

Massage Obertauern

WWW.MASSAGE-OBERTAUERN.AT

CLASSIC FULL MASSAGE

Full-body massage to loosen and relax the entire musculature.

ca. 50 min € 93,00

ca. 75 min € 143,00

CLASSIC PARTIAL MASSAGE (BACK)

Back massage to loosen and relax the muscles of the back, shoulders, and neck.

ca. 25 min € 54,00

RELAXATION MASSAGE

A gentle, slow full-body massage. The slow rhythm creates a soothing calm and deep relaxation.

ca. 50 min € 93,00

ca. 75 min € 143,00

COMBINATION MASSAGE 1

Back massage (approximately 25 minutes) and foot reflexology massage (approximately 20 minutes).

ca. 45 min € 93,00

COMBINATION MASSAGE 2

Consists of approximately 20 minutes of foot reflexology, covering all reflex zones, followed by a 55-minute full-body massage.

ca. 75 min € 149,00

Christian Mayrhofer & Team

Appointments at your hotel reception

Tel.: +43 676 6246 954

christian@massage-obertauern.at

SKIFIT-MASSAGE

The 45-minute leg massage places special emphasis on treating the knees.

ca. 25 min € 54,00

oder ca. 45 min € 84,00

FOOT REFLEXOLOGY MASSAGE

Foot reflexology is a therapeutic treatment of the entire body through the feet, aimed at identifying and addressing weak points.

ca. 25 min € 62,00

HEAD CLEARING MASSAGE

This massage focuses on the head, neck, and shoulders, relaxing both the muscles and scalp. It can help reduce or completely relieve tension headaches.

ca. 25 min € 54,00

BACK MASSAGE WITH CUPPING

This treatment consists of a relaxing back massage followed by a cupping session. It releases adhesions in the fascia, skin, and muscles, promoting deep relaxation. Targeted cupping stimulates intense localized circulation.

ca. 45 min € 93,00

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TISSUE MASSAGE WITH CUPPING

By combining various techniques of connective tissue massage with cupping, the therapeutic effect is further enhanced.

ca. 45 min € 93,00

TISSUE MASSAGE

A stimulating massage that is very intensive, removes blockages in skin layers and fasciae, boosts blood flow and has reflex benefits for the organs. The treatment focuses on the back.

only tissue massage ca. 25 min. € 54,00

tissue and back massage ca. 50 min. € 93,00

LYMPHATIC DRAINAGE

Soft flowing and pumping massage to clear blockages and detoxify. Very soothing while removing built-up fluid in the tissues.

of the face ca. 20 min € 57,00

of the body ca. 25 min € 62,00

of the body ca. 50 min € 112,00

ALPINE PINE MASSAGE

The proven calming effect of stone pine on the heart helps reduce stress levels. The treatment is performed with special, warm stone pine rods.

ca. 25 min € 62,00

ca. 75 min / € 149,00

CLASSIC FACIAL MASSAGE

Designed to nurture, pamper and relax

ca. 20 min € 51,00

HOT STONE MASSAGE

A gentle massage using hot basalt stones that promotes deep relaxation of both mind and body. The warm stones deliver heat deep into the muscles, enhancing relaxation.

ca. 50 min € 109,00

oder ca. 75 min € 159,00

ALPINE HERBAL STAMP MASSAGE

Activating, detoxifying and nourishing for the skin. The herbal stamps are filled with herbs from the surrounding mountains. The stamps are dipped in fragrant oil and pulled over the body with a special rhythm.

ca. 25 min € 62,00

ca. 50 min € 118,00

HONEY BACK TREATMENT

We start with a connective tissue massage, followed by a beeswax pack with propolis and finally a back massage.

ca. 50 min / € 97,00

KIDS MASSAGE WITH CHOCOLATE OIL

We do a light massage of the legs and back. Our little guests lie on their stomachs during the treatment. Of course we can also do the massage with normal massage oil. Afterwards there is a small sweet surprise.

ca. 20 min € 51,00

Our massages can also be performed as sports massages (vigorous) for an additional charge.

25 min. + € 5,00

45 min 50 min. + € 8,00

75 min. + € 14,00