

MUDPACK

2 packs – € 28,- / each additional pack – € 3,-

Works wonderfully with muscular tension and rheumatic complaints. Loosens cramp and relieves inflammation

HAY FLOWER PACKS

3 packs – € 28,- / each additional pack – € 3,-

Our hay flower sacks are filled exclusively with high quality, unfertilized hay and different herbs. A marvellous experience with a wonderful fragrance and relaxing warmth.

OIL BATH

all € 23,-

LAVENDER PACK

Lavender oil, almond oil and sesame oil, made from pure, natural substances

This is a feast for the body, mind and soul and gives relaxing impulses. After hectic days it has a balancing and harmonizing effect.

SPORTS PACK WITH ARNICA AND ST. JOHN'S PLANT OIL

A cooling effect given by the arnica and a soothing effect from the St. John's plant oil, regenerates and revitalizes after physical activity.

BIRCH OIL- CELLULITE PACK

Orange oil, jojoba oil, wheat germ oil, birch leaves, rosemary leaves.

This pack has a purifying, detoxifying and diuretic effect and strengthens the tissue.

It stimulates fat burning and boosts blood circulation, the skin regains firmness.

POMEGRANATE REGENERATING PACK

Pomegranate seed oil, jojoba oil, sesame oil, olive oil, macadamia nut oil

A fountain of youth and intensive nourishment for the skin, retains moisture, stimulates cell renewal and is an antioxidant.

FACHINSTITUT
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www.therapie-gastuna.at

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ENGLISCH



HEALING MASSAGE & KINESIATRICS

Applications in the house!

- ◆ For information and reservations at the can be carried out.

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2019

DRY MASSAGE

Partial massage – 20 minutes – € 32,-

Full body massage – 30 minutes – € 36,-

Full body massage – 50 minutes – € 62,-

Loosening of the muscles and tension release is the aim of this oldest and best proven form of massage treatment.

REFLEXOLOGY

30 minutes – € 36,-

50 minutes (combined foot and leg massage) – € 62,-

Activation of the whole organism. The foot is seen as a mirror of the whole body. Functional disorders of the internal organs can be improved by foot reflexology.

LYMPHATIC DRAINAGE

30 minutes – € 41,-

With gentle massage the lymphatic flow and toxins in the lymphatic system can be brought in to movement. This helps with vein problems and water retention after injuries or post operative treatment.

DORN-BREUSS THERAPY

€ 48,-

Gentle mobilization of the joints and spine. Excellent therapy for acute spinal problems (ilio sacral joint) and crooked pelvis.

ENERGY TREATMENT- RELEASE AND RELAX

25 minutes – € 36,- / 50 minutes – € 62,-

This massage, using 100% organic essential oils, has a calming, relaxing effect especially on the head, neck and shoulders.

ALPINE MASSAGE

30 minutes – € 38,-

This is a vigorous massage after energetic sports activity, using herbal oils from the Gastein mountains (arnica, marmot oil, St. John's plant oil, peppermint oil)

WELLNESS TREATMENT

50 minutes – € 63,-

This treatment spoils you with warm candle oil (bamboo-lime) foot reflexology, back and neck massage. You'll have a feeling of freedom and total relaxation.

SHIATSU

50 minutes – € 62,-

Shiatsu is a form of massage which harmonizes and revitalizes mind and soul in a gentle way. The balance of the body is restored, all body functions are balanced and inner serenity adjusts itself.

CONNECTIVE TISSUE MASSAGE

20 minutes – € 31,-

This treatment has a similarity to reflexology. Using the relevant areas which lie on the skin's surface, blockages and adhesions below the tissue will be freed. This treatment is used for abdominal pain, digestive problems and osteoporosis.

THERAPEUTIC GYMNASTICS

30 minutes – € 41,-

One of the most important treatments with specially designed exercises for general muscle weakness, back and joint problems. The body is built as a piece of exercise apparatus and should be treated as such.

SOFT LASER THERAPY

€ 17,- – € 27,-

The laser light stimulates cellular respiration with positive results. Used for healing wounds, acute-inflammatory pain, sports injuries. Price depending on length of treatment

SOFT PACK TREATMENT *(waterbed)*

Experience a virtually weightless condition on our soft pack couch. Enjoy the warmth and perfect body sensation.