



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.

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 240

A close-up, low-angle shot of water gushing out of a dark pipe. The water is turbulent and white with foam, creating a strong sense of motion and energy. The background is a blurred, overcast sky.

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 190

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 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 190

Physiotherapy

Deeply optimize the body

Our highly professional physiotherapists offer a personalised therapy.

50 min plus 10 min consultation/CHF 240



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.

20 min plus 10 min introduction/CHF 75 each

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

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.

120 min/CHF 320
