



CASTELLO DEL SOLE
ASCONA

SABINE



Sabine is a spiritual working “nomad”. Her holistic healing work is based on the fundament of passionate ambition, gifted hands, a unique ‘working-tool-box’ and 20 years of intuitive healing work experience. Sabine is a Traditional Chinese Medicine practitioner, well-known reflexologist and Reiki grand master/teacher with an abundance of energy that creates a new experience of peace, relaxation & rejuvenation. Besides her international custom-fitted work with private clients, VIP’s and celebrities she offers her services at selected resorts and Spas. Each session is an individual set-up and includes a complimentary brief consultation, the treatment itself as well as a short reflection.

TRADITIONAL CHINESE MEDICINE

Custom-Fitted Traditional Chinese Medicine Journey **90 minutes CHF 390**

TCM is the ancient holistic system of health and healing in China and is based on the notion of harmony and balance between the natural opposing forces of Yin and Yang. It offers a complete health care system with its own unique theories of anatomy and treatment. Together with Sabine you will choose after a short consultation the most fitting combination out of the available TCM tools in order to focus on stimulating the body’s natural curative powers.

Anamnesis **90 minutes CHF 390**

Get a detailed “chinese” view on your individual status of Yin/Yang, the interaction of the 5 Elements and how they are able to demonstrate “impact” to your body thru specific symptoms. The Anamnesis includes as well a recommended “follow-up” to balance the elements and flow of Qi within your body thru self-work with specific TCM points, nutrition advice or selected Qigong exercises.

Chinese Foot Reflexology **60 minutes CHF 260**

Reflex points on the feet correspond to every organ and gland in the body. Through application of pressure/special working techniques on these zones, reflexology can relieve tension, improve circulation and help promote the natural function of the related areas in the body. A very intense treatment with remarkable results that can be seen even after just one session. Further a reflexology treatment is recommended before or after your travels.

Meridian-/Tuina Treatment **60 minutes CHF 260** **90 minutes CHF 390**

This deeply relaxing treatment specializes in working with the meridians (energy lines) and selected key acupressure points on the head, body and/or face. Tension and blocked energy lines in these areas can cause for instance headaches, migraines, insomnia, dizziness, vision disorders, sinus issues and tinnitus. Further this treatment improves as well the skin texture - simply by activating natural energy flow.



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Chi Nei Tsang

60 minutes CHF 260

This special chinese internal organ massage assists to unblock the abdomen & intestine from knots and tangles which are often caused from various tensions, worries and daily stress expressed thru symptoms like issues with the digestive, lymphatic and/or nervous system as well as skin irritations, adipositas and chronically tiredness.
(please calculate a 60-90 minutes “pause” between a taken meal and the requested treatment)

Qigong

60 minutes CHF 260

Custom-fitted movements will lead you to a better flow of Qi within your body. Daily Qigong practise is an ideal prevention tool to stay flexible and healthy – up to highest age! Not only with tinnitus, high blood pressure, general tension, digestive disorders, sleeplessness, neck-pain and rheumatic symptoms Qigong has lead to great results.

HOLISTIC THERAPIES

Raindrop Technique® including Young Living essential oils

60 minutes CHF 300

This treatment works on the spine-reflex zones on the feet as well as along to the spine itself. Special strokes and ancient massage techniques of the Indian tribes are used along with essential oils of 100% purity. The Raindrop Technique® aims to detox body and mind, achieve deep relaxation as well as bringing one back to a straightened energetic posture in life. (Contraindication: pregnancy, high blood pressure, diabetes, epilepsy or advanced osteoporosis)

Reiki

60 minutes CHF 260

This holistic healing method aims to activate, channel and dispose natural and universal life energy. It calms body and mind, boosts the immune system, increases our creativity and ability to solve problems. Reiki strengthens our intuition and enables us to let go of unwanted habits or behaviors while bringing harmony and hope to our lives.
For interested ones: as Reiki teacher I am also offering trainings from 1st degree onwards.

Chakra Point Treatment

60 minutes CHF 260

Using an ancient working technique, this deeply relaxing treatment focuses on activating and balancing the 7 energy bodies and their single levels. A very powerful and intensive treatment that works with over 100 chakra points. We recommend a consultation with Sabine prior to booking this treatment; without previous experience in holistic healing work this treatment could irritate and/or overload your body and mind.

Hawaiian Lomi Lomi Nui

60 minutes CHF 260

90 minutes CHF 390

This sacred Hawaiian bodywork is performed since thousands of years at the “Huna tradition” to clean body, mind and soul as they believe that “mana” (energy) flows without blockage in a healthy body. In old tradition the “queen of massages” was given to those who stood at significant “pathway crossings” like marriage, life adaptations, change of job or house move.

CONSULTANCY

60 minutes CHF 260

Constellation work: look at blockages within the family system, traumas and/or over-used life patterns/beliefs
Children psychology: children are mostly the “speaking voice/expressing part” when things go wrong
Coaching: a neutral view over a challenging life situation leads us to new perspectives

ADD-ON Young Living Essential Oils:

In case you wish to use Young Living Essential Oils to support your treatment with the best what nature has to offer a surcharge of CHF 40/treatment applies.



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TRAININGS

1:1 or for couples/families – including detailed training booklet and certification – prices upon request:
REIKI (1st degree up to teacher/grand master), CHINESE FOOT REFLEXOLOGY

The CHF prices are inclusive the swiss VAT (7,7%).

For reservations please feel to contact the Castello del Sole SPA.

Cancellation policy: in case of changes please inform the Spa 24hours prior to your scheduled reservation time in order to avoid a 100% charge in case the treatment slot cannot be re-booked.