

Range: Relax

OUR PACKAGES:

RELAX

Regeneration is a part of our concept. Our RELAX range helps you to relax properly, regulate your inner balance and bring new energy to your everyday life.

RELAX Basic

149.00 EUR

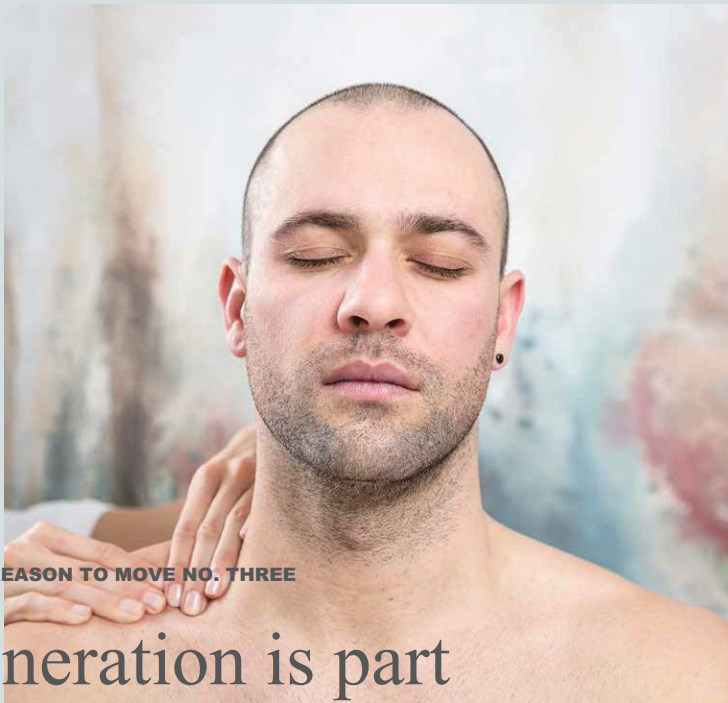
Enjoy our exclusive Signature Treatment – a massage tailored especially to you – and let our therapists treat your ailments and imbalances with professional massage techniques.

Make use of both our hydrotherapy options to regulate your inner balance and finish off with a reflexology foot massage to relax your body and optimise your sense of wellbeing.

The package includes:

1 Signature Treatment..... 65 min.
1 reflexology foot massage..... 25 min.
1 AquathermoJet®..... approx. 20 min.
1 Hydroxeur®..... approx. 20 min.

— We recommend you book a stay of at least 3 nights.



REASON TO MOVE NO. THREE

Regeneration is part of performance.

Our performance-oriented society often gives us the feeling that we have to fill every spare minute with activity. How often are breaks dismissed as laziness? Relaxation is an important part of the interplay between exercise, proper nutrition and regeneration. If you look at it this way, breaks are a personal accomplishment.



REALIZE

149.00 EUR

With this combined offer, you get the chance to get to know your locomotor system better and learn how to be actively aware of your body. We test your body composition with bioelectrical impedance analysis and our professional team will advise you about the three core elements of exercise, nutrition and recovery in order to optimise your lifestyle in a sustainable way. With a tailor-made massage to finish, you'll learn how to relax properly and create new energy

for yourself for the future.

The package includes:

- 1 bioelectrical impedance analysis.....approx. 30 min.
- 1 consultation with a sports scientist.....50 min.
- 1 Signature Treatment massage..... 65 min.

— We recommend you book a stay of at least 2 nights.

RESTART

149.00 EUR

In this package we offer you a first insight into our diverse range of options to relax and leave everyday life behind you. Enjoy a whole body massage and start your stay in Das Hohe Salve Sportresort with a relaxation bath in a class of its own. After a soothing facial treatment and a few sips of our very own RELAX tea, you will feel relaxed and grounded.

The package includes:

- 1 whole body massage.....50 min.
- 1 Hydroxur® bath.....20 min.
- 1 facial treatment –
your expert care.....50 min.
- 1 Relax tea

— We recommend you book a stay of
at least 3 nights

RELOAD

149.00 EUR

Use our combined offer to find your inner balance again. With this sports massage tailored to your activities and a soothing hydrotherapy bath, we revitalise your body and improve your ability to regenerate. We finish off with a functional mobility session to actively relieve your motor system and to optimise your physical functionality and mobility. Our home-made MOVE tea warms you after the session

and prepares you for your next activities.

The package includes:

- 1 sports massage.....50 min.
- 1 Hydroxur® bath.....20 min.
- 1 mobility session.....50 min.
- 1 Move tea

— We recommend you book a stay of
at least 3 nights

Range: One-off Move & Relax Services

OUR RANGE:
MOVE & RELAX
ONE-OFF SERVICES

PERSONAL TRAINER SESSION

50 min.....79.00 EUR

Work with your personal trainer to plan an individual exercise concept that improves your physical capabilities in a sustainable way. Your muscle imbalances will be balanced out and your performance will be improved. Through guidance underpinned by sports

science, and in an exercise room equipped according to the latest findings, you'll have the opportunity to learn new exercises and incorporate these into your daily routine. We will document your exercises and create an individual exercise plan for you.

