

# Wellness

Body. Mind. Soul.

[leukerbad.ch/therme](https://leukerbad.ch/therme)



**Leukerbad  
Therme**

# Contact

## Wellness Departement

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# Massages





### Classic Massage

Throughout the massage, muscular tension and tightness are alleviated, while the circulation of both blood and lymph is enhanced.

Back-neck	20'	CHF 60.-
Partial body	35'	CHF 80.-
Fully body	50'	CHF 115.-
Full body deluxe	80'	CHF 165.-

### Breuss Massage

The Breuss Massage is a gentle back massage that can dissolve emotional, energetic, and physical blockages. It initiates the regeneration of undernourished intervertebral discs and is the key to solving many problems in the musculoskeletal system, especially in the sacral region.

Price	35'	CHF 80.-
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### Foot reflexology Massage

Foot reflexology is based on the principle that each area of the body has a corresponding point on the foot. By specifically massaging these reflex zones, the therapy stimulates related areas and functions of the body.

Price	35'	CHF 80.-
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### Facial & Head Acupressure Massage

Head acupressure is based on the principles of acupuncture. It works by stimulating acupuncture points and distributing energy through the meridians in the neck, head, and chest areas. Blood and energy flow are enhanced, thereby normalizing circulation in the head. This massage has a beneficial effect on individuals suffering from headaches and/or migraine attacks.

Price	20'	CHF 60.-
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### Manual Lymphatic Drainage

Manual lymphatic drainage is used as a therapy for edema and the decongestion of swollen areas, such as the arms and legs. Circular, shifting techniques, applied with gentle pressure, move fluid from the tissue into the lymphatic vessel system.

Price	60'	CHF 145.-
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### Fascia Treatment

The tissue surrounding the muscles, known as fascia, provides additional support to the body. However, it can become adhered due to lack of movement or stress, resulting in pain. In such cases, specialized fascia therapy is required. Fascia treatment is not considered a wellness procedure and may be painful.

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Price	60'	CHF 145.-
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## Family offer

A massage caters to a wide range of needs, not only for adults but also for children. Families with children (up to 15 years old) are eligible for a 10% discount on treatments.



# Naturopathy



## Naturopathy

Western naturopathy combines traditional folk medicine and the insights of modern complementary medicine. Naturopathic practice is based on the understanding that the body, mind, and soul form a unified whole. For this holistic approach, the therapist employs a wide range of treatment methods, including kinesiology, craniosacral therapy, nutritional counseling, energy work, phytotherapy, homeopathy, as well as supportive manual therapy techniques.

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Price	60'	CHF 145.-
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## The Oberon Diagnostic System

Between the individual cells of the body, there is a constant exchange of information, facilitated by specific frequencies using photons (light flashes). Disrupted cell communication leads to „disharmony,“ causing vague discomfort, reduced performance, and, over time, disturbances in organ function and pathological changes. The Oberon system „listens“ to the body, measures the vibrational structure of individual cells down to their molecular level, and compares the results with an extensive database. „Disharmonious“ frequencies are identified, and disease-causing factors such as bacteria, viruses, and allergens are detected and linked to the relevant medical symptoms.

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Price	75'	CHF 230.-
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## Kinesiology

Kinesiology addresses imbalances in the energy field, such as body misalignments, learning difficulties, pain, and food intolerances. Applied kinesiology primarily utilizes muscle testing as its main diagnostic tool. The results of a properly conducted muscle test provide clear insights into any energy blockages the individual may be experiencing. Specific corrections are then applied to release these blockages, tailored to the individual's unique needs.

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Price	60'	CHF 145.-
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## Craniosacrale Therapy

This therapy is particularly used for cranial complaints such as whiplash, stress, fatigue, headaches, migraines, dizziness, or sleep disturbances. The mobile structure of the skull bones (cranium) to the sacrum forms a unified system with the brain and spinal cord membranes over the spine, in which the cerebrospinal fluid pulsates rhythmically. This rhythm extends throughout the entire body. Disruptions in this area can have far-reaching consequences for the organism and influence overall health.

