

CLASSIC MASSAGE

A relaxing aromatherapy massage that combines the sense of touch and smell with essential oil, tailor-made to your body and mind.

Full Body	55 min	CHF 110.—
Back, neck & shoulders	25 min	CHF 60.—
Full Body, face & head	80 min	CHF 145.—

SPORTS MASSAGE

Deep tissue massage targeting sore muscles which can also help for chronic pain and injury rehabilitation.

Tailor-made	55 min	CHF 115.—
Tailor-made	25 min	CHF 65.—

SPECIALTY MESSAGES

HOT STONE MASSAGE

Warm Basalt stones are used with classical massage and aroma oils to reduce stress and tension as well as to release energy blockages. The warmth of the stones helps to calm your body and mind.

Full Body	75 min	CHF 145.—
Back, neck & shoulders	45 min	CHF 110.—

SOLE REVIVAL

A holistic pressure point massage of the feet which stimulates organs within the body. The experience can improve sleep and energy levels, reduce stress and give a feeling of balance and relaxed present.

55 min	CHF 110.—
25 min	CHF 60.—

LYMPHATIC DRAINAGE

A light pressure massage designed to improve the immune system, to increase metabolism and aids in the elimination of waste and toxins from the body.

80 min	CHF 145.—
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TIME OUT

This treatment helps you to relieve tension and stress from neck, face and head using a massage and pressure point techniques.

55 min	CHF 105.—
25 min	CHF 60.—

FITNESS

Training with a personal trainer is a safe and effective way to start exercising. A personal trainer helps you to set the goal and build up your motivation. It also gives you the tools to carry on by yourself or to join exercise classes with others.

A Personal Trainer also benefits more experienced sport people to improve technical skills, to work more efficiently and to find out new drills to your own programme.

Personal Training for

Matt Pilates
Gym Training
Aqua Exercise
Flexibility Coaching

1 hour CHF 90.—

FACIAL TREATMENTS FOR LADIES AND MEN

We use for all our facial treatments Thalgo products which are incorporating the pure natural ingredients from marine or plant origin and are suitable for all skin types.

PURITY FACIAL

A refreshing facial experience including an exfoliation and mask to restore and hydrate the skin, to return to its natural healthy state.

25 min CHF 65.—

PRESCRIPTION FACIAL

Discover the skin enhancing properties of Marine extracts with your very own prescribed facial unique to your skin type, a personalised prescription using therapeutic sea mineral based products with a face, neck and shoulder massage to restore and boost your complexion, revive your skin texture and add a lasting glow to your appearance.

55 min CHF 125.—

Deluxe 75 min CHF 150.—

OCEAN FACIAL FOR MEN

This "Hi-Tech" professional facial is based upon relaxing massage movements of the face, shoulders, neck and scalp and the application of a purifying mask. Relaxed and recharged your skin regains all its energy and balance.

55 min CHF 120.—

Deluxe 75 min CHF 145.—

COLLAGEN EYE TREATMENT

Using pure native soluble collagen. This intensive hydration treatment leaves the eye contour area soft, smooth and plumps out fine lines and wrinkles.

25 min CHF 60.—

Combine it with a prescription facial for a supplement of CHF 25.—.

EYE TREATMENTS

EYELASH TINT

Enjoy a relaxing hand and arm massage, while you have your eyelashes tinted.

PLEASE TAKE CONTACT LENSES OUT BEFORE THIS TREATMENT!

25 min CHF 35.—

EYEBROW TINT

15 min CHF 20.—

EYEBROW SHAPE

25 min CHF 20.—

PRETTY EYE PACK

Eye brow shape, eyebrow tint and eyelash tint.

40 min CHF 65.—

WAXING

Using methods of epilation it slows down the hair growth. Therefore the skin remains smoother for longer as opposed to shaving. The re-growth is thinner, softer and more inconspicuous.

LADIES' WAXING

Eye brow shape 25 min CHF 25.—

Upper lip 10 min CHF 20.—

Full leg 55 min CHF 75.—

½ leg 25 min CHF 55.—

Under arm 15 min CHF 30.—

½ arm 25 min CHF 45.—

Full arm 55 min CHF 65.—

Bikini 20 min CHF 30.—

MEN'S WAXING

Back 25 min CHF 55.—

Chest 25 min CHF 55.—

BODY TREATMENTS

Reserve some time...Just for you.

A place where you will be wrapped into a cocoon of natural goodness. Whether acne, cellulitis, dry skin or simply pampering yourself. Take the time to give your body the treatment it deserves.

SEASALT BODY PEELING

Natural sea salt and oil mix removes dead skin cells while adding moisture.

25 min CHF 55.—

SHEA BUTTER WRAP

Shea Butter moisturizes the skin leaving it relaxed and radiant

25 min CHF 60.—

With body peeling 55 min CHF 110.—

THALASSO WRAP

Freshly prepared seaweed helps you to detox and clean the skin.

25 min CHF 65.—

with body peeling 55 min CHF 115.—

HANDS & FEET

MANICURE

Restores tired hands and nails with this refreshing treatment. Complete with full cuticle care, hand-soak, relaxing hand and arm massage and polish of your choice.

55 min CHF 70.—

PEDICURE

Relieves tired feet and refreshes your reflexes from the tips of your toes to the heart of your sole. Featuring full nail care, pedi-soak, sole care, a relaxing massage and a polish of your choice.

55 min CHF 80.—

QUICK FIX

A file and paint of fingernails or toenails

30 min CHF 40.—