

## PURE MESSAGES

- ⊙ **Massage calming, energizing, or anti jet-lag** 25 min Chf 95.–

▣ Massage performed with warm aromatized oil. A personalized treatment to suit your personal needs. 50 min Chf 150.–

75 min Chf 210.–
  
- ⊙ **Emmanuel Levain, warm candle wax massage** 50 min Chf 170.–

▣ A harmonising soothing massage providing a deep sense of relaxation through a sensory journey and an essential oil aromacology treatment at 38° applied in perfect fluidity on the skin. 75 min Chf 240.–
  
- ⊙ **Aromatherapy massage** 50 min Chf 170.–

▣ Aroma therapy stimulates the acupoints, the blood and the lymphatic circulation and calms the nervous system. The fragrance smell effects the brain, relaxing the mind and body and promoting self-healing. Highly concentrated natural single essential oils or blends are diluted with carrier oils for the massage and inhalation. 75 min Chf 240.–
  
- ⊙ **Anti-Cellulite massage** 50 min Chf 170.–

▣ A light dry skin glove exfoliation followed by a specific essential oil massage. 80 minute treatment including a facial and foot reflexology performed on a hydrotherm mattress. 80 min Chf 240.–
  
- ⊙ **Manual Lymphatic drainage** 50 min Chf 160.–

▣ A soft and rhythmic massage technique promoting cellular regeneration throughout the body. This massage focuses on areas where there is a concentration of the lymph nodes encouraging the circulation of the lymphatic system and the elimination of toxins, while acting favorably on various edema, cellulite and sensation of heaviness in the legs. 75 min Chf 220.–
  
- ⊙ **Massage « Deep Tissue »** 50 min Chf 160.–

▣ Massage applying the advanced concepts in the science and art of pressure therapy. It is used to locate and release spasms and hyper contraction in the tissues; to eliminate trigger points that cause referred pain and to restore postural alignment and flexibility to the tissues. 75 min Chf 220.–

*Cancellation policy and general information on page 15*

