

Massage 🍵

- Swedish Massage approx. 20min **17 Euro**
- Swedish Massage approx. 30min **25 Euro**
- Aromatherapy Massage approx. 30min **27 Euro**
- Massage with St. John’s Wort Oil & Hot Air **32 Euro**
- Aromatherapy Full Body Massage approx. 50min **45 Euro**
- Manual Lymphatic Drainage 30 min **25 Euro**
- Series
- 4 x Swedish Massage 30 min or 6x 20 min **90 Euro**
- 4 x Aromatherapy Massage **99 Euro**
- 4 x Massage (30 min) w. St. John’s Wort Oil & Hot Air **118 Euro**
- 4 x Manual Lymphatic Drainage **90 Euro**

Exceptional Massages 🍵

- Hot Stone Massage** **69 Euro**
A muscle relaxing massage with warm stones.
- Ayurveda** **30 Euro**
Head & neck massage
Neck, shoulder & back massage
Full body massage and soak in Softpack **55 Euro**
75 Euro
- Relax-Reflex-Vitalmassage (by Milka Hauer)** **55 Euro**
Our very own head-to-toe massage concept with our signature aromatherapy oil blend. This relaxing but vitalising treat begins with a stimulating and ends with a relaxing massage.
- Herbal Stamp Massage** **65 Euro**
Warm herbal stamps with selected herbs regenerate the body and relax tense muscles.

Soaks 🍵 (can be combined with massages) each 25 Euro

- Purification Soaks (Detox and reduce Fluid Retention)**
- Natural brine soak (salt water soak)
- Algae marine soak
- Thermalbath (Relaxation, Rheumatism Treatment)**
- Hayflowers herbal bath
- Moor mud soak
- Warm sand bath/ Psammotherapy **(20 Euro)**
- Wellness Soaks (Pampering and Beauty)**
- Rose petal cream soak**
- Goat milk, aloe vera, jojoba oil, rose oil & rose petals.
- Cleopatra soak**
- Goat milk, base oils and oriental essential oils.
- Goat butter cream soak**
- Skin nurturing soak from premium oil blend and goat butter cream. Especially fit for sensitive skin.
- Aroma and Herbal Soak**
- A feel-well soak made from selected herbs and essential oils.

Medical Wellness 🍵

- „Dorn Method“** **59 Euro**
A gentle non-manipulative therapy to correct misalignments in the spine and other joints of the body.
- “Dorn”-Follow Up Treatment** **30 Euro**
To brush up previous treatments.
- Manual Therapy** **30 Euro**
More than adjusting. This treatment mobilizes muscles and joints and improves their interaction.
- Acupunct Massage by Penzel** **59 Euro**
European regulatory therapy based on the chinese medicine to promote the body’s natural flow of energy. Additional to meridian therapy, used for special scar care and energetic spinal column treatments.
- Shiatsu** **59 Euro**
(jap. 指圧, engl. „finger pressure“) is a manual therapy from traditional Japan involving finger and palm pressure, stretches and other massage techniques.
Series 4x Shiatsu **220 Euro**
- Foot Reflexology Therapy by H. Marquardt** **28 Euro**
A good choice: Treating the whole body through the feet.
- Medical Training Therapy** **30 Euro**
MTT trains strength, endurance and mobility to improve the interaction of the nervous system, muscles and cardiovascular system and to rebuild physical efficiency.
Series 4x MTT incl. training program **115 Euro**
- 10x Punch Card: Open Training on Equipment** **50 Euro**
for patients and course participants 40€



Wellness Packages 🍵

- Finally Relaxed** **45 Euro**
Wellness massage and sand bath.
- Alp Flowers** **52 Euro**
A massage followed by a hayflower soak.
- Cleopatra** **59 Euro**
Oriental body oil peeling, oil massage & cleopatra soak
- Romantic Moments** **50 Euro**
Massage and rose petal cream soak in Softpack (heat bed)
- Relax-Vital-Program** **75 Euro**
Relax-Reflex-Vitalmassage & lavender soak in Softpack (heat bed)
- Cuddle Hour (for two)** **47 Euro p. Person**
Massage with rose petal soak together in the bath tub, candle light and a glass of sparkling wine.
- All About Me Day** **105 Euro**
Aromatherapy massage, aromatherapy soak, Gertraud-Gruber-cosmetic treatment, hand wrap
- Cleopatra Plus** **110 Euro**
Oriental body peeling, oil massage & cleopatra soak, Gertraud-Gruber-cosmetic treatment, petal mask from roses, lavender & clay

Please note:

Arriving late will simply limit the time for your treatment. Your treatment will end at the scheduled time, so that the next guest will not be delayed. The value of your full treatment will be applied. Please notify us 24 hours before your scheduled appointment, to avoid being charged the full service fee.