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Price	60'	CHF 145.-
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## Dorn Method

The Dorn Method, named after its founder Dieter Dorn, is a therapeutic approach that helps alleviate back pain. The goal of this method is to realign the joints (such as the foot, knee, hip, vertebrae, etc.) to their original, correct positions.

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Price	60'	CHF 145.-
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## Med Matrix: The Basic Therapy for Detoxification & Regeneration

This therapy consists of three synergistic treatments, each proven to support detoxification and regeneration:

- Direct Current Treatment - actively mobilizes toxins and waste products through the skin's surface.
- Pitch Stone Suction Massage - actively transports dissolved substances beneath the skin's surface.
- Bioresonance Therapy - neutralizing the eliminated toxins and balancing the connective tissue.

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Price	60'	CHF 145.-
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## Honey Massage

In addition to its cleansing effects, the honey massage revitalizes and strengthens the entire organism. The use of honey helps „pump out“ old waste and toxins from deep within the body tissue. This treatment balances the flow of energy while simultaneously strengthening the nervous and immune systems.

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Price	35'	CHF 80.-
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## StimaWELL® Dynamic Deep Waves

The Deep Wave System is a unique therapeutic tool designed to treat back problems. The StimaWELL® system combines essential elements to promote a relaxed and strengthened back. In the deep wave massage, medium-frequency impulses are delivered to the back via a stimulation mat. The mat is ergonomically shaped and can be warmed up to 40°C. Users experience the dynamic deep waves as tapping, kneading, or stroking sensations, combining intense muscle stimulation with a soothing, warm massage.

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Price	30'	CHF 35.-
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Add-On	30'	CHF 15.-
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### Hot Stone

The soothing treatment with warm lava stones (approximately 50°C) combines massage, aromatherapy, and energy work.

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Price	60'	CHF 145.-
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### Indian Head Massage

Indian head massage extends beyond the scalp to include the neck, shoulders, and upper back, areas that often harbor tension and blockages. Using various massage techniques, stiff muscles are loosened, tension headaches are alleviated, and emotional stress is effectively reduced.

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Price	20'	CHF 60.-
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### Pine Vital Massage

For the Pine Vital Massage, pine sticks of different lengths, shapes, and sizes are warmed up and used to massage the body. The comforting warmth of the wood, combined with pine massage oil, penetrates deeply into the muscles, improving circulation, promoting energy flow, and relieving tension and blockages. This massage activates the body's self-healing powers by increasing alpha brain waves. Additionally, Swiss stone pine has antibacterial, fungicidal, and antiseptic properties.

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Price	60'	CHF 145.-
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### Lomi Lomi Nui

With an abundance of oil, the entire body is massaged using flowing, gentle, and firm strokes. The muscles are loosened, stretched, kneaded, and moved, allowing blockages to dissolve layer by layer. As a result, energy begins to flow freely again.

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Price	60'	CHF 145.-
	80'	CHF 165.-

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### Pantha Jama | Herbal Stamp Massage

The warm oil (60°C) helps release the active ingredients from the herbal stamps, allowing them to fully activate and provide their therapeutic benefits. This treatment helps alleviate tension and blockages.

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Price	60'	CHF 145.-
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A close-up portrait of a young woman with long, wavy, light brown hair. She is smiling broadly, showing her teeth, and has her eyes closed. Her hands are resting on her cheeks, with her fingers gently touching her skin. She is wearing a dark, possibly black, top. The background is a solid, light gray color. The image is framed by a white border that is thicker on the left and right sides, creating a triangular shape at the top and bottom.

**Beauty**

## Facial Care

Indulge in a facial treatment tailored to your skin's unique needs. This treatment includes an intensive cleansing, exfoliation, and facial steam bath, allowing your skin to breathe again. A mask and eye refreshment follow to enhance your skin's sensation. The experience concludes with a relaxing facial massage and a day care treatment. Upon request, eyebrow shaping is also available. We exclusively use products that are not tested on animals.

