

It's too easy to forget yourself and your own well-being while you're in the middle of everyday stress and pressure. Take a moment to release focus on every task to let your senses and body rest. A well-deserved interruption to regain energy and recover means that you will be ready to meet the world again filled with new energy, Regular massage counteracts tiredness and alleviates ache in back and neck. In addition, it helps make you feel calmer, softer and more mobile. You have access to infrared sauna, mini-gym & hot tub.

### **TREATMENT MENU**

The treatments are always carried out by a professional medical massage therapist who, with in-depth knowledge of the human body, ensures that your treatment is as optimal as possible. Please tell us if you have specific, sore and tensed muscle areas that need extra focus. Organic products are used in all treatments.

- **Classic Full Body Massage 50 min Price: 795:**  
Experience the feeling of a peaceful and relaxing moment when your muscles get massaged. Classic massage for the entire body, back / shoulder / neck / legs / arms, or ask the therapist for special focus and force of the massage you wish to have. Circulation increases in the body, as well as your general well-being.
- **Hot Stone Massage 50 min Price: 895:-**  
Enjoy a moment of total relaxation. A delightful body massage with warm lava stones and soothing oil that reduce your stress level, resolves tension and restores balance. Hot Stone Massage is for those who want an overall experience for body and soul.
- **Hven Luxury Massage 50 min Price: 995:-**  
This is a lovely relaxing classic massage with extra luxury for face, hands and feet. Caring and fragrant oils soften your muscles, nourish your face and soften dry hands and feet Release pressure and stress for a while and let yourself be swept away!