

Our massages are performed using SPA MANUFACTUR® products. These are made by hand from fresh, certified organic ingredients and lovingly decorated with blossoms, herbs and labels.

The aromatherapy fragrance profiles made up of base, middle and top notes are mixed by hand using 100% natural essential oils.

SPA MANUFACTUR® does not use paraffins (mineral oils), parabens (preservatives), synthetic emulsifiers, emollients or colorants. It does not test on animals or use unnecessary packaging and runs a fair and socially responsible business.

We carry the following SPA MANUFACTUR® collections:

Aromatherapy profile: SOOTHING & RELAXING – skincare effect: calming, sensitive & clearing

Lavender, sandalwood, Ylang Ylang and sweet orange

Aromatherapy profile: – REFRESHING & UPLIFTING – skincare effect: pure vitamins booster

Blood orange, ginger, mandarin and lime

Aromatherapy profile: – BALANCING & HARMONIZING – skincare effect: regenerating & pure antiaging

Rosewood, rose geranium, grapefruit and palmarosa

Aromatherapy profile: – ACTIVATING & ENERGIZING – skincare effect: deep tissue, metabolism & detox

Lemongrass, rosemary, pine, sage and mint

Y O G A A N D P E R S O N A L T R A I N I N G

Yoga Session

50 mins/99.00 80 mins/140.00

For centuries, yoga has been a proven method of relaxation and revitalisation. Through breathing exercises, positions and meditation, you will restore harmony to your body and soul. Each session is customised to accommodate the specific needs of your body.

Personal Training 50 mins/115.00

Medical Training Therapy 50 mins/138.00

After a short check-up of your physical fitness, our personal trainer will advise you on the training to be performed and work with you to develop a tailored programme. The trainer will of course be on hand the whole time, allowing you to train under the best possible conditions. We would also be delighted to develop long-term programmes for you to ensure a continuous improvement in your fitness. Furthermore, we offer you the possibility for a medical training therapy, tailored to your special needs, for the purpose of rehabilitation after injuries or for the treatment of diseases. With our fitness and health package, you will receive healthy food in addition to your individual training session. We will be delighted to advise you.