

Massage

B1 Classic anti-stress Massage

Reduces stress and relieves muscle tension, promoting general relaxation of the body and mind. Improving overall well-being.

40 Min

CHF 90.00

CHF 130.00

B2 Sports Massage

Improves physical performance and promotes recovery after effort.

Helps reduce muscle tension, improves flexibility and speeds up recovery after injury.

CHF 90.00

CHF 130.00

B3 Lymphodrainage

Delicate and specific massage technique aims to favor the drainage of excess fluid from the body. It is used to reduce bloating, improve circulation, stimulate the immune system and promote general well-being.

40 Min (legs)

70 Min (face and legs)

CHF 100.00

CHF 140.00

B4 Hot Stone

This massage technique involves the use of smooth and heated stones of volcanic origin that have the great ability to: relieve stress and anxiety, relieve muscle tension, increase blood circulation, relieve chronic pain and promote overall well-being.

CHF 100.00

CHF 160.00

B5 Regenerating Face Massage

Especially the face area is often subject to muscle tension as a result of accumulated stress – this massage increases the blood circulation and helps therefore to reduce the tension.

B6 Regenerating Foot Massage

Our feet are a fundamental part of the body – massaging them can improve blood circulation, relieve stress and fatigue and promote general relaxation of body and mind.

30 Min

CHF 60.00

CHF 60.00

PLEASE NOTE

Prices per person, appointments subject to availability, bookings directly at front desk at least 1 day in advance by 5 p.m.

Free cancellation up to 12 hours before.