

divota

holistic
spa

menu



massage

	time / min	€	description
swedish	55	68	activates the physical body
	75	85	
sport	45	62	relaxes the physical body
partial	25	48	
candle	25	50	
	55	79	
hot stone	75	82	
back, shoulder & scalp	40	54	
aromatherapy	55	77	
foot massage	25	44	
mother-to-be	55	79	

holistic

	time / min	€	description
foot reflexotherapy	55	79	relaxes the physical body and harmonizes the energy body
lymphatic drainage	55	79	
shiatsu with craniosacral elements	55	81	
	75	97	
kum nye tibetan healing massage	55	85	
	75	102	
kum nye tibetan stretches	45	74	
	55	85	
crystal bed chromotherapy	20	17	harmonizes the energy body
	40	33	

private classes

	time / min	€	description
pranayama	25	27	harmonizes the energy body (breath)
meditation	25	27	
sowa rigpa	55	65	harmonizes the energy body (movement)
lu jong tibetan healing yoga	55	65	

face & body

	time / min	€	description
bernard cassiere facials	60	89	beautifies and rejuvenates the physical body
bernard cassiere body treatments	75	95	

our trained and experienced therapists will advise on the best treatment for your individual skin type. in a personal consultation we will help you choose from a wide variety of BERNARD CASSIERE cosmetics.

mani - pedi

	time / min	€	description
spa manicure	55	47	beautifies the physical body
spa manicure with polish	75	55	
spa pedicure	55	51	
spa pedicure with polish	75	61	
polish only	20	22	
shellac manicure	40	37	
	60	52	
shellac pedicure	90	65	
	60	57	
	90	71	
gel polish removal & manicure	60	57	

waxing

	time / min	€	description
face	20	23	maintains the physical body
brow shape	20	17	
full arm	30	27	
half leg / with bikini	45	39	
full leg / with bikini	60	49	
bikini	30	28	

divota packages

	time / min	€
BEAUTY	55	92
express facial · candle 25		
EXPRESS	45	65
partial massage · polish only (hands)		
BALANCE	95	91
back, shoulder · scalp massage · foot reflexotherapy		
BLISS	55	72
crystal bed chromotherapy · tibetan back		
DIVOTA	100	115
tibetan healing yoga · meditation		
tibetan healing massage		

kum nye

tibetan healing massage	time/min	price/euro
8 MOVEMENTS	55/75	85/102
8 MOVEMENTS + TIBETAN BACK + HANDS FEET SCALP	75	102
INTENSIVE OILY + TIBETAN BACK	45	74
INTENSIVE OILY + STRETCHING TIGER	60	88
TIBETAN BACK / INTENSIVE OILY	30	61

TIBETAN BACK acupresure-like massage that activates all organs by pressing a sequence of pressure points along the meridians of the back, having a positive therapeutic effect on the entire organism.

8 MOVEMENTS extracting the essences, activating hormones and neurotransmitters by sequences of different touch patterns, relieving stress and inducing deep relaxation.

INTENSIVE OILY full body massage all-time-favorite full body massage using circular movement patterns, activating the subtle body, leaving you invigorated and fresh.

tibetan healing stretches	time/min	price/euro
FISH + POWERFUL STRETCHING	45	74
POWERFUL STRETCHING + MONKEY + BAT	30	61
ELEMENTS+ FISH + POWERFUL STRETCHING	55	85

POWERFUL STRETCHING stretching tendons, opening blockages, and enhancing body strength and power through pulling, shaking, and kneading the entire body.

FISH MOVEMENTS activating essences deep within bones and joints, and releasing blockages through pressure, pulling, and rolling movements.

MONKEY AND BAT MOVEMENTS softening tendons by pulling and stretching, to facilitate smooth energy flow throughout the body

ELEMENTS MOVEMENTS aligning and spreading energy by circling specific body parts to balance and harmonize the elements of wind, fire, and water.

these movements collectively offer a holistic approach to physical and energetic well-being, addressing various aspects of mobility, flexibility, strength, and energetic balance.