



Classic Massage – Sports Massage

Classic massage:
targeted hand movements work on removing blockages in the musculoskeletal system.

It releases tension, encourages circulation, increases oxygenation and invigorates the whole body. The classic massage is relaxing and can work on specific body parts if required.

Additional measures: Therapy cushion HORN, point therapy.

Sports massage:
This is generally a deeper and more intense form of the classic massage Applied before sport / training it helps prevent muscle injuries and prepares the muscle for the additional work. After sport / training it promotes relaxation and helps with recovery.

30 min. Fr. 65.-

50 min. Fr. 110.-

Full body massage:

90 min. Fr. 160.-



Reflexology

The reflexology massage uses targeted hand movements to influence the systems of the whole body, which are mirrored in small areas of the feet. Therefore it can be used to treat an area of the body where direct contact is not possible. Reflexology is very relaxing.

Ideal for digestive and other organ problems, menstrual pain, stress and exhaustion, sleeping problems and tension.

30 min. Fr. 65.-

50 min. Fr. 110.-



Lymphatic Drainage

This treatment uses gentle and especially slow strokes to encourage the flow of lymph. This helps to de-block the system and treats symptoms such as post-operative swelling and oedema.

30 min. Fr. 65.-

50 min. Fr. 110.-



Lomi Lomi Nui - Aromatic Oil Massage

Lomi Lomi Nui:

A massage originally from Hawaii using a generous amount of oil for a unique feeling of well-being. Body, mind and soul find their balance.

Using hands, lower arms and elbows the massage brings harmony to the flow of energy in the body. It is mainly a wellness treatment. Glorious!

Aroma Therapy Massage:

The aromatherapy massage is a gentle treatment, which brings harmony to the body's flow of energy and provides deep relaxation. Especially in connection with selected scents tailored to your needs and indications, it can increase your well-being and support your health. Followed by a treatment with warm towels, which helps absorb the essences.

Lomi Lomi Nui 90 min. Fr. 160.-

Aroma therapy massage 50 min. Fr. 110.-