

# EXCLUSIVE MASSAGE OFFER AT THE KAISERHOF IN COOPERATION WITH HOLISMA FITNESS



HOLISMA  
FITNESS

<b>TRIGGER POINT MASSAGE 60 MINUTES</b>  Partial body (back/legs) An intensive pressure point massage to relieve deep tension and blockages with high-quality organic oils.	€ 95
<b>TRIGGER POINT MASSAGE 90 MINUTES</b>  Partial body (back/legs) An intensive pressure point massage to relieve deep tension and blockages with high-quality organic oils.	€ 140
<b>RELAXATION MASSAGE 60 MINUTES</b>  A gentle full body massage to relax the body and mind with a composition of first-class organic oils.	€ 95
<b>RELAXATION MASSAGE 90 MINUTES</b>  A gentle full body massage to relax the body and mind with a composition of first-class organic oils.	€ 140
<b>BUSINESS MASSAGE 30 MINUTES</b>  Shoulder/neck A short massage between business appointments to relieve acute tension in the shoulder/neck area. Also possible without oil and with clothing on request.	€ 60
<b>FOOT MASSAGE 30 MINUTES</b>  Feel-good massage for legs and feet with high-quality organic oils and a freshness boost from horse chestnut, arnica and rosemary.	€ 60
<b>TAPING, FLOSSING</b>	€ 40
<b>PERSONAL TRAINING</b>  on request	€ 97

All massages are available on request. For booking requests, please contact reception.

