

DEEP RELAXATION

for body and soul

CLASSIC MASSAGE

The original form of massage improves blood circulation and stimulates the metabolism. The massage has a stress-relieving and decelerating effect. It releases strain and tension.



50 minutes | 95,00 €
80 minutes | 140,00 €

SPORTS MASSAGE

A sports massage addresses the athlete's particular needs. The targeted, firm massage pressure will noticeably ease muscle tension. The sports massage may be applied to the back, the arms and legs.

25 minutes | 65,00 €
50 minutes | 105,00 €

HERBAL STAMP MASSAGE

Relax with a mixture of herbs known for their invigorating, cleansing and relaxing effect. With the help of soothing warmth, skillful massage techniques and the scents of the herbs, the herbal stamp massage will help you to fully relax.

80 minutes | 160,00 €

HOT STONE / LA STONE

The hot stone massage is a combination of massage and deep warmth with hot basalt stones. The entire body is recharged with new energy and vitality.

The 50-minute massage focuses on the back area, for a full body massage please feel free to book 80 minutes.

50 minutes | 110,00 €
80 minutes | 155,00 €

HEAD AND NECK MASSAGE

Using special grips, tension in the cervical spine is released.

This can provide relief for migraine sufferers.

However, the massage is suitable for everyone.



25 minutes | 55,00 €



Our tip:

Save 5,00 € with a massage before 2 p.m.

FOOT REFLEX ZONE MASSAGE

Our feet carry us for a lifetime. Take the time to give your feet the attention they deserve.

The massage leads to an increase in well-being and activates your self-healing powers.

50 minutes | 100,00 €

TEEN MASSAGE

To enjoy and relax the backs of our young guests at the Sonnenburg.

The massage especially for children and teenagers increases physical and mental well-being.

for children
from 12 to 16

25 minutes | 48,00 €

BACK MASSAGE AND HEAT WRAP

The combination of a classic back massage and a heat wrap has a stress-relieving, tension-relieving effect and the noticeably soothing warmth stimulates blood circulation.

50 minutes | 115,00 €

FOOT REFLEX ZONE AND BACK MASSAGE

The combination of a classic back massage and a foot reflex zone massage combines the beneficial effects of both treatments. The entire body is addressed via the reflex zones and the subsequent back massage completes the relaxation. The treatment relieves tension and increases your well-being.

50 minutes | 115,00 €

SPORTS MASSAGE AND TAPING

Sports massage is tailored to the specific needs of athletes.

An elastic, self-adhesive tape is then applied along the muscles.

This stabilizes and relieves the corresponding area without significantly restricting mobility.

50 minutes | 125,00 €

Please inform our therapists of any illnesses (thromboses, diabetes, epilepsy) intolerances, allergies or pregnancy so that they can tailor the treatment to you personally.

Dates for your application can be booked at the reception. Up to 24 hours before the start of the treatment it is possible to cancel your wellness appointments free of charge.