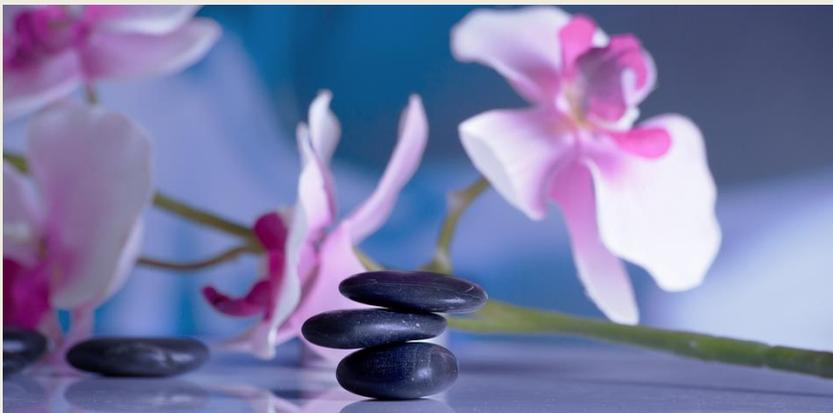


Our wellness treatments for you



Aromatherapy Massage

Thanks to the high-quality aroma oils, your inner balance can be restored or maintained. This allows you to manage your daily problems more easily, gain a more positive attitude to life, and mobilize your self-healing powers. In addition, the selected fragrances bring back light, humanity and the gifts of nature to our dreary cities.

Esalen Massage

This massage is a whole body oil massage. It was developed from 1962 in the Esalen Institute in California (Big Sur). It consists of full, flowing strokes over the entire body length. Passive joint movements, strains, deep structure work in the muscles and joints, as well as gentle moving movements connect and energize the body. In this way, the contact with one's own inner space is supported, in which creativity and personal growth unfold.

Lomi Lomi Nui

Lomi-Lomi-Nui is a massage form from Hawaii. It has the claim not only to touch the body but also the soul. It therefore serves not only for pure relaxation, but also for mental and spiritual cleansing. For massage I use a very high quality pure coconut oil, which makes the skin very supple. Finally, the whole body is peeled with a special basic salt, so I remove the oil residue and not only your skin will feel like newborn.

Foot reflexology massage

Your feet will thank you! The foot reflex zone massage has a very long tradition: the ancient Egyptians as well as the Native Americans knew them. Here as well, the body is viewed as a unity. By the targeted pressure on a reflex point, the corresponding organ is stimulated to self healing.

Pregnancy massage

This empathetic massage is suitable for women at all stages of pregnancy. The special care is supported by the comfortable side position. I approach the specific situation and your needs individually. The tender touch brings relief into the tense body and opens up a space of silence and security that also your unborn child perceives. Arrive and feel deep relaxation at this stage of the emergence of new life.

Yours Alena Nova



Prices on request via our reception team