

# Massages & Body Treatments

Healthy Aging.  
Exclusively for women.

[www.lapura.at](http://www.lapura.at)



**la pura**<sup>®</sup>  
women's health resort  
kamtal

Sustainable - for your well-being.

# Massages & Body Treatments

**Massage**, 25 | 50 min. \*\*

€ 49 | € 84

We offer classical massages, energetic therapy and reflex zone therapy. We will provide an optimal massage unit for you, depending on your personal needs.

**Abdominal Massage**, 25 min. \*\*/

€ 49

Detoxing through the intestines: an abdominal massage balances intestinal activity and enhances circulation. This stimulates the intestines to improve their nutrient absorption and detox performance.

## Our recommendation:

**Detox Massage**, 50 min. \*\*/

€ 84

Detoxing the organs: using a combination of suction bells, elements of lymph drainage and reflex zone treatment, the most important organ systems will be stimulated to a strong detox performance. Detoxing via the lymph system is also stimulated.

**Facial Lymphatic Drainage**, 50 min. \*

€ 84

This special facial and neckline massage reduces deposits and swelling. The slag materials are better transported away.

**Lymph Drainage**, 50 min. \*

€ 84

This gentle massage technique stimulates the lymph flow, reduces blockages and swellings and supports the elimination of metabolic products and body waste. This method is particularly effective for general pains, chronic inflammations and oedemas.

**Myoreflex Therapy**, 50 min. \*\*/

€ 84

A very effective combination of different therapeutic techniques that jointly influence the function of entire muscle chains. Among other things, complaints in the musculoskeletal system as well as muscular tensions can be treated. This not only improves body flexibility, but the body's own control of all movement patterns and the vegetative nervous system are also addressed.

**For Myself - Treatment**, 50 min. \*\*

€ 95

The treatment consists of elements of lymph activation for detoxification, stimulation of organs for hormone regulation, reflex zone treatment, acupuncture on energy points and gentle massage techniques for the back, pelvis and abdomen. The first part of the treatment takes place in a seated position.

## Our recommendation:

**la pura de luxe Massage**, 80 min.

€ 135

Evenly tempered herbal stamps are systematically guided over the body and give a feeling of relaxation, revitalisation and a pleasant sensation of well-being.

**Special Foot Massage**, 50 min. \*\*/

€ 84

Take good care of your feet, because they will carry you through life! By dissolving muscular tensions and improving foot elasticity, all movements become easier, and you will experience a new, vibrant feeling as you walk.

**Special Head Massage**, 50 min. \*\*/

€ 84

Using elements from different massage techniques, the head and facial muscles will be relaxed, the lymph flow strengthened and the balance of the vegetative nervous system restored. This treatment is particularly appreciated by women with headaches and everyday stress.



# General

## Foot Reflex Zone Massage, 25 min. \*/\*\* € 49

All body systems are influenced in a positive and balancing way by the reflex zones on the feet. Using these reflex zones, the body systems can be activated or soothed, and the vegetative nervous system can be regulated.

## „Thai Bodywork“ – Traditional Thai Massage, 85 min. € 135

A full-body treatment consisting of a gentle pressure point massage in combination with stretching and movement. This treatment is designed to stimulate the flow and balance of your energy (prana) and relax you so that you can go about your day with renewed energy.

## Electrotherapy \* € 30

If you have been prescribed ultrasound treatment, magnetic field therapy and various electric current treatments, you can avail of these at la pura after a consultation with our team of physicians.

### Our recommendation:

## Underwater Extension Therapy, 20 min. \* € 55

This unique la pura treatment is a combination of extension therapy and massage in a special therapy basin with warm water. It is a gentle, effective treatment that is particularly suited for tensions and misaligned sections of the spinal column, and it relieves joints and spinal discs and loosens muscles.



### Appointments can be made:

- at the la pura therapy reception counter
- by phone: +43 (0) 2985 / 26 66 - 660
- by e-mail: [medizin@lapura.at](mailto:medizin@lapura.at)

To prevent disappointment, we recommend that you book your desired dates in advance, as early as possible. Of course short-term appointments may also become available at times.

### Delays & cancellations:

Out of respect to the guests with appointments after yours, we hope you understand that if you are late, this will be subtracted from your treatment time. If you are not able to keep your appointment, we ask that you cancel at least 24 hours in advance, as we have to charge 100% for any appointments that are not cancelled in time and are not kept. The same conditions apply to appointments in the form of a voucher or for Day Spa bookings.

### Note:

Please note that the treatment duration indicated includes massage time as well as the welcome, undressing, any required rest period and a friendly farewell.

### Valuables:

We recommend that you lock your valuables in the safe in your hotel room or in one of the cloakroom lockers.

### la pura women's health resort kamtal

Hauptplatz 58  
A-3571 Gars am Kamp, Austria

Tel.: +43 (0) 2985 / 26 66 - 0  
Mail: [willkommen@lapura.at](mailto:willkommen@lapura.at)  
[www.lapura.at](http://www.lapura.at)

Ein Resort der:



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