

MENU OF SWISS LUXURY TREATMENT ROOM





Welcome to a dynamic process of change and growth with tempo's lift method

*Built with love to treat your whole being - mind, body, and soul.
Embark on a journey of discovery and reconnection. Drawing on my expertise in therapeutic massage, skincare, and holistic health coaching, I blend modern science with ancient healing traditions to provide personalized care.*

Tempo's lift method

Drawing on 25 years of experience in therapeutic massage, aesthetic treatments, and holistic care, I've developed a specialized method based on four pillars: nutrition (healthy, natural, and local), movement, energetic bodywork, and advance and innovative technique massage. Each session of the Tempo's Lift method is tailored to your unique needs. Starting with a thorough assessment, I focus on pain relief, improved circulation, and stimulating elastin and collagen for body and facial rejuvenation, delivering anti-aging benefits from the first session.

You are unique, and each session of the Tempo's Lift method is tailored to your individual needs.

Starting with a thorough assessment, I focus on pain relief, improved circulation, and stimulating elastin and collagen for body and facial rejuvenation, delivering anti-aging benefits from the first session. This 100% holistic and manual approach, enriched with the ancestral virtues of organic essential oils, ensures exceptional and long-lasting results, surpassing traditional massages and cosmetic treatments.





TEMPO'S LIFT THERAPEUTIC MASSAGE

**For those seeking muscle tension
release and body stretching**

The Tempo's Lift therapeutic massage
is built on the 'expert touch' and ad-
vanced manual techniques.

BENEFITS

- Releases muscular tension
- Alleviates stress and revitalizes the body
- Enhancing Body Flexibility

60 minutes | CHF 150

90 minutes | CHF 200



TEMPO'S LIFT ENERGETIC TREATMENT

For those seeking emotional and energy healing

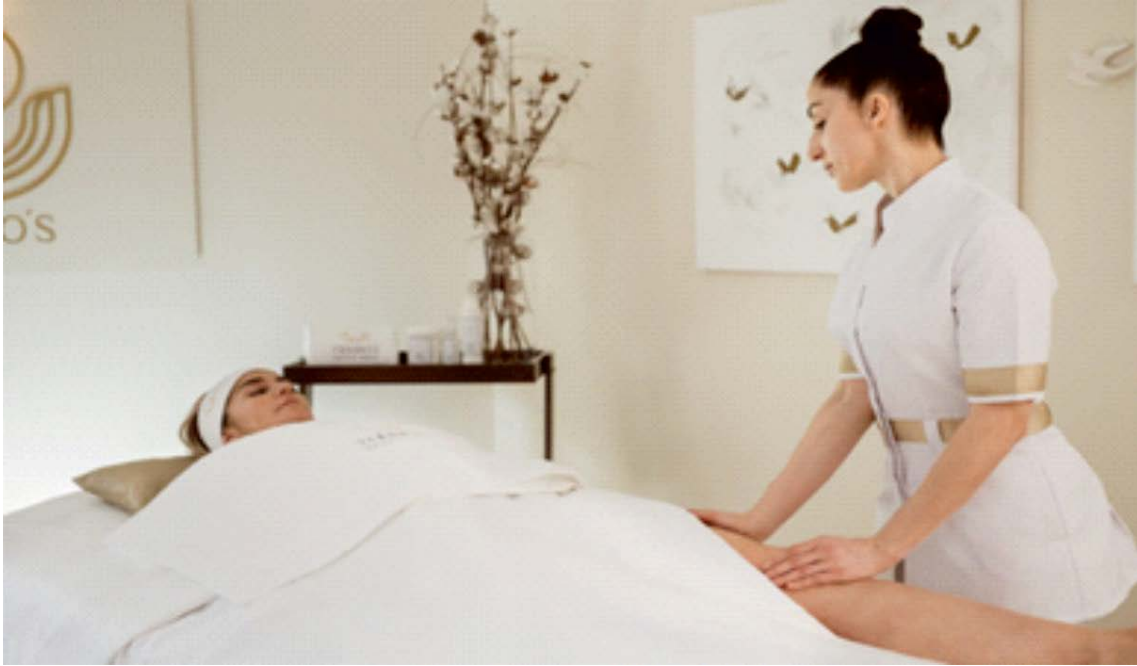
Your body becomes the instrument to unlock your inner energy and explore your inner self.

BENEFITS

- Relieves anxiety and reduces stress
- Enhances serenity, promoting restorative sleep
- Helps restore emotional balance and reconnect with oneself

60 minutes | CHF 150

90 minutes | CHF 200



TEMPO'S LIFT BODY MASSAGE

For those seeking body reshaping and slimming

Thanks to the expert dexterity combined with the power of advanced and innovative manual massage techniques, Tempo's Lift for body delivers immediate and visible results.

BENEFITS

- Stimulates blood and lymphatic circulation
- Promotes toxin elimination and a feeling of lightness
- Contributes to deep and soothing relaxation

60 minutes | CHF 150

90 minutes | CHF 200



TEMPO'S LIFT FACE MASSAGE

For those longing for facial rejuvenation and lifting

Following a skin diagnosis, Tempo's Lift face massage method provides an immediate lifting effect from the very first session.

BENEFITS

- Reduces aging, including skin sagging, by stimulating facial muscles and boosting collagen and elastin
- Restores comfort, softness, and radiance to the skin
- Soothes the muscular tensions of the jaw and the eye fatigue

60 minutes | CHF 150

90 minutes | CHF 200



TEMPO'S LIFT PREGNANCY MASSAGES

For all special MOTHER-TO-BE. Tailored Care from 12 Weeks Onwards

The miracle of carrying new life is an experience to celebrate

BENEFITS

- Relieves lower back pain
- Enhances blood and lymphatic circulation in the legs
- Reduces fatigue and enhances sleep

60 minutes | CHF 150

90 minutes | CHF 200



TEMPO'S LIFT HOME MASSAGE

For those seeking to receive a massage in the comfort of their own home.

As a certified therapist, I collaborate with several prestigious institutions in luxury and health.

BENEFITS

- Provides complete privacy
- Eliminates travel-related stress
- Gives you more time for yourself

60 minutes | CHF 200

90 minutes | CHF 250

Enhanced safety procedures in response COVID-19

My goal is to reach a new level of excellence - even in these challenging circumstances - and at the same time to make my patient feeling warmly welcomed as usual. I have implemented new and intensified hygiene and safety measures, which include increased disinfecting.

- I have completed COVID-19-specific training in infection prevention and control.
- I use disposable tools and special machines for instruments sterilization.
- The Treatment room is sanitized between each guest. That includes all surfaces being wiped with disinfectant, including doors and chairs handles.

Cancellation policy

For any change or cancellation of your appointment, please notify us at least 24 hours before the scheduled time to avoid any cancellation fees (100%).