

- Heath & well-being
- Santé et bien être
- Gesundheit & Wohlbefinden



## Classic & therapeutic massage methods

	<b>Relaxing &amp; Regeneration massage</b> Pleasant, relaxing and effective for regeneration and holistic well-being. Turn off and recharge your body and soul.	60 minutes 75 minutes 90 minutes	CHF 130 .00 CHF 150.00 CHF 180.00
	<b>Deep tissue &amp; loosening massage</b> Specifically releases muscle tension, fascia and joint blockages. With elements spinal therapy and osteopathy.	60 minutes 75 minutes 90 minutes	CHF 130 .00 CHF 150.00 CHF 180.00
	<b>Dorn Breuss massage &amp; joint release massage</b> <i>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, local muscle hardening is solved.</i>	60 minutes 75 minutes 90 minutes	CHF 130 .00 CHF 150.00 CHF 180.00
	<b>foot reflexology massage</b> <i>relaxing &amp; regenerating enhances circulation &amp; relieves pain conducive to self-healing</i>	60 minutes 75 minutes	CHF 130.00 CHF 150.00
	<b>Harmonie meridians massage</b> <i>has a compensatory effect to harmonizes and stimulates the whole bodily functions with pressure points and flushing</i>	60 minutes 75 minutes 90 minutes	CHF 130 .00 CHF 150.00 CHF 180.00
	<b>Manual Lymphatic Drainage</b> <i>Gentle massage strokes loosen the tissue to stimulate the lymphatic system. The immune system is thus stabilized and by the influence on the autonomic nervous system one achieves a deep relaxation</i>	60 minutes 75 minutes 90 minutes	CHF 130 .00 CHF 150.00 CHF 180.00

	<p><b>Cupping - detoxification massage</b></p> <p>A well-known treatment 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.</p>	<p>60 minutes 75 minutes 90 minutes</p>	<p>CHF 130.00 CHF 150.00 CHF 180.00</p>
	<p><b>Acupuncture Massage Therapy</b></p> <p>The method is based on the treatment of the meridians. Manually or with the help of a stick, the energy channels and joints are gently harmonized. It called a "Energetic-Static Method"</p>	<p>60 minutes 75 minutes 90 minutes</p>	<p>CHF 130.00 CHF 150.00 CHF 180.00</p>

## Partial massages

	<p><b>back, shoulder &amp; neck massage</b></p> <p>stretches and relaxes the muscles of the back, shoulder and neck</p> <p>relieves blockage &amp; tension</p>	<p>45 minutes</p>	<p>CHF 90.00</p>
	<p><b>head &amp; facial massage</b></p> <p>deep relaxation and relief for body and spirit; with gentle pressure points</p> <p>regenerating</p>	<p>30 minutes 45 minutes</p>	<p>CHF 60.00 CHF 90.00</p>

## Aroma oil massages

	<p><b>individual aromatherapy massage</b></p> <p>aroma oil of your choice</p> <p>stimulates the senses with its beneficial effect on the whole organism</p>	<p>60 min 75 min 90 min</p>	<p>CHF 140.00 CHF 160.00 CHF 180.00</p>
	<p><b>Nourishing massage with apricot oil</b></p> <p>supports the moisture balance of the skin effectively and preserves the elasticity</p> <p>Calming effect on sensitive and irritated skin and promotes cell regeneration.</p>	<p>60 min 75 min 90 min</p>	<p>CHF 140.00 CHF 160.00 CHF 180.00</p>

	<p><b>Exclusive massage with lilac oil</b></p> <p><i>Immerse yourself in the pleasant flowery scent cheer your senses Muscle tension is released in a relief of joint pain in arthritis &amp; rheumatic pain.</i></p>	60 min 75 min 90 min	CHF 140.00 CHF 160.00 CHF 180.00
	<p><b>Lavender oil massage</b></p> <p><i>Enjoy "a breeze of Provence" and thus increase your well-being and inner balance gentle effect it is particularly relaxing relieves stress</i></p>	60 min 75 min 90 min	CHF 140.00 CHF 160.00 CHF 180.00
	<p><b>sea buckthorn, orange &amp; calendula oil massage</b></p> <p><i>restorative &amp; strengthening supports and invigorates the immune system</i></p>	60 min 75 min 90 min	CHF 140.00 CHF 160.00 CHF 180.00
	<p><b>lemon &amp; rosemary oil massage</b></p> <p><i>stimulating &amp; invigorating refreshes and stimulates muscles, circulation &amp; the spirit</i></p>	60 min 75 min 90 min	CHF 140.00 CHF 160.00 CHF 180.00
	<p><b>ivy gel &amp; grapeseed oil massage</b></p> <p><i>firms up connective tissue &amp; supports circulation delays skin aging and makes the skin supple, soft/ also effective against cellulitis</i></p>	75 min 90 min	CHF 160.00 CHF 180.00
	<p><b>Argan oil massage</b>, 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. The oil is also antibacterial and anti-inflammatory. It is therefore considered as deep cleansing and effective constructive protection of the skin and the organism.</p>	75 min 90 min	CHF 160.00 CHF 180.00
	<p><b>honey &amp; ginger oil massage</b></p> <p><i>warming and regenerating envelops the body in warmth &amp; sensuality</i></p>	60 min 75 min 90 min	CHF 140.00 CHF 160.00 CHF 180.00

## Ethical & Wellness massage

	<p><b>Lomi Lomi massage</b></p> <p><i>Queen of Hawaiian massage with warm avocado &amp; coconut oil for rest &amp; relaxation, with flushing and soft kneading</i></p>	90 minutes	CHF 180.00
	<p><b>lava stone / hot stone massage</b></p> <p><i>with warm oil &amp; lava stones relaxation and enhanced circulation of deep tissue and joints</i></p>	90 minutes	CHF 180.00
	<p><b>lava shell massage</b></p> <p><i>alternating warm Pacific lava shells and sensuous oil. Deep warmth for body and soul</i></p>	75 minutes 90 minutes	CHF 160.00 CHF 180.00
	<p><b>Abhyanga - a indian massage</b></p> <p><i>Un effet de profondeur perceptible pour harmoniser l'ensemble avec de l'huile de sésame chaude le tissu est détoxifié et nourrir à nouveau la peau et l'esprit</i></p>	90 minutes	CHF 180.00

## energy treatment

	<p><b>Massage chakra et aux pierres précieuses</b></p> <p><i>Les centres d'énergie sont activés et harmonisés, un effet stimulant et relaxant Avec des huiles de chakra spécifiques et des pierres précieuses.</i></p>	60 minutes 75 minutes	140.00 CHF 160.00 CHF
	<p><b>Reiki traitement énergétique</b></p> <p><i>Un moment de paix intérieure intensifier et renforcer les pouvoirs d'auto-guérison.</i></p>	60 minutes 75 minutes	140.00 CHF 160.00 CHF

## Try a combination massage, for example:

	<p><b>Feet- &amp; back, shoulder, neck massage</b> <i>Tailored to your needs, effective for holistic well-being, pleasant, relaxing</i></p>	<p>60 minutes 75 minutes 90 minutes</p>	<p>CHF 130.00 CHF 150.00 CHF 180.00</p>
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