



TIBETAN HEALING

Tibetan healing encompasses all areas of life. It believes in the wholeness and interdependence of the body, mind and nature, and that the five elements of earth, fire, water, air and space are the common and fundamental principals shared by the body. Together, they produce three humors – wind, bile and phlegm – and when balanced, bring equilibrium to one's health.

This program begins with a consultation, pulse reading and a questionnaire, enabling the practitioner to identify your body constitution and suggest a selection of treatments and lifestyle adjustments.

The complementing treatments address the physical and energy levels to rebalance and rejuvenate the body and mind.

PERSONAL CONSULTATION, 60 MINUTES/CHF 150

An initial interview, which includes visual diagnosis, pulse reading and questions used in Tibetan medicine to identify an individual's typology/humors and possible disorders. Based on the results, one of the following massages will be recommended.

WIND MASSAGE, 75 MINUTES/CHF 280

This gentle full body massage starts on the back with a specific focus on spinal segments, continuing on the neck and head, then from lower back to pelvis, thighs and feet. On the anterior side, the massage continues to the four limbs, neck and face. It is ideal for wind and cold imbalances, using warm oil and hot stones plus chakra healing with crystals according to Tibetan Tantra system.

Prices are inclusive of government tax.

BILE MASSAGE, 75 MINUTES/CHF 250

This gentle full body massage starts with the guest facing up, working from the soles of the feet up to the calves, thighs, abdomen, arms and hands. Once turned on the stomach, the massage begins from the thighs to the feet and then on the back and head. Willow oil or another bile balancing oil such as rose or jasmine is used to heat imbalances in the body.

PHLEGM MASSAGE, 75 MINUTES/CHF 320

A full body oil massage for phlegm humor and cold imbalances starting from the back to lower back, legs and feet followed by energy work on joints. This treatment combines warm salt poultices placed on bad-ken (phlegm) areas, cupping and gentle pressure techniques on phlegm points.

SPACE ELEMENT MASSAGE, 60 MINUTES/CHF 250

Acupressure and holistic massage focusing on the spine and legs (central channels), arms and head. It continues on hands, arms and stomach and head with the guest facing up.

TIBETAN SINGING BOWLS, 60 MINUTES/CHF 220

Set of 10 vibrational sessions for energy clearing, relaxation and emotional balancing.

Prices are inclusive of government tax.

