



At ERLEBNIS-THERME AMADÉ
Altenmarkt/Pongau



Put your wellbeing in our Hands

Welcome to one of the most relaxing places in Pongau.
Our Wellness Expert, Kadir Gezer and his team warmly welcome you
to take time out from your hectic day to day life in this oasis of calm.
Revive and Relax in this soothing atmosphere and reconcile your body and mind.
On the following pages we like to give you an overview of our
Massage Treatments.

If you have further questions in regards to details,
please don't hesitate to contact us.
We are always there for you. Your Wellbeing is our concern.



Relax to Balance

Essential Oil Massage (gentle)

Relax and soothe your senses. In this special developed, flowing and soothing massage technique pure relaxation is our aim for your body. According to your muscles needs this massage releases blockages and brings your energy back into a steady flow. Stress reduction and harmony of body and mind are supported by a mixture of warm and essential oils.

Back Massage 25 min./ 36,- €

Full Body Massage 50 min./ 66,- €

Includes Face and Head Massage

Strong Full Body Massage 75 min./ 91,- €

Includes Face and Head Massage

Strolax to Balance

Essential Oil Massage (mildly stronger)

Strolax to Balance is a mixture of gentle massage techniques as in 'Relax to Balance' and slightly stronger moves from 'Strong to Balance'. This massage spoils and relaxes, releases blockages and activates the inherent ability of your body to heal itself. This massage is for those, who like to be pro-active about their body tensions, but don't want to miss out on the soothing part of a massage.

Back Massage 25 min./ 38,- €

Full Body Massage 50 min./ 70,- €

Includes Face and Head Massage

Strong Full Body Massage 75 min./ 96,- €

Includes Face and Head Massage



Strong to Balance

Essential Oil Massage (strong)

Relax and revive your body. This strong Massage is thought to be a counterpart to our 'Relax to Balance' offer. With its strong moves and motions it uplevels your body to its full thrive. In conjunction with the right essential oils 'Strong to Balance' brings your knotted body and muscles back into their inherent ability of self healing.

Back Massage 25 min./ 41,- €

Full Body Massage 50 min./ 76,- €

Includes Face and Head Massage

Strong Full Body Massage 75 min./ 105,- €

Includes Face and Headmassage

Ayurvedic Oil-Massage

Upahanasveda • Abhyanga • Dosha

Enjoy a gentle soothing massage for your entire body. This very exceptional massage is based on a technique called 'Flowing Hands' as your body is being treated with gentle, flowing moves and warm oils from top to tail. This massage helps harmonize and helps the skin to detoxify as well as reduce toxic residues. A special head massage at the end lifts you back into your vital energy.

Upahanasveda (back massage) **25 min./ 45,- €**

Abhyanga full body massage **50 min./ 85,- €**

Dosha intensive full body massage **75 min./115,- €**

*includes an additional peeling with calamus churna



Ayurvedic head-, face and upper body massage

Mukabhyanga

Experience the liberating and cleansing effect of this massage. You will feel deeply relaxed and cleansed, your circulation boosted, your metabolism and lymph flow enhanced. It is highly recommended during pregnancy. Special care is taken to release neck tension. The beautifying focus of facial and cleavage massage is a regular feature in this treatment.

25 min./ 45,-€

Ayurvedic Foot Massage

Padabhyanga

Bring your body into balance. This gentle Indian foot massage is the origin of the strong Chinese variation and has a regenerating effect on the whole body. By sliding movements on the feet and legs a soothing effect is emitted on all organs of the body. It's highly recommended for those that suffer from insomnia and nervousness as it harmonizes and vitalizes the body at the same time.

25 min./45,-€

Classic Combo

Dead Sea Salt peeling with honey or oil

In this treatment your body will be massaged with gentle circular movements. Dead Sea Salt is applied to the moistened skin. Through the tiny salt crystals in either the massage oil or the honey your skin is completely renewed. The salt will lift the old and dry skin while it nurtures the 'new' skin with the minerals of the sea-salt. Your Skin will be cleansed after the massage and sealed of with macadamia nut oil. The result is a vibrating skin.

