

\* EMR / RME & ASCA recognized as part of the supplementary on request

## Massage \*

### Traditional Massages

This massage relieves muscle stiffness and tension. The blood and lymph circulation is stimulated, which purifies and detoxifies the body.

Back / Neck Massage	20'	CHF	55.00
Part Body	35'	CHF	75.00
Full body massage	50'	CHF	100.00

### Breuss Massage

The Breuss Massage is used for treating the spinal column. It relieves blockages and tension between the spinal column and the longitudinal muscle in the back.

20' CHF 58.00

### Reflexology massage

Reflexology massage is based on the principle that each part of the body is assigned a corresponding spot on the foot. The reflex zones on the foot are selectively massaged, thereby stimulating the corresponding parts and functions of the body.

35' CHF 75.00

### Face and head acupressure massage

Face and Head Massage or Acupuncture massage This combination of acupuncture and head massage is based on the principles of acupuncture theory. It works by stimulating the acupuncture points and distribution of energy along the meridians around the back of the neck, head and chest. Blood and energy are made to flow freely, which normalises blood circulation in the head. This massage has a positive effect on people suffering from headaches and/or migraine attacks.

20' CHF 58.00

### Manual lymphatic drainage

Manual lymphatic drainage is a form of therapy providing a variety of benefits. It can be used as a decongestive therapy and in cases of oedema to remove fluid from swollen body regions such as the arms and legs. The use of gentle circular stroking movements moves the fluid from the tissues into the lymphatic system.

60' CHF 130.00



**Fontisana**  
Praxis für natürliches Heilen  
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