



VITAL  
MESSAGES



CARMEN<sup>S</sup>  
VITAL  
MASSAGEN



FEEL THE **RELEASE OF TENSION**  
AND THE **FREEDOM TO MOVE EMERGE.**



**Your body tells a story—every single day.**

Stress, tension, and improper movements leave their marks, especially on your back. But there's a solution that not only feels revitalizing but also empowers you on every level.

At Carmen's Vital Massages, you'll experience more than just a treatment—it's a journey toward renewed mobility, inner balance, and a deep breath that recharges your energy.

Feel lightness and newfound strength. Give your back the care it truly deserves.

**DISCOVER THE  
FREEDOM OF MOVEMENT.**



CARMEN'S  
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## Signature Treatment "Lasserhaus"

*Escape the Everyday*

Experience a personalized massage tailored specifically to your individual needs. The Signature Treatment Massage combines gentle, relaxing strokes with deep techniques to effectively release tension and blockages. Premium, carefully selected essential oils indulge your senses and promote harmony between body and mind. This treatment offers you a soothing break from daily life, leaving you with a profound sense of rejuvenation and renewal.

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**50 minutes 90,00 € | 80 minutes 135,00 €**



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## Back Wellness

*The Dorn-Breuss Combination*

Relieve tension and bring newfound lightness to your back! Using gentle techniques inspired by the Dorn-Breuss method, I support your back in achieving balance and harmony.

Complementing this, a specially tailored back massage with St. John's Wort oil indulges both your body and senses. This soothing combination relaxes muscles, improves mobility, and leaves you with a revitalized sense of well-being.

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**50 minutes 90,00 € | 80 minutes 135,00 €**



## Dynamic Full-Body Massage

*Perfect After Physical Activity*

This massage combines powerful, deep techniques with complementary treatments such as cupping and hot compresses. It helps to release tight muscles, stimulate circulation, and promote renewed vitality. Cupping enhances tissue relaxation and provides a soothing sensation for the body. A final application of Arnica and Mountain Pine oil completes the massage, supporting recovery and regeneration. Ideal for recharging your energy after physical exertion.

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**50 minutes 90,00 € | 80 minutes 135,00 €**



## **Detox and Rejuvenate**

*The Lymph-Stimulating Massage*

Feeling drained or struggling with swollen legs?

This specially tailored massage uses gentle, flowing movements to support your body's fluid circulation. It stimulates the natural lymphatic flow, leaving you with a sense of lightness and relaxation.

This massage enhances overall well-being and restores your energy levels. Perfect for combatting fatigue, exhaustion, or simply to feel fully revitalized.

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**50 minutes 90,00 € | 80 minutes 135,00 €**



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**About Me:** My name is Carmen, and I am an experienced massage therapist who combines extensive knowledge with a holistic approach. My treatments are designed to enhance your well-being and provide tailored relaxation.

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Why wait? Give your body the gift of rest and rejuvenation. Through personalized massages and treatments, I create space for relaxation, renewed energy, and a deeper connection to your body.

**Book your appointment today!**

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