



RESORT HOTEL ALEX

## MASSAGES

A Touch with a Difference

### CLASSIC MASSAGE

25 min. CHF 75.—    50 min. CHF 130.—    75 min. CHF 175.—

Relieve the stress of a busy day with this relaxing technique that involves long strokes, kneading and friction to improve circulation and reduce tension and fatigue.

### AROMA THERAPY MASSAGE

25 min. CHF 75.—    50 min. CHF 130.—    75 min. CHF 175.—

This relaxing and healing massage uses light to moderate pressure. The essential oils soothe your senses and lift your spirits as they penetrate deep into the muscle tissue.

### HOT STONE MASSAGE

50 min. CHF 135.—    75 min. CHF 180.—

A heated volcanic basalt stone massage that works on the muscular level for a deep and profound relaxation.

### LAVA SHELL MASSAGE

50 min. CHF 135.—    75 min. CHF 180.—

A soothing heat massage with clams.

### BAMBOO MASSAGE

50 min. CHF 135.—    75 min. CHF 180.—

This massage with bamboo sticks optimally releases deep-lying tensions in a soothing way.

### FOOT REFLEXOLOGY MASSAGE

25 min. CHF 70.—    50 min. CHF 125.—

By finger pressure, the reflex zones and thus the organ systems, the lymphatic system and nervous system are positively influenced and balanced.

### HEAD MASSAGE



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25 min. CHF 70.—

A wonderful treatment that addresses the shoulders, neck and scalp. By treating the head, mental fatigue and stress are reduced.

## FACE MASSAGE

25 min. CHF 70.—

This massage uses stimulating and relaxing techniques to increase oxygen and nutrition flow to the face. This helps to improve the elasticity of the skin which gives a healthy and natural glow to your face.

## COSMETIC TREATMENTS WITH MONICA

### CLASSIC FACIAL TREATMENT

50 min. CHF 130.—

For all skin types – a personalized and gentle treatment.

### MANICURE WITHOUT NAIL POLISH

50 min. CHF 75.—

Restore hands and nails with this refreshing treatment. Including a complete cuticle care, hand bath and relaxing hand and arm massage.

### PEDICURE WITHOUT NAIL POLISH

50 min. CHF 75.—

Revives tired feet and refreshes your reflexes from the tips of your toes to heart of your sole. Featuring full nail care, foot bath, sole care and a relaxing foot massage.