

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 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)** 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 people gives our guests soothing moments during massages 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

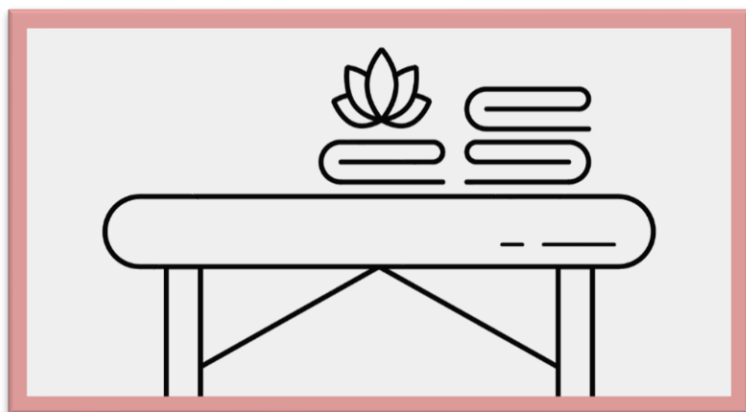
“MY BABY IS COMING SOON” MASSAGE **K&S**

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 €

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.

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 characteristics 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 **K&S**
TENSION HEADACHE

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**

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**
€

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

FEELGOOD TREATMENTS ⁰⁶

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

LOMI POHAKU **D**

43 €

In this massage with using of basalt stones will the stress be reduced and the spiritual and body balance rebuilt.

25 MIN

50 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



COSMETIC TREATMENTS

BEAUTY RITUAL D 68 €

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

50 MIN

EXPRESS BEAUTY RITUAL D 40€

Cleansing, exfoliation, mask, care

30 MIN

AROMA RELAX PAKET D 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 D 55 €

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

50 MIN

OPTIONAL EXTRAS D

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:		

Legs to knee	30 MIN	39 €
Legs complete	60 MIN	69 €
Upper lip	10 MIN	12 €
Armpit	15 MIN	19 €
Bikini area	15 MIN	19 €

FEELGOOD MESSAGES

PURE RELAXATION D&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

LEG MASSAGE K&S 40 €

Relaxation for the thighs and calves.

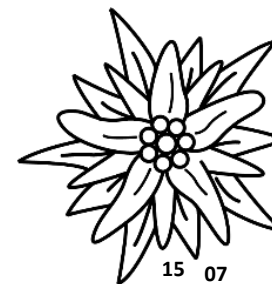
25 MIN

BACK FIT K&S

40 €

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

25 MIN



MASSAGES FOR KIDS & TEENS

DWARF MASSAGE K&S

40 €

Massage especially for the little ones. With a gentle massage the tension of the children is magically removed.

For children up to 12 years.

25 MIN

TEEN MASSAGE K&S

€

Massage especially for teenagers. With a gentle or pressure-full massage, we say goodbye to tension and pressing spots.

35 MIN

KIDS FACIAL TREATMENT D

40 €

Cleansing, pilling and mask

20 MIN

TEENAGER FACIAL TREATMENT D

Cleansing, pilling and mask

35 MIN

RELAXATION FOR THE LITTLE ONES D

40 €

Tensions are magically dispelled with gentle touches and fragrant coconut oil.

25 MIN

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

Be happy in this
moment, be-
cause
this moment
is your
life.

60

55 €

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 present in silence and rest in the body again. Simple and TO BE ALLOWED TO BE LIKE THAT.

60 MIN

PURE ENERGY s **75 €**

Different oils are used to bring the energy zones of the body again to balance.

50 MIN



ENERGY MESSAGES

BREUSS MASSAGE s **40 €**

the delicate back massage relaxes the muscles, **75 €**
gentle stretching of the spine and abundant
massaging St. John's wort oil nourishes the intervertebral discs
and the tissue.

25 MIN

50 MIN

MOXEN s **40 €**

“Mugwort” is used in complaint areas **75 €**
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 €**

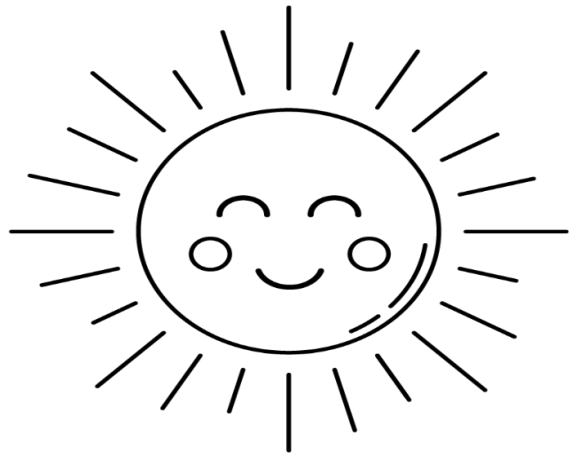
with specially mixed oil is used in the **110**
€

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



The best
observation
tower
in life
is serenity