

## HARMONIZING ENERGIES

- ⦿ **Shiatsu (shi : finger/atsu : pressure)**
50 min Chf 160.–  
75 min Chf 220.–

Traditional Japanese massage originated from Chinese medicine having much in common with the principles of acupuncture. A massage combining acupressure, stretching, bending and mobilization techniques to stimulate the specific energy pathways, the meridians. The aim is to «move» the energy from where it is accumulated to weaker areas. The draining and stimulating effects help to acquire overall balance. Shiatsu seeks to put the individual in touch with the body's own healing processes.
- ⦿ **Traditional Thaï massage**
50 min Chf 160.–  
75 min Chf 220.–  
100 min Chf 280.–

An art with ancient traditions, this massage technique was formally administered only in temple grounds by masters versed in healing. Based on the stimulation of energy pathways named «Sen», this method combines percussion, stretching, mobilization and pressure techniques, similar to those used in yoga exercises.
- ⦿ **Foot Thaï massage**
25 min Chf 95.–  
50 min Chf 160.–

▣ The foot thaï massage is a derivative of the ancient 5000 years old chinese
   
≡ tradition, soothing and preventing numerous ailments. It is performed through deep pressure on the foot relax zones, on the leg and alternatly through manuel techniques with the aid of a wooden stylet . Rids stress and tensions, stimulating vital energy.
- ⦿ **Korean relaxation**
75 min Chf 220.–

A relaxation method performed on futon. The technique includes balancing and stretching movements to provoke a pacifying state of being. The guest is dressed with light clothing (tee-shirt and shorts).
- ⦿ **Tui Na massage («push & squeeze»)**
50 min Chf 160.–  
75 min Chf 220.–

▣ Traditional Chinese massage and part of Chinese medicine involving pressure on the acupuncture points on the body, soft tissue massage and joint manipulation to release the tensions causing pain.

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## ⊙ Acupuncture

▣ Part of ancient Chinese medicine and philosophy, this technique acts on regulating the two opposing forces in our system: the YIN (passive force) and the YANG (active force). Fine needles (sterilized and discardable) are inserted along the invisible meridian channels to reduce or increase the energy flow («CHI») to remove tensions, tone and restore balance thus releasing the body's own healing mechanisms.

50 min Chf 160.–

75 min Chf 220.–

## ⊙ Foot reflexology

▣ An ancient therapy, probably eastern, applying thumb and finger pressure to reflex pressure points on the sole or sides of the feet, energizing the corresponding zone (organs) or function of the body ridding the bodily toxins and promoting healing. Reduces stress.

50 min Chf 160.–

## ⊙ Reiki (universal life force energy)

▣ Reiki is a natural healing method to harmonize and purify energies (physical, emotional and spiritual) rediscovered in the last century through a Japanese doctor, Dr. Mikao Usui. The technique is simply performed by a practitioner in which his (or her) hands are placed upon (without manipulation) the person to be healed with the intent for the healing to occur. The Reiki energy «manages» its own flow and draws through the practitioner the exact amount of energy needed. The practitioner is an energy channel stimulating the energy force within us. A deep feeling of calm and relaxation are felt.

50 min Chf 160.–

75 min Chf 220.–

## ⊙ Lomi-Lomi Nui Massage

▣ (lomi : knead, massage, rub / nui : great, wonderful)

Also known as the Hawaiian Temple Massage, this technique was founded by the early Polynesian settlers; a ritual inspired by both a Polynesian martial art and a traditional sacred dance. It combines rhythmic pressured strokes with forearms, hands, fingers and elbows, through soothing warm oil. Providing relaxation to body and mind, this massage is harmonizing and blissful.

100 min Chf 290.–

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