



ALLGÄU-SONNE



Physiotherapy & Massage

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In order to reach best results for you, we use the organic products of Haslauer/Kurland, Pino & Primavera.

>> *The best for your well-being and your health* <<

To feel comfortable in your own body is one of the most important things.

We would like to contribute to this and offer different wellness massages, body wraps and other treatments to suit your own individual and special needs.

If you want to do something specifically for health, we offer a variety of medical treatments with competent background knowledge.

We are looking forward to welcoming you in our Physiotherapy & Massage department and are pleased to advise you and book your treatments.

Wellness reception on 2nd floor
Phone: +49 (0) 8386 702 965
E-Mail: physio@allgaeu-sonne.de

We are looking forward to see you!

Your

Physiotherapy & Massage Department

Our Products



>>Nature is the best guide to living well.<<

These were the words of the Roman philosopher Cicero, which have accompanied the brand Kurland for more than 50 years.

The brand Kurland stands for many years of experience with natural raw materials, effective recipes, latest technologies and strictest quality controls.

Herbs, medicinal plants and blossoms, selected fruits, rich moor, high-quality oils, goat butter or salts and seaweed from the sea. These are all essences, which serve to boost your well-being and nurse the body carefully and intensively.



The family business from the Black Forest exists for more than 100 years. The PINO GmbH is the expert for essential oils, high quality healthcare products and body treatments with a sanitarily preventive character at the highest level, due to many years of experience and excellent and innovative expertise.

The closeness to nature as the basis for holistic wellness concepts and their effort, passing them along their customers, have persisted until today.



Primavera provides 100% pure oils and a wide range of products titled „bio“.

Essential oils are fragrant treasures from nature. Their individual scent contains effective plant energy and healing power. They are the core of their products. With organically grown products and the concept of sustainability, Primavera stands for top quality.

Top quality for health & well-being.

Physiotherapy

PREVENTION

Individual consultation in health matters with valuable tips for implementation in everyday life, profession or sports. The aim is to reveal and optimize uneconomic movement patterns and posture habits and thus to improve the body perception. This screening serves to consider the locomotor system and the entire body as a whole, towards a physiological balance.

Physio Prevention	approx. 25 min.	€ 42,-
Physio Abdomen (digestion regulating)	approx. 25 min.	€ 42,-

THERAPY

The basis is the private medical prescription (of your doctor or of the hotel's doctor), to restore restricted functions of the musculoskeletal and calliper system within the therapy. Aim of the active and passive therapy techniques are pain reduction, restoring functions, increase of the movement quality, coordination training, muscle strengthening, posture training, optimisation of everyday life movements and activation of self-healing powers of your body.

Kinetherapeutic Baths Single	approx. 25 min.	€ 36,-
Physiotherapy on Resistance Machines	approx. 25 min.	€ 40,-
Physiotherapy	approx. 25 min.	€ 42,-
Manual Therapy	approx. 25 min.	€ 43,-



Massages

Relaxing, harmonising, activating – those are the different effects of our individual massage techniques. Whatever you decide, our well trained team will take care of your individual needs for body, mind and soul.

Medical / Classic Massage

Soothing, improving blood circulation and metabolism are just a few positive effects. Depending on your requirements and the duration, we treat parts such as back, neck or legs as well as the entire body within the 50-minute massage.

approx. 20 min.	€ 35,-
approx. 25 min.	€ 40,-
approx. 50 min.	€ 78,-

„Free Neck“

Relaxing and soothing neck treatment, optionally with cupping technique and pleasant heated pad.

„Free Belly“

Soft and tension releasing massage with heated pad to support the digestive system.

„Free Head“

Stimulating and clearing massage for neck and head.

Leg-Relax-Massage

We focus on the legs with an oil, that was especially developed for this treatment.

each approx. 25 min.	€ 42,-
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Massages

Foot Reflexology

Reflex zones of the feet are stimulated, which has a positive effect on almost all body regions and organs. To relax, to activate the energy flow or to reduce pain.

approx. 25 min.	€ 43,-
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Manual Lymphatic Drainage / Relaxation Drainage

With a lymphatic drainage we stimulate the lymph system to reduce fluids in the tissue. Toxic elements will get washed out. Swelling will be reduced. It's recommended, if you have heavy legs, oedema, migraine or rheumatism.

