



Holistic Massages

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.

60 min plus 15 min introduction/CHF 240

Aroma oil massage

Switch off your mind

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

50 min plus 10 min introduction/CHF 190

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.

50 min plus 10 min introduction/CHF 190

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.

50 min plus 10 min introduction/CHF 210

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 min plus 15 min introduction/CHF 290

A close-up, high-angle shot of a waterfall cascading over dark, textured rocks. The water is white and frothy, creating a strong contrast with the dark rocks. The background is a soft, out-of-focus landscape with hills and a sky. On the right side, there are three white navigation icons: a downward-pointing chevron at the top, a horizontal line in the middle, and an upward-pointing chevron at the bottom.

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.

50 min plus 10 min introduction/CHF 210

Head & Neck Massage

Clear your mind

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

25 min plus 10 min introduction/CHF 110

50 min plus 10 min introduction/CHF 190

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 min plus 10 min introduction/CHF 110

50 min plus 10 min introduction/CHF 190

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 min plus 10 min introduction/CHF 210

Physiotherapy

Deeply optimize the body

Our highly professional physiotherapists offer a personalised therapy.

50 min plus 10 min consultation/CHF 240



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.

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

30 min/CHF 90

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.

50 min plus 10 min introduction/CHF 190

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®.

60 min/CHF 210

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

30 min plus 15 min introduction/CHF 160

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.

120 min/CHF 320
