massage offer at GERL

classic partial body massage 25 min 45,00 €
Ideal for tension in the neck, back or tired legs. For relaxation, revitalization or after sport? We are fully prepared for your wishes.

classic full body massage 50 min 74,00 €
The relaxation of the muscles and the release of tensions is the goal of this probably oldest and most proven form of massage. We are fully prepared for your wishes.

anti-stress 25 min 45,00 € 50 min 74,00 €
Just let yourself fall and give in to the beneficial effect of the massage.

lymph drainage 25 min 50,00 € 50 min 80,00 €
By excitation of the lymphatic vessels, excess tissue fluid and toxins are removed. With gentle massage handles, the lymph flow, which is so important for the immune system, and thus also the slag substances along the lymphatic pathway, is brought to flow. This helps with over-stretched legs, vein problems or migraines and serves to strengthen the immune system in general.

foot reflexology 25 min 45,00 € 50 min 80,00 €
Activation and harmonization of the body's life energy and healing powers.

hot stone massage 50 min 90,00 €
The intense warmth has a calming effect on the heart, circulation, and well-being - which promotes the relaxation process and can alleviate stress-related symptoms such as insomnia.

balance massage 50 min 80,00 €
Combined massage for deep relaxation on all levels (physical, mental and spiritual), gentle and calm body work through gentle touching of the meridians, in order to bring the body's own rhythms back into harmony on all levels

Lomi Lomi Nui massage 35 min 55,00 € 70 min 90,00 €
Hawaiian full body massage on oiled couch. Through pleasant pressure with hands and forearms, the body and mind are reconciled with large-area grips.

appointments can be made at the reception
or per mail: info@hotel-gerl.at or phone 0043 (0) 662 | 850552