

# Ready for a relaxing massage?

The massage service is performed by Alessia. She has been educated and certified by the "Natural Medicine Association" ..

This kind of massage stimulates the lymph channel and circulation, promoting relax and a detox-effect.

We are glad to offer our guests the following kind of massage:

- **Sport massage:** € 50.00 60 minutes  
€ 25.00 30 minutes

The 'sport massage' is especially recommended before, during or after sport performances.

The application is used to prepare athletes for the highest performance, disperse fatigue, reduce swelling, prevent muscle soreness and of course to relax the muscles to prevent injury.

The 'sport massage' helps to lower blood pressure, improve blood circulation, reduce muscle soreness, to keep the muscles supple and to reduce any pain.

- **Traditional sardish massage** € 50.00 60 minutes

Full body massage with traditional sardish oil. Reduces muscle tension and promote flexibility to facilitate a deeper level of relax.

- **Legs and feet massage** € 50.00 60 minutes  
€ 25.00 30 minutes

- **Back massage** € 50.00 60 minutes  
€ 25.00 30 minutes

Guests interested in the massage-service can ask for information or reserve one of the mentioned massages at our reception.

