

# LOTSCH 'S SPA OFFER

## FULL BODY MASSAGES

### CLASSIC RELAXING MASSAGE

50 MIN - 82 € | 80 MIN - 105 €

Feel your body unwind. Let go of all worries, enjoy the moment, and let yourself fall into complete relaxation.

### SPORT MASSAGE

50 MIN - 86 € | 80 MIN - 109 €

^ firmer full-body massage: Ideal after an active day. It relieves muscle tension and stimulates blood circulation.

### LYMPH-STIMULATING MASSAGE

50 MIN - 86 €

Refreshing and uplifting! This gentle massage improves circulation, relieves the connective tissue, supports lymph flow with soft-pumping movements, and strengthens the immune system.

### ENERGETIC CHAKRA MASSAGE

50 MIN - 86 €

^ path to harmony and inner balance. Gently scented chakra oils, targeted massage techniques focused on your 7 energy centers, and the use of gemstones and sound bowls provide deep relaxation.

### HERBAL STAMP MASSAGE

50 MIN - 93 €

Activates and strengthens muscles and the musculoskeletal system. Pure herbal stamps are applied with pressure and tapping techniques, creating a peeling effect on the skin. It improves blood circulation and stimulates metabolism.

### HOT STONE MASSAGE

75 MIN - 109 €

This deeply relaxing treatment begins with warm basalt stones stimulating the 7 energy centres of your body. The subsequent gentle aroma oil massage stimulates lymph flow, relieves and calms the nervous system.

### SOUND BOWL MASSAGE

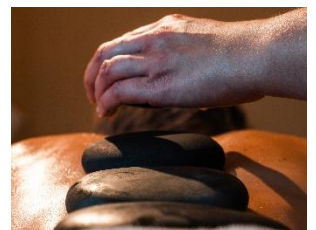
50 MIN - 89 €

Originating from Asia, these bowls are made of various metals and produce deeply relaxing tones when struck. They promote calmness and inner peace, enhance clarity, boost vitality, stimulate circulation, and activate self-healing powers.

### AYURVEDA MASSAGE

80 MIN - 108 €

Regeneration for body, mind, and soul! ^ soothing oil massage with gentle strokes. It detoxifies, promotes relaxation, inner peace, and sleep, and strengthens the immune system.



## RELAX PACKAGE

### PEELING, FULL BODY MASSAGE & WRAP

100 MIN - 158 €

- Your skin is cleansed and nourished by the fine particles of the selected peeling (**hay** or **coffee**).
- During the full-body massage, you can let go of all worries and completely relax.
- Afterwards, you can choose between three wraps: **Fango** (stimulates blood circulation & metabolism), **Algae** (detoxifying & draining), or **Hydro** (nourishing for dry and flaky skin).



## PARTIAL BODY MASSAGES

### CLASSIC BACK MASSAGE

25 MIN - 51 €

Relieves tension in the back area; specifically targeting problem zones.

### DYNAMIC BACK MASSAGE

50 MIN - 83 €

A revitalizing back treatment tailored to your needs in technique and intensity. The unique combination of cupping glasses and sound bowls helps release tension and improves spinal dynamics.

### FOOT AND LEG MASSAGE

25 MIN - 51 €

A revitalization program for tired legs, offering relief and relaxation. This dynamic energy boost refreshes and energizes feet and legs, providing active support.

### FOOT ZONE MASSAGE

25 MIN - 51 €

A blend of pressure point massage and fine energy work. Stimulating foot zones affects organs and the entire body, enhancing energy flow, strengthening the immune system, and balancing your body's overall sensation.

### HEAD, NECK, AND SHOULDER MASSAGE

50 MIN - 83 €

Special techniques for head, neck, and shoulders, using basalt rods to release tension and clear the mind. Promotes microcirculation, strengthens vessels, sensory organs, and nerves. Deep touch and gentle scents enable stress reduction.

### ABDOMINAL FIRMING PROGRAM

50 MIN - 83 €

An efficient body treatment focusing on firming and decongesting the abdominal area. Gentle stimulation improves skin tone, firms the core, and gently reduces waist circumference.

## PEELINGS

20 MIN - 49 €

#### Hay Peeling

Cleanses the skin deeply, promotes regeneration, and leaves it rosy and soft. Stimulates blood circulation and cell renewal.

#### Coffee Peeling

Has a delightful fragrance with a detoxifying and purifying effect. The caffeine content is said to help with varicose veins and rosacea.

## WRAPS

20 MIN - 49 €

#### Fango Wrap

Improves blood circulation, supports metabolism, and relieves connective tissue.

#### Algae Wrap

Detoxifying, firming, promotes blood circulation, moisturizing, and soothing.

#### Hydro Wrap

Skin-nourishing, moisturizing, ideal for dry and flaky skin.

*Finding peace and relaxation is essential for  
living a joyful and healthy life.*

*Please arrive 5 to 10 minutes before your appointment in your bathrobe (2nd floor). If an appointment is cancelled less than 12 hours in advance, it will be charged.*

