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Locations:

- Zähringerstrasse 84 – CH 3012 Bern
- Kaplaneistrasse 34, CH – 3182 Ueberstorf
- Bahnhofstrasse 30, 3777 Saanenmöser

health insurance recognized

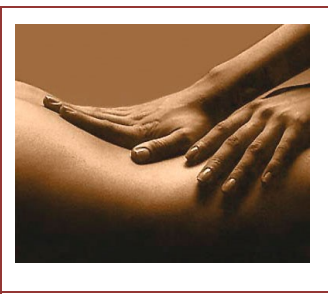
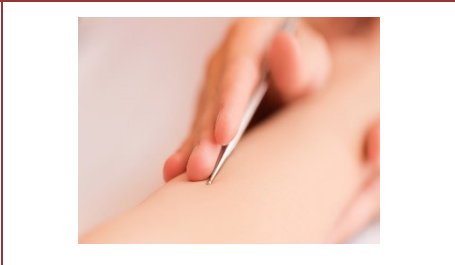
Thank you for your interest & inquiry

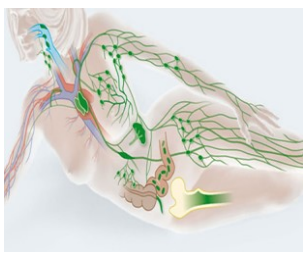
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Classic & therapeutic massage Methods

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|  | <p>Relaxing & Regeneration massage Pleasant, relaxing and effective for regeneration and holistic well-being. Turn off and recharge your body and soul.</p> |  | <p>foot reflexology massage <i>relaxing & regenerating enhances circulation & relieves pain conductive to self-healing</i></p> |
|  | <p>Deep tissue & loosening massage Specifically releases muscle tension, fascia and joint blockages. With elements spinal therapy and osteopathy.</p> |  | <p>Dorn Breuss massage & joint release massage <i>The displaced vertebrae and joints are returned to their ideal place in a gentle and pulsating manner. Through the targeted pressure on of trigger points, local muscle hardening is solved.</i></p> |
|  | <p>Harmonie meridians massage <i>has a compensatory effect to harmonizes and stimulates the whole bodily functions with pressure points and flushing</i></p> |  | <p>Acupuncture Massage Therapy <i>The method is based on the treatment of the meridians. Manually or with the help of a stick, the energy channels and joints are gently harmonized. It called a "Energetic-Static Method"</i></p> |



Manual Lymphatic Drainage

*Gentle massage strokes loosen the tissue to stimulate the lymphatic system.
The immune system is thus stabilized and by the influence on the autonomic nervous system one achieves a deep relaxation*



Cupping - detoxification massage

A well-known treatment in which the blood flow in the tissue is stimulated and purified. The self-healing powers of the organism are thereby strengthened and support the immune system.

Partial massages



back, shoulder & neck massage

stretches and relaxes the muscles of the back, shoulder and neck. relieves blockage & tension



head & facial massage

*deep relaxation and relief for body and spirit;
with gentle pressure points
regenerating*

Aroma oil massages



individual aromatherapy massage

*aroma oil of your choice
stimulates the senses with its beneficial effect
on the whole organism*



Nourishing massage with apricot oil

*supports the moisture balance of the skin
effectively and preserves the elasticity
Calming effect on sensitive and irritated skin
and promotes cell regeneration.*



Exclusive massage with lilac oil

*Immerse yourself in the pleasant flowery
scent cheer your senses
Muscle tension is released
in a relief of joint pain in arthritis & rheumatic
pain.*





Lavender oil massage

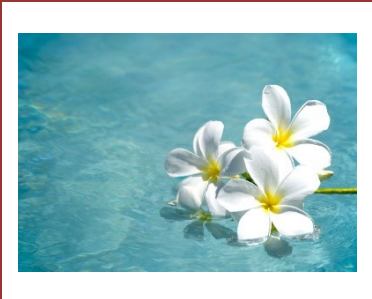
*Enjoy "a breeze of Provence" and thus increase
your well-being and inner balance
gentle effect it is particularly relaxing
relieves stress*

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|  | <p>sea buckthorn, orange & calendula oil massage <i>restorative & strengthening supports and invigorates the immune system</i></p> |  | <p>lemon & rosemary oil massage <i>stimulating & invigorating refreshes and stimulates muscles, circulation & the spirit</i></p> |
|  | <p>ivy gel & grapeseed oil massage <i>firms up connective tissue & supports circulation delays skin aging and makes the skin supple, soft/ also effective against cellulitis</i></p> |  | <p>Argan oil massage, you will get spoiled from head to toe with exclusive Moroccan Argan oil, Regenerates the skin cells and gives skin and hair freshness and resilience. The oil is also antibacterial and anti-inflammatory. It is therefore considered as deep cleansing and effective constructive protection of the skin and the organism.</p> |
|  | <p>honey & ginger oil massage <i>warming and regenerating envelops the body in warmth & sensuality</i></p> |  | <p>Feet- & back, shoulder, neck massage <i>Tailored to your needs, effective for holistic well-being, pleasant, relaxing</i></p> |

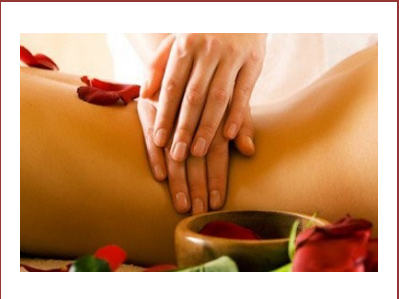
Plant science and consultation

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|  | <p>BACH FLOWER THERAPY is a very gentle therapy method, which goes back to the English doctor Dr. Edward Bach. The energetically prepared flower essences are not only used for mental complaints, but also for crisis and stress management as well as for the accompanying treatment of acute and chronic diseases.</p> |  | <p>Gemmotherapy makes the most "alive" of the plants – namely the buds, shoot tips and the young saplings – usable as a regenerative and healing power for humans. & Medicinal Plants Advice Versatile plants of our nature support you in your self-healing powers and thus promote holistic recovery on a mental and physical level.</p> |
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Ethical & Wellness massage



Lomi Lomi massage
Queen of Hawaiian massage
with warm avocado & coconut oil for rest & relaxation, with flushing and soft kneading



Abhyanga - a indian massage
Un effet de profondeur perceptible pour harmoniser l'ensemble avec de l'huile de sésame chaude le tissu est détoxifié et nourrir à nouveau la peau et l'esprit



lava stone / hot stone massage
with warm oil & lava stones
relaxation and enhanced circulation of deep tissue and joints

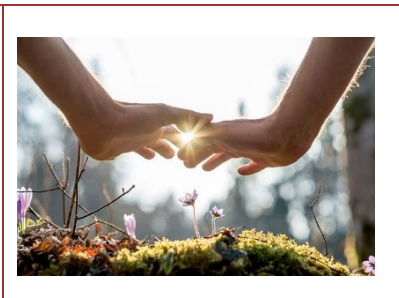


lava shell massage
alternating warm Pacific lava shells and sensuous oil.
Deep warmth for body and soul

energy treatment



Massage chakra et aux pierres précieuses
Les centres d'énergie sont activés et harmonisés, un effet stimulant et relaxant
Avec des huiles de chakra spécifiques et des pierres précieuses.



Reiki traitement énergétique
Un moment de paix intérieure intensifier et renforcer les pouvoirs d'auto-guérissons.

Massage & complementary therapy

Heath & well-being
Santé et bien être
Gesundheit & Wohlbefinden



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