

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, such as special energetic massages “Power of Nature” or “Aloha in the Mountains”. In our classical massages 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.



ENJOYMENT

Our masseuse Belinda indulges you with various massages at the Stegerhof. Through her special empathy she knows exactly how to harmonize body, mind and soul.

BEAUTY TREATMENT FOR KIDS & TEENS

KIDS FACIAL TREATMENT cleansing, short massage, scincare 20 MIN.	25 €
TEENIE FACIAL TREATMENT cleansing, peeling, mask, scincare 30 MIN.	35 €
SPA MANICURE With nail polish 30 MIN.	25€
SPA MANICURE Just nail polish 30 MIN.	13 €
SPA PEDICURE With nail polish 30 MIN.	25€
SPA PEDICURE Just nail polish 30 MIN.	13 €

BEAUTY TREATMENT

SUGARING - WOMEN

Sugaring is a thousand-year-old method to remove hair with a sugar paste. Body hair are removed in an almost painless and injury-free way.

UPPER LIP	(15 MIN)	12 €
ARMPIT	(30 MIN)	23 €
LOWER LEG	(CA. 60 MIN)	46 € - 56€
BIKINI AREA	(30 MIN)	24 €

SUGARING - MEN

Sugaring is a thousand-year-old method to remove hair with a sugar paste. Body hair are removed in an almost painless and injury-free way.

CHEST	(60 MIN)	41 € - 51 €
STOMACH	(60 MIN)	39 € - 49 €
BACK	(90 MIN)	61 € - 71€



CLASSIC MESSAGES

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 warm oil.

45 MIN.

FOOT REFLEXOLOGY 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.

CLASSIC MASSAGES

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.

50 MIN.

CUPPING MASSAGE 74 €

For the cupping glass bells are put on particular skin areas, such as back or belly, and following a vacuum is created. This helps with the functionality of organs and is recommended for head-, neck- and shoulder aches.

50 MIN.

SCENAR - SELF CONTROL ENERGO
NEURO ADAPTIVE REGULATION 45 €

Scenar works as a pain therapy starting at nerve endings. It increases blood circulation and promotes healing processes.

20 MIN.

BEAUTY TREATMENT

PANDHY'S WELLNESS MANICURE OR PEDICURE 25 €

Wonderful, soft and nurtured hands and feet for him and her. This treatment includes a soft peeling, shaping nails and nailbeds, as well as highly efficient essence. A massage end up this treatment.

30 MIN.

EYELASH EXTENSION – TRIAL SET 60 €

Natural looking, synthetic eye lashes get applicated on the lashes one by one with a special glue.

The results are denser and longer lashes, to highlight the eyes. Trial set about 30 lashes per eye.

90 MIN.

EYELASH EXTENSION – FULL SET 120 €

The full set for natural looking, synthetic eye lashes.

The results are denser and longer lashes, to highlight the eyes. Full set about 70 lashes per eye.

150 MIN.

LASH LIFTING 55 €

Eyelash curler is old news – eyelash perm ist he new thing!
Eyelash wave incl. Dye.

60 MIN.

BEAUTY TREATMENT

ROSE QUARTZ TREATMENT 10 €

With two sharpened rose quartz stones and pure apricot oil a lovely facial treatment is conducted.

15 MIN.

GUA SHA – FACE 10 €

Through „scraping“ the energy flow gets started. This is an old Chinese traditional treatment to tighten the connective tissue and to detox and strengthen.

15 MIN.

GUA SHA – BODY 25 €

Through „scraping“ the energy flow gets started. This is an old Chinese traditional treatment to tighten the connective tissue and to detox and strengthen.

30 MIN.

PANDHY'S SUGAR WAVE 79 €

This intensive treatment ist based on three pillars „dehydration“, „detoxification“ sustainable fat oxidation and “tightening of the tissue”. Due to the vacuum effect.

of this special technique adhesions get released.

For him and her.

60 MIN.

PANDHY'S HAMAM 36 €

Fresh Cells Quick Treatment for the body!

Peeling and skincare upon consultation.

Full Body Treatment for him and her.

30 MIN.

CLASSIC MESSAGES

COMBINATION SCENAR & MASSAGE 95 €

Scenar works as a pain therapy starting at nerve endings. It increases blood circulation and promotes healing processes.

50 MIN.

MESSAGES 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.

SWEET ESCAPE 30 €

Chocolate back massage

25 MIN.

LOMI BACK TREATMENT 29 €

With pleasant smelling coconut oil

20 MIN.



ENERGETIC TREATMENTS

ALOHA IN THE MOUNTAINS - LOMI LOMI NUI BODY WORK 75 €

Known as a holy body treatment for Hawaiians, this treatment supports body, mind and soul heating.

Tensions and blockades get internally released. It is a mixture between ritual, body work and dance, which was originally conducted by Kahunas in temples in Hawaii.

Lomi Lomi Nui Body Work is a unique experience and works like a blessing!

(incl. relaxation phase after treatment)

90 MIN.

POWER OF NATURE - MERIDIAN HERBAL- OR FRUIT-STAMPS 75 €

The energetic Meridian Herbal Stamp treatment has its origin in the East Asian region and is a relaxing treatment.

