

GOLF RETREATS





## GOLF ARM RELEASE

Ideal for golfers' arms | Relieves tension | Myofascial techniques | Discharge manipulations | Taping



ab € 55 25 MIN

## GOLF HIP MOBILITY

Specifically for golfers' hips | Improves mobility | Myofascial techniques | Passive stretching | Flexibility exercise | Performance optimization | Med gun



ab € 55 25 MIN

## PERFORMANCE SWING MASSAGE

Med gun | Leg massage | Intensive hip massage | Improvement of blood circulation | Cupping therapy for the relaxation of the back muscles | Stretching & mobilisation | New strength & energy



ab € 100 55 MIN

## HARMONY GOLF ESCAPE

Mobility check | Footreflexology & fascia massage | Recharge your vitality | Tones up the muscular fitness | Harmonising



ab € 100 55 MIN

To ensure a smooth and relaxing experience, we kindly inform you that the SPA reservation and cancellation policy apply to our golf treatments. For further information, our SPA team will be happy to assist you.