

Therapeutic massages

Our highly qualified therapists offer a wide spectrum of massages and special treatments for the removal of functional problems with the musculoskeletal system. These range from classic massages to lymph drainage to feet reflex zone treatments.

Individual massage

After a thorough diagnosis by highly qualified therapists, the treatment is tailored to your individual needs. The aim is a holistic therapy combined with various massage techniques.

50 min	87 €
80 min	133 €

Classic massage

Classic back and neck massage 🖐🖐 (25 min)	41 €
Classic full body massage 🖐🖐 (50 min)	79 €
Classic full body massage 🖐🖐 (80 min)	122 €

Facia massage

Fascia and deep tissue techniques stimulate the lymphatic circulation. By loosening the fascias the regeneration process is stimulated and existing pain symptoms are deleted.

25 min	51 €
50 min	99 €

Individual physio therapy treatment

Recommended after injury phases and functional disorders of the musculoskeletal system, but also for deficits in coordination and strength. The aim of the treatment is to eliminate pain and restore the optimal balance of the body.

25 min	55 €
50 min	109 €
50 min	172 €

Foot reflex zone massage with footbath (50 min) 79 €

Each part of the body is connected to corresponding energy zones in the soles of the feet. A targeted massage of these zones improves the flow of energy throughout the entire body.

Dorn Breuss massage (50 min) 103 €

Gentle treatment of the spinal column and joints. With the use of simple grips, joint restrictions, displaced vertebrae, pelvic obliquity or leg length discrepancies can be compensated for.

Breuss massage (25 min) 51 €

Using specific grips, the spinal column is stretched, the musculature at the spinal column is relaxed and the intervertebral discs are supported in regeneration through the St John's wort oil.

Lymph drainage

Accumulations of lymph fluid and toxins are transported away from the tissues with gentle, circular motions over the skin and a special holding technique.

Facial treatment (25 min)	43 €
Partial body treatment ((40 min)	69 €
Full body treatment (80 min)	123 €

Sports massage (50 min) 85 €

The entire musculoskeletal system and the musculature are mobilised through the use of deep tissue techniques and stretching. The massage has a revitalising effect on the body and is particularly effective for tension, joint and muscle pain.

Cranio Sacral Therapy (50 min) 99 €

The Cranio Sacral Therapy is a gentle but effective method of giving the body the chance to rid itself of pain and blockages. It is based on working with fine pulsation of cerebrospinal fluid.

Kinesio-Taping

Taping helps to relieve pain and stimulates the healing process for acute or chronic complaints. The tape is applied to the affected areas following the diagnosis.

Individual application (25 min)	53 €
Combination application (10 min)	20 €

Comfort Treatments

Our harmonising treatments free you from the stress and hectic of the everyday and restore your inner balance. Beneficial massage techniques, warming oils and highly effective essences. Refreshing and invigorating or balancing and relaxing. Take the time to enjoy this highest form of comfort.

SUSANNE KAUFMANN™ deep balancing signature treatment 🖐🖐 (120 min) 219 €

Pure beauty, intensive care, wonderfully deep relaxation from head to toe. Let yourself, your skin and your whole body be cleansed, nourished, invigorated and pampered for 120 minutes.

- Warming footbath for relaxing attunement
- Detox oil scrub for the gentle removal of dead skin
- Fragrant oil bath for the senses
- Relaxing deep massage for body and head to activate the flow of energy

Deep balancing deluxe 🖐🖐 (90 min) 149 €

- Soft body peeling with smooth herbal peeling particles
- Relaxing, intensively moisturising witch hazel bath with a cup of tea
- Pampering full body massage with an essential oil of your choice

Body cult deluxe 🖐🖐 (90 min) 149 €

- Soft body peeling with smooth herbal peeling particles
- Nourishing St. John's Wort bath with a cup of tea
- Pampering full body massage with an essential oil of your choice

Bregenzerwälder herbal stamps (75 min) 125 €

- Skin soothing and calming herbal whey bath
- Targeted treatment of the meridians with hot Bregenzerwälder herbal stamps
- Gentle massaging in of warm oils with special massage techniques

Lomi-lomi-nui body work (75 min) 138 €

The traditional Hawaiian body therapy stimulates deep layers of tissue. Long massage strokes connect all areas of the body and respond to the whole person. Blocks are resolved, the spirit is harmonised and energy brought back into flow. The muscles relax and you begin to let go on all levels.

Relax treatment body 🖐🖐 (50 min) 85 €

The whole body is spread with warm essential oils. Jojoba wax peeling particles stimulate the circulation, flush out waste products and promote the detoxification of the body. The treatment increases vitality and bestows a regenerating deep relaxation.

Relax treatment head (50 min) 85 €

This head and neck massage releases tensions, headaches and blockades, supports the flow of energy and then optimizes concentrated work. Warm sesame oil is applied part by part to the scalp and massaged in. A warm oil turban harmonizes the energy centers.

