



Classical massages

Relax Massage	30 / 60 Min.	CHF 60 / 110
Back Massage	30 Min.	CHF 60
Full body Massage	60 Min.	CHF 110

Partial body massages

Partial body massage	45 Min.	CHF 85
Energetic feet massage	45 Min.	CHF 85
Feet reflexology massage	60 Min.	CHF 110

Therapeutic – and special massages

Acupressure-Meridian massage (on request)	60 Min.	CHF 110
---	---------	---------

A Chinese massage that puts the organism back into balance via the meridians. This gentle but complex technique uses small rods to undo blockages along the meridians. The Yin and Yang of the energy flow is restored.

Esalen massage	60 / 90 Min.	CHF 125 / 185
----------------	--------------	---------------

This full body massage consists of full, light flowing strokes over the entire length of the body. Passive joint movements, deep structural work on muscles and joints. Gentle, swaying movements combined with energetic balancing of the body.

Honey massage	60 Min.	CHF 125
---------------	---------	---------

The honey massage is an efficient detox method. It will be applied on the back. Did you know there are also reflect zones on the back which are in connection with our internal organs? The honey massage brings you in an inner balance and coordinates your energy flows in your body.

Manual lymphatic drainage	60 Min.	CHF	110
Dorn-Breuss (soft spinal therapy)	60 Min.	CHF	120
Herbal stamp massage	60 Min.	CHF	125
To book additional – Massage with aromatic oil		CHF	10

Exotic massages

Indian back massage - Pristabhyanga	60 Min.	CHF	120
-------------------------------------	---------	-----	-----

A back massage that makes you forget tension in the back. The entire back, shoulder and neck muscles relax under the flowing massage strokes. We use warm oil for this treatment. Back pain relief in a gentle way, nagging tension headaches diminish. The massage helps to relieve tension caused by stress and blockages. It has a balancing effect on posture and local pain. The Pristabhyanga is a proven prevention against new strains. Pent-up emotions and pain are released from the tissues.

Hawaiian massage – Lomi Lomi Nui	60 / 90 Min.	CHF125 / 185
----------------------------------	--------------	--------------

This massage restores balance when there are energy deficiencies, relieves tension and stimulates the natural healing process. It is inspired by the holistic healing tradition of the Kahunas, Hawaii's native healers. Dynamic wave-like strokes, a deep connective tissue massage and gentle joint loosening leads to a state of profound relaxation and free the body and mind from stress. The pleasant experience is complimented by music, fragrances and soothing oils.

Hot Stone massage	75 Min.	CHF	160
-------------------	---------	-----	-----

This is a fascinating treatment that blends massage, energy work and the pleasant effect from heated stones. The flat, basalt stones are placed on tense muscles, warming and relaxing them. A massage and an energy work complete the experience and the entire body is reenergised with new vitality.

La Stone massage	75 / 90 Min.	CHF160 / 185
------------------	--------------	--------------

This thermotherapy is applied at different temperatures. Cold and hot stones activate the organism and restore a balanced equilibrium. The heat relaxes and calms, while the cold stimulates and activates. The circulation is strengthened. Massage recommended relieving tension.

Private Spa Suite

Enjoy exclusive peace and relaxation in your own spa and treat yourself to relaxing hours in the Private Spa Suite.

