



SABINE KAUKER

Traditional Chinese Medicine - TCM

Detailed initial anamnesis 60 min CHF 260

By answering questions, feeling your pulse, looking at your eyes, tongue, hair, nails & skin, you will find out which functional circuit needs support, what effects this can have and how you can rebalance/support yourself with the current diagnosis.

Individual TCM treatment 90 min CHF 390

TCM is a holistic health and healing system that is around 2500 years old - based on the idea of harmony and balance between the opposing natural forces of yin and yang. Tailored to your individual needs, several elements of TCM are used in your treatment to provide your body with the best possible support, reduce tension, release accumulated waste products and toxins and stimulate a free flow of energy.

Chinese foot reflexology massage 60 min CHF 260

Reflex points on the soles of the feet are connected to organs/areas of the body. By working on the respective reflex zones in the feet, tension can be released, circulation improved, toxins eliminated and the immune system stimulated. Especially recommended on, before or after arrival/departure days! For those interested, Sabine offers a classic training course including certificate.

TUINA/Meridian work 60 min CHF 260
90 min CHF 390

The Chinese meridian and acupressure massage detoxifies, promotes pain relief, eliminates disturbances in the energy flow, stimulates blood circulation, tightens tissue and skin, eliminates oedema and leads to a special kind of deep relaxation.

Chi Nei Tsang 60 min CHF 260

This special Chinese internal organ massage helps to free the abdomen & intestines from knots and tangles that are often caused by various tensions, worries and everyday stress and manifest themselves in symptoms such as digestive, lymphatic and/or nerve problems as well as skin irritations, obesity and chronic fatigue (please allow 60-90 minutes "break" between a meal and the desired treatment).

Qigong 60 min CHF 260

Gentle "work with the Qi", tailored to your individual issues, allows the energies in the individual meridians (energy channels) to flow again, as "pain" means nothing other than stagnation/blockage of the same. This is one of the most effective methods for remaining flexible, energised and balanced into old age.



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Holistic treatments

Raindrop Technique® including Young Living® oils 60 min CHF 300

In this treatment of indigenous origin, 100% TGO-grade essential oils are worked into the back along the spine and the corresponding reflex zones using coordinated techniques on the feet to support detoxification, deep relaxation and an "inner energetic realignment". The effect of this treatment can be felt for days. Contraindicated in pregnancy, high blood pressure, diabetes, epilepsy and pathogenic osteoporosis!

Reiki 60 min CHF 260

Reiki is the art and science of activating, directing and applying natural, universal life energy to promote the balance of energies, healing and wholeness - as well as our creativity and ability to deal with problems more calmly. We return to more self-love, self-respect, self-confidence and harmony and can also more easily discard unwanted patterns of behaviour. Sabine also offers trainings from 1st degree to teacher/grandmaster including certificate.

Chakren-Behandlung 60 min CHF 260

Pure deep relaxation through activation/harmonisation of over 100 chakras (energy centres/energetic key points), to which the seven energy bodies and their levels are assigned. A very powerful and intensive treatment - which is why it is recommended to book this only after consultation with Sabine. If you have no previous knowledge/experience with energy work, this treatment may be irritating/overstraining for body and mind.

Young Living Essential Oils

If you wish to use Young Living Essential Oils to enhance your treatment with the best that nature has to offer, there is an additional charge of CHF 40.00 per treatment.

Consultations

Systemic family constellations / coaching / child psychology 60 min CHF 300

Trainings

1:1 or for couples/families - including detailed training booklet and certificate

Reiki – 1st degree up to teacher / grandmaster On request

Chinese foot reflexology - classical training On request