

All
great things
are wild
and free



**MASSAGE & COSMETICS
IN THE STEGERHOF**

Harmony for body, mind and soul.

The overall feel-good-treatment offer at 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 for you 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 for the costs of your treatment.

OUR WELLNESS-TEAM

The INTUITIVE

Our **masseur Klaus (K)** is the one who attunes to your body's needs. 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.

The SOUL SPIRIT

Our **masseur Sabine (S)** will spoil you with her holistic feeling for your needs. Let yourself be immersed in the world of energetic massages and experience pure relaxation.

Only a resting
conscience will
clear again

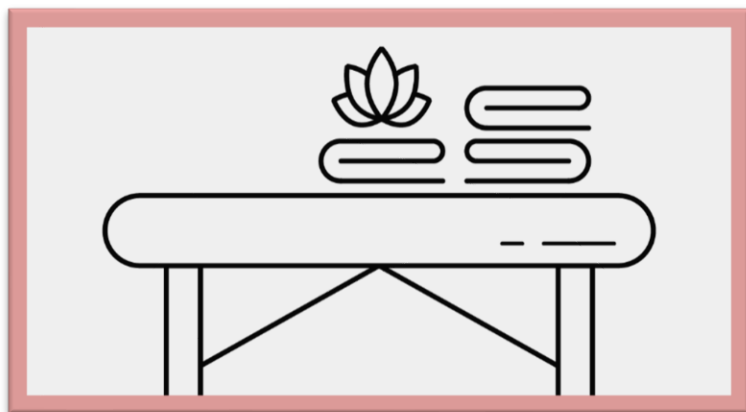
PREGNANCY SPECIAL

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

This massage is offered 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.

50 MIN
25 MIN

PURE RELAXATION FOR FUTURE MUMS!



CLASSIC MESSAGES

FULL BODY MASSAGE **K&S** **75 €**

Just let it go. 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 find comfort and define your needs. 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 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.

50 MIN

LYMPH DRAINAGE **K&S** **75 €**

The characteristics about this treatment include soft pressure, slow work pace and a special massage technique. Improving the lymph flow for your well-being.

50 MIN

CLASSIC MASSAGES

SPECIAL MESSAGE FOR MIGRAIN OR **K&S**
TENSION HEADACHE

75 €

During this massage, big and small muscle groups in shoulder and head area get the most attention. 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 MASSAGES

PURE RELAXATION **K&S**

75 €

This treatment influences the physical, mental, as well as the spiritual level. Blockages are treated with warm oiling.

50 MIN

LEG MASSAGE **K&S**

40 €

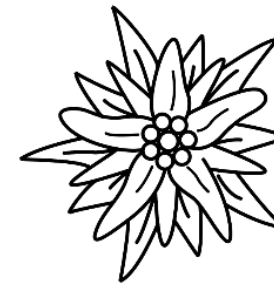
Relaxation for the thighs and calves.

25 MIN

BACK FIT **K&S**
40 €

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

25 MIN



MASSAGES FOR KIDS & TEENS

KIDS 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**

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 do not feel like doing it 😊

ENERGY MESSAGES

SHIATSU **S**

75 €

literally means finger/thumb pressure.

Clothed in comfortable clothing, the body is revitalised 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 empathic dialogue with the body and gentle touch, Cranio allows us to have a new body sensation to be present in silence and rest in the body again. Simple and TO BE ALLOWED TO BE JUST LIKE YOU ARE.

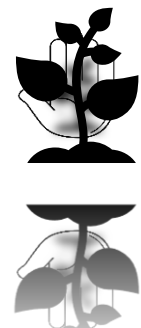
60 MIN

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,
gentle stretching of the spine and abundant
massaging St. John's wort oil nourishes the intervertebral discs
and the tissue.

75 €

25 MIN

50 MIN

MOXEN s

40 €

'Mugwort is used in needed areas.

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

Moxen ensures that the energy can flow freely again - always in combination with
Shiatsu elements.

75 €

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.

110 €

50 MIN

75 MIN

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