FIDAZER

HOTEL
RESTAURANT
AYURVEDA

Spa information and prices

Traditional massage

Full-body massage
...improves circulation, releases tension and helps alleviate pain.
- Price: CHF 90.00
- Duration of massage: about 50 minutes
- Price: CHF 130.00
- Duration of massage: about 75 minutes

Back/neck massage
...is a favour for your back. Selective treatment alleviates overstrainingand tension.
- Price: CHF 55.00
- Duration of massage: about 25 minutes

Reflexology
...directly stimulates the specific organs through the reflex zones of the feet.
- Price: CHF 90.00
- Duration of massage: about 50 minutes

Sport massage
...supports the evacuation of undesirably waste-products from your body, provides a good performance of the musculature and affects the fat metabolism.
- Price: CHF 120.00
- Duration of massage: about 50 minutes

Manually lymphatic drainage
.... is a light detoxification therapy, which supports successful accumulated lymph-liquid in the texture or from different body positions (arm-leg-face).
- Price: CHF 65.00/95.00/120.00
- Duration of therapy: about 30/45/60 minutes

Dorn method (manual swirl-/join therapy)
...(after Dieter Dorn) has the aim to bring, exist or from an accident caused defective positions/blockades of the musculoskeletal system in the correct position.
- Price: CHF 120.00
- Duration of therapy: about 60 minutes

Cupping therapy / massage
... promotes blood circulation and metabolism, leads to relaxation of the muscles relieves tension
- Price: CHF 120.00
- Duration of therapy: about 50 minutes

Thalasso treatments

Seaweed pack
...firstly encourages the purification and detoxification of the body by means of sea salt peeling and then the algae pack lends the body a new sense of well-being.
Price: CHF 110.00
- In combination with the Sole/continues shower CHF 160.00
- Duration of treatment: about 60/120 minutes

Cold pack
...stimulates blood flow, acts as a diuretic and tautens the body tissues. Especially suitable in cases of tired, heavy legs and varicose veins.
- Price: CHF 65.00
- Duration of treatment: about 20 minutes

Evening primrose oil pack
…Full body care from head to feet. The evening primrose oil pack is an enjoyment for your tender or stressed skin. Especially effective if you have an allergy or skin irritation.
- Price: CHF 75.00
- Duration of therapy: about 40 minutes

Shiatsu therapy

...is a traditional, far eastern form of therapy which unblocks the energy paths (meridians) and allows the energy to flow again. Shiatsu literally means “finger pressure” and is also called “communication through touch” or “conversation without words”.
- Price: CHF 150.00
- Duration of therapie: about 75 minutes

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

Cancellation 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 will have to charge you the full amount.

We reserve the right to change prices without notification!

Hotel FidazerHof CH-7019 Flims-Fidaz Phone +41 (0)81 920 90 10 Fax +41 (0)81 920 90 19 info@fidazerhof.ch