

* EMR / RME & ASCA recognized as part of the supplementary on request

Massage *

Traditional Massages

This massage relieves muscle stiffness and tension. The blood and lymph circulation is stimulated, which purifies and detoxifies the body.

| | | | |
|-------------------------|-----|-----|--------|
| Back / Neck Massage | 20' | CHF | 58.00 |
| Part Body | 35' | CHF | 78.00 |
| Full body massage | 50' | CHF | 110.00 |
| Full body massage DELUX | 80' | CHF | 158.00 |

Breuss Massage

The Breuss Massage is used for treating the spinal column. It relieves blockages and tension between the spinal column and the longitudinal muscle in the back.

35' CHF 78.00

Reflexology massage

Reflexology massage is based on the principle that each part of the body is assigned a corresponding spot on the foot. The reflex zones on the foot are selectively massaged, thereby stimulating the corresponding parts and functions of the body.

35' CHF 78.00

Face and head acupressure massage

Face and Head Massage or Acupuncture massage This combination of acupuncture and head massage is based on the principles of acupuncture theory. It works by stimulating the acupuncture points and distribution of energy along the meridians around the back of the neck, head and chest. Blood and energy are made to flow freely, which normalises blood circulation in the head. This massage has a positive effect on people suffering from headaches and/or migraine attacks.

20' CHF 58.00

Manual lymphatic drainage

Manual lymphatic drainage is a form of therapy providing a variety of benefits. It can be used as a decongestive therapy and in cases of oedema to remove fluid from swollen body regions such as the arms and legs. The use of gentle circular stroking movements moves the fluid from the tissues into the lymphatic system.

60' CHF 140.00

Fascial treatment

The tissue that surrounds the muscles (fascia) gives the body additional support, but unfortunately it can from lack of movement or stress - and thus cause pain. Then a special therapy of the fascia is necessary. Frequently, the respective therapist uses handles that are specially adapted to the type of distortion of the fascia. The fascial treatment is not a wellness treatment and can be painful.

60' CHF 140.00



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Naturopathy and their subdivisions *

Naturopathy

The western naturopathy includes traditional folk medicine and the findings of modern complementary medicine. The naturopathic practice is based on the realization that the mind, body and soul are one. By strengthening the vitality of the naturopath trying to stimulate the resistance and self-healing powers of the patients with a holistic and natural resources and to consolidate. When individually compiled therapy not only physical symptoms are taken into account, but the man regarded as a complex entity as a whole and the relationship body - mind - soul involved. For this holistic approach, the therapist makes use of a wide range of treatment methods such as **kinesiology, cranio-sacral therapy, nutritional counseling, energy work, herbal medicine, homeopathy, and supportive therapies of manual therapy.**

60' CHF 140.00

The diagnostic system Oberon

Everything in life is vibration. The matter consists of mass, energy and information. Any organ system, or organ, tissue, cell, chromosome and molecule, specific vibrations. A healthy body vibrates in a certain way, a sick body, the flow of information is blocked swings, "different." The Oberon system detects deviations of the vibrational structure and assigns these deviations medical pathologies. It covered not only the causes of diseases and their effects on the body, but also the effect of the performed treatments can be traced. This is very fast and has no side effects. Can be found in many cases, which can lead to health problems in the client loads (e.g. bacteria, viruses, allergens or electrosmog dental materials).

ca. 75' CHF 230.00

Kinesiology (recognised by the EMR)

Kinesiology (Greek for study of the movement) deals with imbalances in the energy field such as poor posture, learning disorders, pains and food incompatibility, etc. The main tool of applied kinesiology consists of the manually performed muscle test. The results of a correctly performed muscle test enable the therapist to draw precise conclusions about possible energy blockages to which the test person may be exposed at that particular moment. Stress factors and their causes are identified. Energy blockages are then relieved using specific corrective treatments adapted to the individual requirements of the body.

