

# Massage offer Harmony & Balance



## Book massages

Our masseur Dirk comes to our house upon request.

You are welcome to contact Dirk directly by email [info@salzgrotte-garmisch.de](mailto:info@salzgrotte-garmisch.de) or by WhatsApp or SMS at 0176/56963448. Please let him know that you would like to have the massage at the Leiners Family Hotel.

### 1. WELLNESS FULL BODY MASSAGE

ca. 55 Min.

from € 69,-

**Relaxing massage for the legs, arms and back**

Mo-Fr 10 a.m. – 12.30 p.m. – Happy Hour

€ 69,-

Outside these days and Saturday

€ 79,-

Sunday and Holidays

€ 84,-

### 2. CLASSIC FULL BODY MASSAGE WITH INTENSIVE BACK MASSAGE

ca. 75 Min.

from € 99,-

**Preventive massage for arms, legs and back. During the back massage, trigger, Breuss, thorn, cupping and special acupuncture massage techniques are used. Legs, arms, back and neck are massaged.**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour

€ 99,-

Outside these days and Saturday

€ 104,-

Sunday and Holidays

€ 109,-

### 3. CLASSIC FULL BODY MASSAGE + HEAD-, NECK

ca. 70 Min.

from € 89,-

**Legs, arms, back, neck and head are massaged.**

Ideal for relaxation and neck tension.

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour

€ 89,-

Outside these days and Saturday

€ 94,-

Sunday and Holidays

€ 99,-

### 4. CLASSIC FULL BODY MASSAGE + FOOT REFLEX MASSAGE & BASIC HERBAL FOOT BATH

ca.85 Min.

from € 99,-

**Legs, arms, back and feet are massaged**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour

€ 99,-

Outside these days and Saturday

€ 104,-

Sunday and Holidays

€ 109,-

## 5. CLASSIC FULL BODY MASSAGE + HEAD & NECK MASSAGE + FOOT REFLEXOLOGY MASSAGE & FOOT BATH

ca. 100 Min. from € 129,-

**Legs, arms, back, neck, head, and feet are massaged. This is followed by a herbal alkaline foot bath with aromas from the mountain forests.**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour	€ 129,-
Outside these days and Saturday	€ 139,-
Sunday and Holidays	€ 144,-

## 6. ANTI-STRESS – RELAX MASSAGE

ca. 115 Min. from € 149,-

**Alkaline herbal foot bath with parallel infrared eye massage glasses – Relaxing head massage – Foot reflexology massage – Back massage – Hand massage – Singing bowl meditation massage**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour	€ 149,-
Outside these days and Saturday	€ 154,-
Sunday and Holidays	€ 159,-

## 7. ANTI-STRESS – RELAXATION MASSAGE PLUS

ca. 140 Min. ab € 169,-

**Alkaline herbal foot bath with parallel infrared eye massage glasses – Relaxing head massage – Foot reflexology massage – Full body massage – Singing bowl meditation massage**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour	€ 169,-
Outside these days and Saturday	€ 174,-
Sunday and Holidays	€ 179,-

## 8. CLASSIC FULL BODY MASSAGE + SINGING BOWL MASSAGE

ca. 75 Min. ab € 94,-

**Finally, let the singing bowls massage you internally. The sound waves activate your cells and bring your body back into balance. Find your inner center.**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour	€ 94,-
Outside these days and Saturday	€ 99,-
Sunday and Holidays	€ 109,-

## 9. APRÈS SPORT MASSAGE - AFTER MOUNTAIN TRACKING – AFTER BIKING

ca. 75 Min. from € 99,-

**Have you spent a strenuous day in the mountains and your muscles are overtired? Do you want to get fit again quickly or prevent sore muscles? With a special sports stretch massage we can massage out your lactate and your chances of getting fit again quickly are very high. The massage is supported by massage creams with magnesium and oil.**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour	€ 99,-
Outside these days and Saturday	€ 104,-
Sunday and Holidays	€ 109,-

## 10. ALPIN-AROMA-OIL-MASSAGE

ca. 60 Min.

from € 79,-

Not only are aromas relaxing and pleasant, they can also have effects on your well-being. The mountains are calling: We offer you aromas from the Alpine world that smell particularly good and take you into a dream world of mountains, meadows and forests.

**Choose the following options:**

„Alpin Peace for inner peace“

The scent of pine oil can strengthen the cardiovascular system and ensures more concentration and ensures a relaxing sleep.

„With the Power of Alps“

Local herbal oils scented like lush meadows and alpine peaks provide refreshment, stimulation and invigoration.

