



## MASSAGES

A gentle massage helps when suffering from tense muscles, alleviates pain and gives new life energy. Indulge when being massaged and **enjoy the pleasant effect**.

Allow yourself and your body a time-out in order to **get new power and energy** - for another exciting day in CUBE BIBERWIER-LERMOOS.

### Post-Sport Partial Massage

25 min / € 30,00

An intensive massage for particular parts of the body. The flexibility and sporting prowess of the muscles ascends. The time of regeneration after loading will be abbreviated.

### Post-Sport Full Body Massage

50 min / € 58,00

Massage for the whole body for relief from tension the hyperactive musculature. The removal of waste material will be improved. Due to the blood circulation the oxygen supply to the cells is rising.

### Foot Reflex Zone Massage

25 min / € 29,00

According to the foot reflex zone theory, our feet are a mirror of our health condition and specific zones on the soles of the feet are directly linked to our vital parts. All organs, the lymphatic system and the nervous system can be positively influenced by stimulating the soles of our feet. The stimulation of the foot reflex zones improves circulation, relieves blockages and balances the body's energy system.

### Manually Lymph Drainage Massage

45 min / € 51,00

Gentle, circular movements stimulate the lymphatic flow. Has a purifying and detoxifying effect on the entire organism and refreshes the skin. Activates and stimulates the immune system.

### Ayurveda-Herbal Oil Relax-Massage

50 Min. / € 62,00

75 Min. / € 89,00

90 Min. / € 99,00

Massage for the whole body. Pleasant and relaxing, with a great depth effect.

Along the lines of India, this oil-rich massage supports in combination with valuable aromas your sense of well-being.

### Medical Tape Application + Material

10 Min. / € 16,00

This massage supports the functions of musculature, lymph circulation and stabilisation of joints without movement restrictions.

### Extras (additionally on the treatments)

Cupping € 5,00

Medicalltape € 5,00

Medical-Lymphtape €10,00

Moxa (natural remedy) € 5,00

Tyrolean Stone Oil € 2.50

Perskindol (gel for muscle and joint discomforts) € 2.50

Coldspray € 2,50

IT'S YOUR HOMEBASE