



Massages revolve around touch and have a relaxing effect on the body, mind and soul. In addition to numerous traditional methods, we offer a number of special massages for specific effects.

CLASSIC FULL BODY MASSAGE

Complete relaxation from head to toe. This comprehensive massage relieves tension, relaxes muscles and builds new energy and vitality. This soothing massage is very relaxing through gentle manipulation and harmonious movements.

SPORTS MASSAGE

The sports massage is a variation on the classic massage. The strong pressure applied in this massage significantly revives the muscles and greatly increases the circulation.

MEDICAL MASSAGE

The medical massage improves blood circulation and the metabolism. It consequently reduces any tension and pain in the muscles, improving performance and regeneration, whilst simultaneously purifying and detoxifying the body.

LYMPHATIC DRAINAGE

The lymphatic system is stimulated with gentle, rhythmic and pumping slow movements (pressure) in a circular motion, helping to drain the lymphatic fluid from the tissues.

FOOT REFLEX MASSAGE

Our feet are a map of our body. The nerve endings in the feet can be massaged to stimulate the corresponding organs thereby alleviating and soothing the pain.

CRANIOSACRAL

Craniosacral therapists encourage the client's self-healing process through very light touching, which triggers the body to self-regulate. The aim of the treatment is not to combat the symptoms, but to find the causes of pain, so that the problem can be approached holistically.

REIKI

Reiki is a Japanese term meaning «universal life energy». With this technique, the client lies on the massage table fully clothed. Reiki works holistically on physical, mental and spiritual levels and restores balance.

AYURVEDA MASSAGE

It is called «Old knowledge in the new era», because it originated approximately 5'000 years ago as one of the oldest known medical sciences of Indian scholars, sages and seers from the peak of the Vedic period. The name Ayurveda comes from AYUS = life and VEDA = knowledge and sees the person as a unity of body, mind and soul. With warm specially medicated herbal oils, it activates and detoxifies the body's own forces, bringing inner calm, relaxation, health and vitality.

Abhyanga (let go) – Full body massage

Padabhyanga (dancing feet) – Foot and leg massage.

OSTEOPATHY

Osteopathy is a holistic, systemic and manual method of healing. «Life is movement». This saying does not just refer to the musculoskeletal system, but also to the skull, soft tissues, internal organs, nervous and vascular system.

TIBETAN MASSAGE

The Tibetan massage is a powerful full body oil massage – its aim is to restore balance to the body and mind giving the client a sense of deep relaxation. During the massage, the therapist uses a lot of oil made with natural ingredients, which is massaged in with vigorous movements.

THAI MASSAGE

The traditional Thai massage is based on the concept and knowledge of energy channels in the body. According to Thai understanding there are 72'000 of these energy channels, of which only 10 are selected for the massage. Key acupressure points are located on these 10 selected channels.

PRICES

25 min.	CHF 55.–
50 min.	CHF 85.–
80 min.	CHF 115.–

TREATMENT TIMES

Daily appointments by prior arrangement.

Some massages can only be booked on certain days depending on which type is selected.

For more information please contact reception.

APPOINTMENTS

We ask our guests to be ready 10 minutes before the massage is due to start. If you are unable to attend an appointment, please cancel 24 hours in advance. Appointments that are not cancelled in time will be charged in full.

Camping Tamaro Resort

Via Mappo 32

CH-6598 Tenero (Ticino)

Tel. +41 (0)91 745 21 61

Fax +41 (0)91 745 66 36

info@campingtamaro.ch

www.campingtamaro.ch

