

# Massage at the Hotel Gorfion

## **Foot reflexology according to Ingeborg Steiner**

Massage with Aura Soma oils. Targeted massage of reflex zones at the foot to stimulate areas and functions of the body with the aim of activating meridians, tissues, lymph and self-healing powers. Dissolving of blockages for physical and mental well-being.

60 min CHF 90.-

## **Classic massage**

Massage with high-quality oils such as almond, olive or moroccan argan oil. By using pressure and pull, blood and lymph current are reinforced and therefore the body is being detoxified. Tensions and cramps of the muscles are relieved.

Relax back massage (30 min) CHF 55.-

Relax back-neck massage (40 min) CHF 75.-

Relax Leg-back-neck massage (60 min) CHF 95.-

## **Dorn spinal treatment with Breuss back massage**

Sliding out of the pelvis, knee or ankle joints can be the cause of vertebral displacements, which are repositioned with a targeted painless grip. Displaced spinal vertebrae are touched and gently pressed into their original position. The method according to Dorn comes from Dieter Dorn and results from many years of helping and experience. Breuss Massage: After the thorn treatment a special back massage with a soothing and relaxing effect is applied.

60 min CHF 119.-

Please contact reception for availabilities and appointments.

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