

Massage Obertauern

WWW.MASSAGE-OBERTAUERN.AT

Christian Mayrhofer & Team

Appointments at your hotel reception

Tel.: +43 676 6246 954

christian@massage-obertauern.at

FULL BODY MASSAGE

A soothing full body massage that releases muscle tension, loosens tight muscles and leaves you feeling relaxed and refreshed.

approx. 50 min ***€ 97,00***
approx. 75 min. ***€ 143,00***

RELAXATION MASSAGE

A gentle, slow-paced full body massage that calms the mind, relaxes the muscles and promotes a deep sense of well-being.

approx. 50 min. ***€ 97,00***
approx. 75 min. ***€ 143,00***

BACK MASSAGE

A targeted massage that relieves tension in the back, shoulders and neck, helping to relax tight muscles and improve overall comfort.

approx. 25 min. ***€ 57,00***

COMBINATION MASSAGE 1

A soothing combination of a 25-minute back massage and 20 minutes of foot reflexology for complete relaxation

approx. 45 min. ***€ 97,00***

COMBINATION MASSAGE 2

A relaxing treatment combining 20 minutes of foot reflexology with a 55-minute full body massage for a wonderful sense of well-beinge.

approx. 75 min. ***€ 149,00***

BEINMASSAGE (SKIFIT-MASSAGE)

A revitalising massage designed to relax tired leg muscles and relieve tension. The longer treatment focuses particularly on the knees.

approx. 25 min. ***€ 57,00***
oder approx. 45 min. ***€ 88,00***

FOOT REFLEXOLOGY MASSAGE

A soothing treatment that stimulates reflex points on the feet to encourage relaxation, restore balance and promote overall well-being.

approx. 25 min. ***€ 62,00***

HEAD, NECK & SHOULDER MASSAGE

A relaxing massage focusing on the head, neck and shoulders to release muscle tension, soothe the scalp and help relieve tension headaches.

approx. 25 min. ***€ 57,00***

HOT STONE MASSAGE

A gentle massage using warm basalt stones. The soothing heat helps release deep muscle tension and promotes complete relaxation of body and mind.

approx. 50 min. ***€ 109,00***
oder approx. 75 min. ***€ 159,00***

CONNECTIVE TISSUE MASSAGE

A stimulating massage performed without oil, designed to release restrictions in the fascia, skin and muscles while improving tissue mobility.

approx. 20 min. ***€ 57,00***

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ALPINE HERBAL STAMP MASSAGE

An invigorating and nourishing massage using warm herbal pouches filled with herbs from the surrounding Alpine mountains. Dipped in fragrant oil, they are gently moved across the body to promote relaxation and revitalise the skin.

Rücken approx. 25 min. ***€ 62,00***
Ganzkörper approx. 50 min. ***€ 118,00***

CUPPING THERAPY

A traditional treatment using suction cups that are gently moved across the skin or applied to specific areas. It helps release tension in the muscles and fascia while stimulating local circulation.

approx. 20 min. ***€ 57,00***

BACK MASSAGE WITH CUPPING

A soothing back massage followed by cupping therapy to release deep-seated tension, improve tissue mobility and stimulate local circulation.

approx. 45 min. ***€ 97,00***

HONEY BACK TREATMENT

A nourishing back treatment beginning with a connective tissue massage, followed by a beeswax and propolis body wrap and finishing with a relaxing back massage.

approx. 50 min. ***€ 97,00***

FACIAL MASSAGE

A gentle and relaxing facial massage designed to release muscle tension, soothe facial muscles and promote a refreshed appearance.

approx. 20 min. ***€ 54,00***

CONNECTIVE TISSUE MASSAGE WITH CUPPING

A combination of connective tissue massage and cupping techniques to release fascial restrictions, improve tissue mobility and relieve muscle tension.

approx. 45 min. ***€ 97,00***

BACK MASSAGE WITH CONNECTIVE TISSUE MASSAGE

This treatment begins with a connective tissue massage, followed by a soothing back massage to release tension, loosen tight muscles and improve flexibility.

approx. 45 min. ***€ 97,00***

KIDS' MASSAGE WITH CHOCOLATE OIL

A gentle and soothing massage for the back and legs, using deliciously scented chocolate oil or regular massage oil. A little sweet surprise awaits our young guests afterwards.

approx. 20 min. ***€ 54,00***

FACIAL LYMPHATIC DRAINAGE

A gentle, rhythmic massage designed to stimulate lymphatic flow, reduce puffiness and promote relaxation and a refreshed appearance.

approx. 20 min. ***€ 57,00***

BODY LYMPHATIC DRAINAGE

A gentle, rhythmic massage that supports lymphatic flow, helps reduce fluid retention and promotes relaxation. Particularly soothing for tired, heavy or swollen areas of the body.

approx. 25 min. ***€ 62,00***
oder approx. 50 min. ***€ 112,00***

For those who prefer a firmer touch, our massages can also be performed as a more intensive sports massage for an additional charge.

25 min. ***+ € 5,00***
45 min 50 min. ***+ € 8,00***
75 min. ***+ € 14,00***

For an additional charge, we are happy to extend your treatment time. All prices are final prices including VAT and valid until October 2027. Errors, mistakes and changes reserved! Appointments missed or cancelled in good time (at least 12 hours in advance) will be charged in full. We ask for your understanding.