

MASSAGE

PARKHOTEL MARGNA

Classic body treatments

CLASSIC FULL-BODY MASSAGE	50 minutes	CHF 105
PARTIAL MASSAGE (back, neck or legs)	25 minutes	CHF 65

In classic massage, the hands are used to stretch, pull and apply pressure to the tissue and muscles. This has a direct physical effect that stretches and relaxes cramped muscles. It also improves physical functions such as heart rate, blood pressure and digestion.

* The pure massage time can be shortened to 45 minutes by arrangement if you are dependent on help and support from the masseuse due to motor difficulties.

SPORTMASSAGE	50 minutes	CHF 115
---------------------	------------	---------

A strong, deep massage to loosen tense muscles, speed up the body's capacity for regeneration and increase performance.

AROMATHERAPY MASSAGE	50 minutes	CHF 115
-----------------------------	------------	---------

A relaxing and soothing therapy in which the effectiveness of the massage is promoted by using essential oils. The aromatherapy massage brings to the body the "life force of the plant", with each essence having its own beneficial effect on particular parts of the body, mind and spirit.

HOT STONE MASSAGE	70 minutes	CHF 160
RÜCKEN-HOT STONE MASSAGE	50 minutes	CHF 120

The hot stone massage is an ancient form of therapy used by the indigenous peoples of Asia and America. Warm, oiled basalt stones are applied to the body, leading to deep relaxation. The warm stones in combination with a harmonious massage can also relieve deep-seated tension, leaving you feeling peaceful and balanced.

BODY PEEL INCLUDED LIGHT MASSAGE	50 minutes	CHF 110
---	------------	---------

A cleansing body peel with pink rock salt from the Himalayas which has a revitalising and balancing effect. This cleansing peel leaves a thin film of soothing, nourishing oil on your skin. According to traditional Ayurvedic medicine, peeling is a highly effective way of cleansing the body and stimulating the flow of energy. This process is further encouraged by a classic massage.

MARGNA MASSAGE	100 minutes	CHF 195
-----------------------	-------------	---------

In this exclusive, soothing full-body treatment, various massage techniques and massage applications are combined to full effect. After the full massage, we pamper you with a regenerating facial treatment composed of a gentle peel, a moisturising mask and a relaxing massage.

Facial massage

REGENERATIVE ELIXIR (refreshing)	50 minutes	CHF 120
REGENERATIVE HYDRA (moisturising)	25 minutes	CHF 70

Regeneration and health for the skin. A nourishing, regenerating treatment suitable for all skin types which restores the skin's youthful appearance. Detoxifies, repairs, nourishes and protects the skin with a pleasant and stimulating ritual. We use organic products from the Sacred Nature range for the facial treatment.



MASSAGE

PARKHOTEL MARGNA

Personal recommendations

By our trained masseuse, Carlotta:

FOOT REFLEXOLOGY

50 minutes

CHF 110

In foot reflexology, the entire body benefits from treatment of the feet. Each organ is reflected in a specific reflex point on the soles of the feet (and on the hands). Because of these relationships, pressure on a reflex point on the foot also affects areas of the body that are further away.

LOMI LOMI

50 minutes

CHF 115

This Hawaiian temple massage not only works on a physical level, but also balances body, mind and soul. The feeling of soothing warmth and the repetitive, extensive movements allow you to sink into deep relaxation.

By our trained masseuse, Debora:

MANUAL LYMPH DRAINAGE

50 minutes

CHF 115

Gentle, circular pressure movements on the skin remove accumulations of lymph fluid, waste products and toxins from the tissue. This also leads to intensive cleansing and a strengthening of the immune system.

TIBETAN MASSAGE

50 minutes

CHF 115

Let the sound of Tibetan bells activate your chakra energies and restore your natural balance. The massage is an energetic healing massage that aims to bring body, mind and spirit back into harmony and has a direct effect on the various energy centres of the body. Precise and gentle touch has a very calming and beneficial effect on the entire system.

RE-EQUILIBRA

50 minutes

CHF 115

A very gentle therapeutic method of stimulating the body's natural self-regulating powers of self-healing. A healing method that uses a special grip to improve the functionality and mobility of the skeleton and skeletal muscles and to stimulate the body's self-healing powers.

AROMA TOUCH

50 minutes

CHF 115

In aroma therapy, eight and different pure and highly effective oils and oil blends are applied one after the other to the spine and foot reflex zones and worked in with gentle movements. This is an extremely effective method that relaxes the back muscles and stimulates the reflex zones.

Information and reservations
at our reception.

+41 81 838 47 47
info@margna.ch

