

Massages

alpine...

Alpine-Herbal Stamp Massage

Precious alpine herbs rejuvenate and nurture. The treatment starts with a short foot spa and a following head neck and face massage. The result is pure relaxation and silky-soft skin.

75 min.

230.-

"Alpa"- Ritual

This deep relaxing, whole body massage ritual with our invigorating alpine herbal massage milk includes a foot spa as well as a nurturing head, neck and face massage.

80 min.

230.-

classic...

Classic Massage

Classic massage technics adapted to your individual problem zones.

25/50/80 min.

80.-/145.-/220.-

Deep Tissue Massage

This intense massage also reaches deep set muscles and will release and loosen your persistent tensions.

25/50/80 min.

90.-/165.-/240.-

Aroma Relax Massage

We will spoil you with our high-quality aromatic oils. You can choose from vitalizing, calming or mood-lifting aroma-compositions.

25/50/80 min.

85.-/150.-/225.-

therapeutic...

“Back” in Balance

Intense neck, shoulder and back treatment, with high quality oils and warming fluids. Individual trigger points will get worked thorough and deep-set tensions will loosen up.

45 min.

145.-

Foot Reflexology

After a relaxing herbal foot spa, your feet will get treated with acupressure. Reflex zones will get stimulated pointedly to stimulate the whole body positively and to activate your self-healing forces.

50 min.

150.-

Combined Massage

This combination of our classical and our foot reflexology massage loosens muscular tensions and will harmonise your body functions. You will walk on clouds.

50 min.

150.-

Lymphatic Drainage

A light rhythmical massage which supports the lymphatic activities, you will relax gently and detoxify your tissue by the way.

25/50 min.

85.-/150.-

international...

Lomi Lomi Nui

This traditional Hawaiian temple massage will not only loosen your muscles but also your inner blockades. Slow and soft as well as fluid and dynamic strokes vary and relax your body, mind and soul.

80 min.

230.-

Hot Stone Massage

Warm stones have always been used therapeutically in the old times. They favour your deep relaxation and will encourage the blood flow of your whole organism. Tensions will be relived and your body defences will get stronger.

45/75 min.

155.-/230.-

Abhyanga

This balancing full body massage, also called “the great oiling” has its source in the ayurvedic science. Rhythmical circling strokes with warm sesame-oil will detoxify your tissue and take you far-east.

80 min.

230.-

Shiromadana

This ayurvedic form of a head, shoulder and neck massage with warm sesame-oil will relax the whole head region and with the specifically used Marma-punctual-acupressure all energy blockades will get loosened.

45 min.

150.-

Body-wraps

Power of the Alps

Coated in gentian, marmot-oil and wheat bran, you will float in our warm waterbed. Cell regeneration and muscular relaxation will set in and joint pains will disappear.

35 min.

140.-

Goat-butter Pack

This full body wrap will nurture your skin with moisture and lipids. Irritated skin will soothe.

35 min.

130.-

Algae Body-Wrap

Pack to purify and de-acidify. The organic compound of algae withdraws toxins out of your body. As a surplus, your skin will get treated with trace minerals and tissue gets strengthened.

35 min.

120.-

Body-scrubs / Tanning bed

Rock-Herb Salt Scrub

Delicate alpine salt exfoliation with arnica, rosemary and melissa. The essential oils have a soothing touch, arnica is anti-inflammatory and pain relieving.

35 min.

130.-

Goat's milk Scrub

Balancing skincare exfoliation ground chestnut. Your skin gets cleaned deeply and will get provided intensely with moisture.

35 min.

130.-

Tanning bed

You can purchase tokens at the "St. Trop-Alp" front desk.

15 min.

20.-

Bookings and cancellations

The "St. Trop-Alp"- team is at your disposal from 9 a.m. to 19.45 p.m., whether for advice or to make an appointment.

We regret, that once booked, a treatment can be cancelled until 10 a.m. on the same day only.

After 10 a.m. the full price will be charged.