SPA MENU

Wellbeing

HERMITAGE

LAKE LUCERNE

MASSAGES

Relax Massage 45 min CHF 95
60 min CHF 135

This classic massage is based on strokes, circular movements, kneading and tapping. It is used to relieve hardening and tension in the muscles, reduce stress and improve blood circulation and oxygen supply to the muscles. The touch restores vitality and strength to the person.

Himalaya Foot Reflexology Massage 45 min CHF 100

The human body is reflected in the foot. Himalayan salt alkalises and regulates the acidity of the body and provides all the ingredients necessary for bodily functions. It is also used for detoxification and above all for regulating the body's acid-base balance. During reflex zone massage, all organs and muscle groups are "mirrored" on the surface of the skin and in the subcutaneous area. In this way, physical and mental complaints can be solved.

Back and neck massage 45 min CHF 100

A neck massage is a partial body massage of the neck area. By applying various massage movements and hand grips, tension can be eliminated. Here this massage is combined with a treatment of the shoulders and back and brings preventive effects. The tense muscles are stretched and loosened.