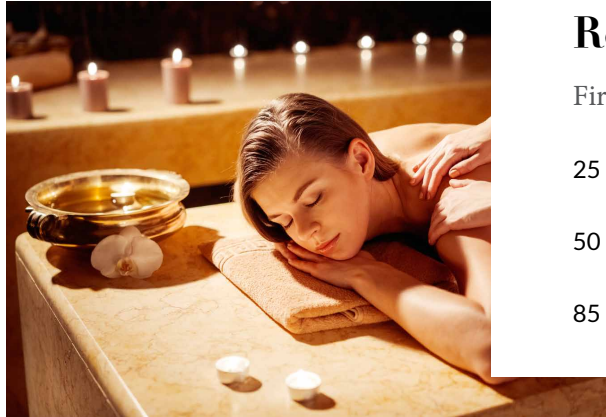




# MASSAGES

MASSAGES



## Relaxation massage

Firm or gentle, just the way you prefer it.

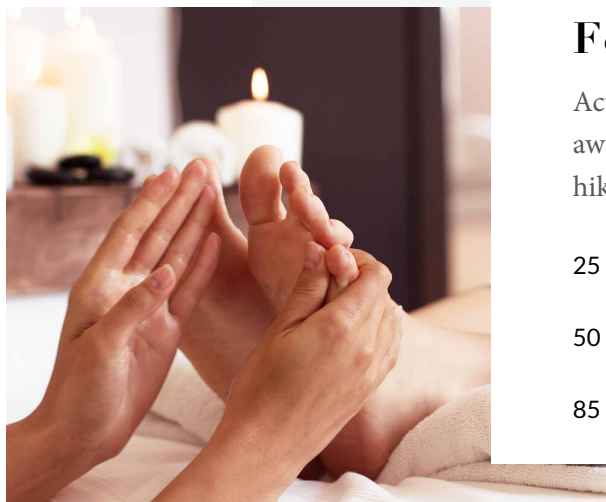
|        |      |         |
|--------|------|---------|
| 25 min | ———— | CHF 65  |
| 50 min | ———— | CHF 120 |
| 85 min | ———— | CHF 170 |



## Sports massage

The cooling and classical massage style stimulates the blood flow and minimizes muscle sores.

|        |      |         |
|--------|------|---------|
| 25 min | ———— | CHF 65  |
| 50 min | ———— | CHF 120 |



## Foot reflexology

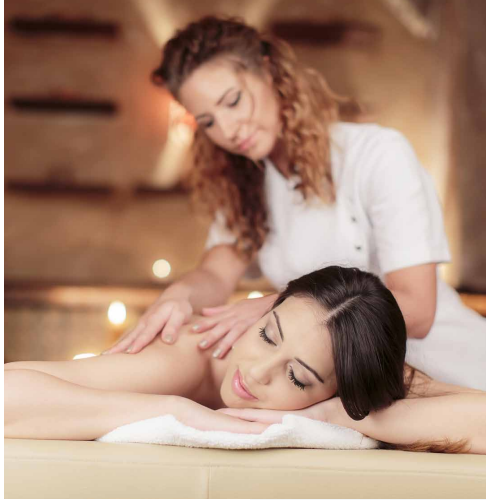
Activates the self-healing powers of the body and awakens legs and feet that are tired from long hikes, skiing or too much après-ski dancing...

|        |      |         |
|--------|------|---------|
| 25 min | ———— | CHF 65  |
| 50 min | ———— | CHF 120 |
| 85 min | ———— | CHF 170 |



# MASSAGES

MASSAGES



## Detox lymphatic drainage

Very gentle and highly effective holistic massage that detoxifies and increases the immune system by stimulating the lymphatic system.

|        |       |         |
|--------|-------|---------|
| 25 min | ————— | CHF 65  |
| 50 min | ————— | CHF 120 |
| 85 min | ————— | CHF 170 |



## Hot Stone “Fire and Ice”

Full-body massage with warm basalt stones, cold Rose Quartz Crystals and warm oil. The warm stones and oil release tensions and the iced Rose Crystals, also called “Pearls of the Alps” stimulate the blood flow and refresh tired, heavy legs.

|        |       |         |
|--------|-------|---------|
| 25 min | ————— | CHF 65  |
| 50 min | ————— | CHF 120 |





— ALPINE —  
HIDEAWAY SPA  
BY PURE ALTITUDE

# MASSAGES

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## Apitherapy; Mountain honey massages with Apinatura<sup>©</sup>

Local mountain flower honey, combined with a special massage technique detoxifies the body of harmful substances and toxins, and makes the skin supple and soft.

|        |       |         |
|--------|-------|---------|
| 25 min | ————— | CHF 65  |
| 50 min | ————— | CHF 120 |



## Alpine Herbal Ball Massage

Warm herbal balls filled alpine herbs such as arnica, marigold, larch and juniper activate the body's healing mechanism. The warmed oil and balls intensify the healing powers of the alpine plants, and loosen blockages for a smooth energy flow.

|        |       |         |
|--------|-------|---------|
| 25 min | ————— | CHF 65  |
| 50 min | ————— | CHF 120 |



MASSAGES