FIDAZER

HOTEL
RESTAURANT
AYURVEDA

Ayurveda information und prices

Ayurvedic consultation
...highlights your entire constitution and opens up new ways of adjusting your diet and lifestyle to improve well-being.
- Price: per hour CHF 120.00
- time requirement: as from 60 minutes

Single Abhyanga (full-body massage with oil)
...has a rejuvenating, cell regenerating and vitalising effect. It is used for preventive health care, for relaxation purposes and as a well-being and beauty treatment.
- Price: CHF 125.00
- Duration of massage: about 50 minutes

Deep Abhyanga (full-body massage with oil)
...activates connective tissues, muscles and joints, therefore stimulating purification and blood flow, with a focus on the neck and shoulder.
- Price: CHF 170.00
- Duration of massage: about 75 minutes

Synchronized Abhyanga (full-body massage with oil) with two therapists
...is one of the oldest forms of treatment from the Ayurvedic tradition and is used to harmonise the body's energies, relaxation and physical regeneration.
- Price: CHF 210.00
- Duration of massage: about 50 minutes

Marma-therapy
...embrace on the one hand the definition from your constitution with the help of pulse diagnosis and on the other hand the purposefully medical consulting, treatment and support. Through subtle commitment with ayurvedic treatments which unblocks the energy and allows the energy to flow, the organs harmonized and to bring in line.
- Price: CHF 180.00
- Duration of massage: as from 90 minutes

Garshan (silk glove massage)
...is a full-body massage that stimulates your metabolism, and helps in particular if you often feel cold and in the case of general disequilibrium. The raw silk removes dead skin cells.
- Price: CHF 50.00
- Duration of massage: about 20 minutes

Shirodhara (forehead oil pouring - as a follow treatment)
...creates a relaxed sense of well-being by means of pouring a gentle jet stream of warm oil over the forehead.
- Price: CHF 98.00
- Duration of treatment: about 20 minutes

Pinda Sveda
... is a herbal temple massage. Treatment with small linen bags of herbs, whereby the contents determine the effect. Especially effective in the case of rheumatic complaints and indigestion.
- Price: CHF 140.00 / 195.00
- Duration of massage: about 50 / 75 minutes

Shiromardana (head massage)
...revives the scalp and supplies it with blood. It has a very relaxing effect and helps in cases of sleep disturbances, nervousness, stress and tension.
- Price: CHF 55.00
- Duration of massage: about 20 minutes

Mukabhyanga (facial and neck massage)
...has a rejuvenating and beautifying effect. It is used for relieving concerns, fears and stress.
- Price: CHF 55.00
- Duration of massage: about 20 minutes

Padabhyanga (foot massage)
...has a calming effect and restores equilibrium in the case of headaches, sleep disturbances, nervousness and sensations of cold.
- Price: CHF 55.00
- Duration of massage: about 20 minutes

Herb inhalation
...has a cleansing effect in the respiratory tract and helps in cases of catarrh and the first signs of a cold.
- Price: CHF 35.00
- Duration of massage: about 25 minutes

Herb inhalation treatment with Nasya (ayurvedic nosedrops)
...frees up your paranasa sinuses, improves brain function, increases the alertness and strengthens the senses.
- Price: CHF 55.00
- Duration of treatment: about 40 minutes

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Svedena – Herbal steam bath
...leads to expansion of the blood vessels and activation of the adenoids as a result of the intensive warming through the entire body with herbal vapours. This makes the removal of toxins from tissues easier (especially effective after a full-body oil massage).
- Price: CHF 50.00
- Duration of treatment: max. 20 minutes

Udvartane (peeling massage)
...is a full-body peeling massage with a paste of sesame oil and bruised grain. An intense excitation of the the cell- and organ metabolism as well as the circulation. Vitalising and detoxicating effect.
- Price CHF 150.00
- Duration of massage: about 50 minutes

Feel-good massage for children (up to 12 years)
...relaxes children's bodies both physically and mentally.
- Price: CHF 50.00
- Duration of massage: about 20 minutes

Ayurveda – „PanchaKarma Cure“ (9/12 days)
...the Ayurvedic cleansing treatment. Treatments that are carefully matched with one another and a accurate directed diet release metabolic impurities and environmental toxins. Next they are carefully and sustainably eliminated. Purifies, rejuvenates, detoxifies, protects and revitalises: literally a fountain of youth.
- Please ask for specific documents

HydroStar continuous shower
...is a full-body massage with water. Countless tiny water jets hit the skin, which opens and cleanses the pores. This improves blood flow and results in a better oxygen supply and increased excretion of toxins.
- Price: CHF 60.00
- Duration of massage: ca. 40 minutes

FidazerHof cosmetics
...are based on pure plant-based products and substances, are manufactured with great care and without the use of artificial preservatives: for her and him. Especially good compatibility, good absorbency, consistency and exclusive fragrances are the most important features of this line of natural cosmetic products.
- day cream CHF 35.00
- night cream CHF 35.00
- aftershave cream CHF 35.00
- body lotion CHF 30.00
- shower gel CHF 16.00
- bath oil CHF 19.00

Time repuired:
Please allow approx. 20-40 minutes extra for Ayurvedic treatments and approx. 10 minutes for classic applications.

Cancellations conditions:
Please advise us of appointments you cannot keep as soon as possible, and at the latest 24 hours before the agreed treatment time. If appointments are not kept or appointment changes advised too late (less than 24 hours notice), we regret we will have to charge you the full amount.

We reserve the right to change prices without notification!

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