SPIROERGOMETRY

Spiroergometry (approx 75 min.) / Consultation (approx. 50 min.).....159.00 EUR

Using spiroergometry, we will test your physiological parameters and determine your capabilities on the bicycle ergometer. You will complete an individually designed grading protocol

and receive detailed feedback. In the consultation that follows with one of our sports scientists, we will interpret your results and create a personal training plan for you.



REASON TO MOVE NO. FOUR

Nutrition can make a big difference.

Whoever does something also has to eat something. What's important is what you put on the plate. The menu should be determined by the age, lifestyle and personal calorie requirement of the person. Proper nutrition means in no way having to deny yourself pleasure or, even worse, going hungry.

Our team will show you how to nourish yourself in a way that is both enjoyable and mindful at the same time.

BIOELECTRICAL IMPEDANCE ANALYSIS

Bioelectrical impedance analysis (approx. 30 min.) / Consultation (approx. 30 min.)...49.00 EUR

We will use bioelectrical impedance analysis to determine your body composition and advise you about how you can integrate exercise, nutrition and recovery into your lifestyle in a way that suits. With the BIA measurement, we can determine parameters such as body fat (kg and %), fat-free mass (FFM),

metabolically active body cell mass (BCM), extracellular mass (ECM), ECM/BCM index, total body water (TBW), extra and intracellular water (ECW, ICW), nutrition index (ratio of reactance to resistance), resting energy needs and total energy needs (after taking activity into consideration).

Treatments (Massages & Baths)

CLASSIC MASSAGE

Half body (25 min.).....34.00 EUR

Whole body (50 min.).....64.00 EUR

Using classic massage techniques, your muscles will be loosened, your tensions released and your circulation

Half body w/ cupping (45 min.)....49.00 EUR

Half body w/ Heilmoor (45 min.)...49.00 EUR

invigorated. This manual therapy stabilises the interplay between your muscles and increases your physical wellbeing.

SPORTS MASSAGE

50 min.....69.00 EUR

Using powerful massage techniques, your muscles will be revitalised after a training session and prepared for the demands to come. Your psychological

equilibrium will be rebalanced and the regeneration of your muscles will be manually optimised.

ELECTRIC MUSCLE STIMULATION BY COMPEX®

Compex® electrostimulation
(25 min.).....19 EUR

Give your tired muscles a chance to relax and experience a gentle electrical stimulation. Choose between a rehabilitation massage, recovery massages and pain

Compex® electrostimulation with half body
massage (45 min.).....49.00 EUR

treatment and actively regenerate after the stresses and strains.

Can be combined with a half body massage.

MANUAL LYMPH DRAINAGE

25 min.....37.00 EUR

Gentle strokes across the skin and flowing movements are used to activate the lymph vessels and stimulate the metabolism. Excessive strain on the muscles is reduced through

50 min.....67.00 EUR

this treatment and your body's own ability to regenerate will be improved. The lymph drainage has a relaxing effect that detoxifies and also strengthens the immune system.

REFLEXOLOGY FOOT MASSAGE

25 min.....34.00 EUR

Powerful activation of the reflex pathways in your feet in turn activates every organ and muscle in your body. The reflex zones in the soles of your feet are associated with certain organs and

50 min. in combination with
a half body massage.....64.00 EUR

tissues – customised pressure has a positive effect on these zones. We use this pressure point massage to increase your wellbeing and activate your self-healing capabilities.

Range:

SIGNATURE TREATMENT

35 min. 49.00 EUR

65 min. 79.00 EUR

Create a personal relaxation and massage concept along with your therapist that will increase your physical wellbeing and optimise your performance.

You will discuss your needs and concerns with your therapist before they start the made-to-measure treatment.

The philosophy of Das Hohe Salve Sportresort is put into practice here in a personalised way through stimulation and relaxation.

We pay particular attention to the longer term effects of your personalised treatment – your therapist is on hand throughout your stay for any questions you may have.

HYDROXEUR® PRO TREATMENT

20 min. 34.00 EUR

Make use of this unique hydrotherapy bath to increase your wellbeing. 144 jets mix micro-sized bubbles of air into the water in the Hydroxeur® whirlpool bath to give you a unique underwater massage. This bath will relieve tensions, improve circulation and stimulate the connective tissues. The pulsating vibration massage

activates your lymph system and will have a positive influence on your metabolism.

Escape from your hectic daily routine and enjoy the calming, caring and regenerating effects of the Hydroxeur® bath.



AQUATHERMOJET®

20 min. 17.00 EUR

With 32 ergonomically placed rotating water jets, these circular movements will pamper you from shoulder to toe. The AquaThermojet® supports regeneration after excessive strain and actively promotes relaxation. Depending on the duration and intensity of the

treatment, it can result in muscle tension being eased and pain being soothed. Massage movements which use the warm water currents and a temperature of around 35 degrees will improve blood supply to the tissue and activate your metabolism.

REASON TO MOVE NO. FIVE

Exercise is always in season.



Whether it's spring, summer, autumn or winter, in the morning or in the evening, come rain or come glorious sunshine – you can always exercise. Periods of recovery should also be planned into the programme. There is a huge range on offer in and around Das Hohe Salve Sportresort. There are plenty of outdoor and indoor activities available to restore your zest for life at any time of the year.