



HOTEL HOCHEDER
Seefeld in Tirol ★★★★★

WELLNESS TREATMENTS

Traditional massages

Partial body massage

Duration approx. 25 min € 44

Enjoy pleasant stroking, kneading and friction. Good for body, mind and soul

Full body massage

Duration approx. 50 min € 69

Duration approx. 75 min € 95

Enjoy pleasant stroking, kneading and friction. Good for body, mind and soul

Sports massage

Duration approx. 25 min € 44

Duration approx. 50 min € 69

Intensive massage, adapted to your needs after sporting activities, activates your metabolism and helps prevent aching muscles

Anti-stress massage

Duration approx. 50 min € 85

Duration approx. 80 min € 125

Say goodbye to everyday stress while you enjoy this beneficial treatment - highly recommended for muscle tension caused by stress

Special migraine treatment

Duration approx. 50 min € 71

This type of treatment is particularly recommended for patients with migraine attacks or recurring headaches

Lymph drainage

Duration approx. 25 min € 44

Duration approx. 50 min € 68

Duration approx. 75 min € 85

Medical treatment to remove congestion causing swellings, oedema and bruises. It can also combat migraines when used on the face

Foot reflexology massage

Duration approx. 25 min € 49

Duration approx. 50 min € 78

The body's organs are reflected in the feet; massaging these areas has a positive effect on the entire body

C h i n e s e t r e a t m e n t s

Pressure point massage

Duration approx. 25 min € 39

Duration approx. 50 min € 78

Duration approx. 75 min € 107

Duration approx. 100 min € 136

This Chinese treatment entails pressing various acupressure points to rebalance YIN & YANG

Chinese neck treatment

Duration approx. 25 min € 52

Massage carried out while you are lying on your back in which you literally put your head in the masseur's hands. Very beneficial and satisfying massage for the entire neck and shoulder area

Traditional thai massage

Nuad - thai yoga massage

Duration approx. 50 min € 72

Duration approx. 75 min € 98

Duration approx. 100 min € 124

A beneficial combination of acupuncture, reflexology treatment and passive stretching. It takes place in comfortable clothes on the floor of your room

Thai foot massage

Duration approx. 50 min € 72

A gentle form of reflexology massage. Particularly recommended after extended sporting activity

Abdominal massage

Duration approx. 25 min € 49

This massage removes lots of tensions and blockages which build up every day. It can range from pleasant to intense and is highly recommended if you suffer from excessive stress or lower back problems