

All
great things are
wild and free



MASSAGE & COSMETIC IN THE STEGERHOF

Harmony for body, mind and soul.

The overall feel-good-treatment offer in the Kinderhotel Stegerhof for your wellbeing

Treat yourself with our comprehensive massage treatments.
In our classical massages you find
silence and harmony, as well as revitalizing effects on your body.

Enjoy our wellness offers from Monday to Friday.

**We are pleased to arrange an appointment
at our reception desk.**



ENJOYMENT

Our massage therapist Belinda has a natural instinct for what is best for our guests. She treats you with different kind of massages and with her intuition she knows where the shoe pinches and can help to bring body and soul in line.



MASSAGES FOR CHILDREN & TEENS

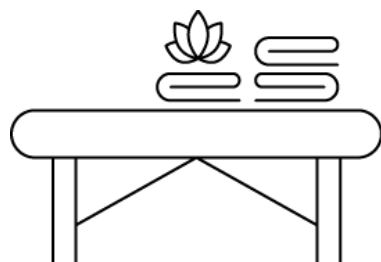
KIDDY MASSAGE

31 €

A massage especially created for children. Slight scents and a soft massage release tensions of the youngest ones.

For children up to 12 years.

20 MIN.



CLASSIC MASSAGES

COMFORTING FULL BODY MASSAGE

69 €

Let go and enjoy a massage, which is adjusted exactly to your body – soft or with some pressure. The unique goal is to comfort you.

50 MIN.

COMFORTING PARTIAL MASSAGE

36 €

This massage's unique goal is to comfort you. Let go and enjoy a massage, which is adjusted exactly to your body – soft or with some pressure.

20 MIN.

AROMATHERAPY MASSAGE

75 €

Full body massage including personalized unadulterated essential oils, to balance physical or mental disharmonies. This wonderful massage is conducted with oil.

45 MIN.

FOOT REFLEXOLOGY MASSAGE

40 €

For a long time already, humans know that some body parts reflect and influence others in a positive way. A foot reflexology can have a positive impact on, for example organs, muscles, tendons and joints. During this massage single reflex zones on your feet get stimulated when firm pressure is applied to certain areas.

20 MIN.

We'd like to inform you, that the energetic treatments do not replace a diagnose through a medical doctor, physio therapist or psychologist.

*Still waters run...
over our feet*

CLASSIC MASSAGES

SHAKTIMAT & FOOT MASSAGE

45 €

While your feet are pampered with a nourishing balm, you will be lying on the Shaktimat for more energy, restful sleep, pain relief and relaxation.

20 MIN.

COMBINATION ACTIVATION

71 €

A combination of activating back massage and foot reflexology, that stimulates not only the metabolism, but also the organism.

45 MIN.

LYMPH DRAINAGE

75 €

The characteristic about this treatment is soft pressure, slow work pace and a special massage technique. Improve your lymph flow for your well-being.

50 MIN.

MUSCLE RELAXATION WITH MASSAGE PISTOLE

40 €

It helps with the local blood flow and stimulates the cell metabolism. You can get quick results with tender muscles, stiffness, muscle pain and sore muscles.

20 MIN.