Half body massage **25 min. / 39,-€**

Full body massage **50 min. / 72,-€**



La Stone

The Original

Enjoy an altering bath of gentle emotions. This method was already applied by Indian Shamans and Chinese physicians in 2000 BC to make tired muscles fit again and free the body from its stresses. Hot lava basalt stones and cold marble stones are placed on the energy centers (chakras) of your body to open them. Afterwards you will be massaged with lava stones during an oil massage. Experience pure depth relaxation and benefits from stimulated metabolism and lymph flow. The vegetative nervous system is vitalized, the circulation is stimulated and your body purified.

Back Massage **25 min. / 39,- €**

Full Body Massage **50 min. / 72,- €**

Strong Full Body Massage **75 min. / 99,- €**

Classic Massage

The gentle to powerful massage movements help with the vitalisation of your body and further fitness. This massage is performed with cold oil.

Back massage
25 min. / 35,-€

Full body massage
50 min. / 64,-€

Hamam

Traditional oriental soap washing

Experience the traditional soap-washing HAMAM - this is health and wellness in oriental style. Let yourself be pampered like a Sultan!

With a silk glove, your skin is gently rubbed first - this removes old skin particles, dissolves superficial slugs and allows it to breathe freely again. The washing also accelerates blood circulation and refreshes the skin tissue. The result is a healthy and smooth skin. The body still completely covered in foam is now massaged from head to toe. A final massage with olive oil completes this soothing treatment. The combination of exfoliation, massage and nurture leads to an incomparable relaxation with a great and well-groomed skin feeling.

Hamam Classic

45 min. / 72,-€

Peeling and Massage

Hamam Deluxe

75 min. / 111,-€

Intense Peeling, Massage and additional stretches for blocked areas



Rassoul-Massage

Beauty Treatment with medicinal clay

A deep cleanse for the whole body. Medicinal Clay obtained in the Orient is applied as a creamy sludge. A traditional Hamam-Ritual to nurture and detoxify the body is combined with a relaxing massage. The application includes peeling, Rassoul - full body massage and final care with high quality, Moroccan Argan oil.

Rassoul-Massage

45 min. / 74,- €

Algae Massage

Beauty Treatment with seaweed

The pampering program from the sea! The pure and natural micro pulverised algae have a detoxifying effect. In combination with the massage, water accumulation in the body is reduced during the algae massage, which also leads to a reduction in the fat deposits. With this treatment, your wellbeing is sustainably increased and the body regenerates. The application includes a peeling, seaweed body massage and a final treatment with shea butter.

Algae massage

45 min./ 74,- €



Honey Massage

Beauty Treatment with honey & apricot oil

The honey massage is a holistic method based on Russian and Tibetan healing principles. The special techniques remove old slag substances and toxins from the body tissue. Honey was also seen as a beauty treatment for oriental women, which makes the skin delicate and gentle. The honey full body massage harmonizes the aura and brings the energy flow back into balance. The application includes a peeling, the honey massage and a final care with apricot kernel oil.

Honey massage

45 min./ 74,- €

Hot Chocolate-Massage

Beauty Treatment with cocoa ingredients

Our Hot Chocolate Massage is the most delicate temptation for skin and senses. The ingredients of cocoa are known to make you happy and help with stress. Therefore, this extraordinary wellness experience is an absolute highlight for silky smooth skin and a relaxed happy smile on your face. The soothing and stimulating cocoa ingredients are directly applied to the skin and give it a youthful looking complexion.

Hot Chocolate-Massage

45 min./ 74,- €



Take time out from your day to day life
and put your wellbeing into our hands.
We are looking forward to your visit.

PRECAUTION

For your own well being and to avoid contraindication,
we kindly ask you before any treatment to inform
the attending SPA-Personal if you are pregnant, have any injuries,
are suffering from high blood pressure, any allergies,
or have had recent cosmetic surgery.

Appointments:

- At reception
- Please Call: 0 64 52 20 888 25
- For Email: amade@gezer-massagen.com
- On our homepage

Opening Hours

Monday to Sunday: 11 am – 8 pm



at



Obere Marktstraße 70, 5541 Altenmarkt im Pongau

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