



PHYSIO 3.0
Physiotherapie Sölden



Why is a sports massage quite useful before or after a competition?

- Promotes blood circulation in the muscles
- Quickly removes metabolic waste and other byproducts
- Increases nutrient uptake in the muscles
- Improves oxygen utilization and performance
- Accelerates recovery
- Supports the healing process

Get your body in top shape for the Ötztaler Cycle Marathon with a combination of massage and recovery or lymphatic compression boots.

Offer

- 30 Min
Sportmassage + 25 Min
lymphatic compression boots € 75,-
- 50 Min
Sportmassage + 25 Min
lymphatic compression boots € 120,-
- 30 Min
Sportmassage € 50,-

Book an appointment:

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