

## BODY WRAP

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Gently enclosed, weightlessly floating, glide and relax. Enjoy the "weightless lying" in the optimally tempered treatment couch. This leads to the purifying, nourishing, heavenly relaxation of skin, muscles and joints. The **mud pack** counteracts joint problems and rheumatism. With the **algae wrap**, a purifying and firming effect will be applied. The **evening primrose oil** is said to have healing effects. The essential fatty acids contained in the oil support a smooth and soft skin.

Body wrap                      45 min.                      CHF 95.00

## BATH IN THE WHIRLPOOL

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Enjoy a relaxing bath in our whirlpool. The **sea salt hay bath** acts purifying and detoxifying. Our **sea salt lavender bath** has activating, refreshing and firming effects. The **sea salt chamomile bath** soothe your stressed skin and counteract inflammation. In addition, the sea salt detoxifies and neutralizes your skin.

Bath in the whirlpool                      40 min.                      CHF 75.00  
incl. fruit platter or chocolates                      CHF 95.00  
incl. 2 glasses of champagne                      CHF 105.00

## FEEL GOOD DAY

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Well-being for the body, mind and soul. Relax and enjoy some pampering in our Vitznauerhof SPA.

- **Standard:** Full body massage with head or facial oil massage (50 min.)  
*or*
- **Deluxe:** Hot stone massage or body peeling with full body massage (75 min.)
- Free use of Vitznauerhof SPA
- Light 3-course lunch menu incl. mineral water
- Tea, water and apples in the spa area

Bookable: 5<sup>th</sup> of May until 15<sup>th</sup> of October 2017  
from 9.00am until 9.30pm, Monday, Wednesday, Thursday and Friday, Reservation required

## OPENING HOURS

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5<sup>th</sup> of May until 15<sup>th</sup> of October 2017  
daily from 9.00am until 9.30pm  
Sauna and steam bath from 2.00pm until 9.30pm

## PRICES

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### MASSAGES / THERAPIES (reservation required)

Classic body massage	25 min.	CHF	65.00
	50 min.	CHF	120.00
Hot stone massage	30 min.	CHF	75.00
	75 min.	CHF	185.00
Cold stone massage with lavender oil	30 min.	CHF	75.00
	75 min.	CHF	185.00
Sport massage	25 min.	CHF	65.00
	50 min.	CHF	120.00
Ear candle treatment	35 min.	CHF	80.00
Lymph drainage	50 min.	CHF	120.00
Head and neck massage	25 min.	CHF	65.00
Foot reflexology massage	45 min.	CHF	100.00
Dorn therapy	50 min.	CHF	135.00
Body scrub	30 min.	CHF	65.00
	75 min.	CHF	175.00
Body wrap	45 min.	CHF	95.00
Bath in the whirl pool	40 min.	CHF	75.00
incl. fruit platter or chocolates		CHF	95.00
incl. 2 glasses of champagne		CHF	105.00
Feel good day Standard		CHF	165.00
Feel good day Deluxe		CHF	200.00

**External guests are welcome to relax at the Vitznauerhof SPA in combination with a treatment.**



# VITZNAUERHOF SPA

## RELAX, ENJOY, REVITALISE

**Experience the unique combination of holistic relaxation, revitalization and the beautiful nature of Lake Lucerne.**

*“Health is not everything,  
but everything is nothing without health”*

Arthur Schopenhauer, 1788 - 1860

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## CLASSIC BODY MASSAGE

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Classic massage stimulates blood and lymph circulation, improves both nutritional conditioning and the metabolism in the connective tissue and musculature. As a result, joints and nerves are relaxed and tension released. This leads to a general sense of well-being which is intensified by the use of aromatic oils.

Partial body	25 min.	CHF 65.00
Full body	50 min.	CHF 120.00

## HOT STONE MASSAGE

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Practiced widely by the Aztecs and other Indian tribes, this well-known form of massage with basalt stones activates the metabolism, blood circulation and energy flow, encouraging deep muscular and mental relaxation. The smooth stones are heated and soaked with aromatic oils. The therapist slides the stones in slow but intensive movements over the body and then positions them over the central energy points on the back.

Back – shoulders – neck	30 min.	CHF 75.00
Full Body	75 min.	CHF 185.00

## COLD STONE MASSAGE

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When it is hot outside or you are stressed, the cold stone massage revitalizes your mind and soothes your skin with the help of lavender oil. The stones are previously cooled down in ice water up to -10°C. Especially when your skin is sun irritated or you suffer of sunburn, the cold stone massage has cooling effects. The lavender oil soothes your skin.

Back – shoulders – neck	30 min.	CHF 75.00
Full body	75 min.	CHF 185.00

## SPORT MASSAGE

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Sport massage regenerates and mobilizes the entire musculoskeletal system, loosens tense muscles and joints and is effective for prevention as well as for sport injuries.

Partial body	25 min.	CHF 65.00
Full body	50 min.	CHF 120.00

## EAR CANDLE TREATMENT

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The ear candle treatment comes from an Indian relaxation therapy and has a soothing and calming effect on the entire organism. By using it the self-cleaning of the inner ear is stimulated. The therapy has an effect when you suffer of tinnitus or migraine. In addition, the treatment is supported by a gentle drainage on the entire head.

Basic lymph drainage & ear candle treatment	35 min.	CHF 80.00
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## LYMPH DRAINAGE

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Relaxing and rhythmic strokes cause the lymph to start flowing, thus purifying the tissue and providing better nutrition to the cells. Lymph drainage dehydrates, purifies and decreases water retention.

Lymph drainage	50 min.	CHF 120.00
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## HEAD AND NECK MASSAGE

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First aid for headache and malaise. Experience, how this classic head and neck massage decreases the feeling of tension in your head and clears your mind.

Head and neck massage	25 min.	CHF 65.00
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## FOOT REFELXOLOGY MASSAGE

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In India and China the treatment of sufferings with the help of pressure to reflex points on the feet has been known for 5,000 years. This form of therapy works holistically on the entire organism. Chronic and acute disorders of the musculoskeletal system, disorders in the respiratory and digestive tract and the central nervous system can be favorably influenced by the massage.

Foot reflexology massage	45 min.	CHF 100.00
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## DORN THERAPY

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With slight pressure joints, pelvis and spine are brought to their physiological location. All this without manipulative influence or with force on the body. The therapist corrects malposition and blockages of one or more vertebrae and joints, which often cause irritation to nerve fibers and therefore cause pain, dysfunction and tissue changes.

Dorn therapy	50 min.	CHF 135.00
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## BODY SCRUB

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A gentle body scrub ensures silky, soft skin. Our body scrubs combined with a soothing massage activate cell renewal and microcirculation. Choose between the three flavors **coconut** (summery, refreshing), **lavender** (calming, anti-inflammatory) or **eucalyptus** (cooling, improves circulation).

Body scrub	30 min.	CHF 65.00
	75 min.	CHF 175.00