

Massages

Time Out – Classic Massage 25 minutes | CHF 60
..... 50 minutes | CHF 115
..... 80 minutes | CHF 165

Classic massage techniques to warm up, stimulate blood flow to and relax the muscles.

Head and neck massage 25 minutes | CHF 60

Targeted massage strokes to release pockets of tension in the head and neck area.

Foot Reflexology Massage 25 minutes | CHF 60
..... 50 minutes | CHF 115

Pressure points on the feet correspond directly to the rest of the body. Intensive manipulation of these areas can contribute to the achievement of various treatment goals.

Hot Stone Massage 50 minutes | CHF 120
..... 80 minutes | CHF 170

The application of warm and cool basalt stones using smooth massage strokes and a warming, soothing oil promotes a feeling of calm and balance. Muscles are relaxed and the metabolism is stimulated.

Lomi Lomi Massage 50 minutes | CHF 120
..... 100 minutes | CHF 190

Lomi Lomi Nui originated with the old Hawaiian healers, or Kahunas, and is well known for its wonderfully calming, soothing and relaxing effect. Long, smooth massage strokes alternate with gentle joint manipulation and firm body kneading.

Complete your body treatment with an effective

Turkish Salt Scrub or

Chamomile Body Scrub

..... 25 minutes | CHF 60