approx. 25 min.	€ 42,-
approx. 40 min.	€ 65,-
approx. 50 min.	€ 75,-

Sports massage

The sports massage focuses on often used muscle areas which tend to tighten up. It is offered before and after sports. This stronger massage loosens tight areas of the body with kneading, stretching and loosening grips and has a regenerating effect.

approx. 50 min.	€ 80,-
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Massages

Breuss Massage

The Breuss massage is an energetic-manual back massage, which can loose mental and physical tensions gently. The backbone is stretched, so that blocked energy can flow again. Mostly recommended for disc problems and most effectively used in combination with the Dorn therapy.

approx. 25 min. € 42,-

Dorn Massage

Soft treatment to correct your vertebrae and joints due to soft pressure to the spine and simple exercises, which are practicable by yourself. The static of your body will return to normal and your mobility will improve.

approx. 25 min. € 42,-

Dorn / Breuss Method

Combination of both treatment methods.

approx. 50 min. € 75,-

Massages

Aromatic Oil Massage

The special oils used for the aromatic oil massage are massaged deeply into the skin to stimulate the nerve-, blood- and lymphatic-system. The skin will be either nourished, relaxed, refreshed, heated or cooled down. The scents boost well-being and the stress level will decrease. Choose from the ethereal essences lavender, peppermint, rose and orange.

Aromatic Oil Back Massage	approx. 25 min.	€ 42,-
Aromatic Oil Full-Body Massage	approx. 50 min.	€ 80,-

Garshan Massage

This ayurvedic technique is a dry massage with raw silk gloves. The skin is peeled softly and the microcirculation of the skin will be improved, best used before other massages, since the skin is more responsive for further treatments.

approx. 20 min. € 35,-

Lomi Lomi

This Hawaiian massage is a purifying and harmonising ritual, which supports the body in getting rid of burdensome energies. Due to deep relaxation during the massage, you experience yourself intensively in your body.

approx. 75 min. (incl. resting period) € 100,-

Massages

Shiatsu

This massage therapy is composed of a muscle and meridian massage, acupressure and the mobilisation of blocked joints. Thus tensions are released, circulation is promoted, Qi-Stasis released and moved. Furthermore the gentle mobilisation improves the joint mobility.

approx. 50 min. € 87,-

Hot Stone

The Hot Stone Massage is a rediscovered, holistic massage method, which promotes circulation, loosens muscular tensions and supports the lymph flow. The heat of the lava stones provides also a physical and psychological balance, activates endogenous energy sources and increases well-being.

approx. 45 min. € 65,-
approx. 60 min. € 95,-



Massage Packages

Our massage packages are a combination of different treatments for lasting relaxation and recreation.

Massage-Duo

Massage & Foot Reflexology

Enjoy a relaxing and soothing back massage followed by a foot reflexology massage – pure relaxation!

approx. 50 min. € 75,-

Massage-Trilogy

Lymphatic Drainage, „Free Neck“ & Foot Reflexology

This treatment starts with a massage of the head and face, which activates the lymphatic system. Followed by a neck massage to release tension and finally we finish off with a foot reflexology massage to close the „relaxation-circle“.

approx. 75 min. € 99,-

Other Treatments

Heat Treatment

Recommended to use before or after certain treatments. According to specific heat stimuli, blood circulation and tension release will be effected.

Moor Wrap

approx. 25 min. € 28,-

Ultrasonic Heat Therapy

approx. 10 min. € 16,-

Horse Chestnut Wrap

The horse chestnut wrap is applied icily and is best used for varicose veins, leg swelling, venous troubles as well as tired and swollen legs. The powerful ingredients of the horse chestnut stimulate the wilted vessels perfectly. The optimal supply of your feet!

both legs / approx. 20 min. € 25,-

Aroma Body Scrub

The right balance of bases and acids is very important for skin metabolism. Our basic body scrubs help restoring this balance. Choose one of our two different flavours rose (soothing) or coffee (stimulating).

approx. 20 min. € 35,-

Other Treatments

Kinesiotape

Is an elastic, adhesive, therapeutical tape. Specially applied, it can relieve pain, support the healing process of injuries and minimize swellings. Also in case of muscular tensions, which often occur as complaints within or after sports injuries, dressings with kinesiotapes are gently and supporting measures.

per region € 15,-



Baths

At a water temperature of 37° C to 38° C, you experience relaxing and beneficial warmth on the entire body. You immerse yourself in the fragrances of the bath essences and feel the positive characteristics for skin, body and soul. You decide, if you want to have it with bubbles or without.

