



VERNISSAGE
BACKSTAGE HOTEL
ZERMATT

MASSAGE TREATMENTS

Classic Massage

The classic massage deeply works on the muscle tissue as well as on the joints to release tension from deep within. With a wide and varied range of techniques, this treatment activates blood and lymphatic circulation bringing oxygen to the body all the while promoting the elimination of toxins.

25 Minutes CHF 65.-- 50 Minutes CHF 120.--

Matterhorn Sports Recovery Massage

Relieves muscle tightness and increases energy to the areas of the body affected by strenuous activity. A deep tissue massage directed specifically at muscles used in athletic activities. Targeting deeper layers of muscles, tendons, and ligaments. A special Zermatt herbal balm is applied at the end to help the muscle regeneration.

50 Minutes CHF 130.--

Zermatt Relaxation Massage

The perfect massage to simply kick back and relax. Through gentle, soothing strokes, nerves are calmed, circulation improved, and stress reduced. Choose from a variety of essential oils homemade in the Pharmacy of Zermatt.

55 Minutes CHF 130.--

The Backstage Special

A combination of a classic back massage and a foot reflexology massage. This massage is the ideal way to relax, de-stress and help the body to rebalance itself.

50 Minutes CHF 130.--

Lymphatic Drainage Massage

Lymphatic drainage massage stimulates the circulatory system to rid the body of harmful substances and toxic buildup via the lymphatic system. The technique used during this treatment is also very effective in relieving swelling and leg fatigue.

25 Minutes CHF 75.-- 50 Minutes CHF 140.--

Lymphatic Drainage Face Massage

25 Minutes CHF 75.--

Foot Reflexology Massage

Referred to, as "The Sister of Acupressure" this specialized massage is concentrated on the reflex zones of the feet, which are directly linked to their respective internal organs. Reflexology massage in general is designed to determine and pinpoint the areas of the body and its system where energy stagnates – it will then target to treat the diagnosed problematic area/organ. This therapy is recommended for relieving headaches and migraines, various types of pain and tension, indigestion, as well as treating many other health ailments.

20 Minutes CHF 65.-- 40 Minutes CHF 120.--

Wolli's Back Massage

A relaxation massage for the younger guests among us. 15 Minutes CHF 25.--