



# 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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## **Aromatherapy**

### **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 Pine massage**

### **Boost your circulatory function**

Swiss pine oil and massage rollers made of locally grown 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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## **Bundle massage with Swiss mountain herbs**

### **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 & Neck Massage**

### **Clear your mind**

This head, neck and face massage targets acupressure points to drain lymphatic fluid from the face. Calming breathing exercises relax the mind as the therapist gets to work.

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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/CHF 210**

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# Detox Body Treatments

## **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.

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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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## **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.

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**60 min/CHF 210**

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## **Full Body Renew Ballancer®**

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

The Full Body Renew Ballancer® system begins with a derma scan to analyse your morphological make-up followed by a manual abdominal treatment. We stimulate the body's energy points 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: The Full Body Renew Ballancer® programme is the ideal treatment for after a sauna session thanks to its detoxifying effects.

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**120 min/CHF 320**

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