

FIDAZER



Ayurveda information und prices

Ayurvedic consultation

...highlights your entire constitution and opens up new ways of adjusting your diet and lifestyle to improve well-being.
- Price: per hour CHF 130.00
- time requirement: as from 60 minutes

Single Abhyanga (full-body massage with oil)

...has a rejuvenating, cell regenerating and vitalising effect. It is used for preventive health care, for relaxation purposes and as a well-being and beauty treatment.
- Price: CHF 130.00
- Duration of massage: about 50 minutes

Deep Abhyanga (full-body massage with oil)

...activates connective tissues, muscles and joints, therefore stimulating purification and blood flow, with a focus on the neck and shoulder.
- Price: CHF 180.00
- Duration of massage: about 75 minutes

Synchronized Abhyanga (full-body massage with oil) with two therapists

...is one of the oldest forms of treatment from the Ayurvedic tradition and is used to harmonise the body's energies, relaxation and physical regeneration.
- Price: CHF 220.00
- Duration of massage: about 50 minutes

Marma-therapy

...embrace on the one hand, the definition from your constitution with the help of pulse diagnosis, and on the other hand the purposefully medical consulting, treatment and support. Through subtle commitment with ayurvedic treatments which unblocks the energy and allows the energy to flow, the organs harmonized and to bring them in line.
- Price: CHF 180.00
- Duration of massage: as from 75 minutes

Garshan (silk glove massage)

...is a full-body massage that stimulates your metabolism, and helps in particular if you often feel cold and in the case of general disequilibrium. The raw silk removes dead skin cells.
- Price: CHF 50.00
- Duration of massage: about 20 minutes

Shirodhara (forehead oil pouring - as a follow treatment)

...creates a relaxed sense of well-being by means of pouring a gentle jet stream of warm oil over the forehead.
- Price: CHF 98.00
- Duration of treatment: about 20 minutes

Pinda Sveda

... is a herbal temple massage. Treatment with small linen bags of herbs, whereby the contents determine the effect. Especially effective in the case of rheumatic complaints and indigestion.
- Price: CHF 140.00 / 195.00
- Duration of massage: about 50 / 75 minutes

Shiromardana (head massage)

...revives the scalp and supplies it with blood. It has a very relaxing effect and helps in cases of sleep disturbances, nervousness, stress and tensions.
- Price: CHF 60.00
- Duration of massage: about 20 minutes

Mukabhyanga (facial and neck massage)

...has a rejuvenating and beautifying effect. It is used for relieving concerns, fears and stress.
- Price: CHF 60.00
- Duration of massage: about 20 minutes

Padabhyanga (foot massage)

...has a calming effect and restores equilibrium in the case of headaches, sleep disturbances, nervousness and sensations of cold.
- Price: CHF 60.00
- Duration of massage: about 20 minutes

Kadi-Basti (Dough ring filled with oil)

... Follow-up treatment of a single abhyanga. It's put locally a homemade dough ring filled with (medical) warm oil on your back. Relief for back pain, guarantees mobility and better blood circulation. Recommended 3 uses on following days.
- Price: CHF 70.00
- Duration of treatment: about 30 minutes

Prishta-Abhyanga (ayurvedic back oil massage)

... helps with back pain, for intervertebral disc regeneration, relief pure by special medical oils.
- Price: CHF 100.00
- Duration of treatment: about 45 minutes

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HOTEL
RESTAURANT
AYURVEDA

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Herb inhalation

...has a cleansing effect in the respiratory tract and helps in cases of catarrh and the first signs of a cold.

- Price: CHF 35.00
- Duration of massage: about 25 minutes

Herb inhalation treatment with Nasya (ayurvedic nosedrops)

...frees up your paranasal sinuses, improves brain function, increases the alertness and strengthens the senses.

- Price: CHF 55.00
- Duration of treatment: about 40 minutes

Svedana – Herbal steam bath

...leads to expansion of the blood vessels and activation of the adenoids as a result of the intensive warming through the entire body with herbal vapours. This makes the removal of toxins from tissues easier (especially effective after a full-body oil massage).

- Price: CHF 50.00
- Duration of treatment: about 20 minutes

Udvaartane (peeling massage)

...is a full-body peeling massage with a paste of sesame oil and bruised grain. An intense excitation of the cell- and organ metabolism as well as the circulation. Vitalising and detoxicating effect.

- Price CHF 150.00
- Duration of massage: about 50 minutes

Feel-good massage for children (up to 12 years)

...relaxes children's bodies both physically and mentally.

- Price: CHF 50.00
- Duration of massage: about 20 minutes

Time required:

Please allow approx. 20-40 minutes extra for Ayurvedic treatments and approx. 10 minutes for classic applications.

Cancellations conditions:

Please advise us of appointments you cannot keep as soon as possible, and at the latest 24 hours before the agreed treatment time. If appointments are not kept or appointment changes advised too late (less than 24 hours notice), we will have to charge you the full amount.

We reserve the right to change prices without notification!

Ayurveda – „PanchaKarma Cure“ (9/12 days)

...the Ayurvedic cleansing treatment. Treatments that are carefully matched with one another and an accurate directed diet release metabolic impurities and environmental toxins. Next they are carefully and sustainably eliminated. Purifies, rejuvenates, detoxifies, protects and revitalises: literally a fountain of youth.

- Please ask for specific documents

Ayurveda - "Rest days"

... at the Ayurvedic Recreation Days you can choose your very personal Ayurveda program.

- Request the special documents

HydroStar continuous shower

...is a full-body massage with water. Countless tiny water jets hit the skin, which opens and cleanses the pores. This improves blood flow and results in a better oxygen supply and increased excretion of toxins.

- Price: CHF 60.00
- Duration of massage: about 40 minutes

FidazerHof cosmetics

...are based on pure plant-based products and substances, are manufactured with great care and without the use of artificial preservatives: for her and him. Especially good compatibility, good absorbency, consistency and exclusive fragrances are the most important features of this line of natural cosmetic products.

- day cream CHF 35.00
- night cream CHF 35.00
- aftershave cream CHF 35.00
- bath oil CHF 18.00