

# CASTEL HÖRTENBERG



## SPA A LA CÂRTE

---

### RITUALISTIC TREATMENTS FOR FACE AND BODY

#### Revitalizing Ritual

[60 min.] €110

The essence of body and soul care in an amazing fulfilling and enveloping ritual. Relaxation and regeneration melt together under the sign of natural beauty to lead the body towards an authentic and intense experience.

A cleaning with Mediterranean pine needles followed by an exfoliation with silk powder, followed by a balsam wrap with lavender.

Finally a rose oil massage which will positively regenerate your energy and your senses.

#### Specific Face Treatment

[50 min.] €90

Taking care about your face with a specific selection of high quality natural products means also to maintain her/his own beauty day by day.

With this intense and deep treatment for mix, fat and mature skin types where after a first cleaning of the skin texture follows a deep massage which will assure the absorption of the products and the relaxation of the face muscles.

A gesture of love which will lead to a clean, tonic and instantly regenerated skin.

#### Kirai Kobido

[50 min.] €110

Also known as the « massage of the eternal youth » is an ancient Japanese massage, which provides balance between body and soul, improving the blood and lymphatic circulation.

It stimulates the production of collagen and the elimination of toxins, toning and smoothing the skin.

## ESTHETIC TREATMENTS

### Treatment with Cups and Salt

[50 min.] €110

Detoxifying and exfoliating body treatment which eliminates muscle and skin waste, by draining toxic liquids in the tissues, and reduces the physical muscle stress.

### Peeling and Bodywraps

[50 min.] €90

One of the most useful treatments to clean and enhance the beauty of the body. It guarantees a brilliant and tonic skin, facilitating the elimination of dead cells and gives it a soft, elastic, nourished and compact feeling. Furthermore, it helps improving the blood circulation and contributes to eliminate inconvenient blemishes.

### Vodder Drainage Massage

[50 min.] €95

The manual lymph drainage massage is a technique for stimulating the activity of the lymph nodes and to reduce the lymphatic stasis. It is strongly recommended in cases of swellings, skin problems, adipose tissues, pre and post-surgery and retention.

## HOLISTIC TREATMENTS

### Entrè

[20 min.] €40

A welcoming massage dedicated to wake-up senses and body health.

This treatment of a duration of 20 minutes, adapted to personal needs, focuses on local physical discomforts or on a high value pampering.

### Footmassage

[40 min.] €90

Targeted treatment on the lower limbs to help eliminate toxins, excess fluids and promote better tissue nutrition. Designed for people who suffer from swollen and tired legs.

### Relax Massage

[50 min.] €90

Technique of Scandinavian origin which allows our body to regenerate itself and to rebalance the nervous system by relieving muscular and mental tensions. It stimulates the lymph, the immune system and eliminates negative toxins giving a feeling of relief, peace and harmony.

## Sports Massage

[30 min.] €50

Targeted massage technique that, depending on the type of muscle, helps improve blood flow and circulation. Accompanied by stretching manoeuvres and passive stretching, it reduces pain and increases muscle elasticity, which also promotes improved physical performance.

## Massage Myorelaxant

[50 min.] €100

Technique of focused massage aiming at improving blood flow and circulation on given parts of the musculature. Together with stretching it reduces pain and increases muscle elasticity, improving physical performance.

## Back Special with honey

[45 min.] €80

This is a connective and muscle relaxant massage aiming to improve the flexibility and oxygenation of muscles and skin of the back and the neck. It is then followed by acupressure on specific meridian energy lines, relieving body and mind of tensions and eliminating stress and anxiety pain.

## Hot Stone

[60 min.] €100

Thermotherapy massage, allowing a deep psychophysical relaxation with volcanic stones at a temperature of around 60/70 degrees, helping the detensioning of groups of muscles and the relieve of emotional stress.

It has a revitalizing, decontracting and detoxifying impact.

## Pantai Luar

[50 min.] €130

Ancient Indonesian massage with stamps, containing very pure medicinal herbs with healing, repairing and detoxifying herbs, healing properties, are placed on the meridian energetic body lines. This massage is carried out with a precious oil heated to a temperature around 120/130 degrees. The aim of this superb oriental ritual is body care and inner healing.

## Wine Special

[50 min.] €160

A wine therapy treatment that takes us back to the roots of the culture of body care. It has a beneficial for microcirculation, skin elasticity problems, protects blood vessels and prevents skin blemishes. Studies also show that it can help to treat various degenerative diseases. It is a treatment consisting of a body scrub rich in vitamins A, C and mineral salts, followed by an emollient pack and finally a face mask.