„Immunstimulance“

The scent of the coniferous woods stimulates, refreshes and can strengthen your immunesystem. All massages are carried out with the appropriate oils and goat butter cream, a balm for the skin with many minerals and vitamins.

Mo-Fr 10 a.m. – 12.30 a.m. Uhr – Happy Hour

€ 79,-

Outside these days and Saturday

€ 89,-

Sunday and Holidays

€ 99,-



## 11. FOOT-REFLEX MASSAGE + FIT LEGS MASSAGE

ca. 60 Min.

from € 79,-

**Starting with a foot bath, both your legs and feet are massaged. A vital leg massage combined with a foot reflex. Since the nerve endings of all parts of the body are located on the sole of the foot, the massage has a stimulating effect on them.**

Mo-Fr 10 a.m. – 6 p.m. Uhr – Happy Hour

€ 79,-

Outside these days and Saturday

€ 84,-

Sunday and Holidays

€ 94,-

## 12. BACK MASSAGE

ca. 30 Min.

for one person

€ 49,-

from 2 people

€ 39,- / person

**Intensive Back Massage with kneading spreading**

For one person Happy Hour only Mo -Fr 9 a.m. - 12.30 a.m.

Otherwise from 2 people Mo-Fr 8 a.m. - 6 p.m.

Outside these times + € 10,- p.P.

Sunday and public holidays not possible. Both people must be adults. In combination with another massage, the price is also valid for 2 people. Massages must be consecutive.



### 13. INTENSIVE FASZIEN-BACK MASSAGE

ca. 45 Min.

from € 69,-

**Back massage with kneading, stroking, triggering, cupping to loosen the fascia and relieve muscle tension. Dorn, Breuss and acupuncture techniques are also used.**

Mo-Fr 10 a.m. – 12.30 a.m. – Happy Hour

€ 69,-

Outside these days and Saturday

€ 74,-

Sunday and Holidays

€ 89,-

### 14. INTENSIVE NECK- & BACK CUPPING MASSAGE

ca. 55 Min.

from € 79,-

Tension in your neck and back? A neck and back massage is offered. Back massages with kneading, stroking, trigger points, and cupping to loosen the fascia and relieve muscle tension. Dorn, Breuss, and acupuncture techniques are also used. Special massage techniques also provide neck relaxation.

Mo-Fr 10 a.m. – 12.30 a.m. – Happy Hour

€ 79,-

Outside these days and Saturday

€ 84,-

Sunday and Holidays

€ 89,-

### 15. ANTI-STRESS HEAD- SHOULDER-NECK-MASSAGE

ca. 45 Min.

from € 59,-

**Head, shoulder and neck are massaged. A wonderfully relaxing and tension-relieving massage.**

Mo-Fr 10 a.m. – 12.30 a.m. – Happy Hour

€ 59,-

Outside these days and Saturday

€ 69,-

Sunday and Holidays

€ 84,-

### 16. BACK & BACK SINGING BOWL MESSAGE

ca. 60 Min.

from € 69,-

**A relaxing and tension-relieving back massage combined with a back singing bowl massage to release blockages and inner relaxation.**

Mo-Fr 10 a.m. – 12.30 a.m. – Happy Hour

€ 69,-

Outside these days and Saturday

€ 79,-

Sunday and Holidays

€ 89,-

### 17. CHILDREN'S MASSAGE

ca. 20 Min.

€ 29,-

Your child is curious and would like to be massaged too? We offer a small back massage with a heat cushion and singing bowl for little ones up to 12 years old.

The massage is only possible after an adult massage of at least 50 minutes.

### 18. COUPLE FULL BODY MASSAGE WITH 2 MASSEURS

ca. 70 Min.

from € 94,-

**Would you like to enjoy time together as a couple and be massaged together at the same time?**

**We offer you a full-body massage with two masseurs in one room for approx. 60 minutes and then you can finish with a singing bowl meditation massage for approx. 10 minutes.**

Mo-Fr 10 a.m. – 6 p.m. – Happy Hour

€ 94,- p.P.

Outside these days and Saturday

€ 99,- p.P.

Sunday and Holidays

€ 104,- p.P.



# *Find your inner circle*

## 19. SINGING BOWL MASSAGE

**ca. 60 Min.**

**from € 79,-**

Let a singing bowl massage retune you! One of the most ancient therapies from the Far East, practiced for 6,000 years. The sounds of the bowls not only relax and harmonize, they also penetrate deep into the muscles, balance the chakras, and release blockages. The vibrations relieve tension and promote body detoxification.

