

KÜGLER HOF



SPA MENU



MASSAGES & TREATMENTS

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.	95,00 €
80 min.	125,00 €

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.

20 min.	50,00 €
50 min.	100,00 €
80 min.	130,00 €

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.	110,00 €
80 min.	140,00 €

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.

MYOFASCIAL DEEP RELAXATION

This gentle yet deeply effective treatment releases adhesions in the fascial tissue, improves mobility, and promotes lasting relaxation of both body and mind. Ideal for regeneration, pain relief, and stress reduction.

50 min.	95,00 €
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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.	50,00 €
50 min.	110,00 €

ANTI-CELLULITE MASSAGE WITH BAMBOO STICK

A shaping, deep-acting massage using bamboo sticks that stimulates blood circulation, activates lymphatic flow, and visibly improves the appearance of the skin. Supports tissue firming, promotes detoxification, and helps reduce cellulite.

50 min.	100,00 €
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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.	95,00 €
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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.	95,00 €
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.	95,00 €
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.	90,00 €
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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.	50,00 €
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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.

20 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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If you are unable to attend a booked appointment, we kindly ask you to cancel at least 24 hours before the scheduled time. Otherwise, the treatment will be charged in full.



Outdoor Treatments

FOREST VENIK RITUAL

A traditional ritual from Russian Banya culture using bundles of twigs (Venik). Gentle tapping and sweeping movements stimulate blood circulation, relax the muscles, and revitalize body and mind. Especially beneficial after a sauna session.

50 min.	95,00 €
80 min.	135,00 €

DRY BRUSHING & OUTDOOR MASSAGE

Gentle dry brushing to stimulate circulation, followed by a massage with soothing sage and lavender oils. The treatment is completed with gentle herbal tapping—a light rhythmic tapping of the body that deepens relaxation and leaves the skin feeling refreshed and energized.

50 min.	90,00 €
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ALPINE GLOW RITUAL

The treatment begins with a gentle full-body scrub made from salt and herbs to smooth and invigorate the skin. This is followed by a nourishing oil massage to relax the muscles and calm the mind. The ritual concludes with a facial massage that boosts circulation and leaves the skin radiant.

80 min.	145,00 €
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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.

NEW THIS YEAR: Right next to the pond, our Finnish outdoor sauna awaits you. For the perfect cool-down, a refreshing cold plunge pool is located immediately beside it.

In addition, there is a new outdoor massage area in the pavilion. The peaceful atmosphere, accompanied by birdsong and fresh air, provides a truly special sense of relaxation.

Our masseuse Anamaria is a certified massage therapist and sports trainer and is available on-site from Tuesday to Saturday. In the mornings, she leads the movement and exercise program; in the afternoons, she is available for massages from 3:00 pm to 7:00 pm. Additional appointments are gladly available upon request.

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



WEEKLY PROGRAM

TUESDAY

08:30 - 09:30

15:00 - 19:00

PILATES

MASSAGES & TREATMENTS

WEDNESDAY

08:30 - 09:30

15:00 - 19:00

YOGA

MASSAGES & TREATMENTS

THURSDAY

08:30 - 09:30

15:00 - 19:00

PILATES

MASSAGES & TREATMENTS

FRIDAY

08:30 - 09:30

15:00 - 19:00

YOGA

MASSAGES & TREATMENTS

SATURDAY

08:30 - 09:30

15:00 - 19:00

PILATES

MASSAGES & TREATMENTS