

**Classic partial body massage.**

approx. 30 Min. | 38.-EUR

**Classic full body massage.**

Powerful massage to relax and mobilize muscles and joints.

approx. 45 Min. | 57.-EUR

**Combination massage.**

Powerful massage of the back and legs after sports activities.

approx. 45 Min. | 57.-EUR

**Hot roll.**

Pleasant heat application. Can be combined with all massages.

approx. 10 Min. | 12.-EUR

**Time out.**

Massage techniques that bring deep relaxation, combined with the scent of an aromatic oil.

approx. 45 Min. | 57.-EUR

**Manual lymphatic drainage.**

Has a decongestant effect on edema and activates lymphatic flow.

approx. 45 Min. | 57.-EUR

**Foot reflexology**

Pressure point massage of the soles of the feet stimulates which stimulates the body's self-healing powers.

approx. 30 Min. | 40.-EUR

**Hot-Stone-massage.**

Soothing massage technique with warm basalt stones. Promotes blood circulation and relaxes the muscles.

approx. 60 Min. | 78.-EUR

**Ear candling treatment.**

With head and neck massage. An Indian well-being ceremony that is relaxing and has a calming effect.

approx. 45 Min. | 60.-EUR

**Pinyurveda full body massage.**

approx. 60 Min. | 78.-EUR

**Pinyurveda combination massage back and face.**

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