



Lomi-Lomi Massage

The Hawaiian temple massage pampers you and your body. Through gentle touches and strokes with the hands and fore-arms, you can let loose and experience deep relaxation. This time-out gives you new energy and strength, appeals to all your senses, and positively affects your emotions, feelings and thoughts. It cleanses and renews all levels, bringing body, mind and soul into harmony. Look forward to this soothing and harmonious massage.

50 minutes, CHF 110.–

Ayurveda Massage

The teachings of Ayurveda are a traditional Indian art of healing, which sees the human being as holistic. Ayurvedic massages are also part of this art, as it activates self-healing powers and helps to strengthen the immune system. During this wellness massage, the whole body is massaged mindfully. It has a calming and relaxing effect and releases blockages and muscle tension. At the same time, it helps your body regain its balance and is invigorating and regenerating.

50 minutes, CHF 120.–

Breuss Spinal Massage

The Breuss massage is a pleasant, energetic manual back massage. The intervertebral discs, which lie between the vertebral bodies, are massaged with St. John's wort oil, followed by gentle stretching and relaxation of the spine. A Breuss massage initiates the regeneration of undersupplied intervertebral discs. This can improve complaints in the musculoskeletal system, especially in the sacrum area. The Breuss Spinal Massage can also help to gently release physical and mental blockages.

50 minutes, CHF 110.–

Head, Neck, and Face Massage

This massage focuses on your head. It is a pleasant, energising massage of the scalp and neck that helps you experience Flow and takes you out of thinking. It is loosening and stretching so that the muscles can relax. The ears, with their reflex points, are activated before the face (chin, jaw, eyes, forehead) is gently massaged and touched. This massage leaves you looking relaxed and radiant.

25 minutes, CHF 60.–