Gertraud-Gruber-Cosmetics 🍵

- G.G. Cosmetic Treatment “Exquisit” 90min** **65 Euro**
Skin examination, exfoliation, deep cleansing, face-, neck-, decollete treatment, eyebrow trimming, face & head massage, light make up, nurturing ampul, herbal mask
- Gertraud-Gruber Basic Facial** **48 Euro**
Meets all of your skin’s nurturing and your wellbeing needs.
- Gentleman Treatment** **48 Euro**
Skin examination, exfoliation, deep cleansing, eyebrow trimming, facial massage, skin nurturing ampul, herbal mask
- Teenie Facial** **35 Euro**
Skin examination, facial treatment, skin care consultation & make up tips
- G.G. Symphonie Premium** **75 Euro**
A luxurious and innovative cosmetic program providing smoothing and firming of your skin. It includes massages with phyto hormones, fleece mask and decollete care with argan oil.
- Acne Treatment** **38 Euro**
Skin examination, exfoliation, intensive deep cleansing, active ingredient mask

Natural Aesthetic Treatment with Restylane Fillers
by licensed Holistic Practitioner Milka Hauer

Revitalising hyaluronic acid filler providing instant results from gentle lifting to smoothing away lines and enhancing facial features. Documented in over 12 years of clinical data.



Before



After

Restylane®
Natural beauty from within

Complementary Cosmetics

- Eyebrow trimming or coloring **7 Euro**
- Eyelashes coloring (40€ discount when booking cosmetic treatment) **11 Euro**
- Paraffinwax bath **10 Euro**
- French manicure **28 Euro**
- Manicure with nail polish **22 Euro**
- Hair removal upper lip/chin **7 Euro**
- Hair removal legs until knee **20 Euro**
- Hair removal entire legs **35 Euro**
- Hair removal back/chest **ab 20 Euro**
- Hair removal armpit/bikini wax **15 Euro**



SELECTED TEA SINCE 1823

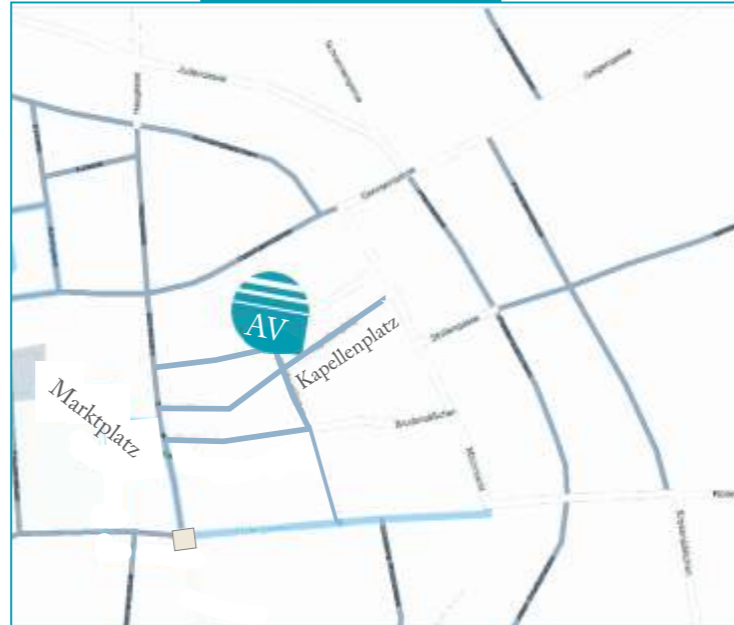
Teehaus Ronnefeldt stands for premium quality since 1823. From the beginning tea varieties have been tested, selected and bought directly from the most renowned growing areas in the world. Over time Teehaus Ronnefeldt acquired an extensive knowledge about blending high-grade leaf teas. To this day, Teehaus Ronnefeldt is offering an exquisite selection of tea for you to enjoy. We look forward to assisting you in finding your tea of choice.



aktiv:vital
Gesundheits- und Wellnesszentrum

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Find us here:



People Matter

We draw from a wealth of knowledgem experience and highest quality standards. Our powerful combination of Naturopathy, Sports Science, Physical Therapy, Occupational Therapy, Logopedics and Psychotherapy enables us to offer professional holistic medical wellness treatments.

All therapies and treatments are executed by state licensed professionals.

The program is under shared management of Sports Scientist Christian Dänzer (M.A.) and Licensed Holistic Practitioner Milka Hauer.

Sports Science, Physical Therapy, Occupational Therapy, Logopedics, Back Training, **Gift Certificates**, medical training therapy, Shiatsu, Dorn Method, Gertraud-Gruber- Cosmetics, Wellness, **SPA**, Massages, Naturopathy, Nordic Walking, **Back-check by Dr.Wolff**, Concentration Training, Psychotherapy, Rehabilitation Sports, Homeopathy, Alternative-Integrative Therapies.

Wellness- and Self-Pay Services

Valid from 15. July 2011 and supersedes all previous price lists.

Aktiv & Vital Gesundheits- und Wellnesszentrum GmbH
Monday and Thursday: 8:30am - 7:30pm
Tuesday and Wednesday: 8:30am - 7:00pm
Friday: 8:00am - 6:30pm
Saturday: 9:30am - 3:00pm

Phone: 09861/8758000

« info@aktivvital.info »

« www.aktivvital.info »



Because

Wellness is complex and looks at the whole person. Your physical and mental wellbeing is our top priority. Our holistic approach focuses on what is truly important and aims at maintaining and promoting the health of each guest.

Which massage or treatment you choose - Ayurvedic Massage, Shiatsu, Hot-Stone or Manual Therapy - the decision is all yours.

We will be happy to assist you in choosing the program that best fits your wellbeing, repose and balance.