



UNIQUE HOTEL POST  
mountain lifestyle

## Massages & Treatments



where peace and well-being touch the senses, lightness is born

## Offer & Prices

<b>Classic massage</b>		CHF
Partial body massage (legs or back)	25 Min	65
Full body massage	50 Min	120
<b>Sports massage</b>	25 Min	70
	50 Min	125
<b>Foot reflexology - therapy</b>	25 Min	65
	50 Min	120
<b>Aroma therapy massage</b>	40 Min	105
With warm oil and organic aromatic essences	50 Min	125
<b>Hot Stones / Cold &amp; Hot Stones</b>	50 Min	140
Combination with aroma therapy	50 Min	145
Combi with back	50 Min	145
<b>Herbal stamp massage</b>	50 Min	145
<b>Back therapy with organic St. John's herb oil</b>	25 Min	75
Individually tailored to you plus healing ointment	40 Min	115
<b>Lomi Lomi Nui</b>	80 Min	195
Hawaiian temple massage		
<b>Massage Cervin</b>	50 Min	145
Combination with foot reflexology	70 Min	195
<b>Beauty Treatment</b>	60 Min	195
By appointment only (24h)		

# Massage – experience

## **Classic massage**

The classic massage is used to relax and regulate your skin, cellular tissue and especially your muscles. With targeted pressure points massage is used to ease tension, improve blood circulation, reduce stress and aid your general well-being.

## **Sports massage**

A combination of rhythmic massage and light stretching techniques is used to reduce lactic acids and toxins helping you to spend more time enjoying activities in the mountains. This increases the oxygen supply of the organism and accelerates the regeneration of the muscles. They recover faster, and when used before exercise, the risk of injury is significantly reduced

## **Foot reflexology - therapy**

Due to the soothing stimulation of the reflex zones in the feet the whole vascular system will be harmonized, nervous system relaxed and immune system strengthened. Furthermore the massage detoxifies the entire body and relaxes your muscles.

## **Aroma therapy massage**

Due to the soothing stimulation of the reflex zones in the feet the whole vascular system will be harmonized, nervous system relaxed and immune system strengthened. Furthermore the massage detoxifies the entire body and relaxes your muscles.

## **Hot Stones / Cold & Hot Stones**

Basalt stones make this massage a soothing treatment method that has a balancing and calming effect on the autonomic nervous system. Cramped and painful muscles are relieved - vitality and harmony for body and soul.

## **Herbal stamp massage**

The effective combination of warm oils, strong massage strokes and gentle stamp pressure as well as fragrant herbal essences is the secret. By mixing different means and techniques, you will experience a soothing treatment that will have a positive effect on your entire organism. Worries and stress fade away in the warm herbal steam.

### **Back therapy with organic St. John's herb oil**

Back therapy focuses on the relaxation and circulation of the muscles of the back. The manual application of pressure also has a calming or activating effect on sensitized nerve pathways. Warm oil is used to gently massage, loosen and stretch the entire body. Blockages dissolve.

### **Lomi Lomi Nui**

A traditional full body massage from Hawaii, which serves not only relaxation, but has its claim equally to physical, mental and spiritual cleansing. With warm oil the whole body is gently massaged, softened and stretched. It is also still called the queen of massage.

### **Massage Cervin**

A massage individually adapted to you with special oils and ointments. Put yourself in the hands of our therapists - their intuition will surely bring you well-being.

### **Beauty Treatment**

Wellness Beauty Facial with healing and rejuvenating plants from Pharmos Nature Green Luxury. Let yourself be treated to these precious natural care products: rich organic active ingredients, intense light energy and high vibration - with pure aloe vera instead of water -without alcohol- and without classic preservative forces.

Included in the pampering package: small back/neck massage  
Soft facial cleansing, peeling, facial massage with organic aloe vera fresh leaf followed by a moisturizing mask. During the application time a small foot reflex zone and hand massage. Finally, a facial care adjusted to the skin type.