



SPA & WELLNESS ST. GERLACH
Relaxation for body and mind

Massages

Traditional massage

The use of classic techniques to reduce stress and tension in the body.

€74 for 30 minutes

€109 for 45 minutes

€132 for 60 minutes

Hot stone massage

Experience full relaxation using hot volcanic basalt stones to soothe and relax deep muscles.

€109 for 45 minutes

€132 for 60 minutes

St. Gerlach honey massage

Intensive connective tissue massage with St. Gerlach honey, produced by our own bees. The back is cleansed and waste is removed. The treatment ends with a relaxing oil massage.

€109 for 45 minutes

Shiatsu foot massage

Harmonise body and mind through Shiatsu pressure point techniques.

€74 for 30 minutes

Indian head massage

Relax and enjoy as Indian pressure points treat shoulders, neck, forehead and scalp. This massage brings relaxation and a better night's sleep.

€74 for 30 minutes

Pregnancy massage

A relaxing treatment for (expectant) mothers. Special techniques are used and neutral oils completely adapted to the pregnant body

€ 115, - for 45 minutes





Facial treatments

Sothys refresh facial

Experience a moisturizing boost for your skin. This facial includes an intensive cleansing, a lifting facial massage, a mask and final care.

€86 for 30 minutes

Sothys facial

An intensive facial customised to the skin's individual needs. €132 for 60 minutes

Sothys Organics facial

This moisturizing facial based on organic birch sap makes your skin glow again. Immerse yourself in nature, enjoy deep relaxation during the facial and head massage.

€109 for 45 minutes

Institute treatments

Jeunesse Hydration facial

An intensive moisturizing treatment with triple hyaluronic acid. This unique treatment creates a filler effect. The skin feels smooth and fine lines fade away.

€178 for 90 minutes

Jeunesse Rejuvenating facial

This intensive rejuvenating treatment fades visible signs of aging such as wrinkles and sagging. The Sothys Tri-Complete with active ingredients of Peptides, Saffron and So-fora regenerates the skin. The skin feels deeply nourished and lifted.

€178 for 90 minutes

Signature treatments

Hanakasumi

An enchanting ritual inspired by Japanese traditions. The journey commences with a warm body scrub, followed by a foot massage with reflexology to revive vital energy and to finish, an aromatic Shea butter massage.

€155 for 75 minutes

Indonésie ancestrale

An oriental inspired body ritual. A massage and breathing ritual inspired by Indonesian well-being. Dream away under the aromas of sandalwood and jasmine.

€155 for 75 minutes

Packages

Spa Deluxe

- 30 minute Sothys refresh facial
- 30 minute traditional massage
- Hand or foot mask
- Fruit salad and a smoothie
- Coffee or tea to finish

€178 for 1,5 hours

Head to toe package

- 40 minute traditional massage
- Hand or foot mask
- 60 minute Sothys' intensive facial
- Light lunch and a smoothie
- Coffee or tea to finish

€304 for 2,5 hours



Mommy Treatment

Relaxing and empowering treatment for (expecting) mothers, enjoy a Sothys facial, a hand and foot wrap and a foot massage. At the end, we serve a fresh fruit salad and smoothie.

€ 150, - for 75 minutes

Opening hours

Daily between 10:00 and 18:00

In case you cannot make a decision, our therapists can assist you in selecting a treatment that meets your individual needs.



Spa & Wellness St. Gerlach
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