



# SUNNEGRUESS MASSAGE & YOGA

For information and appointments, please contact  
Tajana Adank on +41 79 205 18 31  
[tajana@adank.ch](mailto:tajana@adank.ch), [www.sunnegruess.ch](http://www.sunnegruess.ch)

## Sunnegruess Massage & Yoga

For information and appointments, please contact  
Tajana Adank on +41 79 205 18 31  
tajana@adank.ch  
www.sunnegruess.ch



### WITH ALL THE SENSES — IN THE HOTEL.

I appeal to all senses at the same time with the Superior treatment. I therefore use meditative music, fine scents, such as rose oil essences and fragrant candles. You can also enjoy a glass of champagne or cava.

#### OASIS OF THE SENSES 450

indulgence programme in your hotel room  
Full body exfoliation, rose bath in your room with champagne and a Lomi Lomi massage

CLASSIC MASSAGE	45 min	120
	60 min	150

FACE, HAND, FOOT	75
Short treatment	

SHOULDER, NECK, HEAD MASSAGE	105
------------------------------	-----

REFRESHING POWER SOURCE	165
Fragrant herbal treatment	

BREUSS-MASSAGE	95
Spine and back massage with St. John's wort oil	

SPINAL ALIGNMENT ACCORDING TO DIETER DORN	
Gentle pressure instead of extending and stretching, Protects the ligaments, muscles and tendons	105

LOMILOMI	
A special full body massage from Hawaii	200
Time together as a couple	420
Lomi Lomi Wawae (foot and leg massage)	120
Lomi Lomi Pa'akai (full body salt exfoliation massage)	120
Lomi Lomi Pa'akai (salt exfoliation massage for the feet)	95
YOGA private lesson	105

**Please contact Tajana Adank for further treatments.**

Cancelled appointments will be charged with 50% of the total cost.