Relax treatment face (50 min) 79 €

The holistic treatment of face, head and neck allows the body to relax and the gaze to become free again. New energies are released in order to return to strength and vitality.

Relax treatment back 🖐🖐 (35 min) 55 €

A foot compress nourishes the feet and the massage causes a helpful purification of the leg veins. The energetic back massage releases tensions and eases the musculature.

Relax treatment feet 🖐🖐 (35 min) 55 €

Warming and invigorating foot bath followed by foot massage. A proven method from TCM to allow energy to flow evenly through the body.

Body scrub (35 min) 57 €

Luxurious body scrub with active ingredients echinacea and St John's wort. A massage with an individual product from the **SUSANNE KAUFMANN™** cosmetic line.

Ear candle treatment

An old natural remedy for nervousness and stress symptoms. Leaves you with a fresh, free feeling throughout the head.

Individual application (25 min) 39 €

Combination of ear candle treatment and face lymph drainage (50 min) 79 €

Combination of ear candle treatment and Relax Treatment Face (75 min) 113 €

Baths

Baths have exercised a beneficial effect on the body and soul since antiquity. The effect of warm baths can be strengthened by the use of bath supplements; **SUSANNE KAUFMANN™** organic treats have developed special baths for various needs.

Oil bath for the senses (25 min) Solo 32 € / Duo 53 €
Aromatic, relaxing and aphrodisiac aetheric oils made from lavender, ylang-ylang and patchouli put you in a positive mood, heighten the senses and leave you with velvety-feeling skin.

Herbal whey bath nourishing (25 min) Solo 32 € / Duo 53 €
Whey is one of the oldest beauty care products. The herbal whey bath nurtures with lime blossoms and camomile to ensure wonderfully smooth and soft skin.

Herbal whey bath calming (25 min) Solo 32 € / Duo 53 €
The herbal whey bath calming helps to relax the body and resolve blocks with its active ingredients of lavender and balm. Whey also has a purifying effect.

St John's Wort bath (25 min) Solo 32 € / Duo 53 €
The relieving properties of St John's Wort care for the skin and have a balancing effect on negative factors such as stress, dry indoor air or sunburn.

Witch hazel bath (25 min) Solo 32 € / Duo 53 €
The healing herbal complex reduces inflammation and balances the moisture and oil content.

Mallow blossom bubble bath (25 min) Solo 32 € / Duo 53 €
Active ingredients from mallow, pine oil and juniper berry oil support the immune system. Fine foam and relaxing aromas care for and pamper skin without drying it out.

Packs

The highly effective film wrap increases the ability of the skin to absorb caring ingredients. We offer you the packs either with or without a preparatory body scrub.

Preparatory body scrub (20 min) 26 €
Luxurious body peeling with plant-based active ingredients. It improves the skin's ability to absorb effective care substances that are contained in the soft-pack lounge.

Sports compress with rosemary (25 min) 42 €
New vitality for joints and muscles. The active ingredients of the compress reduce stress, relieve tension and stimulate circulation.

Cream pack with evening primrose oil (25 min) 42 €
Moisturising and re-oiling can help relieve neurodermitis, psoriasis, inflamed skin and allergies.

Lavender pack (25 min) 42 €
Calms the nerves and restores balance in case of exhaustion, sleep disturbances, nervous gastrointestinal disorders.

Manicures and foot care

We provide intense care for your hands and feet during the manicures and pedicures. Expert treatment and perfectly tailored products help care for skin and nails to make them healthy again. At the end, we offer the newest nail polish colours.

Classic manicure with hand massage (40 min) 51 €

Deluxe Manicure (70 min) 83 €

- Classic manicure with hand massage
- Hand peel
- Caring ingredient pack
- Relaxing neck massage

Classic medical foot care with foot massage (55 min) 67 €

Foot care deluxe (85 min) 99 €

- Classic medical foot care with foot massage
- Foot peel
- Caring ingredient pack
- Relaxing neck massage

Also bookable in addition to manicure/foot care
Nail polishing with a nail polish of your choice 12 €

Varnish only
Nail polishing with a nail polish of your choice 19 €



TCM DETOX treatments

Specific applications have been developed for **TCM DETOX**. These include full body massages, peelings, medicinal baths and liver wraps. The elimination of toxins via the skin is supported and the overall energy flow is improved.

SUSANNE KAUFMANN™ signature treatment detox (90 min) 157 €

Perfect treatment to free the entire body from acidification and toxins.

- Start with an alkaline footbath to begin the detoxification process
- The massaging in of the detox oil peeling stimulates the circulation and makes it easier for the skin to eliminate toxins
- Stimulating deep tissue massage along the meridians relax the fascia and stimulate lymph circulation

TCM DETOX massage (50 min) 91 €

The subsequent massage stimulates the deep tissue in order to eliminate the toxins released.

