

<b>Classic partial body massage.</b>	approx. 30 Min.   38.-EUR
<b>Classic full body massage.</b> Powerful massage to relax and mobilize muscles and joints.	approx. 45 Min.   57.-EUR
<b>Combination massage.</b> Powerful massage of the back and legs after sports activities.	approx. 45 Min.   57.-EUR
<b>Hot roll.</b> Pleasant heat application. Can be combined with all massages.	approx. 10 Min.   12.-EUR
<b>Time out.</b> Massage techniques that bring deep relaxation, combined with the scent of an aromatic oil.	approx. 45 Min.   57.-EUR
<b>Manual lymphatic drainage.</b> Has a decongestant effect on edema and activates lymphatic flow.	approx. 45 Min.   57.-EUR
<b>Foot reflexology</b> Pressure point massage of the soles of the feet stimulates which stimulates the body's self-healing powers.	approx. 30 Min.   40.-EUR
<b>Hot-Stone-massage.</b> Soothing massage technique with warm basalt stones. Promotes blood circulation and relaxes the muscles.	approx. 60 Min.   78.-EUR
<b>Ear candling treatment.</b> With head and neck massage. An Indian well-being ceremony that is relaxing and has a calming effect.	approx. 45 Min.   60.-EUR
<b>Pinyurveda full body massage.</b>	approx. 60 Min.   78.-EUR
<b>Pinyurveda combination massage back and face.</b> A harmonious oil massage based on ayurvedic massage techniques. Indigenous Swiss stone pine and mountain pine oils combine for a relaxing and revitalizing experience.	approx. 45 Min.   62.-EUR

You are welcome to make appointments directly with **us** or at **freistil**.  
Appointment cancellations are possible **free of charge up to 24 hours**  
before the start of treatment.

Please pay cash after the treatment.

We are looking forward to meeting you!

Rita und Carlo Trost    Tel. 08321/1026    Mobil: 01719316674