



[www.body-soul-balance.de](http://www.body-soul-balance.de) - Ralf Kottmann Masseur

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**You can only be in touch if you feel.**

*Anais Nin*

## body soul balance - Massage



Holistic body treatment based on classic massage strokes. Body and soul will be addressed in equal measure – with a high recreation and relaxation factor. The use of a singing bowl to open and harmonize the chakras (energy centers) emphasizes the holistic nature of this massage. *60min.*

## Lomi Lomi Nui



Hawaiian massage ritual - holistic, loving gentle and profound body treatment

**feel safe – release –  
draw strength – be strengthened**

*90min.*

## Shiatsu

Japanese body treatment which attempts with specific pressure and attentive touch to balance and harmonize the energy flow in the meridians (energy pathways). Therefore Shiatsu contributes to physical and mental well-being.

Shiatsu is performed at dressed body upon a corresponding pad on the ground.

*60min.*





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## Reflexology



Treatment of the foot which correlates as the microcosm reflexive to the macrocosm (whole person). The therapeutic handles comply with the principles of rhythm and dynamic as superior important laws of life and the treated person can even feel at best the correlation. Thereby through the treatment the real experience is to be taught that pain does not have to be fought as an enemy, but also offers the opportunity for change. *40min.*

## Journey of relaxation

### Training of relaxation

*60min.*

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### Package offer

*6x60min.*



The relaxation training includes a combination of relaxation techniques from the fields of: meditation, yoga, fantasy journey, qi gong, autogenic training, progressive muscle relaxation according to Jacobson, stretching and strengthening, breathing exercises, ...