



4 elements spa

by Althoff

## SPA MENU

### MASSAGE

#### 4 ELEMENTS MASSAGE 60 Min. | EUR 115

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

#### 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 and Ebenholz.

30 Min. | EUR 55

#### HOT STONE MASSAGE

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

60 Min. | EUR 125

### PEELINGS

Salt-Oil-Peeling

30 min. | EUR 60

4 elements body peeling

30 min. | EUR 75