



KÜGLER
HOF

SPA MENU

INFO & SPA ETIQUETTE

WE HAVE CREATED AN AREA OF
WELL-BEING AND TRANQUILITY FOR YOU,
WHERE YOU CAN RELAX IN A PLEASANT
ATMOSPHERE.

In our sauna area, you will find a Finnish sauna,
a bio sauna, a hay sauna, and an infrared cabin,
complemented by a Kneipp path and a whirlpool.

The saunas are switched on daily from 3:00 PM,
and on rainy days from 1:00 PM.

The relaxation room invites you to linger with its
comfortable loungers, books, magazines, and the
usual spectacular view.

In our large sunbathing area, you will find our
heated pool with a view of Merano and the
surrounding mountains.

WEEKLY PROGRAM

TUESDAY

08:00 - 08:50
09:00 - 09:50
14:00 - 19:00

YOGA
PILATES
MASSAGES & TREATMENTS

WEDNESDAY

08:30 - 10:00
13:00 - 19:00

MORNING WALK & STRETCHING
MASSAGES & TREATMENTS

THURSDAY

08:00 - 08:50
09:00 - 09:50
14:00 - 19:00

YOGA
PILATES
MASSAGES & TREATMENTS

FRIDAY

08:30 - 10:00
13:00 - 19:00

DOG - WALK WITH OWNERS
MASSAGES & TREATMENTS

SATURDAY

11:00 - 19:00

MASSAGES & TREATMENTS

OUR MASSEUSE ANAMARIA IS A CERTIFIED
MESSAGE THERAPIST AND SPORTS TRAINER
AND IS AVAILABLE FROM TUESDAY TO
SATURDAY.

Together with her, we have created a daily-changing
movement program, which you can sign up for at the
reception by 4:00 PM the day before.

In addition to the group activities, you can also
book Anamaria for a private session.

CLASSIC FULL BODY MASSAGE

The classic full body massage is a soothing treatment where the entire body is worked on with various techniques such as stroking, kneading, and pressing. It promotes circulation, relieves tension, reduces stress, and provides deep relaxation for both the body and mind.

50 Min.	90,00 €
80 Min.	120,00 €

PARTIAL BODY MASSAGE

The partial body massage focuses on specific areas of the body, such as the back, neck, shoulders, or legs. With targeted techniques, it releases tension, improves circulation, and alleviates discomfort in the treated areas. It is ideal for people with localized pain or stress.

30 Min.	50,00 €
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DEEP TISSUE MASSAGE

The deep tissue massage is an intense massage that works on deeper layers of muscle. It helps release chronic tension, promotes circulation, and relieves pain. Particularly effective for muscle tension caused by stress or physical exertion.

50 Min.	95,00 €
80 Min.	125,00 €

With Arnica Oil + 10,00 €
Arnica oil has anti-inflammatory and pain-relieving properties and supports regeneration after physical exertion or injury.

SPORTS MASSAGE

The sports massage is a targeted treatment specifically tailored to the needs of active people. It promotes circulation, loosens tension, relieves muscle soreness, and supports recovery after training. It can also be used preventively to avoid injuries and improve flexibility.

50 Min.	100,00 €
80 Min.	130,00 €

With Magnesium Oil + 10,00 €
Magnesium helps relax muscles, relieve cramps and tension, and promotes recovery after physical exertion. This oil is particularly effective for muscle tension, fatigue, and promoting recovery.

TRIGGER POINT TREATMENT

The trigger point massage is a technique that targets specific „trigger points“ – painful, hardened areas in the muscles. The aim is to relieve pain and relax the muscles.

20 Min.	40,00 €
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LYMPHATIC DRAINAGE

Lymphatic drainage is a gentle massage technique that stimulates lymph flow, promoting detoxification of the body. It helps transport excess fluid and waste products, reduces swelling, and supports recovery.

50 Min.	90,00 €
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If you are unable to attend a booked appointment, we kindly ask you to cancel at least 24 hours before the scheduled time. Otherwise, we will have to charge for the treatment

AROMATHERAPY MASSAGE

The aromatherapy massage combines the relaxing effect of a massage with essential oils selected according to your needs. The scents act on the body and mind, relieve stress, promote relaxation, and can enhance emotional well-being.

50 Min.	90,00 €
80 Min.	120,00 €

HOT STONE MASSAGE

The hot stone massage uses warm, smooth stones placed on specific areas of the body and gently moved over the skin. The heat penetrates deeply into the muscles, stimulates circulation, releases tension, and induces deep relaxation. This massage is particularly beneficial for stress, muscle tension, and overall well-being.

50 Min.	90,00 €
80 Min.	120,00 €

LOMI LOMI MASSAGE

The Lomi Lomi massage is a traditional Hawaiian massage that uses long, flowing strokes. It promotes deep relaxation and a sense of lightness and harmony. This massage connects body, mind, and spirit and is ideal for reducing stress and enhancing well-being.

50 Min.	100,00 €
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PREGNANCY MASSAGE

The pregnancy massage is a gentle and relaxing treatment specifically tailored to the needs of expectant mothers. It relieves back and neck tension, reduces swelling, and promotes overall well-being.

50 Min.	80,00 €
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FACIAL MASSAGE

The facial massage stimulates blood circulation, releases tension in the face, and enhances the effects of skincare treatments. It promotes relaxation, improves skin tone, and provides a fresh, relaxed feeling.

30 Min.	60,00 €
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CRANIOSACRAL MASSAGE

Craniosacral massage is a gentle treatment that addresses the craniosacral system of the brain and spinal cord. Light touches activate the flow of energy in the body, release tension, and promote self-healing. It helps with stress, pain, and overall well-being.

20 Min.	40,00 €
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FOOT REFLEXOLOGY MASSAGE

Foot reflexology is a therapeutic method where specific points on the feet, connected to various organs and body areas, are massaged. Stimulation of these points promotes circulation, enhances well-being, and activates the body's self-healing abilities.

30 Min.	50,00 €
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TAPING

Taping is a technique that involves applying elastic bands to the skin to stabilize muscles, joints, and ligaments. It promotes healing, relieves pain, and improves mobility without restricting movement. Taping is commonly used for sports injuries or muscular discomfort.

20 Min.	20,00 - 50,00 €
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