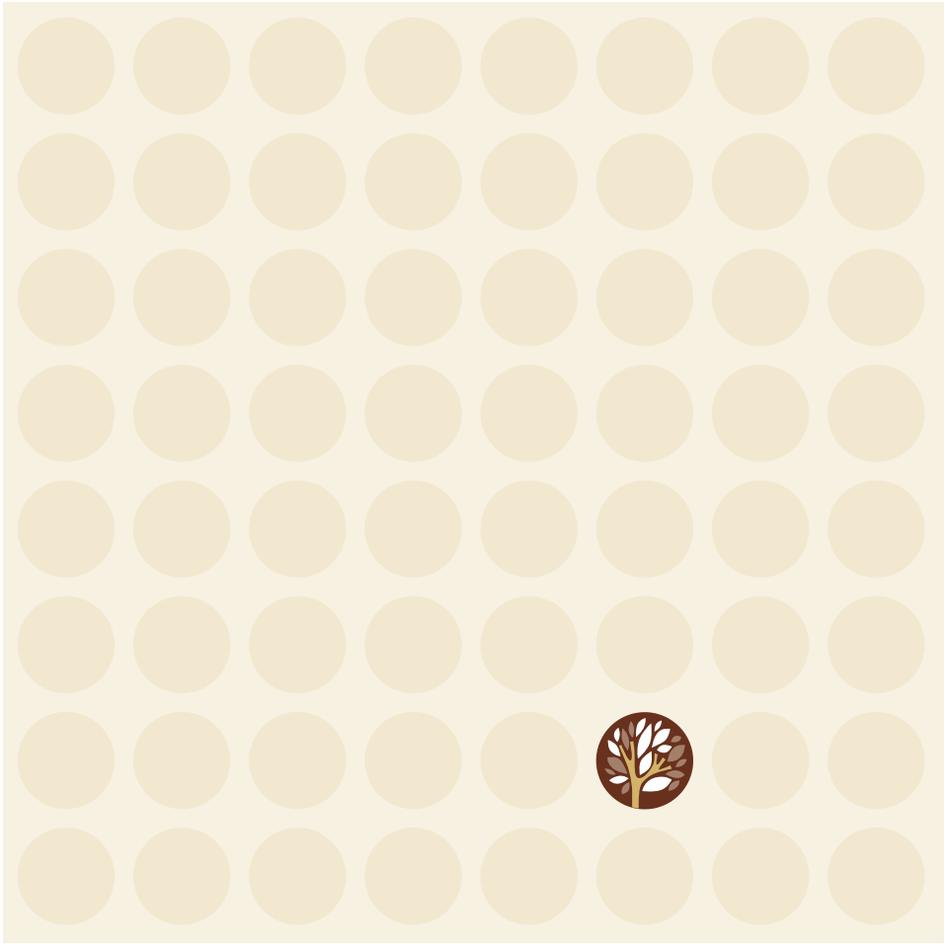


*"Do something good for your body so that
your soul may live there with pleasure."*

Teresa of Avila







We instil great care and enthusiasm into our welcoming wellness centre, offering you a wide selection of treatments by qualified staff.

Encarna Schuster

After training at “Figur in Form”, she felt the need to expand her knowledge and earned her diploma as esthetician. In addition, her multi-year study of various healing practices has contributed to the strengthening of her holistic approach adopted in all treatments.

Irene Kuenrath

After completing training as a beautician and masseuse in 2004, she worked for ten years in guest care in the spa area

of Hotel Vier Jahreszeiten in Silandro. During this experience, she deepened her skills, learning about and performing Ayurvedic massages.

Mike Schuster

After receiving training as a professional esthetician at “Figur in Form,” he has followed his passion for Far Eastern healing practices, specializing as a massage wellness therapist. He has mastered techniques of traditional and oriental massage.



MASSAGE & RELAX

Enjoy a massage in complete comfort, by taking all the time necessary to fully benefit from their effects. To make the experience even more enjoyable, we will be happy to serve you a cup of tea at the end of the treatments ...

TIP: treat yourself to a break in the relaxation area with colour therapy after the treatments, by reading a book, closing your eyes briefly or simply savouring the quiet.

Abhyanga

This full body oil treatment is the “king of Ayurveda massages” and will bring you in close contact with your inner self, offering a deep well-being. The treatment will touch the strings of the soul gently, guiding you to total relaxation.

