

Just Relax

Well-being and inner harmony – they are part of our requirements for an all-round successful vacation.

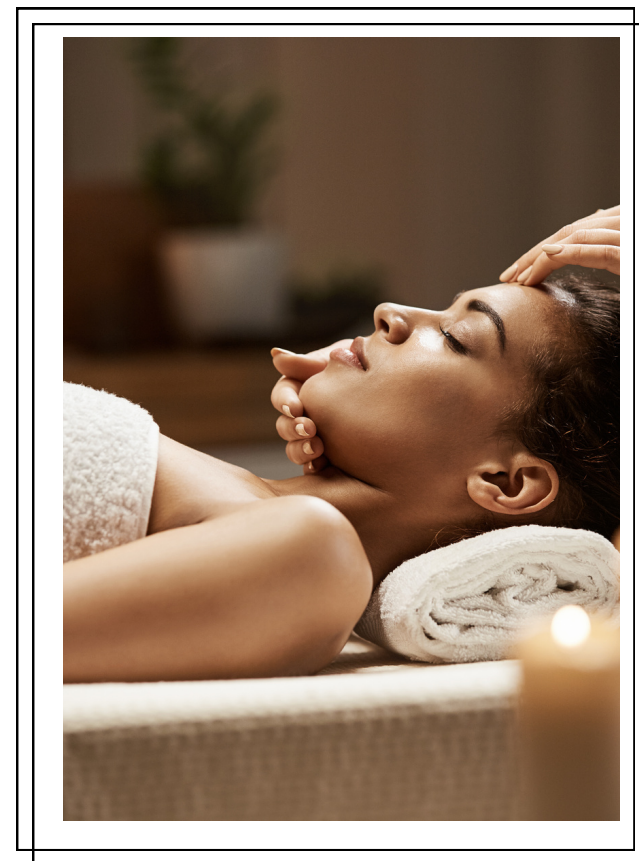
Our masseuse Dragana awaits you with warm empathy and competence for your individual wellness experience.

Strip away your everyday life, take some well-deserved time out and follow your inner needs.

Let yourself be pampered...



Hotel Brötz
Family Sonnerer
Via Rasun di Sotto 29
39030 Rasun - Anterselva
Val Pusteria - Italy
Tel. +39 0474 496138
info@hotelbroetz.com



Massages and Sauna

Classic

Total Body massage

Experienced hands and fragrant oils wrap your body and mind in the harmony of a relaxing massage...the oldest form of well-being

50 Min.

Partial Body/Relaxtion massage

Experienced hands and fragrant oils wrap your body and mind in the harmony of a relaxing massage...the oldest form of well-being

25 Min.

Hot Stone massage

It helps to relieve muscle tension, improve joint mobility, release tension in the spine, combat stress and lift the mood.

50 Min.

25 Min.

Draining massage

Drainage massage is a special technique that promotes the removal of fluids and toxins that have accumulated in the body.

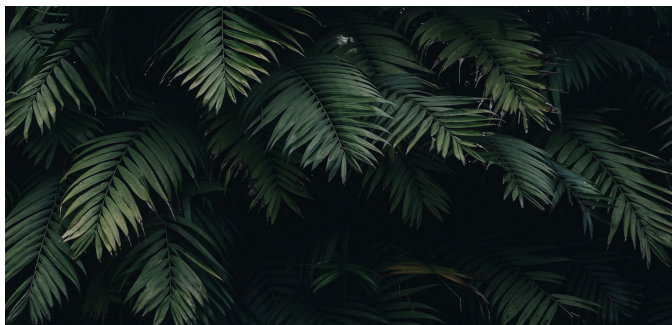
50 Min.

25 Min.

Sportmassage

It consists of targeted treatment on the affected areas and thus of tense muscles in order to relax them and eliminate spasms.

25 Min.



Facial reflex massage

Feel-good technique that reactivates, relaxes and balances the blood circulation, stimulates the flow of the energy and helps against puffiness and dark circles under the eyes.

For her and for him.

40 Min.

Foot reflex massage

Reflexology is an integrative medicine technique that consists of stimulating and massaging the sole of the foot to alleviate diseases and ailments that affect other parts of the body..

40 Min.

Neck massage

Neck massages are recognized as an effective treatment for muscle pain in the neck. They provide immediate pain relief but can also help to resolve long-term problems associated with muscle and postural tens

25 Min.

OPENING HOURS

INDOOR SWIMMING POOL:

From 6am until 10pm

WELLNESS AREA:

From 3pm until 7.30pm

SAUNA:

Finnish Sauna (80 - 90 C°)

Roman steam bath (45C°)

Sanarium (50 - 60 C°)

Whirlpool (36C°)

Kneipp bath

MASSAGES:

14:30-19:30

Information and registration at reception