60' CHF 140.00



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Craniosacral therapy

Craniosacral therapy is based on the theory that the rhythmic flow of cerebrospinal fluid is a highly important factor in our sense of well-being. The therapy is used to treat a large number of health problems.

60' CHF 140.00

Méthode Dorn

The Dorn Method is named after Dieter Dorn. It helps to relieve back pain. The method aims to restore the joints (i.e. the foot, knee, hips and vertebrae, etc.) to their originally correct position.

60' CHF 140.00

Honey massage

In addition to the cleansing effect vitalizes and strengthens the whole body massage. Due to the special massage technique with the help of the honey old waste products and toxins, deep "sucked out" of the body tissue. The honey massage brings into balance the energy flow and simultaneously acts on the nervous and immune system strengthening. The massage is excellent in various symptoms and is also an ideal method to improve the performance and general well-being.

35' CHF 78.00

Med matrix: The basic therapy for detoxification & regeneration

The therapy consists of three synergistic proven therapies:

1. **Direct current treatment** - active mobilization of toxins and waste products through electrical repolarization
2. **"Pechtiale" suction massage** - active transport of dissolved substances under under the skin surface
3. **"Bioeresonanztherapie"** - Neutralizing of the derived toxins and compensation of the connective tissue

60' CHF 140.00

StimaWELL® *Dynamic deep waves*

The deep wave system is a unique therapeutic tool for treating back problems. The StimaWELL® combines important building blocks for a relaxed and strong back. The deep wave massage uses medium-frequency impulses that are delivered to the back via a stimulation mat. The mat is ergonomically shaped and can be heated up to 40 ° C. The dynamic deep waves are perceived by the users as tapping, kneading or stroking massage. In this way, intense muscle stimulation is combined with a pleasant warm massage.

30' CHF 35.00

combined with an application

30' CHF 15.00



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Hot Stone

Hot Stone therapy is a combination of massage, aromatherapy and energy treatment on the meridians. The application of hot as well as cold stones on chakras, meridians (energy channels) and acupuncture points leads to deep, beneficial relaxation.

60' CHF 140.00

Indian head massage

The Indian head massage is not just limited to the scalp itself. It relates also to the neck, the shoulders and the upper part of the back with one. It is in these areas of the body are often found many tensions and blockages. With the various massage techniques to loosen tight muscles and stiff; disappear annoying tension headaches, emotional stress is alleviated sustainable. It helps inter alia with regular use the hair, makes hair shiny and thick, improves the complexion and is also used to tired eyes.

20' CHF 58.00

Lomi Lomi Nui

The whole body will be massaged with a lot of oil with flowing, gentle and powerful strokes, relaxed, stretched, kneaded and moved. Blockades will be dissolve layer by layer and the energies will begin to flow again.

60' CHF 140.00

Pantha Jama (herbal stamps)

We massage you with herbal stamps heated to 60 °C. Your body is detoxified. The fragrance of the herbs and the warm oil lead to deep, beneficial relaxation.

60' CHF 140.00

Wellness for all ages

The right massage works from the inside out and from outside to inside. Our specially trained masseurs / masseuses have matched your program to the entire family. A massage fulfills a variety of needs, not only for adults but also for children.

Families with children (up to 15 years of age) receive a 10% reduction on the treatment.

For our young guests

Baby massage

The massage helps your baby to develop a healthy sense of self and body image. It promotes and regulates the circulatory system, breathing, muscles and immune system. Likewise, contrary to the baby massage helps tensions, bloating and insomnia to work.

15' CHF 35.00

Thermi massage up to 15 years
harmonic whole body massage

35' CHF 68.00



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Beauty treatment

Beauty

Let yourself be pampered and enjoy a facial treatment that is tailored to your skin needs. Intensive cleansing, a peeling and a facial steam bath let your skin breathe again. Then the mask and eye freshener will make your skin feel pleasant. Finally, enjoy a relaxing facial massage and day care. On request, a subtle the eyebrows plucked.

