



4 elements spa

by Althoff

SPA MENU

MASSAGE

4 ELEMENTS MASSAGE

We have developed the 4 elements spa treatments for you, taking into account the theory of the four elements. The human characteristics and their behaviour are assigned to the four elements fire, water, earth and air. For all treatments we use special oils, herbs or fragrances that are tailored to your individual needs.

RELAX EMOTION – FIRE – with a slightly floral, spicy and distinctive fragrance

Effect: cooling, calming, can dissipate excess energy

RELAX EMOTION – WATER – with a Mediterranean, herbaceous scent

Effect: can balance emotions, gives momentum and emotional security

RELAX EMOTION – EARTH – with a velvety soft, seductive scent

Effect: can raise the life energy and improve the mood

RELAX EMOTION – AIR – with a sweet and delicate fragrance

Effect: can help to ground, for a stable mental balance

60 Min. | EUR 115

CLASSICAL BODY MASSAGE

A massage designed to meet your individual needs. Whether strong, activating or gentle and relaxing – we offer a selection of different oils and creams.

25 Min. | EUR 50

50 Min. | EUR 100

75 Min. | EUR 150

RELAXING FACIAL MASSAGE

A massage designed for the face, head and neck. Whether vigorous, activating or gentle and relaxing - we use products from Dr. Hauck.

30 Min. | EUR 55

FOOT REFLEXOLOGY MASSAGE

This unique and soothing foot reflexology massage positively impacts the entire body. This ancient healing art focuses on specific points on your feet, releasing tension, improving circulation, and promoting detoxification and organ functionality.

45 Min. | EUR 80



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HOT STONE MASSAGE

Hot massage stones provide a warming and soothing relaxation for the whole body.

60 Min. | EUR 125

BODY SCRUBS

4 ELEMENTS BODY SCRUB

By combining one of our high-quality 4-Elements herbal oils with the enzymatic cream peel mix, your skin is gently exfoliated and deeply nourished. This moisturizing, skin-refining, and soothing treatment indulges your senses and leaves your skin feeling soft. For optimal results, we recommend combining the scrub with a 4-Elements massage.

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30 min. | EUR 75

SALT-OIL-SCRUB

Through a massage with organic sea salt crystals and high-quality grapeseed oil, we stimulate circulation and cell renewal, remove dead skin cells, and achieve a deep cleansing of the entire body. To achieve optimal results, we recommend combining the scrub with a classic massage.

30 min. | EUR 60