



**Daniel Gottner** with his many years of experience as a med. Therapeutic masseur with master craftsman's examination

## Classic massages

### Classic massages

**50 minutes € 80**

The strength and intensity of the grips are tailored to the needs and complaints. Give yourself a break, feel the warming blood circulation in your body, feel when muscles and tendons loosen, just leave the stress of everyday life behind, that is health and wellness as an inseparable unit of the whole.

### Partial body (back massage)

**25 minutes € 50**

### Sports massage

**25 minutes € 50**

**50 minutes € 85**

Sports massage is a special type of massage before and/or after a sporting activity. The massage before the sport is carried out quickly and vigorously and brings the muscles strained during the subsequent sport into a certain initial tension. The risk of injury is reduced. After exercising, the sports massage is performed with soft and slow massage techniques. Increased blood circulation in the muscles by performing the massage after exercise leads, for example, to the faster removal of the body's own toxins.

## Classic massages

### Lymphatic drainage

**25 minutes € 50**

**50 minutes € 80**

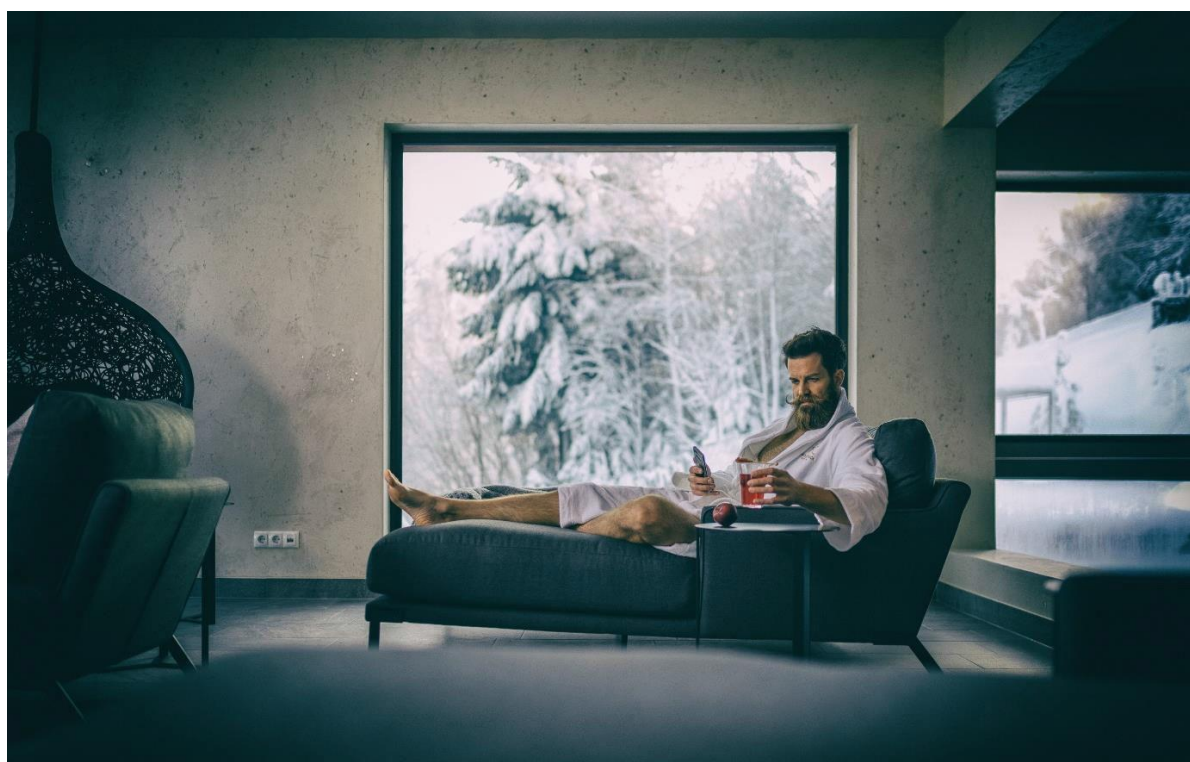
With gentle massage strokes, the lymphatic flow, which is so important for the immune system, and thus also waste products are made to flow along the lymphatic vessels. As a result, high blood pressure can be lowered, pain can be relieved and swelling can be reduced. A relieving and relaxed feeling sets in for you. Circulation in the muscles by performing the massage after exercise leads, for example, to the faster removal of the body's own toxins.

### Foot reflexology

**25 minutes € 50**

**50 minutes € 80**

Foot reflexology is an alternative diagnostic and healing treatment that has a history of about 2,500 years from the most diverse primitive peoples of the world and is just as successful as acupuncture. Whether digestive disorder, rheumatism, stress, emotional complaints or just to get to know each other. Through coordinated pressure, organs and their system balancing are treated in a holistic way.



## Relaxing massages

### **Pampering massages**

**50 minutes € 85**

Die Anti-Stress-Massage ist eine reine Entspannungsmassage von Kopf-Nacken-Kreuzbein-Füße, mit The anti-stress massage is a pure relaxation massage of the head, neck, sacrum and feet, with ethereal essences of the forest of the Zillertal mountains, which relieves the burdens of everyday life and also leaves room for the soul to dream. If you want to do something good for yourself, let yourself be inspired by the power of nature.

### **Forest Aroma Balance Massage**

**50 minutes € 90**

The forest is an experience for all the senses and at the same time a place of rest and relaxation. Scientists are also increasingly focusing on the forest at the moment. Medical examinations confirm what visitors to the forest have been feeling for a long time: a stay in the forest is good for our health. The forest aroma balance massage (full body) is a very special experience for guests seeking peace and quiet. The wonderful essential smells from the forest, the warm oil on the skin and the relaxing slow massage strokes in combination with restorative sounds of nature lead to a particularly healing relaxation of body, mind and soul. Our tip: A walk in the forest beforehand followed by a forest aroma balance massage.



**Isolde Pinter**, the female part in our WaldSPA with her many years of experience as a masseuse

## Therapeutic massages

Daniel Gottner as med. Therapeutic masseur with master craftsman's certificate has the best craftsmanship, especially for therapeutic massages. A therapeutic massage is a procedure for the treatment of a wide variety of health complaints and diseases. Our tip! As a first step, carry out a targeted diagnosis!

### Diagnosis Therapeutic treatment

**25 minutes € 50**

Only through a targeted assessment is it possible for the therapist to create a suitable treatment concept and find a suitable form of treatment for you.

- Anamnese
- Inspection or visual findings
- Palpation (manual examination by palpating body structures)
- Test procedure
- Gait analysis
- Acoustic diagnostic procedure

### Therapeutic massage

**50 minutes € 95**

All the necessary techniques such as electricity therapy, ultrasound, fascia therapy, cupping, spine therapy and much more are integrated into the treatment to accelerate their regeneration. In principle, an all-in-one solution for physical ailments.

### Therapeutic massage with targeted assessment

**75 minutes € 135**

After a targeted assessment of the findings, all necessary techniques such as electricity therapy, ultrasound, fascia therapy, cupping, spinal therapy and much more are integrated into the treatment in order to accelerate its regeneration. In principle, an all-in-one solution for physical ailments.

**Enjoy the time out and massages in our Wald Spa**



*Isolde und Daniel*