

# wellness & beauty



## PLUNGE IN, RECHARGE YOUR BATTERIES AND FEEL GREAT IN THE SUNSTAR PARKHOTEL AROSA\*\*\*\*

*Special treatments at the Spa Centre in Arosa*

### MASSAGES

#### AROMA MASSAGE

50 min.

89.-

Even in ancient cultures, the use of plant essences to promote physical well-being and spiritual equilibrium was well-known. Aroma massage therapy was then almost forgotten for hundreds of years, but it is now enjoying a spectacular revival, and that is certainly the case here at the Sunstar Parkhotel Arosa.

Allow yourself to be seduced away by our wellness manager Marianne into a realm where aromas from essential oils will improve your health and bring your body, spirit and soul into harmony.

Aroma massage combines the beneficial elements of traditional massage with the aromas of essential oils that are massaged into the skin and, depending on the fragrance, may have a stimulating or a relaxing effect. They will help you unwind from the stresses of your everyday life and will make your muscles relax. The good effects are such that not only are the physical stresses and strains in your body reduced, but the tensions in your psyche too.

**LOMI LOMI**

90 min.

170.–

Lomi Lomi Nui is a traditional type of massage originating from Hawaii. It is becoming more and more popular all around the world, because it is a particularly effective, deep and nurturing massage, harmonizing body, spirit and soul.

“Lomi Lomi” means kneading and rubbing. “Nui” means great and strong. This centuries-old body treatment is based on the belief that, when the body, spirit and soul are all relaxed, illness cannot take hold. The aim of the massage is therefore to produce a state of relaxation, clear blockages at all levels and gently and firmly release tension from the body.

The massage is performed mainly by the forearms, using long, flowing strokes and soothing, aromatic oils. The body of the person being massaged is covered with a towel. The treatment lasts about an hour and a half and is accompanied by traditional and modern music from Hawaii.

**LA STONE®**

90 min.

160.–

La Stone is a heat treatment using 54 hot lava stones and 22 cold marble stones. The rubbing in of oil at the beginning, followed by the pleasant heat and the intensive massage stimulate the circulation and relax your muscles particularly deeply. The cold stones have to be used afterwards so that you feel fresh and active again after the treatment.

The different temperatures stimulate the self-healing powers of your organism, resulting in a sensation of utter contentment and well-being.

**HERBAL COMPRESS MASSAGE**

90 min.

160.–

This treatment combines massage, heat and deep healing. The little bags of herbs are heated to about 70-80 degrees in hot oil. The heat of the compresses causes the pores of your skin to open during the massage, allowing the active ingredients in the herbs to penetrate deep into your tissues and take effect there. At the start of the treatment, the body is pummelled with the herbal compresses, causing brief pulses of heat, followed by short, rapid stroking movements.

Once the compress has reached a temperature that is comfortable for the skin, the whole body is massaged with gentle strokes or circular movements along the energy lines. Self-healing forces in the body are stimulated as the active ingredients in the herbs are released.

*“Treat your body well so that your soul desires to live in it”*

*Theresa von Avila*

Prices in CHF per person. Exchange rate: CHF 1.– = € 0.76 (as of July 2010), where payment is in Euro, the daily exchange rate applies.

Offers subject to availability and change. Advance booking recommended.

Sunstar Parkhotel Arosa\*\*\*\*

7050 Arosa/Switzerland

Phone +41 (0)81 378 77 77

Fax +41 (0)81 378 77 78

arosa@sunstar.ch, www.sunstar.ch/arosa