



HOLISTIC HEALTH

PREVENTIVE METHODES	MIN	CHF
HOLISTIC HEALTH COACHING		
1st treatment including counselling	80	240
every further treatment	50	180
STRESS-CHECK UP		
HRV measurement	30/50	90/160
BODY COMPOSITION CHECK UP		
Inbody 970 measurement	50	75
BODYSKAN ANALYSE		
Scaneca	30	65
PHYSIOTHERAPIE / SPORT PHYSIOTHERAPY		
	50	160
DRY NEEDLING		
	50	165
NATUROPATHY		
1st treatment including counselling	80	240
every further treatment	50	180
TCM		
1st treatment including counselling	80	240
every further treatment	50	180
ONLINE HOLISTIC HEALTH COACHING		
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		
cold chamber -110°	25	55
MCS		
infrared, ionised oxygen and photobiomodulation	30	55
FLOW-SYSTEM		
contactless vascular training	30	55
HBOT		
hyperbaric oxygen treatment	60/90/120	140/200/250
CO2-DRYBATH		
	30/50	120/150
L3 CIRCLE (MCS-CRYO-FLOW)		
	60	155

FOOD & NUTRITION

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



SPA MENU