



deinheilmasseur

markus ginner

A complete range of massage techniques serves
to further your health and prevent illness

Healing Massage Therapist + Bioenergetic

Classic massage is combined with connective tissue massage, facilitated segment massage and reflexology massage.



- Pain reduction and removal
- Increased tonus, decreased tonus
- Circulatory and lymphatic systems are supported
- Functional and chronic disorders of inner organs and organ systems are treated
- General disorders of the metabolism are stopped
- Physical performance is enhanced. Prevention!

If desired we also provide body peeling using dead-sea salts, or heat therapy with a honey massage finish. For additional € 5.

Acupuncture Massage – APM



Our energy must be kept in a balanced system of fullness and emptiness. If, our Ying and Yang, according to the Chinese teaching, – our fullness and emptiness – is not regulated, psychic as well as physical illness and possibly disease, may result. With APM we can stimulate energy circulation and target a well-adjusted relationship between 'too much' and 'too little' energy.

Conditions such as hyper- and hypo activity and general unwellness are treatable. Additionally, APM serves to support chronic or acute pain treatment of the joints, back, skull, etc.

Manual Pain Treatment – MPT

"A Pain in the Neck:" The goal is to relieve and remove both pain and tension in the shoulders and neck. The pain in your neck: The lower back, pelvis, and pelvic bone – in Japanese called Hara - together form a functional unity between our legs and torsos – the center of our beings. How many people really feel at home in the middle of their body? And how many people wish they were pain-free in their pelvic region and lower back? That is the goal of this therapy.



- Diagnosis and treatment of hyper and/or hypo tonus
- Treatment of the pelvic region, injured discs
- Specific stretching exercises and gentle correctives
- Trigger points in shoulder, neck and chest

Ear Acupuncture Massage – EAM



The origins of modern ear acupuncture can be traced back to Dr. Nagier. After many tests and extensive research he was able to determine the relationship between the reflex zones in the ear and corresponding areas of the body and create an ear map. Ear acupuncture massage therapy has recently developed into an elegant and extremely efficient form of therapy. By targeting specific pain areas with pressure and stimulation, spinal and joint blockages can be released in order to promote pain reduction. It is possible to influence the functioning of inner organs as well as influence psychic problem areas.

Cranio Sacral Therapie - CST




The bones of your skull actually move in conjunction with each other. These movements are very small, but extremely important for the rest of your organism. If the movements of your skull bones are hindered, this can lead to physical symptoms and disruptions in other parts of your body. Through the finest of touches it is possible to restore the mobility of these bones to their original condition. This is accomplished by precise anatomical skill and entrusting yourself to your certified medical massage therapist. Our hands recognize many things which, although science has not, are nonetheless true.

Manual Lymphatic Drainage - ML



With this gentle massage therapy we can directly influence the body's lymphatic system. It is important for draining, purifying and nourishing the tissue as well as for the systemic and cellular immune system. Blockages in the arms or legs, as well as lymphedema resulting from accidents or long inactivity (e.g. after a cast has been worn).can be effectively treated. This therapy has become extremely significant due to its effectiveness after surgery, accidents, or sport injuries. This type of therapy, in combination with classic massage therapy, is the most sought-after treatment for therapists today.

30 min. for a specifically - focused massage	€ 30,-
60 min. a specifically- focused massage or combined treatment	€ 55,-
90 min. combined treatment	€ 75,-



A **healthy soul** does not know physical illness
Illness is the result of disharmony!

A holistic way of thinking,
oneness of body, soul and spirit
creates **harmony!**

Bioenergetic, Analysis of energy blockages, energy-status elevation



Electrosmog, bothersome magnetic-field stress factors in high-frequency zones, daily stress, not drinking enough water, lopsided exercise; all these factors can lead to disturbances in the body's energy levels, becoming worn down, running on empty. These could be described as civilization's illnesses.

Cells can be recharged through oxygen and light therapy.

Oxygen Inhalation, Baths

Electro therapy, Deep-heat therapy, ultrasound, exsanguinations

life light

Nutrition is medicine. Sensible nutritional supplements for molecular application (Life Light inc.)

GEMMA

Good Energy Massage Mats
www.gute-energie.at



We also make **in-house visits!**

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