



NICOLE PRASS-ANTON

Mantra Flow Massage	90 min	CHF 275
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Immerse yourself in a unique fusion of various holistic massage elements, accompanied by gentle movement units and mobilisation techniques from yoga. During this unique massage you will be accompanied by various powerful mantras. Nicole actively chants some of these mantras, while others play softly in the background as calming music.

Nian Massage	90 min	CHF 275
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Singing bowls, hot stones, elements from yoga and Ayurveda philosophy and gentle massage techniques from the Hawaiian Lomi Lomi massage are used. This creates a unique experience that puts you in a relaxed and energised state. Words can hardly express what this massage can do.

Chill Out Massage	60 min	CHF 185
	90 min	CHF 275

The energies of the elements light, air, water and earth are reflected in the specially composed music and the matching massage styles from the Far East. The massage is performed to the rhythm of gentle beats and spherical sounds.

Lomi Lomi Massage	60 min	CHF 185
	90 min	CHF 275

A pampering programme for all the senses and is considered a healing treatment in Hawaii. I accompany this massage with authentic Hawaiian rituals, Hawaiian music and my singing. It was primarily performed to ease the transition to new phases of life. The massage is therefore particularly recommended for future changes, wishes, birthdays or before a wedding. Fragrant, warm oil, Hawaiian rhythms and grips that flow through the whole body from head to toe like gentle waves. Mobilisation and stretching of the joints are reminiscent of the light and joyful movements of the hula dance.

Individual Massage	60 min	CHF 185
	90 min	CHF 275

Physiotherapy	60 min	CHF 185
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Physio-water gymnastics	30 min	CHF 100
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