pm – 8 pm
Relax room	9 am – 8 pm

We ask you to ensure that you inform us of your concrete desired appointments before your arrival. Otherwise we cannot guarantee that you will get the appointments and treatments you want, due to the high demand. Appointment cancellations up to 24 hours prior are free of charge. After this, we will have to charge 50% of the treatment costs.

The Refugium is a place of calmness and relaxation. We hope you understand that mobile phones have no place here. Generally, the sauna area is a no-clothing area. In order to protect your privacy you do, of course, have the option to cover yourself with a towel. Children are only admitted from the age of 14 (with the exception of the swimming pool and family sauna).