Traditional Thai Massage ("Passiv Yoga")

(Nuad Bo Rarn, Northern Style)

A full body massage given on a mat on the floor, by which the receiver increases flexibility and experiences deep relaxation through passive stretching and acupressure,

given through fingers, hands, feet, elbows and knees following the energy lines of the body. Thai massage is considered to be preventive and therapeutic.

It benefits all those who want to preserve a good state of health.
Through conscious breathing the body is stimulated within and externally. When it is regularly received the nervous-, respiratory-, circulatory-, digestive- and immune systems will be improved. Thai massage diminishes stress, relaxes tension areas in the whole body and boosts the energy level. Also, it helps to digest, attacks insomnia, increases flexibility,
releases physical and energetic blockades and harmonises the psychosomatic relation.

60 minutes : 65,- Euros
90 minutes : 85,- Euros
120 minutes : 105 ,- Euros

Prices are incl. BTW (excl travel expenses if applicable)

Cancelation at least 24h before

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Assisted Passive Stretching

Stretching is an **important** but for many underrated part of our wellbeing, because it helps you to maintain your flexibility & range of motion in your joints.
If you don't **gently stress** your muscles & connective tissue around the muscles, it will adaptively shorten over time.

Instead of actively working on your physical body
combine it with a time of relaxation, allowing your body gently being moved without any assistance of your own.

60 minutes : 55,- Euros
90 minutes : 75,- Euros

Prices are incl. BTW (excl travel expenses if applicable)

Cancelation at least 24h before

Contact me if you for more information !
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