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.

Lava Shell clam massage
60 min   CHF 165

The Lava Shell is a combination of a classic massage and the innovation of trigger points - thus the pure feel-good experience. During the massage with the clams, heat is released which is directly absorbed by the muscles and joints. The joint of the clam makes it possible to work in deeper-lying tense muscle strands or on trigger points. The edge of the lava shell is ideal for muscle stretching or stuck muscle strands.

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.

Sweet dreams - Hot Chocolate Massage
60 min   CHF 155

The hot chocolate massage is vitalising and firming. The massage does not use ordinary chocolate, but a type of cocoa that is particularly rich in active ingredients, as well as almond oil and shea butter. The secret lies in the substances contained in cocoa - also called happiness hormones - which have a balancing effect, lower stress, lifts the mood and makes you happy.

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.