



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.

Full Body Massage

50 min / € 48,00

Massage for the whole body. Pleasant and relaxing, regulates and balances the skin functions and increases blood circulation.

Partial Massage

25 min / € 28,00

Massage for particular parts of the body. Loosens the musculatur and relieves pain - a benefit for hardened muscles.

Relaxation Massage

40 min / € 44,00

Relaxes tired legs and back muscles so that nothing stands in the way of an active day.

Foot Reflex Zone Massage

25 min / € 26,00

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.

Lymph Drainage

45 min / € 46,00

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.

Breuss Massage

25 min / € 26,00

Gentle stretching and relaxation movements of the spinal muscles. The use of St. John's Wort oil calms the nerves and loosens the muscular system.

Dorn-Breuss Massage

50 min / € 58,00

Specialty massage, relieves blockages through treatment along the spine.

Indian Herbal Oil Massage

45 min / € 55,00

Wonderful relaxing massage with valuable oils in combination with natural herbs. Stimulates and nourishes your skin.

IT'S YOUR HOMEBASE