

## Massage – Do your body and soul good

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Release tension. Work on trigger points. Activate your self-healing powers. It sounds wonderful and it is wonderful!. Treat yourself to a massage in our massage studio.

On the following pages you will learn more about the available massage treatments.

Our experienced massage therapist Roman Bernat is looking forward to providing you with a relaxing time.



### **Classic massage**

25, 50, 60 or 80 minutes

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The term "classical massage" refers to a mechanical, manual influence on the skin, the deeper tissue and the muscles. Classical massage is mainly used for the prevention and treatment of diseases of the musculoskeletal system, but can also be used as a feel-good treatment or for muscle pain. But this massage treatment can also help with migraines, headaches, mental tension, restlessness and stress.

During the 25-minute massage, only the back, shoulders and hips are treated.

### **Head-neck-shoulder massage**

25 minutes

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The head-neck-shoulder massage serves to loosen the shoulder-neck muscles, relax in the head area and release blockages, vitalize and improve well-being.

### **Lymphatic drainage**

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Our therapist uses specific hand movements, strokes and pressure to cleanse the body from waste substances of the cell metabolism and improve the blood flow. The tissue is nourished with oxygen and nutrients . The Lymphatic drainage boosts the immune system, relaxes and lifts the skin.

25 min - Only two-three body parts (f.e. neck, face etc.)

50 min - Full body treatment without face

80 min - Full body treatment with face



## **Lomi Lomi Nui**

90 minutes

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Lomi Lomi Nui originates from Hawaii and was originally a temple massage of the Kahuna priests. Lomi massage is an energetic and intense oil massage and honors the whole body as a temple of the soul. It is not only relaxing and invigorating, but a cleansing ritual, inside and out. Through intensive strokes from head to toe, blockages are released and body and mind are brought into balance. Lomi Lomi Nui harmonizes the entire organism and melts physical and emotional blockages - a feeling of deep security, sensuality and bliss.

## **Foot reflexology**

25 or 50 minutes

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The foot reflexology massage can improve the general well-being of the whole body. This is because reflexology has a relaxing effect and can release blockages throughout the body. In addition, the tissue is loosened during the massage, which leads to the energy in the body being able to flow freely. Especially in bad moods or psychological stress, reflex zone massage is therefore shown to have a positive effect. This massage can also help against insomnia, ideally it is carried out in the late afternoon.

## **Hot stones**

70 minutes

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The intense warmth of the hot stones has a calming effect on the heart, circulation and well-being - which promotes the relaxation process and can alleviate stress-related symptoms such as insomnia. The combination of deep massage and heat stimulates the lymphatic flow. Muscle tension and stiffness can be relieved. Particularly beneficial for neck and shoulder pain. A nice side effect: the heat opens the pores so that the skin can better absorb the nourishing ingredients of the massage oil used.



### **Massage for expectant mums**

50 minutes

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Expectant mothers have special needs and complaints which are specifically addressed in the massage. For example, pregnant women often suffer from back pain during pregnancy, neck tension and water in the legs. With a relaxing massage, mothers not only do something good for themselves. A balanced nervous system, a relaxed body and inner harmony and peace also have an enormously positive effect on the baby's development and on the upcoming birth.

### **Kids massage «Mr. Gorfion»**

25 or 50 minutes

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After an eventful day of romping around and playing or a hike with mom and dad, even the smallest adventurers have to rest. A massage especially for children will help them.

### **Aroma therapy «Balance»**

60 or 80 minutes

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In this holistic massage, body, mind and soul are harmonized by the action of essential oils. The oils are put together with the therapist according to your needs. This involves working directly with the subconsciousness to restore the body's natural functioning. This therapy is ideal for overly analytical people, provides relaxation during stress and has an energizing effect.



### Winterspecial: Warming herbal stamp massage «Oriental Spice»

60 or 80 minutes

This winter we have enriched the herbal stamp massage with warming spices like cinnamon, ginger and cardamom as well as essential oils. The massage is based on ancient traditions of East Asian massage art. The massage focuses often on the back area to release tension there. The herbal stamps have a beneficial, warming effect on the body. It is massaged both with the herbal stamps and with the hands.

### Prices

25 min.	CHF 43	70 min.	CHF 119
50 min.	CHF 85	80 min.	CHF 136
60 min.	CHF 102	90 min.	CHF 153

### Appointments

Massages are available from Tuesday to Sunday.

For availability and appointments please contact the reception:  
info@gorfion.li, Tel. +423 265 90 00, from the room the internal Tel. No. 12

### Cancellation policy

50% of the service you booked will be charged if you cancel within 24 hours before the appointment. Cancellations or no show on the same day with 100%.

