

Communication through massage

In our western world, which is marked by our frenetic lifestyle, it is not easy to find a moment for carefreeness and relaxation, to dedicate to our self's. The nowadays era of internet, with its numerous virtual contacts furnished by the net, sometimes keeps us from building up deeper and sincere contact with our fellow men.

Therefore we are prone to more fugitive and superficial encounters. Under this aspect the art and science of massage represents one of the most particular form of interpersonal communication. The massage is becoming a more and more important instrument to reconnect with our most intimate and sensible dimension of our human identity. As any demanding form of communication, it needs sensibility and delicacy, discretion and vigilance, confidence in who offers it and respect towards who receives it.



The massage, which contains a series of specific treatments proposed by our hotel, is surely one of the oldest and most intuitive manner of behavior through which the human being has learned to alleviate the pain of his fellow man. Often the professional touch of the hand of another person is enough to feel some relief and to live a careless and relaxing moment of wellbeing.

Our suggestions

The Relaxing Massage improves blood circulation, stimulates the excretion of toxic substances, relaxes the muscular system and reduces stress, constriction, anxiety and tiredness. It also improves the wellbeing and balance of body and soul. The massage makes us feel the tenderness and affection of the person who is taking care of us.



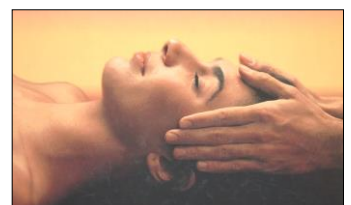
The Sport Massage is an important part of the training of every athlete: it stimulates the revocation of toxic substances, muscle tensions and lactic acid, stimulates or relaxes the muscular system, helps the regeneration after physical exertion and the prevention of accidents.



The Therapeutic Massage penetrates deeply and alleviates therefore pain in muscles and limbs, caused by accidents, sickness or simply by wrong posture. It stimulates the central nervous system and its connected organs.



The Aromatherapy Massage is a gentle massage, which works with slow and deep-acting exertion of pressure on body and mind. This kind of massage operates with the energy of ethereal oils: the oils are penetrating through the skin and have therefore a purifying and healing effect. Under psychological aspect, the massage helps the production of endorphins, the so-called happy hormone, by inhaling the scent.



The Californian Massage with aromatic oil has a benefic effect on body and soul. The person is looked at as one unit, composed of body and soul. This kind of massage pays particular attention to the concept of contact and gives in this way unique inner calmness and peace. The Californian massage is strongly working with the flow of energy of the entire body and dissolves energy and emotional blockades.



The Hot Stone Massage is a holistic massage, treating body and soul. The heat of the stones is used for treating aches and cramps of muscles. The thermic effect is achieved by transmission, which means through the direct contact of the hot stones on the skin. In this way, it's possible to influence the different energy centers (Chakra) and bring body and soul into harmony.



Costs of treatments (CHF)		partial 45 min	complete 70 min	total 90 min
Relaxing Massage	● ●	80.-	110.-	140.-
Sport Massage	● ●	80.-	110.-	140.-
Therapeutic Massage	● ●	80.-	110.-	140.-
Aromatherapy Massage	●		120.-*	150.-**
Californian Massage	●		120.-*	150.-**
Hot Stone Massage	●		120.-*	150.-**

* 80 min

** 100 min

We are present by appointment:

❖	<u>Monday</u>	09.00 - 12.00	●
❖	<u>Tuesday</u>	17.00 - 20.00	●
❖	<u>Wednesday</u>	17.00 - 20.00	●
❖	<u>Thursday</u>	09.00 - 12.00	●
❖	<u>Friday</u>	12.00 - 16.00	●
❖	<u>Saturday</u>	14.00 - 18.00	●

- Generally, the appointments and possible cancellations are to be communicated to the reception min. 24 hours in advance. For requests at short notice, the presence is not guaranteed.
- By cancellation without advance notice, the corresponding amount for the treatment must be paid.
- Prior to the first treatment you are kindly ask to fill out the form "Particulars of the guest".
- Some treatments may be recognized by optional health insurances. The person concerned is asked to settle this question with the therapists of the SPA.
- All offered treatments are carried out by qualified and specialized staff, who is using specific products.