

All
great things
are wild and



**MASSAGE & COSMETIC
IN THE STEGERHOF**

Harmony for body, mind and soul.

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

Treat yourself with our comprehensive massage treatments, such as “combination activation” or “pure energy”. In our treatments you find silence and harmony, as well as revitalizing effects on your body.

Feel refreshed with one of our cleansing facial treatments during your family holiday.

Enjoy our wellness offers from Monday to Friday.

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

Please note that you can cancel your treatment up to 24 hours prior to your appointment, within 24 hours prior to your appointment you will be charged with the costs of the treatment.

OUR WELLNESS-TEAM

The one who „feels“

Our **masseur Klaus (K)** ist the one who „feels“ in the Stegerhof. Our masseur Klaus (K) is the one who "feels" in the Stegerhof. Klaus will spoil you with different Massages. With his special empathy he notices exactly where it pinches and brings body, Mind and soul in harmony.

Our BEAUTY-QUEEN

The versatile **beauty expert Daniela (D)** delights with her sunny disposition. Daniela's special feeling for Menschen gives our guests soothing moments during massage and cosmetic treatments.

The one who „spoils“

Our **masseuse Sabine (S)** will pamper you with her special flair for your needs. Let yourself be immersed in the world of energetic massages and experience pure relaxation.

Only a resting
conscience will
clear again

PREGNANCY SPECIAL

“MY BABY IS COMING SOON” MASSAGE **K&S** 75 €
40 €

We would like to offer this massage especially for pregnant ladies. It is a mix of back, leg and foot (reflexology) massage with correspondingly gentle pressure. The back massage is done in a sitting position or on your side.

PURE RELAXATION FOR THE FUTURE MUM!



50 MIN
25 MIN

CLASSIC MESSAGES

FULL BODY MASSAGE **K&S** 75 €

Let go and enjoy a massage, which is adjusted exactly to your body – soft or with some pressure.
50 MIN.

PARTIAL MASSAGE **K&S** 40 €

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.
25 MIN.

FOOT REFLEXOLOGY MASSAGE **K&S** 75 €

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.
50 MIN.
25 MIN.

COMBINATION ACTIVATION **K&S** 75 €

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

LYMPH DRAINAGE **K&S** 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.

CLASSIC MASSAGES

SPECIAL MASSAGE FOR MIGRAIN OR TENSION HEADACHE K&S

75 €

During this massage big and small muscle groups in shoulder and head area get worked on. The goal is to reach relief through relaxation.

50 MIN.

PAIN THERAPY ACCORDING TO LIEBSCHER & BRACHT K&S

75€

In pain therapy according to Liebscher & Bracht, osteopressure points are pressed, leading to the relaxation of aching muscles and joints. The relief is immediately noticeable. Often, pain that has plagued for a long time disappears completely. In addition to the osteopressure therapy, stretching exercises for home use are shown to prevent the recurrence of pain in the treated area.

The therapy is used for migraine, neck pain, shoulder pain, tennis elbow, golfer's elbow, back pain, buttock pain, hip pain, knee pain, calf cramps, ankle pain, complaints on the sole of the foot, and much more.

50 MIN.

DETOX-MASSAGE K&S

75€

During the Detox-Massage, the reflex and subcutaneous nerve endings of organs are stimulated by tapping, rubbing and kneading the skin.

Among other things, excretory organs such as the lungs (excretion), kidneys (excretion through urine), small intestine (digestion) and large intestine (excretion) are activated.

The name "Detox" means purification.

The Detox-Massage takes place without massage oil.

50 MIN.

06

FEELGOOD

TREATMENTS

FRAGRANCE JOURNEY AROMA TOUCH TECHNIQUE D

62 €

8 different essential oils are applied one after the other to the energy zones of the back and feet and gently worked in. The oils are highly effective on a mental and physical level, balancing, stress-reducing and deeply relaxing.

