

# Massages

by Kerstin Florian

## Time Out – Classic Massage

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

25 minutes	CHF 60
50 minutes	CHF 115
80 minutes	CHF 165

## Head And Neck Massage

Targeted massage techniques relieve tension in the head and neck area.

25 minutes	CHF 60
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## Foot Reflexology Massage

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.

25 minutes	CHF 60
50 minutes	CHF 115

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## Hot Stone Massage

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.

50 minutes ..... CHF 120

80 minutes ..... CHF 170

## Lomi Lomi Massage

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.

50 minutes ..... CHF 120

100 minutes ..... CHF 190

Complete your body treatment with an effective  
Turkish Body Scrub or Chamomile Body Scrub

25 minutes ..... CHF 60