The massage manipulates energy flow and has a positive effect on the metabolism.

TCM DETOX oil scrub (50 min) 85 €

The scrub begins the elimination of toxins via the skin. Special grip techniques are used in order to promote the circulation of the tissue and the elimination of toxins. Pomegranate oil is subsequently massaged in with soft, fluid massage techniques.

TCM DETOX wrap (25 min) 42 €

The horsetail compress is detoxifying, deacidifying and stimulates the metabolism. Collections of water and fat deposits in the body are broken down. The wrap phase increases the absorption capacity of the active substances by up to 50%.

TCM DETOX bath (25 min) 47 €

A **TCM DETOX** bath helps to support the body in the elimination of toxins as well as to absorb minerals and nutrients. The acid-base balance is adjusted. The tcm detox bath is the perfect ending to a **TCM DETOX** regimen.

Detox facial (40 min) 63 €

During the detox treatment, the tissue is unblocked and detoxified through manual lymph drainage, making the facial contours taut and firm. The gentle massage also helps with the unblocking of swollen eyelids and minor skin impurities.

TCM DETOX liver wrap (25 min)

The liver wrap promotes the circulation and detoxification of the liver, supports the functions of the livers, is relaxing and promotes healthy sleep. This is also available as an accompanying measure during other treatments.

Individual application 27 €

Combination application 17 €

Body rejuvenation treatments

The body rejuvenation treatments stimulates the burning of fat cells, increases the resilience of the skin and firms the silhouette. The use of deep-working ultrasound and effective active ingredients provide sustainable support for achieving firm and beautiful skin.

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SUSANNE KAUFMANN signature body rejuvenation treatment (95 min) 177 €

Optimal, deep-acting treatment for a firm silhouette.

- A detox oil scrub improves blood circulation and stimulates the detoxification process
- The subsequent film wrap pushes the fat cells together through compression, forcing water and toxins out of the cells, which the therapist drains away during the wrap with gentle pumping movements.
- The final fascia massage releases accumulations in the tissue, improves the metabolism, supports the creation of collagen and thus consolidates the cross-connections of the connective tissue. The silhouette undergoes overall firming.

Body rejuvenation ultrasound treatment

The ultrasound waves deliver the anti cellulite serum deep into the tissue to support metabolic activity. The removal of fat cells is supported and the skin is ideally prepared to absorb active ingredients. anti cellulite cream is subsequently massaged in.

Legs and bottom (50 min) 110 €

Legs, bottom, stomach and arms (80 min) 162 €

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Body Rejuvenation wrap (45 min) 85 €

Highly effective firming body pack that works like a drainage treatment to remove toxins. The film wrap pushes the fat cells together through compression, pushing water and toxins out of the cells. These toxins are drained away with the aid of targeted pump movement techniques. The anti cellulite cream in the wrap supports the complex processes of the treatment.

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Body rejuvenation lymph drainage partial body treatment (40 min) 69 €

Lymphatic drainage stimulates the metabolism in the tissue and enables better removal of fat cells. Accumulated protein cells are relaxed and can resume their tissue-tautening and firming function.

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Preparative TCM DETOX oil scrub (30 min) 49 €

The detox peeling opens the channels of the dermis from which the toxins can escape. Special elimination points are stimulated in order to promote the circulation of the tissue and the elimination of toxins.

Alkaline applications

A good acid-alkaline balance is the prerequisite for the well-being of the body and beautiful skin. Today's lifestyle often leads to an excess acidity. Alkaline body care neutralises acids and helps the skin to naturally excrete toxic substances. This promotes stress relief, general regeneration and releases blocked energy. This is also ideal for hypersensitive skin and neurodermatitis.

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Alkaline facial treatment (80 min) 121 €

An extremely effective facial treatment especially recommended during a **TCM DETOX** regimen, consisting of an intensive cleansing, deacidifying fleece mask, pampering massage and deeply effective products. The treatment helps the skin to free itself from acidic remnants and brings it back to its natural balance. The regeneration process of the skin is supported, the appearance of the skin is significantly improved, the cells are filled with new energy and the skin retains a feeling of wonderful harmony.

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Alkaline medical foot care with foot massage (55 min) 74 €

The feet can be seen as useful elimination organs and auxiliary kidneys. Alkaline footbaths gently detoxify and make the feet beautiful.

- Welcoming alkaline tea
- Alkaline footbath for relaxation
- Alkaline wrap for the legs
- Medical foot care with foot massage

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Alkaline bath (25 min) 32 €

It helps the skin to deacidify, stimulates the elimination of toxins and releases blocked energy, whilst simultaneously having a relaxing effect. Particularly recommended for skin prone to dryness and flakes, as well as after sporting activities.