45 MIN

COSMIC STREAMING D

62 €

For pregnant women from the 13th week! The combination of the energy points according to Jin Shin Jyutsu, a Japanese healing art, with the vibrations that are transmitted via the sound egg and the use of essential oils make this application particularly valuable. Inner strength, harmony, peace and security for mum and baby.

45 MIN

EAR CANDLE D

62 €

During an ear candling application, the head and shoulder area comes to rest, and the heat activates self-healing powers.

45 MIN



05

KOSMETISCHE BEHANDLUNGEN

BEAUTY RITUAL ▷ **68 €**

Cleansing, exfoliation, toner/hydrosol, mask, facial massage,

Graduation Maintenance

50 MIN

EXPRESS BEAUTY RITUAL ▷ **40€**

Cleansing, exfoliation, mask, care

30 MIN

AROMA RELAX PAKET ▷ **95 €**

Aroma Beauty facial treatment – a soothing and nourishing treatment for a fresh, clean skin feeling. Afterwards, relax your body and mind with a soothing fragrance journey.

75 MIN

SPA MANICURE ▷ **55 €**

Care program for velvety soft hands Natural hand bath, peeling, pack, nail care

50 MIN.

OPTIONAL EXTRAS ▷

Nail polish in combination with manicure 10 MIN **11 €**

Eyebrows forming 15 MIN **14 €**

Eyebrows or lashes coloring 15 MIN **17 €**

Eyebrows shaping and dyeing with henna 30 MIN **38 €**

Hair removal with sugar paste:

Legst to knee 30 MIN **39 €**

Legs complete	60 MIN	69 €
Upper lip	10 MIN	12 €
Shoulder	15 MIN	19 €
Bikini area	15 MIN	19 €

FEELGOD MESSAGES

PURE RELAXATION K&S **75 €**

This treatment has an effect on the physical, mental, as well as the spiritual level. Blockages are treated with warm oiling.

50 MIN

FULLY FIT K&S **65 €**

Balancing, stress-reducing full-body treatment.

45 MIN

BACK FIT K&S **40 €**

Balancing, stress-reducing treatment of the back and neck.

20 MIN

MASSAGES FOR KIDS & TEENS

DWARF MESSAGE K&S **40 €**

Massage especially for the little ones. With a gentle massage the tension of the children is conjured away.

For children up to 12 years.

25 MIN

TEEN MESSAGE K&S **60 €**

Massage especially for teenagers. With a gentle or pressure-

full massage, we say goodbye to tension and pressing spots.

35 MIN

Don't worry – no one has to take off their clothes if they don't like 😊 it

ENERGY MESSAGES

SHIATSU s 75 €

literally means finger/thumb pressure.

Clothed in comfortable clothing, the body is revitalized with life energy by means of stretching, stretching, swinging techniques. The cycles of life are included and the treatment is geared accordingly.

50 MIN

CRANIO s 80 €

a very sensitive manual work.

In gentle dialogue with the body through gentle touch allows the cranio to have a new body sensation to be in silence and rest to be present in the body again. Simple and

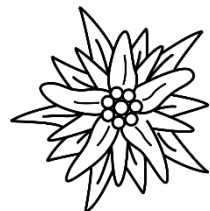
TO BE ALLOWED TO BE LIKE THAT.

60 MIN

PURE ENERGY s 75 €

Different oils are used to protect the energy zones of the of the body.

50 MIN



ENERGY MESSAGES

BREUSS MASSAGE s 40 €

the delicate back massage relaxes the muscles, gentle stretching of the spine and abundant massaging St. John's wort oil nourishes the intervertebral discs and the fabric.

25 MIN

50 MIN

MOXEN s 40 €

“Mugwort” is used in complaint areas

the warming property of moxa cigar tissue blood circulation, metabolism, the immune system and/or organ functions improve.

Moxen ensures that the energy can flow freely again.

Always in combination with Shiatsu elements.

25 MIN

50 MIN

LOMI LOMI NUI s 75 €

with specially mixed oil is used in the Hawaiian tradition, this bodywork is used to recharge body, mind and soul with energy, into a clear and harmonious state, as well as energetically.

50 MIN

75 MIN