

Contraindications

Massage & Spa-Packages

Massages are a soothing treatment for relaxation and regeneration. However, there are certain health conditions for which a massage is not recommended or not possible.

The following conditions generally exclude massage treatments:

- **Acute injuries**
such as fractures, muscle or ligament tears
- **Musculoskeletal disorders**
e.g. herniated discs, acute joint inflammation, etc.
- **Cardiovascular diseases**
such as high blood pressure, arrhythmias, heart attack, etc.
- **Infections and any kind of febrile illnesses**
- **Open wounds or other skin injuries**
- **Pregnancy**

Important: Before your treatment/massage begins, please inform us of any pre-existing conditions or complaints you may have. If you are unsure, we recommend consulting a doctor to ensure safety and the best possible treatment outcome.

Our Spa Etiquette

Please arrive 10 minutes before the start of your treatment at our spa reception. In case of late arrival, the treatment time must unfortunately be shortened. Refunds are not possible in such cases. External guests can access the spa via Brandweg 3 (sauna building), where a short-term public parking zone is also available. Internal guests may go directly to the spa area.