



Alpenhotel Tirolerhof GesmbH, Stubaitalstrasse 69, A-6167 Neustift im Stubaital
Tel: +43 (0)5226 3278, Fax: DW 112, E-mail: info@alpenhotel-tirolerhof.com
Internet: www.alpenhotel-tirolerhof.com



Choose from our massage range:

Aroma oil massage:

Pleasant, relaxing massage with aetheric high-quality oils. A massage for body, mind and soul. Very caring of the skin.

Duration approx. 30 min. Rate: € 40,-

Partial body massage:

Ideal for tensions in the neck and back. The entire back is harmonised in a short period of time and provides well-being on the full area.

Duration approx. 25 min. Rate: € 30,-

Full body massage:

Boods the flow of blood through the entire body and thus the removal of toxicants. Furthermore, tensions in the muscles are balanced with the help of massage grips.

Duration approx. 45 min. Rate: € 50,-

Breuss massage:

A very smooth spine massage with high-quality St John's war oil, which can release physical and mental blocks. Healing magnetism additionally serves the comprehensive well-being of the organism.

Duration approx. 45 min. Rate: € 50,-

Reflexology:

Serves to activate the overall organism - the foot is regarded as the mirror of the body. Typically standing places of pain of the sole can indicate dysfunctions of the inner organs and be improved with reflexology.

Duration approx. 45 min. Rate: € 50,-

Anti-stress massage:

Is carried out with the flat hand. Harmonising, balancing and calming - with lavender extracts.

Duration approx. 50 min. Rate: € 50,-



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Combi massage:

This is an ideal combination of a back massage and reflexology. Back tensions are harmonised and then the entire organism activated.

Duration approx. 50 min. Rate: € 50,-

Head/neck special treatment:

Harmonises tensions in the head area. Ideal for tension headaches, migraine or other tensions in the head area.

Duration approx. 25 min. Rate: € 30,-

Basic Singing bowl massage:

For quickly reaching a state of deep relaxation, letting go of problems, releasing tensions, gentle massage for every cell in the body, harmonisation, reinforcing the sense of self-confidence, dissolving blockages and activation of self-healing energies.

Duration approx. 50min. Rate: € 57,-

Wellness treatment on a wholistic level:

- **Small meditation:**

Best suited for beginners, temporary release from the outside world, a switching off and turning within, a wonderful remedy for stress, the best preparation for education and care for your intuition.

- **Back massage:**

For relaxing the musculature, raising the general wellness, releasing blockages and for increasing energy and circulation.

- **Healing magnetism:**

Organises the energetic flow system, blockages in the energetic area will be dissolved, very relaxing for the spirit. Our feelings give direction for our needs and show us the way of our hearts

Duration approx. 60 min. Rate: € 57,-



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Wellness treatment special:

- **Back massage, healing magnetism, breathing massage & happiness cream**
When the spirit is heavily burdened, animates the whole flow of the life energy, leads out of the darkness, gives a feeling of security. The mood will be lighter, for sensitive people - ointment is rubbed into the solar plexus.

Duration approx. 50 min. Rate: € 60,-

Combined back massage with singing bowl:

For quickly reaching a state of deep relaxation, letting go of problems, releasing tensions, gentle massage for every cell in the body, harmonisation, reinforcing the sense of self confidence, dissolving blockages.

Duration approx. 55 min. Rate: € 57,-

Beauty pool:

With aetheric oils, such as hey flowers, rose blossoms, mountain herbs, jasmine, etc.
A couple quiet minutes alone or relaxing in pairs can be found in our beauty pool, which enchants with pleasant oils (rose, jasmine, mountain herbs, hey flowers). The beauty pool is particularly recommended after a massage, as the combination of hot water and oxygen additionally relaxes your muscles.

Duration approx. 20 min. Rate: € 5,-

Sun bed:

You can fulfill your desire for a nice and even tan by using our sun bed.

Duration approx. 11 min. Rate: € 5,-