Allgäu Mountain Herbs (metabolism stimulating)

Whether camomile, peppermint, marigold or nettle, with our herbs we bring the forces of nature directly into the bathtub.

approx. 20 min. € 38,-

Cleopatra (tissue-tightening and moisturizing)

Extracts of milk, honey and almond – like in Cleopatra's time.

approx. 20 min. € 38,-

Wild Lavender (relaxing, soothing)

Like a moment in a field of lavender. The bath with real essential oil of lavender soothes the senses, relaxes and ensures a good sleep.

approx. 20 min. € 38,-

Whey-Mineral (vitalising)

Enjoy a vitalising airstream bath with valuable minerals and trace elements for an elastic skin. With a greasing and anti-inflammatory effect.

approx. 20 min. € 38,-

Baths

Detoxing Bath with Dry Wrap

With this bath, acids are drained out through the skin, which has a positive impact on the acid-base balance. After the detox bath, your skin feels better and well-tended due to the natural cleansing. Especially for basic cures like the Schroth Cure and Metabolic Balance®, detoxing baths are perfect. Due to the subsequent dry wrap, the effect is intensified.

approx. 45 min. € 40,-

Thalasso Sea Salt

It is useful for detoxification and beneficial for joint pains.

approx. 20 min. € 45,-

Thalasso

As its name suggests (Thalassa = Sea), the focus is on the forces of the sea.

Seaweed contains valuable minerals such as calcium, magnesium, iodine, zinc and selenium, vitamin A, C, E and B complexes. Due to the immediate application, skin metabolism and structures underneath are vivified extremely. Seaweed is a genuine multi-talent. The diverse effects ensure a tight and smooth skin.

Our „treasures of the sea“ are highly effective and easy to use. The refreshing and rejuvenating effect of seaweed products is immediately visible and noticeable.



Body Wraps

Enjoy the the wonderful feeling of weightlessness in the Flowel-System.

The constant temperature of the waterbed and the use of high-quality nature products in the Flowel-System, support the absorption of valuable ingredients via the skin.

The effect is either regenerating, purifying, re-fattening or relaxing – depending on the product request.

Purifying

Thalasso

The valuable ingredients of the seaweed nourish the skin and stimulate cell metabolism and blood circulation. Further it smells like a fresh sea breeze.

approx. 25 min. € 45,-

Hay Wrap

We will bring the scent of the Allgäu Alps into the treatment rooms. Profit from the purging and metabolism stimulating, relaxing and analgesic effect of hay in our Flowel-System.

approx. 25 min. € 40,-

Pumpkin Seed

The natural, very rich pumpkin seed wrap with high proportion of unsaturated fatty acids, trace elements, vitamins and minerals has a very draining, purging as well as peeling effect.

approx. 25 min. € 40,-

Body Wraps

Moisturizing

Cleopatra

Intensive pampering care for dry skin with a fresh and flowery fragrance. Leaves the skin soft, smooth and hydrated.

approx. 25 min. € 45,-

Evening Primrose Cream

Brings irritated skin into balance. With a subtle scent, the wrap has a caring, balancing and soothing effect.

approx. 25 min. € 45,-



Evening primrose is a medicinal plant, which has a positive effect on the connective tissue and is used, inter alia, for anti-cellulite and anti-stretch marks treatments.

Body Wraps

Metabolism Activating

Natural Mud

Natural power right out of the soil. High-quality, freshly cutted natural mud from the Leopoldskron moss in Salzburg. Offers pleasant easing of rheumatic symptoms, joint problems, and back- and neck-pains.

approx. 25 min. € 40,-

Medicinal Chalk plus Evening Primrose Cream

The full-body wrap with medicinal chalk from the island of Rügen has a purging and detoxifying effect. In addition, the subsequent moisturizing evening primrose cream brings your skin in balance.

approx. 60 min. € 75,-

Alpine Herbs

Various herbs from the Allgäu Alps support the immune system and have a stimulating effect on the whole organism.

approx. 25 min. € 40,-



Intensive Treatments

Stimulating for the Digestive System

„Free Belly“ Partial Massage and Hay Flowers-Liver Pack

Belly massage with smooth, stimulating hand movements as well as a comfortably warm hay flowers wrap for the liver, which stimulates the blood circulation.

