

## Massage & complementary therapy

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



[www.maweta.com](http://www.maweta.com)

## Classic & therapeutic massage Methods

	<p><b>Relaxing &amp; Regeneration massage</b> Pleasant, relaxing and effective for regeneration and holistic well-being. Turn off and recharge your body and soul.</p>		<p><b>foot reflexology massage</b> <i>relaxing &amp; regenerating enhances circulation &amp; relieves pain conducive to self-healing</i></p>
	<p><b>Deep tissue &amp; loosening massage</b> Specifically releases muscle tension, fascia and joint blockages. With elements spinal therapy and osteopathy.</p>		<p><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></p>
	<p><b>Harmonie meridians massage</b> <i>has a compensatory effect to harmonizes and stimulates the whole bodily functions with pressure points and flushing</i></p>		<p><b>Acupuncture Massage Therapy</b> <i>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"</i></p>



### Manual Lymphatic Drainage

*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*



### Cupping - detoxification massage

*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.*

## Partial massages



### back, shoulder & neck massage

*stretches and relaxes the muscles of the back, shoulder and neck. relieves blockage & tension*



### head & facial massage

*deep relaxation and relief for body and spirit;  
with gentle pressure points  
regenerating*

## Aroma oil massages



### individual aromatherapy massage

*aroma oil of your choice  
stimulates the senses with its beneficial effect  
on the whole organism*



### Nourishing massage with apricot oil

*supports the moisture balance of the skin  
effectively and preserves the elasticity  
Calming effect on sensitive and irritated skin  
and promotes cell regeneration.*



### Exclusive massage with lilac oil

*Immerse yourself in the pleasant flowery  
scent cheer your senses  
Muscle tension is released  
in a relief of joint pain in arthritis & rheumatic  
pain.*



### Lavender oil massage

*Enjoy "a breeze of Provence" and thus increase  
your well-being and inner balance  
gentle effect it is particularly relaxing  
relieves stress*

	<p><b>sea buckthorn, orange &amp; calendula oil massage</b>  <i>restorative &amp; strengthening  supports and invigorates the immune system</i></p>		<p><b>lemon &amp; rosemary oil massage</b>  <i>stimulating &amp; invigorating  refreshes and stimulates muscles,  circulation &amp; the spirit</i></p>
	<p><b>ivy gel &amp; grapeseed oil massage</b>  <i>firms up connective tissue &amp; supports circulation  delays skin aging and makes the skin supple, soft/  also effective against cellulitis</i></p>		<p><b>Argan oil massage, you will get spoiled</b>  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>
	<p><b>honey &amp; ginger oil massage</b>  <i>warming and regenerating  envelops the body in warmth &amp; sensuality</i></p>		

**Plant science and consultation**

	<p><b>BACH FLOWER THERAPY</b>  is a very gentle therapy method, which goes  back to the English doctor Dr. Edward Bach. The  energetically prepared flower essences are not  only used for mental complaints, but also for  crisis and stress management as well as for the  accompanying treatment of acute  and chronic diseases.</p>		<p><b>Gemmotherapy</b>  makes the most "alive" of the plants – namely the  buds, shoot tips and the young saplings – usable  as a regenerative and healing power for humans.  <b>&amp; Medicinal Plants Advice</b> Versatile plants of our  nature support you in your self-healing powers  and thus promote holistic recovery  on a mental and physical level.</p>
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## Ethical & Wellness massage

	<p><b>Lomi Lomi massage</b> <i>Queen of Hawaiian massage</i> with warm avocado &amp; coconut oil for rest &amp; relaxation, with flushing and soft kneading</p>		<p><b>Abhyanga - a indian massage</b> <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>
	<p><b>lava stone / hot stone massage</b> with warm oil &amp; lava stones relaxation and enhanced circulation of deep tissue and joints</p>		<p><b>lava shell massage</b> <i>alternating warm Pacific lava shells and sensuous oil. Deep warmth for body and soul</i></p>

## energy treatment

	<p><b>Massage chakra et aux pierres précieuses</b> <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>		<p><b>Reiki traitement énergétique</b> <i>Un moment de paix intérieure intensifier et renforcer les pouvoirs d'auto-guérissons.</i></p>
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## 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>
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**RenateAnderegg / health insurance recognized**

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