

HOLISTIC MASSAGES & THERAPIES

AROMATHERAPY

Switch off your mind

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

50 mins plus 10 mins
holistic introduction
CHF 140

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.

60 mins plus 15 mins
holistic introduction
CHF 190

FULLY INDIVIDUAL MASSAGE

Let go and relax deeply

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

50 mins plus 10 mins
holistic introduction
CHF 140

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.

25 mins / 50 mins
plus 10 mins
holistic introduction
CHF 90 / CHF 140

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.

25 mins / 50 mins
plus 10 mins
holistic introduction
CHF 90 / CHF 140

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.

50 mins plus 10 mins
holistic introduction
CHF 140
