

Massages & treatments from Renate Anderegg ©

Holistic & therapeutic massages

60 minutes, CHF 140.00 / 75 minutes, CHF 175.00 /
90 minutes, CHF 190.00

Relaxing & Regeneration massage

Pleasant, relaxing with soothing warm oil, is effective for regeneration and holistic well-being. Turn off and recharge your body and soul.



Deep tissue & Loosening massage

Specifically releases with regenerating oil muscle tension, fascia and joint blockages. With elements of spinal therapy and osteopathy.

Joint release massage & Dorn Breuss Treatment

The displaced vertebrae and joints are returned to their ideal place in a gentle and pulsating manner. Through the targeted pressure on of trigger points, the mobilised joints become supple and more flexible through manual application and specific oil essences.

Manual lymph drainage

The gentle treatment of the skin and connective tissue has a calming effect on the vegetative nervous system. The lymph flow is stimulated, and tensions are relieved. Thus, the general state of the defence system is improved.

Acupressure massage

Tensions are relieved by specific gentle pressures as well as opening the energy channels to balance the entire organism (without oil).

Harmony meridian massage

Has a compensatory effect to harmonizes and stimulates the whole bodily functions by gently stroking and flushing the energy paths, with coordinated oil.

Cupping & Detoxification massage

With purifying dewatering oil for this cupping massage, in which the blood flow in the tissue is stimulated and purified. The self-healing powers of the organism are thereby strengthened and support the immune system.

Foot reflexology massage

Holistic well-being for your feet as well as for the whole organism. The flow of energy and the self-healing powers are activated. This releases specific congestions and can improve the state of health. 60 minutes, CHF 140.00 / 50 minutes, 120 CHF

Natural, individual facial & décolleté care

With individually tailored pure plant oil. After a gentle, natural cleaning, your face and décolleté will be nourished. Through the targeted pressure points of the lymphatic drainage, a deep cleansing takes place and pollutants are excreted and the skin is revitalized. 75 minutes, CHF 175.00

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Partial massages

45 minutes, CHF 110.00

Back, shoulder & neck massage

Stretches and relaxes the muscles of the back, shoulder and neck. Relieves blockage and tension.

Head-, facial & neck massage

Deep relaxation and relief for body and spirit; with gentle regenerating pressure points. Stimulates the lymphatic outflow as well and the meridians energy.

Winter Special

75 minutes, CHF 175.00 / 90 minutes, CHF 190.00

Individual Aroma Therapy oil massage

Individually I will advise you attentively and find with you according to your needs your suitable aromatic oil. The fragrance as well as the holistic effect of the oil release congestion and tension and you gain new energy and balance.

Aroma oil therapy massages

60 minutes, CHF 150.00 / 75 minutes, CHF 175.00 / 90 minutes, CHF 200.00

Lavender oil massage

The relaxing effect allows you to enjoy “a gentle breeze of Provence”, thus strengthening your well-being and inner balance.

Rose oil Massage

Spoils your skin and gives it resilience. A sensual experience awaits you with a mood-enhancing and nourishing effect.

Melissa balm oil massage

Immerse yourself in a moment of peace and let yourself be surrounded by the pleasant smell of soothing oil.

Honey & ginger oil massage

Warming and regenerating envelops the body in warmth and sensuality. The body is cleansed naturally and detoxifies. The blood circulation is stimulated and thereby tensions are released.

Orange & calendula oil massage

Restorative and strengthening supports and invigorates the immune system.

Argan oil massage with Jasmin

You will get spoiled from head to toe with exclusive Moroccan Argan oil. Regenerates the skin cells and gives skin and hair freshness and resilience. It is considered as deep cleansing and effective constructive protection of the skin and the organism. The oil is also antibacterial and anti-inflammatory.

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Exotic & Ethno Massages

90 minutes, CHF 200.00

Hot Stone Massage

With warm lava stones and soothing oil, the joints and deep muscles are supplied with blood and thus solved and relaxed. Harmonizing and relaxing effect on the whole organism.

Lomi Lomi Nui massage

Queen of Hawaiian massage, the skin is cared for with warm, noble coconut and avocado oil. Through gentle movements with flushing and soft kneading you come to inner peace & balance.

Abhyanga massage

An Indian oil massage with a noticeable deep effect to harmonize the whole organism. With warm sesame oil the tissue is purged to nourish the skin as well the body and soul.

Energetic treatments

60 minutes, CHF 150.00 / 75 minutes, CHF 175.00

Chakra-gemstone massage

The specific chakra oils and precious stones give the massage a stimulating and relaxing effect. The energy centre is activated and harmonized.

Reiki energy treatment

A moment of inner peace, to intensify and strengthen the self-healing powers.
60 minutes, CHF 140.00

Singing bowls massage

Through the effect by the vibration, the inner centre is strengthened, and the relaxation deepened. 60 minutes, CHF 140.00 / 75 minutes, CHF 175.00