We only use products that are manufactured without animal testing.

| | | | |
|---|-----|-----|--------|
| facial | 60' | CHF | 130.00 |
| Small facial care (without facial steam bath) | 35' | CHF | 80.00 |
| Facial care "Teenager" (13-15 years) | 50' | CHF | 84.00 |

Eyelash / eyebrow shaping and tinting

With tinted eyelashes seem to eyes, even without mascara for weeks expressive and lively. An eyelash tinting is also extremely convenient and time saving, because daily application of mascara is not applicable! Bright eyebrows can be emphasized by a dark color; dark eyebrows can be lightened and tuned on bleached hair on the head or be matched in brightness and hue to any head hair color.

| | | | | |
|--------|-------------------------------------|-----|-----|-------|
| To dye | Eyelashes | 20' | CHF | 15.00 |
| | Brow | 20' | CHF | 15.00 |
| | Eyelash, Brow Dye & Brow Correction | 40' | CHF | 40.00 |
| | Eyebrow shaping | 15' | CHF | 15.00 |

Nu skin, the new art of facial treatments

Face - neck

Convince yourself of innovation and not by vague promises. Turn with ageLOC for your skin back in time. Using galvanic current cleaning and drug vials are inserted into the deep layers of the skin. A few minutes after the treatment, you can feel and see visible results. Let admire in the future for your skin fresh and teens

| | | | |
|--|-----|-----|-------|
| | 25' | CHF | 75.00 |
|--|-----|-----|-------|

Foot treatment

You get an intense foot for general cleaning and maintenance with subsequent removal of hard skin. A soothing foot massage and the filing of the nails, gives her feet a fresh feel and look neat.

| | | | |
|--------------------------|-----|-----|--------|
| Foot treatment | 45' | CHF | 80.00 |
| Foot treatment & Gellack | 80' | CHF | 130.00 |



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Hanra Body Sugaring (hair removal)

The HANRA method removes the hair along with the hair roots, gently and thoroughly. Over time, the hair growth is up to 90% smaller, finer and lighter in color. The hair removal with the HANRA-sugar gel is like a scrub, dead skin cells are removed and the skin is smooth. The HANRA method of hair removal is less painful to use than wax and other types of hair removal. The sugar gel adheres to the hair and not on the skin. Is suitable for all skin types. A Swiss natural product without preservatives, chemicals or resins. Is completely water soluble, biodegradable and not tested on animals.

| | | |
|---------------------------|-----|--------|
| upper lip | CHF | 10.00 |
| chin | CHF | 18.00 |
| face | CHF | 35.00 |
| armpits | CHF | 20.00 |
| arms | CHF | 45.00 |
| half leg (above the knee) | CHF | 60.00 |
| full leg | CHF | 80.00 |
| bikini | CHF | 40.00 |
| full leg & Bikini | CHF | 110.00 |

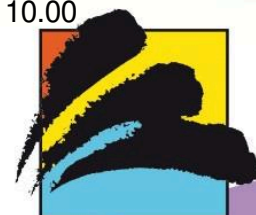
Nails

| | | | |
|---|--------------|-----|--------|
| Nail extensions | ca. 2 ½ Std. | CHF | 125.00 |
| Natural nails | ca. 2 Std. | CHF | 100.00 |
| Fill French or color | ca. 2 Std. | CHF | 85.00 |
| Gellack New or Refill French or color | ca. 1 Std. | CHF | 70.00 |
| Manicure | | | |
| Classic manicure | | | |
| Without varnish | 35' | CHF | 40.00 |
| With lacquer | 50' | CHF | 50.00 |
| Nail varnish and file | 35' | CHF | 25.00 |
| toenails | | | |
| Gellack | 60' | CHF | 70.00 |
| paint | 35' | CHF | 35.00 |
| additions Nail art | per nail | CHF | 2.00 |
| repairs | per nail | CHF | 10.00 |



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