

Seehotel Astoria – Massage

Relaxing Anti-Stress Aroma Oil Massage

Recommended to release tensions after all kinds of physical and mental stress. The synergy of orange- and cedar-wood essential oils and pleasant aromas have a soothing effect on body and mind. A special energy balm based on original mandarin and Ylang Ylang oils enhances the revitalizing effect on body and mind.

Aromatic Detox Massage with detoxifying and draining effects

Stimulates blood circulation in skin, tissues and muscles. Orange-, lemon- and rosemary oils invigorate body and senses. Moreover, this massage helps to reduce body fat, stimulates lymphatic drainage and helps to eliminate toxins from the body. May be recommended for “her & him”. Used in combination with a special massage roller, this massage may also be recommended as anti-cellulite treatment.

Speick Massage

Speick (or alpine valerian) growing exclusively in the Carinthian “Nockberge” has been used as an aromatic and medical plant since ancient times. The high-quality oil is extracted from the roots. The valuable ingredients have a soothing and yet stimulating effect on the vegetative nerve system. This massage is relaxing and at the same time stimulating for body and senses.

Foot Reflex Zone Massage

Our feet are supposed to be an exact mirror image of our body and different points or reflex zones on the feet correspond with different areas of the body. By applying direct pressure to these reflex zones, the corresponding parts of the body and organs are stimulated in their self-healing capacities. Blood circulation is increased, muscle tension is reduced and the body’s energy flow comes into balance again. Moreover, the feeling of mental and emotional well-being is improved.

Combination Massage

The combination of classical massage and foot reflex zone massage gives a balanced feeling of physical and mental well-being.

Our Special treatments: (on inquiry)

HeM (Hypno Energetic Massage)

The HeM (Hypno-Energetic Massage) is a combination of massage and deep relaxation achieved by subsequent use of hypnotic suggestions. This leads to a state of increased relaxation and concentration.

These additional energetic influences during the massage treatment allow your body and mind to communicate while triggering the release of muscular tension and blockades. We use an effective combination of parts of the classical massage and foot reflex zone massage as well as acupressure and tuina massage including elements of healing magnetism, qigong and classical hypnotherapy. This range of different techniques have a harmonizing, refreshing and soothing effect. By balancing the body's energy field our self-healing powers are activated and supported, and the sense of well-being and inner peace is improved; all this allows the body to find back to its own rhythm.

Energy Treatment

A harmonising treatment and a method of balancing distribution of life energy (Qi, prana etc.). Methods of bioenergy treatment and healing magnetism are practised by laying on of hands and stroking movements. Moreover, an old traditional Aboriginal healing therapy based on the idea of energy transfer is used to help to restore the body to its energetic equilibrium.