

TERVA SPA



OPENING HOURS

SAUNA: daily from 03,30 p.m. – 07,30 p.m.

MASSAGES & TREATMENTS:

Wednesday, Thursday and Friday from 02,00 p.m. – 07,00 p.m. and
on request Sunday's, please ask at the reception desk

„Enjoy the moment and the rest will come...“

PACKAGES

“Sportivo”- Especially for our sport friends

- Val Gardena hay bath
- Sportmassage

Value of the package Euro 105,00
For you at only Euro 92,00

Say goodbye to your back pains”:

- Val Gardena hay bath
- Special ayurvedic back massage

Value of the package Euro 80,00
For you at only Euro 70,00

Pra da Uridl:

- Val Gardena hay bath
- Anti-stress full body massage

Value of the package Euro 100,00
For you at only Euro 88,00

SOFT PACK TREATMENT

(Close your eyes and float. Dry, yet cradled in warm water, you will escape and feel fully relaxed...)

Val Gardena hay bath: Euro 35,00 (approx. 25 min)

With hay from an altitude of more than 1800m, rich on flowers and curative herbs.
Pain-relieving properties, relaxation and health. Perfect for rheumatic and muscular problems.

Please do not take a shower after the treatments or use the sauna for at least 30 minutes

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SPECIAL MASSAGES

Ayurveda - Abyanga: Euro 70,00 (approx. 55 min) or Euro 115,00 (approx. 90 min)
Full body massage designed according to Ayurveda principles. Warm oil is applied to the body, helping energy to make its way through the skin, with an additional purifying and detoxifying effect.

Neuromuscular "NMT" Massage: Euro 70,00 (ca. 55 min)
This therapeutic session is a deep tissue massage along with neuromuscular techniques that get deep into the connective muscle tissues and releases trigger points. If you have areas of major tension and/or pain and want relief, this session is for you.

Ayurveda Marma- Massage: Euro 70,00 (ca. 55 min)
A relaxation Ayurvedic oil massage looks for and stimulates marma points and reflex points. These relate to the whole body including all inner organs and systems

Ayurvedic foot reflexology: Euro 80,00 (ca. 55 min)
As ayurvedic foot reflexology is not just application of pressure with the thumb over the various points of feet but it is also a massage of feet in such a manner so that person can relax and enjoy the sensual experience of feet massage.

Lymphatic Drainage Foot Massage: Euro 70,00 (ca. 55 min)
The Lymphatic Drainage Foot Massage improves circulation and increases lymph flow. It helps prevent swelling and leaves your legs feeling light.

CLASSICAL MASSAGES

Ayurvedic head, face- neck, shoulder and back massage: Euro 70,00 (approx. 55 min)
Is a very effective Ayurvedic oil massage focused on the most problematic parts of body. Warm oil is used to massage node points or the junctures of energy flow in the body. It is not a pressure, but gentle and soothing massage.

Antistress full body massage: Euro 65,00 (approx. 55 min)
This antistress massage helps to combat stress and to encourage the body's own natural healing. It combines ancient techniques. Massage with warm almond oil.

Sportmassage with muscle relaxing essential oils: Euro 70,00 (approx. 55 min)
Greater performance through wellbeing. Powerful deep-action sustained massage. Intensive loosening and stretching of muscles, tendons and ligaments.

Special ayurvedic back massage: Euro 45,00 (approx. 30 min)
An acupressure massage of paravertebral muscles in the area of spine. It is based on the theory of pressing the points what brings muscles blocks relief and melts spasms.

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