

WELL-BEING TREATMENTS

Let go, free yourself from the stress and strains of modern life and do something positive for your health – choose from a wide range of well-being treatments and allow yourself to be pampered in the living room of your own chalet-apartment.

SINGING BOWL MASSAGE

1½ hours CHF 190

The soothing Tibetan singing bowl massage spirits you away from a hectic world and allows you to regain your inner tranquillity. Lose yourself in the calming sound and sense the vibrations of the singing bowl as it rests on your clothed body, massaging each of your 70 billion cells and awakening the self-healing forces within us all.

CLASSICAL FULL-BODY OR PART-BODY MESSAGES

Approx. 60 minutes CHF 160

Approx. 90 minutes CHF 220

A classical full-body or part-body massage with trigger point treatment regulates muscle tone, loosens trigger points, calms the body and spirit, promotes better circulation, relaxes the skin and connective tissue, improves well-being, encourages body consciousness, and reduces stress.

CLASSICAL MASSAGE

Approx. 60 minutes CHF 160

Approx. 90 minutes CHF 220

The classical massage is a holistic method for deep relaxation or stimulation of the body. The skin and muscles are treated with effleurage and kneading movements. This deep and focused method provides an almost immediate relief against stiff and aching muscles achieving a sustainable well-being for body and soul.



PRIVATE YOGA

Approx. 75 minutes CHF 160

ASANAS

Mindful practices strengthen the body and harmonize all imbalances.

PRANAYAMA

Mindful breathing techniques help soothe the nervous system, purify the mind while detoxing the body.

All well-being treatments are carried out in the privacy of your chalet-apartment. To enjoy the full benefit, we recommend being alone in your chalet-apartment during treatment. We also advise you to wear comfortable, loose-fitting clothing.

FURTHER INFORMATION AND RESERVATIONS:

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