



## MASSAGES BY MIGUEL

### CLASSIC MASSAGE

The classic massage is considered one of the oldest therapy procedures. Their field of application is mainly in the treatment and prevention of diseases of the musculoskeletal system. It serves to promote local blood circulation, the decongestion of the venous and lymphatic system and creates a relaxation of the muscles.

### SPORTS MASSAGE

The sports massage is a complement to the classic massage. Here you use the handles of the classic massage as well as other supplementary handles and address the needs of the athlete as well as the special problems during sports. Assuming that active athletes are more robust, the massage is accordingly carried out more vigorously and thus the body is prepared for an imminent physical stress and supplied with blood. Cramps that have arisen during sport can be treated with the stretching handles that belong to the sports massage. After sport, regenerative and loosening massage is carried out.

### TRIGGER POINT THERAPY

The trigger point therapy has as its goal the elimination of so-called „myofascial trigger points“. These are locally limited hardenings in the muscles that are sensitive to pressure and from which transmitted pain can emanate. Around 80 to 90% of pain syndromes are due to the corresponding muscles. Due to unfavorable working posture, poor training condition and incorrect load, the muscles tense up, which can lead to persistent pain.

### RELAXING MASSAGE

With gentle, circular movements, impulses are transmitted to the nervous system via the skin. This keeps the muscle loose and strong tensions can be released by the deep relaxation. Enjoy a massage in a pleasant atmosphere that gives you relaxation and new strength. Pleasant-smelling oils and colored light support this treatment. Preventively, the inner and outer well-being is increased. Acute against stress, tension and nervousness.

### CALIFORNIAN MASSAGE

Californian massage is a gentle and relaxing massage technique that focuses on providing a feeling of relaxation and well-being. It is characterized by long and soft movements, with the use of large amounts of oil or cream. It is often combined with breathing and meditation techniques to help deep relaxation of the body and mind. The aim is to help reduce stress and tension, improving blood flow and skin elasticity.

#### APPOINTMENTS:

Saturday and Sunday 10 to 22 h

#### PRICE:

- 25 Min 40.-
- 50 Min 80.-
- 100 Min 140.-

#### USEFUL INFO:

- The prices are per person and the offer is valid according to availability
- Reservations are required in advance to book the massages:  
T +41 33 226 12 12 or info@seepark.ch
- On the day of your visit, we kindly ask you to show up at the reception desk first
- Parking available, bus stop directly at the hotel
- It is preferable to pay the masseur directly in cash or via Twint after the treatment.
- Up to 24 hours prior to the booked appointment, you have the possibility to change or cancel it free of charge. Any later cancellations will be charged at 50 %, in case of no show 100%
- When booking a massage, entry to the wellness and fitness area is included

