



# Holistic Massages & Therapies

## **Moving Mountains Massage**

### **Arrive in the presence**

Full body deep tissue massage with hot and cold stone therapy to relax tired muscles and joints, particularly in the legs and feet.

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**60 min plus 15 min introduction/CHF 240**

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## **Aroma oil massage**

### **Switch off your mind**

Holistic massage with premium essential oils from Switzerland - invigorating, relaxing or detoxifying.

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**50 min plus 10 min introduction/CHF 190**

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## **Good Vibrations Sound & Energy Massage**

### **In harmony with body, mind and soul**

Balance mind, body and spirit with this holistic singing bowl massage. The sound and vibrations of the singing bowls promote deep relaxation in all areas of the body.

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**50 min plus 10 min introduction/CHF 190**

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## **Swiss Stone Pine Massage**

### **Boost your circulatory function**

Oil and massage rollers made from Swiss stone pine promote relaxation and release blockages to allow you to reconnect with your healthiest self.

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**50 min plus 10 min introduction/CHF 210**

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## **Swiss Mountain Herbs**

### **Stamp Massage**

#### **Restore inner balance**

Indulge your senses with the finest Swiss mountain herbs. Warmed herbal bundles nourish the skin with gentle, circular massage movements.

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**60 min plus 15 min introduction/CHF 240**

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# Invigorating & energising Massages

## **Fully Individual Massage**

### **Let go and relax deeply**

A massage personalised to your individual needs with a finely-tuned blend of essential oils.

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**50 min plus 10 min introduction/CHF 190**

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## **Head & facial massage**

### **Clear your mind**

Calming breathing exercises relax the mind as this head and facial massage gets to work promoting lymphatic flow, with activating and revitalising effects inside and out.

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**25 min plus 10 min introduction/CHF 110**

**50 min plus 10 min introduction/CHF 190**

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## **Reflexology**

### **Activate your powers of self-healing**

This massage boosts the metabolism by stimulating the reflex zones and marma points on the feet as well as the energy lines that flow through the body. Expect a positive effect on all vital functions.

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**25 min plus 10 min introduction/CHF 110**

**50 min plus 10 min introduction/CHF 190**

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## **Sports Massage**

### **Unlock tense muscles**

This massage releases muscle tension by applying gentle pressure to the deep muscles to reduce inflammation, increase circulation and promote mobility.

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**50 min plus 10 min introduction/CHF 190**

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## **Physiotherapy**

### **Deeply optimize the body**

Our highly professional physiotherapists offer a personalised therapy.

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**50 min plus 10 min consultation/CHF 240**

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A stone fire pit with a fire burning inside, set against a blurred background of a modern interior.

# Detox Body Treatments



# Hydrotherapy Baths

Our hydrobaths serve to both relieve and prevent physical aches and pains. Infused with premium Methode Physiodermie products, they help restore vitality and mobility to tired, sluggish bodies through the tailored use of stimulating fragrances.





## **Invigorating Hydrobath**

### **Fight fatigue & sore muscles**

Relaxing, calming scents to combat muscle fatigue and relieve stress-related fatigue.

## **Firming Hydrobath**

### **Cellulite reduction**

Strongly stimulating fragrances with a toning effect to soften and smooth the epidermis.

**Tip:** For great results, combine the bath with a body peeling and lymphatic drainage.

## **Revitalising Hydrobath**

Helps relieve feelings of tiredness and heaviness in the legs.

**Tip:** Drink plenty of water to aid circulation and move your toes to stimulate blood flow

## **Balancing Hydrobath**

Eliminates impurities for a healthful appearance, leaves the body feeling fresh and clean and supports weight management.

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**20 min plus 10 min introduction/CHF 75 each**

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## **Swiss Salt Body Scrub**

### **Cleanse your pores**

A deep cleansing scrub with natural Swiss salt that removes dead skin cells and leaves skin feeling hydrated and velvety soft.

**Tip:** Combine the Body Scrub with a previous herbal stamp massage or an aromatic oil massage for a velvety soft skin feeling.

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**30 min/CHF 90**

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## **Lymphatic Drainage**

### **Invigorate the lymphatic system**

Energising manual therapy that combines soothing and rhythmic massage techniques to stimulate the lymphatic system and reduce skin tension. A detoxifying herbal tea is served at the end of the treatment as a special finishing touch.

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**50 min plus 10 min introduction/CHF 190**

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## **Swiss detox brush and sandorn oil massage**

### **Activates the lymph flow**

Brushing is a real energy booster, cleanses the skin, promotes blood circulation and stimulates the circulatory system. The microcirculation and the skin regeneration process are stimulated. Dry brushing gives the skin more elasticity and a radiant complexion.

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**60 min/CHF 190**

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## **Physioslim Detox Treatment**

### **Boost your metabolism**

A slimming, anti-cellulite treatment that's adapted to your morphology to help redefine the contours of your physique. Includes a derma scan, manual abdominal treatment and body styling with the Body Ballancer®.

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**60 min/CHF 210**

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## **Pure Ballancer Pro**

### **Light legs**

A Body Ballancer® lymphatic massage with innovative and patented compression technology accelerates the removal of excess fluid via the lymphatic system.

**Tip:** combine the detox treatment with a peeling, head and face massage, Bio Skin Balance facial treatment or a manual lymphatic drainage, brush massage

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**30 min plus 15 min introduction/CHF 140**

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## **Full Body Renew Ballancer®**

### **Detoxify the body and boost your energy levels**

The Full Body Renew Ballancer® programme begins with an analysis of your unique morphology. During the treatment, we stimulate the body's energy centres to boost the digestive system and assist the body in eliminating toxins. A subsequent Body Ballancer® lymphatic massage with innovative patented compression technology accelerates the excretion of excess fluid through the lymphatic system. The Body Ballancer® reduces volume in areas affected by excessive water retention.

**Tip:** Thanks to its support of the body's natural detoxification systems, the Full Body Renew Ballancer® is ideal for after a sauna session.

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**120 min/CHF 320**

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