

DISCOVER OUR ESSENTIAL OILS
- FRAGRANT AND SOOTHING -

- Our massage treatments are carried out with aromatic Speik and Swiss stone pine oil. Speik oil is made from the Speik plant which grows in Carinthia's Nockberge mountains. 2,500 years ago, the Alpine valerian was already widely known for its various health promoting effects (helps strengthen stomach, heart and nerves) and its characteristic tangy-fresh fragrance which makes each massage treatment a feel-good experience.
- Stone Stone pine oil is said to facilitate a good night's sleep, purify the air, and effectively repel clothes moths. Its beneficial properties also help with coughs, colds and problems with the respiratory tract. Enjoy the stone pine oil's aromatic scent during a pleasant massage treatment. Both oils are available for purchase. Please contact our reception desk.

GET TO KNOW YOUR MASSAGE THERAPIST:



Corinna Trattnig,
35 years old, professional
massage therapist, apprentice-
ship with Dr. Waidmann
at NOCKMED Bad Kleinkirchheim.
'Thanks to my many years of
experience I'm able to relieve any
tension'.

GOOD TO KNOW:

- You are encouraged to arrive at least 5 minutes before your appointment. This gives you time to get into the right mood for your massage and enjoy the full duration of treatment.
- Please let us know at least 12 hours in advance if you need to cancel or reschedule your appointment, otherwise the full treatment cost will be charged.
- Please advise us of any injuries, pain sensitive areas, allergies or other health conditions (also colds, headaches or skin irritations) so treatments can be custom designed to suit your individual needs. Thank you!
- For a pleasant spa session, we recommend that you come to your treatment in a bath robe and slippers. Thank you!
- Our tip: Enjoy your treatment in the morning and receive a 10% discount!

HAVE A BLISSFUL TIME OUT FOR BODY, MIND AND SPIRIT!



MASSAGE OFFER
(WINTER 2025/26)

CLASSIC FULL-BODY MASSAGE

Massage with individual selection of essential oils to stimulate metabolism, improve blood flow and rebalance body and mind. The focus is always adjusted to your personal needs.

approx. 50 min EUR 75
approx. 75 min EUR 113

BACK MASSAGE

Tense neck, shoulder and back muscles are loosened. Complemented by soothing oils, this treatment ensures maximum relaxation and a pleasant feeling on the skin.

approx. 25 min EUR 38

FULL-BODY PEELING WITH RELAXING BODY PACK

The sea salt peeling gently removes dead skin, which is subsequently pampered with a rich and moisturizing pack, specially adapted to your needs.

approx. 50 min EUR 95

RELAX MASSAGE

This special full-body treatment with light, rhythmic massage strokes and essential oils allows your body to fully relax!

approx. 50 min EUR 75

SMALL MASSAGE COMBO

The reflexology treatment (approx. 10 min.) releases blockages by targeted stimulation of the foot nerve end points. It increases the energy flow, activates self-healing powers, thus being the ideal preparation for the subsequent soothing back massage (approx. 20 min.).

approx. 30 min EUR 45

BIG MASSAGE COMBO

Enjoy a full-body massage (approx. 50 min.) tailored to your individual needs followed by a reflexology treatment (approx. 25 min.). An extensive application that promises pure pleasure and relaxation!

approx. 75 min EUR 112

LEG MASSAGE

The perfect massage for skiing, hiking and (mountain)biking enthusiasts after an active day outdoors. Unwind and let the therapist help you recover light and comfortable legs!

approx. 25 min EUR 38

FOOT REFLEXOLOGY MASSAGE

Targeted stimulation of the foot nerve end points that helps to alleviate blockages, promote the energy flow and activate self-healing powers in a very pleasant way. Completely tailored to your individual needs.

approx. 25 min EUR 38

HEAD MASSAGE

Every now and then everyday life becomes (too) overwhelming, causing tension headache and migraine. This soothing treatment pampers head, shoulder and neck areas to release muscle and scalp tensions and soothe pains. High-quality essential oils nurture the skin and indulge the senses.

approx. 25 min EUR 38

FACIAL MASSAGE

The gentle massage loosens the facial muscles while pampering and nurturing your skin with our special oils - a real delight ! Treat yourself to this restorative combination that will leave you glowing!

approx. 20 min EUR 30

CHILDREN'S MASSAGE WITH COCOA OIL

We make sure also our little guests can enjoy some pampering moments. The gentle massage has relaxing effects while the fragrant cocoa oil nurtures and leaves the skin feeling smooth.

approx. 20 min EUR 30

TASTER MASSAGE

Short massage treatment with aromatic cocoa oil.

approx. 15 min EUR 23

“JOINT INDULGENCE“ FAMILY MASSAGE

Enjoy a soothing massage treatment together (1 adult + 1 child).

approx. 50 min EUR 65

GLITTER MASSAGE FOR MOUNTAIN FAIRIES

approx. 20 min EUR 30

GLITTER MASSAGE FOR MOUNTAIN FREAKS

approx. 20 min EUR 30

