

# massagefex

DI Christian Gundolf  
Heilmasseur & Gewerblicher Masseur



## christian

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I am a **certified massage therapist** and treat patients with musculoskeletal and organ-related issues for healing purposes according to medical prescriptions in Imst and Wensns. I am also happy to provide massage services in hotels as a **commercial massage therapist**, helping guests recover after an intense day of skiing or a long hike, for relaxation purposes.

## therapie

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### **Classic massage**

relieves adhesions, increases muscle elasticity, regulates muscle tone, promotes blood circulation and metabolism, and alleviates pain.

### **Deep Tissue Massage**

helps regulate basic muscle tension and releases adhesions. The treatment improves blood circulation, stimulates metabolism, and relieves pain.

### **Trigger Point Therapy**

alleviates radiating tension through targeted pressure on muscles and fascia.

### **Fascial Mobilization**

releases adhesions and ensures smooth movement of the fascial layers, promoting the function of the structures.

### **Connective Tissue Massage**

stimulates organ structures and aids in their regeneration and pain relief. Adhesions are loosened, muscle elasticity increases, muscle tone is balanced, and venous return is supported.

### **Subcutaneous Reflex Therapy**

identifies and releases adhesions in the connective tissue. It improves muscle elasticity and balances muscle tone.

### **Segmental Massage**

stimulates organ structures, promotes blood circulation, and supports metabolism. It aids the body in healing and alleviates pain. The shifting of tissue layers helps release adhesions, improves muscle elasticity, and regulates muscle tone.

### **Acupuncture Massage**

balances energetic imbalances by using sticks along acupuncture meridians, allowing the flow of Chi to be restored.

### **Manual Lymphatic Drainage**

supports the lymphatic system, harmonizes the autonomic nervous system, and influences skeletal and internal muscles. It helps regulate pulse and blood pressure.

### **Foot Reflexology**

relieves tension and blockages while activating the body's own energy and self-healing powers through pressure on the feet.

## prices

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25 minutes | 48 EUR

50 minutes | 84 EUR

## cancellation Policy

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Can't make your appointment? That can happen! Please inform me at least one day in advance. Otherwise, I kindly ask for your understanding that the costs will be charged as a cancellation fee. Thank you!