approx. 60 min. € 60,-

Stimulating for the Metabolism

Raw silk glove Massage and Comfort-Crystal-Wrap

Stimulation of the upper skin layer with a dry massage with a raw silk glove. After that, you will enjoy the application of aromatic crystal-pearls in the Flowel-System. They have a moisturizing effect, when they are spread on the skin.

approx. 70 min. € 75,-

Moisturizing

Whey-Airstream-Bath, Evening Primrose Cream-Wrap and Full-Body Massage

Mineralising bath essences revitalise the skin and especially the linolenic acid of the mature seeds of the evening primrose supports the skin's natural barrier in the warm Flowel-System. During the subsequent full-body massage, the nutrients of the evening primrose cream are massaged in intensively.

approx. 90 min. € 100,-

Intensive Treatments

Purifying

Thalasso-Sea Salt-Bubble-Bath, Thalasso-Wrap and Full-Body Massage

The intensive bubbling water boosts the effect of sea salt and the implementation of a variety of valuable minerals into the skin. In the detoxifying wrap and during the smooth full-body massage, your body feeling changes to calm and relaxation.

approx. 90 min. € 115,-

Firming

Drainage Leg Massage and Aroma Leg Wrap

The super slight hand technique enhances the stimulation of the lymph vessels and the removal of built-up lymph. The additional caviar cream wrap for lower leg and thigh supports tissue tightening.

approx. 60 min. € 75,-

Cleansing

Aroma Full-Body Scrub and Full-Body Massage

The aromatic full-body scrub (rose or coffee) eliminates the skin scales smoothly and cleanses your skin. The subsequent full-body massage provides your skin with regenerating ingredients.

approx. 60 min. € 70,-

Our sanatorium is certified according to QMS-Reha® (§ 20 (2a) SGB IX).

Private orthopaedic Rehab

With the perfect combination of excellent equipment, therapeutical expertise and our specialist Dr. med. Thomas Wißmeyer, we provide optimal conditions for orthopaedic rehabilitative stays.

We only accommodate few rehab guests simultaneously and during your rehab stay you enjoy the holiday ambience of our 5* sport & wellness hotel.

There is no better way to get well.

You will find more information on requirements of a private rehab stay at the Allgäu Sonne on www.allgaeu-sonne.de.

Sonja Hölzler

Physiotherapist, manual therapist, certified sports and gymnastics teacher and rehab representative, is your contact for your stay at the Allgäu Sonne as well as all therapeutical questions.

contact: +49 (0) 8386 702 965 or physio@allgaeu-sonne.de

Dr. med. Hans-Harald Köhler

Specialist in general practice, naturopathy, acupuncture, chirotherapy, spa physician with surgery directly on site.

contact: +49 (0) 8386 702 0 or info@praxis-koehler.com

Dr. med. Thomas Wißmeyer

Chief physician of the departments Orthopaedics / Emergency Surgery and Head of the Endoprosthetics Centre of the Asklepios Hospital Lindau, is your contact for medical questions and consultation for Orthopaedics / Surgery / Emergency Surgery and minimally invasive operations (key-hole technique) of hip endoprosthesis in particular.

contact: +49 (0) 8382 276 38 20 or t.wissmeyer@asklepios.com

Etiquette

We would like to fulfill your expectations and requests regarding our treatments. Therefore we suggest to book your treatments prior arrival. On the day of your arrival you will receive your personal timetable. For further appointments, our Physiotherapy & Massage receptionists would be pleased to help you.

Please come to the Physiotherapy & Massage department five minutes prior your treatment – dressed with your bathrobe.

If you are late, we unfortunately have to reduce your treatment time due to following treatments of other guests.

Our wellness team consists of female as well as male therapists. Please communicate your preference, if appreciated, already at the time of booking.

Please inform us at the time of booking about medical characteristics and diseases such as cardiovascular disorders, allergies, diabetes, metal implants etc.

If you are pregnant or breastfeeding, special conditions must be kept in mind. Please inform us about this wonderful circumstance, so that we can give you best advices.

If you are unable to keep the appointment, please inform us at an early stage. Free cancellation is only possible prior 24 hours. For late cancellations we charge 80% of the treatment price.

Etiquette

Our treatment duration includes greeting and adoption of the attending employee, as well as possible questions in addition to the treatment.

Please keep your mobile devices switched off during your treatment.

We recommend to wait with sunbathing and sauna directly after face and body treatments. We will be pleased to give you advises.

For any questions and needs, do not hesitate to contact us.



This price list is valid from 1st April 2019 and loses validity with a new price list.
Subject to modification!

