



HOLISTIC HEALTH

PREVENTIVE METHODS	MIN	CHF
HOLISTIC HEALTH COACHING		ON REQUEST
1st treatment including counselling	80	240
every further treatment	50	180
STRESS-CHECK UP		ON REQUEST
HRV measurement	30/50	90/160
BODY COMPOSITION CHECK UP	30	75
Inbody 970 measurement		
BODYSKAN ANALYSE	30	65
Scaneca		
PHYSIOTHERAPIE / SPORT PHYSIOTHERAPY	50	160
DRY NEEDLING	50	165
NATUROPATHY		ON REQUEST
1st treatment including counselling	80	240
every further treatment	50	180
TCM		ON REQUEST
1st treatment including counselling	80	240
every further treatment	50	180
ONLINE HOLISTIC HEALTH COACHING		ON REQUEST
follow-up, after your stay	30	90

If you have any further requests or questions, we will be happy to advise you at the spa reception.

BIOHACKING	MIN	CHF
CRYO	25	55
cold chamber -110°		
MCS	30	55
infrared, ionised oxygen and photobiomodulation		
FLOW-SYSTEM	30	55
contactless vascular training		
HBOT	60/90/120	140/200/250
hyperbaric oxygen treatment		
CO2-DRYBATH	30/50	120/150
L3 CIRCLE (MCS-CRYO-FLOW)	60	155

FOOD & NUTRITION

HOLISTIC NUTRITION COACHING		ON REQUEST
1st treatment including counselling	80	240
every further treatment	50	180
ONLINE NUTRITION COACHING		ON REQUEST
follow-up, after your stay	30	90



SPA MENU