

HOTEL **** superior

zentral
kirchberg in tirol

stöckfeld 7 . a-6365 Kirchberg in Tirol
T.: +43 (0) 5357-2535 . F.: +43 (0) 5357-3857
info@hotel-zentral.at . www.hotel-zentral.at

Eva Grafeneder Dipl. Heilmasseurin

Kalsfeld 24 . A-6365 Kirchberg in Tirol
0043 (0) 664 5489 071

Massage price-list

Partial Massage	30 min.	€ 37,-
Foot Reflexology	30 min.	€ 37,-
Partial Massage & Foot Reflexology	60 min.	€ 69,-
Full-Body Massage	45 min.	€ 49,-
Full-Body Massage & Foot Reflexology	75 min.	€ 79,-
Manual Lymphatic Drainage	30 min.	€ 37,-
Full-Body Lymphatic Drainage	90 min.	€ 92,-
Head & Neck Massage	30 min.	€ 37,-
Back & Leg Massage	30 min.	€ 37,-
Aroma Oil Massage	45 min.	€ 52,-
Patril cupping massage	30 min.	€ 37,-
La Stone Therapy	75 min.	€ 78,-
Mud Pack	30 min.	€ 20,-
Mud Pack & Partial Massage	60 min.	€ 52,-
Dorn-Breuss-Massage	45 min.	€ 50,-



Prices are incl. all taxes

All treatments can be submitted to your health insurance company

Appointments are made with pleasure by phone, or just contact our Reception-Team

For massage treatments we only can accept **cash** payment.

Massage- Treatments

Partial Massage

Here is the entire back, and the neck and head approach treated with classic massage technique. Thereby is a muscle-relaxing effect achieved. Tension and pain are alleviated and solved in the back and neck area.

Foot Reflexology Massage

Targeted massage on the feet to reach an increased blood flow to the organs and body regions. The body's own healing powers are mobilized, the musculoskeletal system positively affected, and thus the whole man harmonized.

Full-Body Massage

In the full body massage the whole body is massaged using classic massage technique, whereby a deep relaxation is achieved. Special troubleshooting is also possible.

Lymphatic Drainage

The lymphatic drainage is an excellent way of making the jammed lymphatic and venous flow going again. Through a sophisticated system of delicate strokes on the skin surface, mostly performed towards the heart, the jammed tissue water in the connective tissue is derived in the veins and lymph tract.

In addition, the vessel inner pressure is reduced and thereby a gradual recovery of the venous- and lymphatic valve functions are guaranteed. A medical massage, especially suitable for lymphatic congestion, oedema and hematoma.

Head & Neck Massage

The migraine massage is a special, pleasant and relaxing drainage for decongestion, and is used to eliminate headaches and migraines. Tension, pain and congestion are discharged and disbanded.

Back & Leg Massage

Were you all day active in sports or on the go? This costs the body a lot of strength and energy.

Treat yourself with this revitalizing and stimulating massage combination on the back and legs. It guarantees the highest level of relaxation at your most stressed body parts.

Aroma Oil Massage

In the full-body aroma oil massage are pure, highly concentrated essential oils taking relaxing and healing effect, as they are massaged into the body and being absorbed through the skin and respiratory tract.

Cupping massage

When cupping, special cups are applied on the skin which produce a vacuum to create suction in the region to be treated. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

La Stone Therapy

The La Stone therapy is a fascinating combination of massage, energy work and the soothing effect of hot and cold stones. The effect of this therapy is not limited only to physical experience, but gives back the physical and mental balance for the body. The entire body is charged with new energy and vitality. The treatment relaxes and calms, stimulates blood circulation, supports the lymphatic flow, eases tension and supports the removal of harmful substances. Internal mobility is stimulated and energy is released by the heat.

Mud Pack

Enjoy the slowly increasing heat on your neck and back, generated by the moor. The moor has a muscle loosening effect, and is suitable for all rheumatic complaints, arthritis, strains, sprains and overloads.

Dorn & Breuss Massage

The Dorn & Breuss massage is a gentle therapy method for the spine. The Dorn Therapy is done standing and sitting, and then, the Breuss massage (relaxing massage) is applied.