

LADY'S Massage

This exclusively for LADY'S FIRST developed massage, is a mixture of characteristic techniques of various, also Asian, massages. Let yourself surprise and enjoy the lightness of life with this unique oil massage. During summer the massage oil is enriched by a refreshing ethereal oil; in winter the masseurs use warmed oil.

<u>Duration</u>	<u>Price Massage</u>	<u>Price with 3 hours spa</u>
60 min.	CHF 130.--	CHF 150.--

LADY'S Herbal Massage

This treatment is similar to the LADY'S Massage, but instead of using oil, the therapist uses warm pouches filled with herbs. This treatment includes also a smooth head massage.

<u>Duration</u>	<u>Price Massage</u>	<u>Price with 3 hours spa</u>
60 min.	CHF 130.--	CHF 150.--

Classic Massage

As far back as 3000 BC massage has been practised for the general wellbeing of the body. The deeply relaxing effects of massage help to tone the skin and remove tension of the muscles. The massage also has a soothing effect on the inner organs, activates the blood-flow and metabolism.

<u>Duration</u>	<u>Price Massage</u>	<u>Price with 3 hours spa</u>
60 min.	CHF 130.--	CHF 150.--

Back-Neck Massage:

<u>Duration</u>	<u>Price Massage</u>	<u>Price with 3 hours spa</u>
30 min.	CHF 70.--	CHF 90.--
45 min.	CHF 98.--	CHF 118.--

Ayurvedic Massage

This massage technique originates from India and in Sanskrit, Ayurveda means the science of life and represents one of the oldest known natural healing massage methods. Elements in Ayurveda are meditation, balanced nourishment, herbal-turkish-bath, tender massages with warm oil and much more. The treatment at the LADY'S FIRST contains a full body massage given by ONE therapist.

<u>Duration</u>	<u>Price Massage</u>	<u>Price with 3 hours spa</u>
60 min.	CHF 130.--	CHF 150.--
90 min.	CHF 185.--	CHF 205.--

LADY'S FIRST design hotel

M a s s a g e s

Hawaiian Massage

Also called a Lomi Lomi massage, is one of the important healing methods in the Hawaiian tradition and today is learnt and practised world wide. By using the hands and lower arms, and with the application of various massage oils, the therapist uses strong and at the same time tender stroking movements on the body to release built-up and blocked energy and provide a feeling of wellbeing and harmony.

<u>Duration</u>	<u>Price Massage</u>	<u>Price with 3 hours spa</u>
60 min.	CHF 130.--	CHF 150.--
90 min.	CHF 185.--	CHF 205.--

Foot Reflexology Massage

The foot reflexology massage is very relaxing. The foot reflexology massage is based on zone-therapy, whereby the therapist applies pressure point massage on certain points on the sole of the foot, and thereby stimulates certain organ functions.

<u>Duration</u>	<u>Price Massage</u>	<u>Price with 3 hours spa</u>
60 min.	CHF 130.--	CHF 150.--

In case you cannot keep your appointment, please cancel 3 hours before treatment, otherwise there will be obliged to charge a cancellation fee.

Prices are including the use of 1 bathrobe, 2 towels and slippers

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