Scientific studies have shown that the sounds produce alpha waves, which give us a feeling of intense relaxation.

Mo-Fr 10 a.m. – 12.30 a.m. – Happy Hour  
Outside these days and Saturday  
Sunday and Holidays

€ 79,-  
€ 84,-  
€ 89,-

## 20. RELAXATION HAND, BACK, AND HEAD MASSAGE, MEDITATION WITH DEEP RELAXATION, AUTOGENIC TRAINING

**ca. 80 Min.**

**ab € 99,-**

Are you currently experiencing a lot of stress that you can't avoid and desperately need to relax? Then you should use this application. Three methods to help you relax and return to your daily routine with full energy or enjoy a relaxing vacation. Use the muscle relaxation of deep relaxation, the mental relaxation of autogenic training, and the cell-regulating relaxation of singing bowls. Available only in German.

Mo-Fr 10 a.m. – 12.30 a.m. – Happy Hour  
Outside these days and Saturday  
Sunday and Holidays

€ 99,-  
€ 119,-  
€ 124,-

## 21. HYPNOSIS RELAXATION

**ca. 60 Min.**

**ab € 89,-**

When was the last time you felt calm within yourself? Do you find it difficult to relax, even when you have the opportunity? Stress can have many causes. But if it's not the identifiable ones, like children, work or relationships, and you have no identifiable stress but still don't feel relaxed, then the reason may lie in the subconscious. This is where situations or experiences from childhood or later life are often stored, shaping the subconscious and leading to fears or compulsions that make relaxation impossible. In a hypnosis session, these can be identified and corrected by the therapist. The best thing about relaxation hypnosis is that it is not just carried out for a short period of time, but can also have a long-term effect. Only in German.

Mo-Fr 10 a.m. – 6 p.m. – Happy Hour  
Outside these days and Saturday  
Sunday and Holidays

€ 99,-  
€ 109,-  
€ 119,-



## Beauty Packages

### Body & Face Massages & Beauty Facial Treatments

#### 22. ANTI- AGING FULL BODY MASSAGE & BEAUTY FACE TREATMENT

90 Min.

from € 149,-

**Bodypeeling – Facial Cleansing – Face Peeling- Face-Care-Body Wrap combined with a full Body Massage – Q10/Hyaluron Face Mask – Day Creme**

Feel young and beautiful again. Would you like to combine relaxation and skin care? With this variant you receive a relaxing or, optionally, tension-relieving massage for legs, arms, hands, back, head and neck. You can either use a body care cream with Q10 or hyaluronic acid combined with a very nice smelling goat butter cream. Q10 ensures healthy skin and protects against free radicals. Hyaluron fills the skin with missing moisture. The goat butter makes your skin supple. The combination ensures more freshness, radiance and well-being. It supports cell renewal. During the facial treatment, you are cleansed, exfoliated and given a special Q10 or hyaluronic mask. Finally, the right day cream. Products from Dr. are used. Spiller, Kurland and Schupp.

Mo-Fr 10 a.m. – 6 p.m. – Happy Hour	€ 149,-
Outside these days and Saturday	€ 154,-
Sunday and Holidays	€ 164,-

#### 22. ANTI-CELLULITE MASSAGE HONEY, BRUSHING AND CUPPING MASSAGE

ca. 55 Min.

ab € 79,-

This massage stimulates blood flow to connective tissue, strengthens it, and draws out toxins. This massage can help prevent or even improve cellulite.

Mo-Fr 10 a.m. – 12.30 a.m. – Happy Hour	€ 79,-
Outside these days and Saturday	€ 89,-
Sunday and Holidays	€ 99,-

Weitere Kosmetikbehandlungen mit nachhaltiger Wirkung und modernsten Anwendungsmöglichkeiten sind im Kosmetikstudio Beautyland Body & Face am Rathausplatz im Salzgrotten Spa möglich.



### **CANCELLATION FEES FOR ALL APPLICATIONS**

Please understand that we have to charge cancellation fees. When you book, we reserve the appointment for you and often even schedule follow-up appointments around your appointment. If you cancel, we cannot use this time for any other purpose. If we are able to rebook the appointment, the cancellation fee will be converted into a processing fee of €5. If an agreed appointment cannot be made and cannot be rebooked, we will charge a cancellation fee of 20% of the treatment price for cancellations less than 7 days in advance, 50% for cancellations less than 3 days in advance, and 70% for cancellations less than 48 hours in advance.

If you do not show up without a cancellation, we unfortunately have to charge the full price.

