
MASSAGE



Massage Bergblick – Daniela Rufinatscha

certified professional masseuse / foot reflex therapist





RELAXATION & HARMONY.

min | CHF

Classic Massage	40 100	50 120	80 180
Foot Reflexology	40 100	50 120	80 180
Sport Massage	25 80	40 110	50 140
Kids or Baby massage			20 40
Spinal Therapy (Dorn or Breus)		40 100	50 120
Shiatsu Namikoshi Finger Pressure		40 100	50 120 80 180
TCM Meridian Treatment			25 70
Honey Massage			25 70



**Health insurance
approved**

(EMR ZSR Nr.
C916363)



PURE RELAXATION.

min | CHF

Lymphatic Drainage through the Foot

50 | 120

**Headache / Migraine Therapy
or Indian Head Massage**

50 | 120

80 | 180

Hot Stone Massage

40 | 110

50 | 140

80 | 190

Energetic Jaw Relaxation Massage

50 | 120

BERGBLICK TIME-OUT

120 | 210

Special neck massage combined with facial and hand
hand massage and a relaxing foot massage.

PURE FRESHNESS

120 | 260

Finger pressure massage with ear candle treatment and
for a an acid-base balance for the face.

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Appointments: +41 81 414 97 97 · info@hotelgrischa.ch