



wellness
massages
body therapies

Hotel Regina Terme

WELLNESS

PAIISE Face Treatment

face | moisturizing | nourishing | massage

A deep-relaxing, anti-aging facial, with nourishing and moisturizing properties, for a perfect face beauty.

Lose yourself to the rhythm of your breath and rest in a pause of beauty and relaxation.

This facial massage will soften up your face pores and lines removing cumulative stress, while the synergy of the PAIISE natural products will light up your face and improve the turgor of your skin by deeply nourishing it. Its emollient, nourishing and antioxidant action is due to the active elements of mangosteen and Argan oil.

45 minutes

CHF 80

A sense of wellness from top to toe

body and facial massage | moisturizing | deep relaxation

Indulge in a full body and facial treatment for a beneficial redressing of your psychophysical balance and a total relaxation through an enveloping, slow, deep and continuous touch. Cocoa oil has an intense moisturizing and detox effect on your skin that helps you eliminating toxins.

75 minutes

CHF 140

Chakra Stones Ritual

stone | heat | chakra | deep relaxation | body

Lava stones provide a gentle massage, perfect for the wellness of your body and mind.

Benefits: this massage provides a feeling of intense relaxation, it fortifies blood circulation and aids removing toxins and regenerating tissues.

75 minutes

CHF 150

PAIISE moisturizing and body toning treatment

moisturizing | legs | gluteus | back | spine

Relax and rest through this gentle massage with the application of warm cocoa oil perfumed with sweet orange essence. A sweet brushing of your legs and gluteus will help stimulate blood flow. The following smearing of the emollient cream will have a toning effect.

A true pause of tender wellness involving your body, mind and spirit.

75 minutes

CHF 140

BODY BRUSHING SCRUB & PEELING

Natural Coffee Scrub

natural scrub | body | stimulating

Natural peeling with reinvigorating and toning effects

25 minutes

CHF 50

Dry Body Brushing

activating | tonic | stimulating | microcirculation | body

stimulation of blood circulation in the smallest blood vessels; tissue revitalizing

This process is a strong and sensorially pleasant functional ritual of brushing skin with a natural bristles brush to stimulate microcirculation, toning and revitalizing your skin.

Do it regularly and you will have substantial effects on your whole body, such as stimulating your cardiovascular system (perfect for hypotensive subjects), improving blood circulation and skin elasticity.

Ideal to initiate all body treatments.

15 minutes

CHF 25



MASSAGES & MUD

Foot health

peeling | warmth | foot | massage

Footbath in sea water with customized essences, peeling and plantar massage with a relaxing effect on the whole body.

This is the perfect treatment to loosen up stiff muscles after a long walk, a trekking or a skiing day.

45 minutes

CHF 85

Relaxing massage

relaxing | full body

45 minutes

CHF 95

60 minutes

CHF 120

Partial body massage

relaxing or decontracting | partial body

You can have a massage on a body part of your choice.

25 minutes

CHF 60

Specific treatment for shoulders and neck region

relaxation | shoulders | neck | cervical spine

Ideal for relieving tension in the neck and shoulder region, this treatment involves a delicate touch and customized manual techniques.

25 minutes

CHF 60

Mud compress

muscle relaxant | warmth | back | spine

The mud is smeared on your back with a thermal effect. The warmth gradually increases, stimulating the blood circulation and regeneration process, and causing a full body relaxing effect.

Einwirkzeit 20 minutes

CHF 50



THERAPIES

Craniosacral Therapy *

calm | release of tensions | vital strenght

“I’m treating to restore health,
not to correct the problem”
Dr. R.E.Becker, DO

Craniosacral therapy is a manual method that comes from osteopathy. Craniosacral biodynamics is mainly focused on health, self-regulation forces and personal resources. The term “craniosacral” refers to the cranium, the sacrum and their anatomical connections, the core structures through which an individual is considered in his/her on entirety.

This treatment implies a very gentle touch and focuses on a receptive listening, aimed at perceiving the physiological processes and support the health expression of the patient.

Craniosacral therapy is indicated for:

Proven indications

- Rehabilitation after illness or accident
- cervical sprain and strain trauma (whiplash injury), sprains, falls
- Regulation for the musculoskeletal system, the organs, the lymphatic system, the endocrine system, the vegetative and central nervous system
- sleep problems, states of exhaustion
- stress-related complaints, burnout syndrome
- disorders of the immune system
- menstrual problems
- support in stressful life situations
- pregnancy support

Supporting medical care in the case of

- Chronic pain conditions
- Digestive problems
- Headaches and migraines
- Sinusitis and tinnitus
- spinal, muscular and joint diseases
- Orthodontic problems
- psychosomatic complaints

How does a session work?

anamnesis, conversation

treatment: the patient is dressed and lying on the massage table

comfortable, loose fitting clothing is suggested

Individual perception is an integral part of the session. Inner processes can be explored and enhanced through verbal dialogue, to foster resilience and improve self-awareness.

60 minutes

CHF 132

* Accessory health insurance may partially (50 to 90 per cent) refund the cost of this therapy. Please check this personally with your insurance company. The therapy is to be paid by the customer



THERAPIES

Ortho–Bionomy® *

release of tensions | gentle movements

This practice has its origins in osteopathy and is therefore a mild, non-invasive approach that helps easing pain, fostering a deep relaxation and reaching a better body awareness.

Comfortable positioning and gentle, non-invasive movements are used to stimulate natural, self-correcting capabilities of the practitioner who will be aided in his/her spontaneous movements and never forced by leading techniques.

Ortho–Bionomy® helps restoring the self-correcting capabilities of your body that might have been blocked by several causes, such as:

- poor posture, repeated
- lack or scarce physical exercise

Ortho–Bionomy® fosters:

- muscular and joint relaxation
- psychophysical rebalancing
- sharp or chronic pain relief
- better body awareness
- general relaxation

and is particularly suitable for:

- tensions and muscular pain
- posture imbalances: pathological kyphosis and lordosis, scoliosis
- different functional problems, such as visceral pains, sleep, sight or digestive disorders, headache, dizziness

Given its gentleness and sensitivity, this approach is also appropriate for children and the elderly.

How does a session work?

anamnesis, conversation

treatment: the patient is dressed and lying on the massage table
comfortable, loose fitting clothing is suggested

60 minutes

CHF 132

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Veronique Krenn
Complementary Therapist

Craniosacral, Ortho-Bionomy® and Body Work Therapist

Born in Locarno, she grew up between the mountains of Valais and the canton of Ticino. There she completes the Ortho-Bionomy training in 2002. In 2008 she approached the field of craniosacral biodynamics. In 2014, under the guidance of Franklyn Sills, she completed her craniosacral therapist training at the Karuna Institute, UK, and she also attained her certification as a Complementary Therapist.

Since 2015, she has been interested in the work of Peter Levine and conducts training in Somatic-Experiencing, a neurophysiological method. This allows her to understand the nature of stress, the processes for resolving stress, shock and trauma. She successfully graduated in 2018. In 2021 she trained under the guidance of Maura Sills in “Relational Mindfulness”, based on the approach of Core Process Psychotherapy, contemplative psychotherapy at the Karuna Institute.

She is currently dedicated to her studies and is attending training in prenatal and birth therapy led by Dominique Degranges in Milan, Italy.

Member of:

RME - Empiric Medicine Register

Cranio Suisse – Craniosacral therapy Swiss Association

ASOB – Ortho-Bionomy® Swiss Association



The treatments will be charged separately.
Please take TWINT and cash payment as a priority.
Many Thanks