Due to the special combination of high-quality oils and hot herbs or fruits, Meridians are stimulated all over the body, deep relaxation occurs and as a side effect your skin is nourished.

(incl. relaxation phase after treatment)

60 MIN.

SWEET TEMPTATION – HONEY FULL BODY TREATMENT 56 €

Honey is a gift of nature, that enriches our life enormously.

This treatment is based on principles of Russian folk medicine and Tibetan medicine. It has a particularly detoxifying effect, balances the body's energy flow and stimulates the immune and nervous system.

(incl. relaxation phase after treatment)

60 MIN.

BEAUTY TREATMENT

PANDHY'S FRESH CELLS QUICK 39 €

FACIAL TREATMENT

Cleansing, peeling, energy and rejuvenation at the same time and for completion skincare – for him and her

30 MIN.

PANDHY'S FACIAL, NECK AND 68 € - 78€

CLEAVAGE TREATMENT

BeauTea, cleansing, peeling, sugar massage mask, head massage and for completion skincare – for him and her

60 MIN.

EYEBROW AND/OR EYELASH TINTING 11 € - 21 €

EYEBROW CORRECTION 7 €

EYEBROW CORRECTION WITH SUGAR PASTE 10 €

PURE MOISTURE 10 €

SUGAR STAMP FOR FACE 15 €

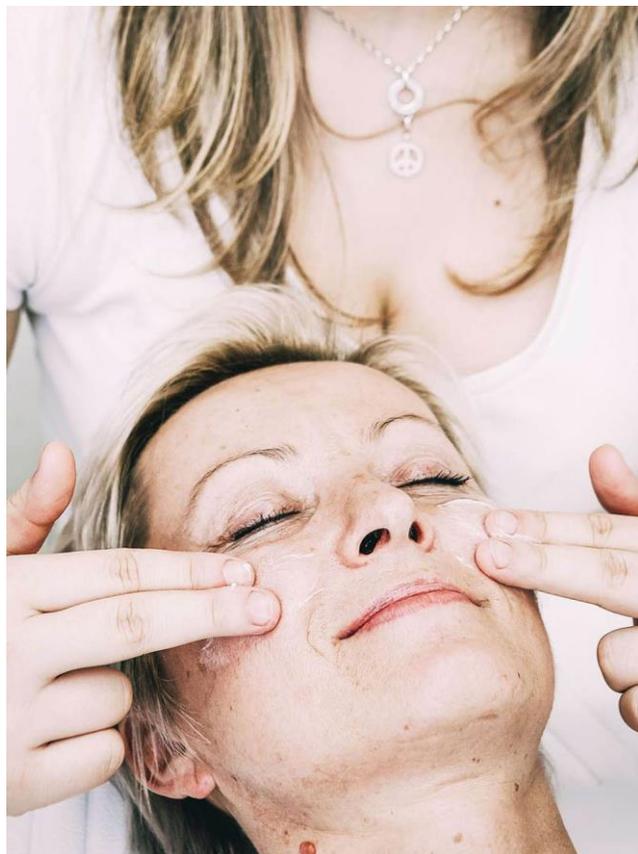
Face gets rolled with small sugar stamps and adhesions get released.

15 MIN.

SYNCHRONIZED BRUSH MASSAGE 10 €

Selected, fine, certified organic oil combinations act relaxing and regenerating. Extensive brushes are used for a melting feeling on your skin.

15 MIN.



WELLBEING

The versatile beauty expert delights with her sunny spirit. Daniela's unique instinct for other human beings gives beneficial and pleasant moments to our guests while they are enjoying the massages and cosmetic treatments.

ENERGETIC TREATMENTS

GENTLE GROUNDING - ENERGY FOOT TREATMENT	43 €
Internal organs and the energy flow in your body get stimulated by treating the reflex zones on the feet. Includes a soothing foot bath prior treatment. 40 MIN.	
FRAGRANT JOURNEY - AROMA TOUCH TECHNIQUE	45 €
Eight different essential oils are applied in a special order on energy zones of back and feet and are softly worked in the body. Those essential oils are highly effective on a spiritual and physical level, are balancing, stress reducing and deeply relaxing. (incl. relaxation phase after treatment) 50 MIN.	
SMOKE SIGNALS – BODY CANDLES	50 €
Body Candles are an old shamanic act to ease mental stress, emotional pressure, avolition and many more. (incl. relaxation phase after treatment) 60 MIN.	
SMOKE SIGNALS – EAR CANDLES	40 €
During an Ear Candle treatment, the head and neck area calms down as well as selfhealing powers are activated through warmth. (incl. relaxation phase after treatment) 50 MIN.	

ENERGETIC TREATMENTS

PURE NATURE - MERIDIAN BODY BRUSHES WITH
NATURAL HAY MILK SOAP

36 €

This is one of our more intense, energetic treatments with natural hair brushes and scented natural soap. It stimulates blood flow and metabolism and the connective tissue gets strengthened and tightened. Revitalizing for body and mind.
30 MIN.

COLORFUL PAIN RELIEF – ENERGETIC-KINESIOLOGIC TAPING

... is more than just applying colorful plasters. To support the natural self-healing-process, a specific taping technique is used. The application can be done by itself or in combination with other energetic methods.

Depending on size of tape

ab 15 €



Still waters
run...
over our feet

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