<b>Facial Care</b>	<b>60'</b>	<b>CHF 135.-</b>
<b>Mini Facial</b> (without steam bath)	<b>35'</b>	<b>CHF 85.-</b>

## Eyelashes & Eyebrows

Tinted lashes make your eyes appear vibrant and expressive, even without mascara, for several weeks. Eyelash tinting is also incredibly convenient and timesaving, as it eliminates the need for daily mascara application.

<b>Lash Tinting</b>	<b>20'</b>	<b>CHF 20.-</b>
<b>Brow Tinting</b>	<b>20'</b>	<b>CHF 15.-</b>
<b>Lash &amp; Brow Tinting + Brow Correction</b>	<b>40'</b>	<b>CHF 40.-</b>
<b>Brow Correction</b>	<b>15'</b>	<b>CHF 15.-</b>

## Nu Skin - The Future of Facial Treatments

Let innovations, not vague promises, convince you. Turn back time for your skin with ageLOC. Using galvanic current, cleansing and active ingredient ampoules are introduced into the deeper layers of the skin. Just a few minutes after the treatment, you can feel and see visible results. Visible results can be felt and seen just a few minutes after the treatment.

<b>Price</b>	<b>25'</b>	<b>CHF 75.-</b>
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## Foot Care

This treatment begins with an intensive foot bath for general cleaning and care, followed by callus removal. A soothing foot massage and nail filing will leave your feet feeling fresh and well-groomed.

<b>Foot Care</b>	<b>45'</b>	<b>CHF 80.-</b>
<b>Foot Care &amp; Gel Polish</b>	<b>80'</b>	<b>CHF 130.-</b>

## Nails

<b>Classic Manicure</b>	<b>45'</b>	<b>CHF 50.-</b>
Cuticle removal		
Nail Cutting and Filing		
Nail oil application		
Hand massage		
Nail Strengtheners		
<b>Gel</b>		
Nail Extension	150'	CHF 125.-
Natural Nail Reinforcement	120'	CHF 100.-
<b>Refill</b>		
Color	120'	CHF 85.-
French	120'	CHF 90.-
<b>Gel polish</b>		
New or refill with Color	60'	CHF 70.-
New or refill with French	60'	CHF 75.-
<b>Toe nails</b>		
Gel polish	60'	CHF 70.-
<b>Add-Ons</b>		
Nail Art per nail		CHF 2.-
Repairs per nail		CHF 10.-







## Hanra Body Sugaring

The HANRA Method gently and thoroughly removes hair along with the hair follicles. Over time, hair regrowth is reduced by up to 90%, and the hair becomes finer and lighter in color. Hair removal with HANRA sugar gel also acts as an exfoliant, removing dead skin cells and leaving the skin smooth. This method is less painful than waxing and other hair removal techniques, as the sugar gel adheres to the hair rather than the skin. Suitable for all skin types, HANRA is a Swiss natural product that contains no preservatives, chemicals, or resins. It is completely water-soluble, biodegradable, and cruelty-free.

Upper lip	CHF 10.-
Chin	CHF 18.-
Face	CHF 35.-
Underarms	CHF 20.-
Arms	CHF 45.-
Half legs	CHF 60.-
Full legs	CHF 80.-
Bikini	CHF 40.-
Full legs & Bikini	CHF 110.-



## aqualis haaratelier

### **Water of Beauty**

Hair cutting is an art, and art is about aesthetics. At Aqualis, we focus on both art and aesthetics. Let us leave you beautifully styled.

### **For Women**

#### **Colorations**

Various Balayage & Illuminage Techniques | Color Enhancement | Vegan Colors

#### **Care**

KryoHairStyle: Professional Ice Hair Sealing -15°

K-19: Keratin Complex & Amazonia

Hot Cut: Hot Scissors 90°-150° (80% less split ends) & Split End Machine

Complimentary: Aromatherapy with a soothing massage during care

### **For Men**

Hair tattoos & Barbershop

Complimentary: Friction massage during haircare

### **Cosmetics**

Eyebrows / Eyelashes: Coloring & Waxing

Makeup: Refreshment & 5 Min. Makeup (complimentary) & Bridal Makeup, Facial Peeling



## **Leukerbad Therme**

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**#myleukerbad**