

# wellness & beauty



## PLUNGE IN, RECHARGE YOUR BATTERIES AND FEEL GREAT IN THE SUNSTAR HOTEL GRINDELWALD\*\*\*\*

*Special treatments at the Spa Centre in Grindelwald*

### COSMETICS

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**SEA CREATION** 85 min. 290.–

Idyllic originality and beauty – you feel how the fresh new energy and youthfulness pulsate in your skin. Make an unforgettable, luxurious spa experience: the massage and energizing the “Tigris shell”.

**SELECTION ULTIMATE CARE** 60 min. 125.–

Treat yourself to something special, in style, which always has an extraordinary effect. Sparkling and energetic activates selection the skin functions and rebuilds a radical protection, against premature ageing.

**SEA BREEZE** 60 min. 125.–

Quick effect facial treatment – firming, calming and cooling algae mask, in the treatment you can choose if you like a daytime make-up or a facial massage.

**FIRMING EYE TREATMENT** 45 min. 100.–

The delicate eyes area comes with an algae peel-off mask and a special massage back to life.

# MASSAGES

# Wellness

**KHANYA ENERGY BALANCE** 120 min. 220.–

African body treatment with body scrub, massage and facial. Enables the life energy and bring it in line. The skin is revitalized and exudes a youthful freshness. One acquires new force and energy.

**LOMI LOMI** 90 min. 170.–

Hawaiian full body massage with warm coconut oil. Tense muscles are relaxed, the body is revitalized and strengthened the nervous system. The lymphatic system is activated and the blood circulation and metabolism are stimulated. You relax at all levels of being released.

**LA STONE<sup>®</sup> THERAPY** 80 min. 160.–

Full body massage with warm and cool stones, with simultaneous consideration of the chakras. The chakras will be opened and covered with stones, so that the energy can flout by the massage. The temperature differences suggest the purification process and mobilize the forces of resistance.

**SHIATSU** 50 min. 100.–

Balancing finger pressure massage along the meridians. Meridians are energy pathways in the human body. If it comes to energy blockages, the energy of life is stagnating and it comes to complaints. Shiatsu brings the energy of life in flowing and relaxing.

**DRY CUPPING** 50 min. 100.–

An ancient, draining treatment which stimulates the blood circulation and the metabolism. It helps to detoxify the tissues, causing persistent tensions, relaxes the connective tissue and alleviates the associated pains.

**DORN-THERAPY** 50 min. 89.–

An effective but very gentle method to correct spinal and joint deformities. Back problems are often based on these deformities and draw a whole series of associated pains with it.

**BREUSS-MASSAGE** 50 min. 89.–

It has the effect of gently relaxing the musculature and stretching the spinal column. The treatment is based on energy principles.

**DORN-BREUSS-THERAPY** 90 min. 149.–

The combination of this two forms of therapy, which works well as a therapy and contributes to the complete relaxation of the back.