

# LE GRAND SPA - TREATMENT MENU - SPRING 2014

April 11 - June 20, 2014

Below selection of massage treatments is available daily from 10:00 to 19:00 (except Wednesdays and Thursdays).  
Prior reservation is required

## DEEP TISSUE MASSAGE

*by Bamford*

50 mins / CHF 150

A full body massage with Bamford organic oils focusing on major muscle groups to release tensions

## AROMATHERAPY MASSAGE

50 mins / CHF 150

80 mins / CHF 210

The healing benefits of natural aromatic essential oils are blended especially for you and massaged with medium pressure to restore balance in body and mind

## SHIATSU

50 mins / CHF 160

80 mins / CHF 220

Restore natural balance and well-being with this invigorating full body massage using the application of pressure along the meridians to release trapped energy

## DE-STRESS MASSAGE

*by Bamford*

50 mins / CHF 150

This concise treatment includes many of Bamford's signature techniques to help reduce stress

## SPORT MASSAGE

50 mins / CHF 160

80 mins / CHF 220

This specialised form of remedial massage therapy targets the soft and deep connective tissue between muscles and joints to improve flexibility and posture

## THAI MASSAGE

50 mins / CHF 160

80 mins / CHF 220

The entire body from head to toe benefits from the pressure point massage and stretching movements. Tensions and stress disappear and are replaced with a feeling of energy and peace

## JADE HOT & COLD STONE TREATMENT

*by Bamford*

75 mins / CHF 195

This massage combines organic oils with warm and cool stones, for a deep relaxing experience

## FEET / BODY

### REFLEXOLOGY

25 mins / CHF 80

50 mins / CHF 160

Reflex points on the soles of the feet reflect your body's state of well-being. Stimulating these points can alleviate pain or positively affect organs for optimum health and relaxation

## LOMI LOMI

50 mins / CHF 160

80 mins / CHF 220

This unique body massage, handed down through generations in Hawaii, is profoundly healing and nurturing. Its fluid rhythmic movements retake the waves of the ocean and release stress and tension from the body

# LE GRAND SPA - PROGRAM SPRING 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Facilities	08.30 - 19.00	08.30 - 19.00	08.30 - 19.00	Closed	08.30 - 19.00	10.00 - 13.00 14.00 - 19.00	10.00 - 13.00 14.00 - 19.00
Massage Treatments	10.00 - 19.00	10.00 - 19.00	Not available	Not available	10.00 - 19.00	10.00 - 13.00 14.00 - 19.00	10.00 - 13.00 14.00 - 19.00
Fitness Classes	Yoga Flow 08.30 (80')	Yoga Flow 07.30 (80')  Pilates <sup>1</sup> Allegro 09.45 (60')  Pilates Mat 17.45 (60')  Pilates <sup>2</sup> Allegro 19.00 (60')	Pilates Mat 08.30 (60')		Yoga Flow 08.30 (80')    Yoga Flow 19.30 (80')	Yoga Flow 09.00 (80')	

For Pilates Allegro, prior reservation is necessary:

<sup>1</sup> Jürg Matti - 078 714 90 83    <sup>2</sup> Steffi von Siebenthal - 079 210 34 07

Personal Training sessions are available on request.

Workout & Fitness: Single entry CHF 30 / 16 entries CHF 380

Pilates Allegro: Single entry CHF 40 / 11 entries CHF 400

LE GRAND SPA - YEARLY MEMBERSHIP: CHF3990