



## Massage offer at Rosmarie

*The massages are done in your room*

\* **Full body massage:** soothing massage for the whole body. A Full Body massage includes a massage of the face, décolleté, arms, abdomen, legs and back. (if desired, one part can be omitted, and others treated more intensively).

50min. ~ 67€

\* **Partial body massage:** soothing massage on the back or both legs or arms.

25min. ~ 38€

50min. ~ 67€

\* **Facial massage:** Tension begins in the face. Loosening the facial muscles is a very relaxing massage and brings noticeable relief.

25min. ~ 40€

\* **Foot or hand reflexology massage:** the whole body is reflexively accessible via the foot and the hand, because there is a connection to each organ to a part of the foot and hand. The organs can be stimulated by a massage of these reflex points on the foot or on the hand. In addition, the application is considered to be very relaxing.

25min. ~ 40€

50min. ~ 69€

\* **Lymphatic drainage:** activates the lymphatic system, which helps to remove deposits in the body. Therefore, this is a decontaminating application.

25min. ~ 40€ 50min. ~ 69€

\* **Sports massage:** intensive, deep-acting massage of arms, legs and back for faster muscle regeneration after physical exertion (changes such as only back & legs possible).

50min. ~ 72€

**\*Connective tissue massage:** also due to adhesions in the connective tissue or due to insufficient tension in the connective tissue, disturbing spots can form in the body. Through the connective tissue massage a uniform tone can be created which contributes to the general well-being.

25min. ~ 40€ (Sub Body)

50min. ~ 69€ (whole body)

**\*Physiotherapy:** is a form of therapy that seeks to preserve or restore the physiological musculoskeletal system and the functional capabilities of the body. Physiotherapy can treat both acute and chronic complaints by means of targeted manual techniques. This means that it is particularly valuable in the case of muscle injuries, joint complaints, acute problems or movement restrictions.

55min. ~ 78€

### **\*Fit through everyday life with personal health check”**

individual findings with regard to muscles, joints and bones.

On the basis of this study and a familiar discussion about the respective circumstances of life (profession, hobbies, etc. ), a consultation session is held on how best to protect oneself from injuries and wear and, depending on the circumstances, also shows exercises that help to balance and keep the person in balance.

50min. ~ 75€

### **\*HNC (Human Neuro Cybrainetics)**

HNC is a holistic form of therapy. Different reflex points affect the nervous system so that a normal stimulation processing can take place. This enables regulation of all systems

(hormone system, immune system, cardiovascular system, joints and bones, muscles, tendons, ligaments).

This can solve pain or other problems such as allergies, sleep problems, digestive problems, etc.

50min. ~ 80 €

### **\*Teenie - Massage**

A massage of my choice (back/legs/arms) which I perform on children with adapted intensity.

25min. ~ 38 €

## **\*Kinesium-Tape**

A kinesio tape is an elastic self-adhesive tape, which is intended to support the musculoskeletal system. This helps stabilize joints and relieve the strain on muscles and ligaments.

12€

## **Aroma candle massage**

Pleasant, relaxing full body massage with the warm candle wax.

Through the Pleasant light and fragrance you can choose, everyday life is easier to forget.

In addition, the ingredients of the candle improve the elasticity of the skin and help to create a supple, soft skin feeling

50 minutes. ~ 73€

## **Massage candle Aroma**

Pleasant and relaxing massage for the whole body with the warm candle wax.

Pleasant light and scent you are allowed to choose makes everyday life easier to forget.

In addition, the ingredients of the candle improve elasticity of the skin and

helps to have a feeling of soft and elastic skin

50 minutes. ~ 73€

\*Please pay for the massages at Christine, thank you very much

Best regards from your physiotherapist Christine and the Rosmarie team

