

... for your absolute well-being

englisch

CREATED FOR ADULTS ONLY!

★★★★ SUPERIOR

MÜHLE RESORT

... in Ruhe wohlfühlen & genießen

SPA - Menü

love, live,  
enjoy!

No one is young after 40 years,  
but we can be irresistible at any age!

- Coco Chanel -

OPENING TIMES  
for treatments:  
daily

10am - 07:30pm

RESERVATIONS:

Tel.: +43 (0) 5256 / 6767

E-Mail: [info@muehle-resort.at](mailto:info@muehle-resort.at)

in house: 100



Heart-host Andrea:  
massage therapist  
& dipl. cosmetician



Heart-host Kristijan:  
medical massage therapist  
& physiotherapist



PRIVATE  
SPA



# Cosmetic Treatments

to let you shine ...

## FOR HIM ONLY:

Facial care with facial massage for revitalization, renewal and refreshment  
55 Min. € 89

The whole package: Full body Hot stone massage & facial care treatment  
90 Min. € 165

Warm wax hair removal:  
back or chest 30 Min. € 47



## COSMETICS FOR TEENAGER:

Teenager make-up & consultation  
30 Min. € 46

Teenie package: back massage,  
Facial treatment and  
eyebrow shaping  
80 Min. € 99



## PAMPER YOUR FEET:

Peeling, massage, wrap  
25 Min. € 44

Pedicure without nail polish  
50 Min. € 71

Pedicure with nail polish  
60 Min. € 82

Pedicure with permanent gel polish  
70 Min. € 92

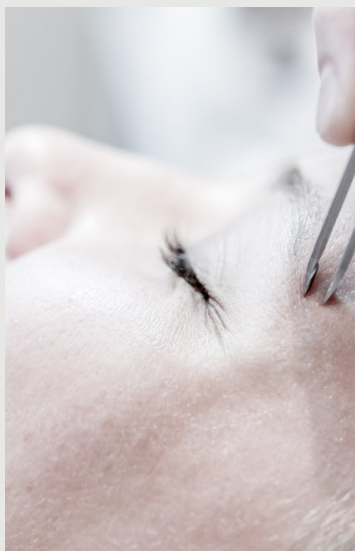
Nail polish  
10 Min. € 22

Permanent gel polish  
30 Min. € 31



## FACE NECK DECOLLETE MASSAGE

Gentle, refreshing massage anti-wrinkle effect.  
30 Min. € 52



## CLASSICAL FACIAL TREATMENTS:

freshness & vitality  
60 Min. € 89

silence & moisture  
60 Min. € 89

clear cleanness  
60 Min. € 89



## SPECIAL FACIAL TREATMENTS:

Moisture and smoothness  
80 Min. € 136

Line reduction and charisma  
80 Min. € 161



## SPECIAL- & ADDITIONAL TREATMENTS:

Eyebrow shaping  
€ 21

Eyebrow coloring  
€ 21

Eyelash coloring  
€ 25

Eyelash and Eyebrow coloring  
€ 35

Ear candle therapy  
€ 47



## PAMPER YOUR HANDS:

Peeling, massage, wrap  
25 Min. € 38

Manicure without nail polish  
50 Min. € 65

Manicure with nail polish  
60 Min. € 76

Manicure with permanent gel polish  
70 Min. € 86

Nail polish  
10 Min. € 19

Permanent gel polish  
30 Min. € 28



## WARM WAX HAIR REMOVAL

back € 47

arms € 32

upper lip € 25

eyebrows € 25

armpit € 27

legs half € 43

legs whole € 67



# healing & medical massages

for your health & wellbeing ...

**CLASSIC MASSAGE** is the most common and well-known type of massage. It manipulates the superficial layers of muscles to improve mental and physical health. The benefits of the classic massage are increased blood circulation, mental and physical relaxation, reduced stress and muscle tension and improved freedom of movement.

30 Min.	€ 51
40 Min.	€ 62
50 Min.	€ 73



**CUPPING / VACUUM MASSAGE** the treatment is carried out by guiding the suction cup along the surface of the skin. Vacuum massage improves both the oxygen supply of the tissue and the blood circulation. It allows the regeneration and firming of the skin. The peripheral circulation is activated, the skin becomes firmer and the muscles become elastic.

30 Min.	€ 58
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**LOMI-LOMI** with coconut oil. Lomi-Lomi is a Hawaiian form of massage that includes many rituals. In the local language lomi means rubbing, kneading or pressing. Nui translates as much as big, important or unique. The doubling underlines the importance. So Lomi-Lomi means something like "unique strong kneading".

50 Min.	€ 86
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**CONNECTIVE TISSUE MASSAGE** with special massage technique, the tissue is intensified and the fascia is strengthened. The active ingredients of essential herbs optimally support the detoxification process.

