

COFFEE BREAK, VITALITY BREAK

Muscle relaxation during a short seated massage allows blocked energy to revive and mental strength to increase.

Therapists are available to the group for 30 minutes to perform seated massages during the break.

1 Therapist, CHF 160.- 2 Therapists, CHF 240.-

RELAXING BREAK

The art of massage combined with essential oils relaxes, harmonizes, relieves muscle tension, brings energy and vitality.

10 Massages of 30 minutes in a single Spa cabin, CHF 1100.-

PERSONAL TRAINER

Our coaching sessions are optimal to give you maximum energy within a short time. The personal trainer coaches your team ensuring cardio training, muscle building followed by a stretching session.

Individual session, CHF 170.- / h Group session, CHF 260.- / h

TEAM BUILDING "BEYOND SELF"

"We do not know how strong we are until the day when being strong becomes the only option" *Claudio Alessi. Master in martial arts. Coach for celebrities and national teams.*

Session 4 hours, CHF 1800.- Session 1 day, CHF 2400.-

