

## Massage and physical therapy at the Waldhaus

Full body massage (50 min.) CHF 95

Partial massage (25 min.) CHF 60

Reservations recommended

### **Traditional massage** and **sports massage**

Back, shoulders and neck or legs and feet or face and head

### **Kinesio taping**

A treatment technique (increasingly popular with top athletes) using a specialized elastic tape to reduce localized swelling, e.g. for tennis elbow, knee pain, back and neck problems.

### **Manual lymph drainage (MLD)**

To alleviate pain, edema, varicose veins / regenerate scar tissue / after accidents and operations

### **Reflexology**

To enhance your well-being and inner harmony / for acute or chronic pain

### **Hopi ear candles**

An ancient method developed by American Hopi tribes. To treat headaches and ear, nose and throat problems, stress and burnout

### **Stretching – vertebral therapy – headache and migraine therapy**

### **Mario Schmid: training**

- Two-years professional training for certification as medical masseur (FA SRK)
- Five years as teacher for sports massage and sports physical therapy at two of Switzerland's best professional sports schools
- Physical therapy for the Swiss national bicycle racing team
- Physical therapy for competitive swimmers
- Masseur for various Swiss, European and world competitions in track and field, skiing and cycling
- Two years at a physical therapy office; four years at own office
- At the Waldhaus since 1998