30 Min.	€ 59
60 Min.	€ 99



**HEALING MASSAGE** means hand on - manipulating muscles, connective tissue, tendons, ligaments and in some cases body systems, treating pressure and trigger points that contribute to improving health or overall well-being.

30 Min.	€ 60
60 Min.	€ 108



**FOOT REFLEXOLOGY MASSAGE** Reflexology on the foot is a form of treatment that has evolved over many years from old folk knowledge into a precisely elaborated therapy. Although it has its starting point at the foot, it does more than a usual foot massage. There is hardly any disease that can escape the regulating influence of foot reflexology massage. The treatment does not work against a disturbance but activates existing forces. In the soul-mental area, foot reflexology leads to more relaxation, balance and well-being - important prerequisites for a healing process.

35 Min.	€ 67
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**SPORT MASSAGE** is a deep massage for active athletes! Reduces the risk of injury and accelerates the recovery. This treatment uses the deep processing of the soft tissue to correct problems and imbalances caused by strenuous physical activity. A sports massage is an effective method to release tension and restore balance in the musculoskeletal system.

30 Min.	€ 65
60 Min.	€ 115



**TAPING** with highly elastic muscle tape to support the physical healing process, e.g. for the inflammation of the joints or muscle.

je 10 Min.	€ 12
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# wellness treatments

for the wellbeing of your soul ...

## LUXURIOUS FOUR-HAND MASSAGE

The 4-hand massage invites you to immerse yourself in a relaxation by a massage of two therapists. Touched by 4 hands, massage becomes a unique experience - an invitation to surrender, to dissolve old control mechanisms and to let body, mind and soul fly. The body can be perceived in a new way: feel how the body expands, how tension dissolves, how breathing becomes soft and flowing, and how well-being increases.

30 Min. € 101



## PEELING

The soothing "touch brown sugar peeling" made of 100% organic brown sugar will pamper you. It gives you luxurious pleasure on a silky soft skin. It gently peels old & dry skin off the surface and gives vital moisture needed to keep your skin young and healthy. After just one application, your skin remains soft, silky smooth and visibly radiant. Free your mind! Heal your body!

25 Min. € 55



## AROMA HOT STONE THERAPIE

Massage with hot volcanic, polished river stones from Bali combined with lavender essential oils. It relaxes your mind, body and soul. It is one of the best anti-stress treatments. The warmth of the stones helps to relieve tension from your muscles.

50 Min. € 89

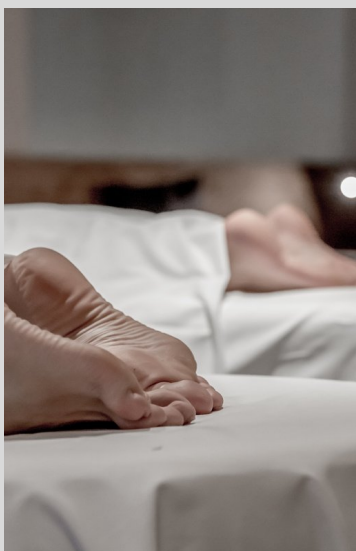
75 Min. € 117



## ANTI-STRESS-MASSAGE

Break blockages and let life energy run free again. A noticeable source of energy - especially for head-heavy people.

35 Min. € 54



**COUPLE MASSAGE** no longer a question, who is getting massaged first. Lie comfortably next to each other in a room and let yourself be pampered by two masseuses at the same time.

Classical Massage

30 Min. € 102

50 Min. € 146

Aroma Therapy Massage

30 Min. € 112

50 Min. € 166



## BODY WRAP

The cellulite & contour refining Body Wrap detoxifies and tightens the skin without dehydration. Soil and marine extracts as well as essential oils stimulate microcirculation to facilitate the elimination of toxins and the breakdown of fat deposits. The skin gains firmness and suppleness while the contour is refined: **detoxifying body mask**. . . Healing and balancing with the infusion of "neroli" - an essential oil with marine sludge and zinc. The properties are antibacterial and antiseptic. This eliminates impurities.

90 Min. € 112



**AROMA THERAPY MASSAGE** uses essential oils, with healing properties. These oils are concentrated essences from the flowers, fruits, seeds, leaves and bark of certain plants. Relaxes, balances and harmonizes the body. Reduces stress. Helps build a healthy immune system against infections.

30 Min. € 56

50 Min. € 83



**SWAMP CUSHION IN THE RELAXATION ROOM**, a product of nature. Swamp cushions develop a soothing and pain-relieving blood circulation of the body. By applying heat, hardening of the muscles is loosened, so the swamp pillow serves as an ideal preparation for a massage.

35 Min. € 25