

Physiotherapy

Medical Wellness

Enjoy wellbeing and relaxation



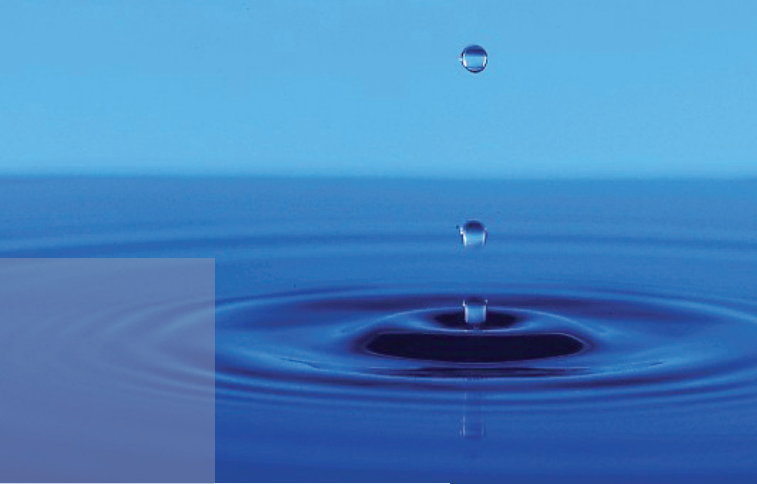
**MEDICAL WELLNESS  
AM KLINIKUM ST. MARIEN  
AMBERG**

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**MEDICAL WELLNESS  
AM KLINIKUM ST. MARIEN  
AMBERG**



**Dear patient,**

Take your time and simply let your thoughts float away while we take care of your physical, mental and spiritual wellbeing.

Relax in our bath and therapy section and let our specially trained medical team pamper you.

**Terminvereinbarung**

Anmeldung unter Tel. 38-14 54  
[graess.angelika@klinikum-amberg.de](mailto:graess.angelika@klinikum-amberg.de)  
[keck.willi@klinikum-amberg.de](mailto:keck.willi@klinikum-amberg.de)

Mo. bis Do. von 07.30 Uhr bis 16.00 Uhr  
Fr. von 7.30 Uhr bis 14.30 Uhr

oder persönlich in der  
Physikalischen Therapie.

All the best, from your

Willi Keck, Head Masseur  
and Medical Bath Attendant

Angelika Gräß  
Head Physiotherapist





## Massages



### **Tuina**

The Chinese healing massage is used in the treatment of organs and tissues and dissolves energy blocks.

about 45 min. 40,- EUR

### **Essential oil massage**

In the course of a gentle massage, your body is pampered with a range of different essential oils (e.g. lemon/mint with its revitalizing effect or lavender/rosewood with its relaxing effect).

about 45 min. 40,- EUR

### **Hot Stone – La-Stone Massage**

The use of cold, warm and hot stones dissolves muscle tension and meridian blocks.

about 90 min. 75,- EUR

### **Sound massage according to Peter Hess**

Sounds assist rapid relaxation and generate a trusting and safe environment. They create a pleasant physical sensation.

about 40 min. 30,- EUR

### **Herbal stamp massage**

Mild herbs and massage techniques from the Ayurvedic Pinda Sweda application harmonize your body and soul.

about 60 min. 50,- EUR

### **Light channel massage**

Spiritual meridian treatment. It consists of an energizing and relaxing massage of the back and dissolves blocks through gentle touch.

Extremely relaxing.

about 40 min. 30,- EUR

### **Chocolate massage**

The chocolate massage stimulates the release of serotonin and endorphins. Chocolate simply makes you happy.

about 60 min. 50,- EUR

### **Brush massage**

Your body is massaged in circular movements using a natural bristle brush. Scented, nurturing oils envelope you. Fully let go and experience the intensive effect of this extraordinary treat.

A rejuvenating effect for your skin.

about 25 min. 30,- EUR

### **Foot reflex zone massage**

Stimulation of the tissues of the feet is enhanced through special massage techniques and the activation of the body's ability to regenerate itself.

about 30 min. 25,- EUR



Water Therapy



Treatments/Prevention

### Aqua body and soul balancing

One of the gentlest and most sensitive methods of water-based bodywork. Through relaxed floating on the surface and below, you will experience a condition of complete rest and relaxation.

about 60 min. 50,- EUR

### Movement bath

The lift, frictional resistance and temperature (33-34°C) of water are utilized to promote mobility (while being easy on the joints), to develop muscles and relax. Treatment is provided in groups with different treatment focuses (spine, arms and legs).

40,- EUR

### Cleopatra oil bath

Skincare bath with carrier oil and cream or whey. Through the addition of different oils, a relaxing or stimulating effect can be achieved.

about . 20 min. and 20 Min. **Nachruhe** 18,- EUR

### Stangerbad

The hydro-electric bath has a pain-reducing and circulation enhancing effect.

about 20 min. and 20 min. **Nachruhe** 18,- EUR

### Bio-feedback

Computer-aided guidance for relaxation – ideal for persons suffering from migraine, tension headaches and for stress management.

about 30 min. 25,- EUR

### Craniosacral therapy

Mobility of the cranial bones is normalized, which improves the circulation of cerebrospinal liquor, removes tension from the meninges and dissolves blocks. hat.

about 45 min. 45,- EUR

### Dorn treatment

A simple, very effective and gentle treatment of the spine. Dorn treatment is a natural method for the determination and correction of incorrect positions of the spine.

about 45 min. 40,- EUR

### Senergy

This stand-alone treatment is first and foremost a form of pressure point massage, which developed from the traditional Chinese and classical western massage.

about 30 min. 25,- EUR

### Shiatsu

Discover Shiatsu and have the causes of disharmony and blocks within your body and soul treated.

Shiatsu means: Shi = finger, atsu = pressure.

about 30 min. 25,- EUR

### Sound meditation according to Peter Hess

Sounds ensure rapid relaxation and create a trusting and safe environment. They create a pleasant physical sensation. The number of participants is restricted to 6 to 10.

about 30 min. 3,- EUR