Mukabhyanga

Enjoy a feeling of freedom and lucidity. The delicate hand movements, alternating with an effective massage of the Marma points, melt the daily tensions of the head, face, neck, décolleté, neck and the upper back.

Padabhyanga

According to Ayurvedic tradition, this treatment, a source of harmony and relaxation, helps you move forward with confidence, well-planted on the ground, during life. You will be massaged and doused with warm oil from the toes to the calves.

HIS AND HERS SPECIAL MASSAGES

Pinda Sweda

Special East Asian massage performed with heated sachets containing herbs. Through heat, skin regeneration is activated and new cells are formed .

The treatment offers a purifying effect, stimulates the metabolism and makes the skin soft as velvet. Experience unique sensations ...

Balinese energy massage

This treatment unblocks the flow of vital energy, increasing energy levels. In this way, the self-healing powers are activated.

By a slight lengthening of the joints and the stimulation of the meridians, energy block-ages dissolve.



Lomi Lomi Nui

An extraordinary sensory experience. A sweet way to the deepest relaxation. This massage will transmit absolute harmony, which will be reflected in the relationship with yourself and the world, allowing you to confront everyday challenges with greater lightness.

Mali Baha

Kneading, pressure, stretching and touches with hands and wooden elements will melt all your tension with great effectiveness. Let yourself be transported into the world of the African ritual massage.

Massage with Polynesian shells

This treatment gives new life to ancient rituals, combining the warmth of the fire with the cold of water. The constant alternation between hot lava stones, fresh coconut oil and shells activates the skin's blood circulation and relaxes the muscles, by harmonizing the entire body and offering a long-lasting feeling of wellness.



Hot Stone Massage

A particularly pleasant and relaxing treatment, performed with warm basalt stones or, alternatively, even with cold marble stones. The hot stone massage warms the body, relaxes muscles and conveys harmony.

Massage on American chair

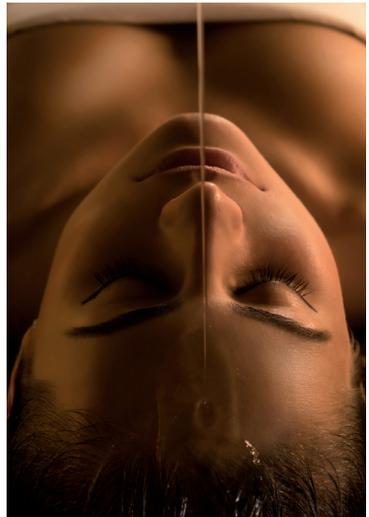
The so-called “on site” massage relaxes the back, along the spine to the pelvis, the shoulder area, arms and hands.

There is no use of oil, so you can enjoy this relaxing and revitalizing treatment fully clothed.

COLOUR THERAPY TREATMENT

Colour, light and essential oils have fascinated mankind through the ages. Today we are able to provide an explanation for this attraction. The inner balance has become measurable. When we do not feel well, despite not seeming to have any problem on a tangible level, we say we are “indisposed” and this is correct: something inside us is not in place, like a musical instrument that is out of tune and must be adjusted.

To this end, we need a “sound” that is as clear as possible. We seek to harmonize the body through colour and light or using essential oils.





Ionic foot bath (hydro resonance)

Environmental pollution continues to increase, and we are all constantly under attack. Experts agree that environmental toxins, improper diet, stress and lack of exercise lead to acidification of the body. Among the consequences are allergies, chronic fatigue, sleep disorders, headaches, migraines, obesity, asthma, hay fever, atopic dermatitis, digestive problems, rheumatism and depression. These symptoms attack more people every day and detoxification becomes more necessary than ever.

This treatment offers an innovative solution, eliminating waste from the body through the soles of the feet, soaked in water. This is an intensive procedure with an immediate effect, since the detoxification not only depends on the ability of the kidneys, but makes use of the 4000 sweat glands of the soles of the feet. Discover a new dimension of harmony, vitality and well-being.



The exclusive beauty proposals of Figur in Form

Beauty is not a question of age, but of brightness and vitality.

The secret lies in prevention and the ability to counteract the aging process. Thanks to personalized treatment, made with specific equipment, you can attain important goals such as detoxification, the awakening of dormant cells and increased vitality of metabolically active cells, regaining your natural beauty.

Targeted external stimuli support the natural functions of the skin and ensure visible results.

Anti-aging intensive treatment

(Dark circles, bags under the eyes, droopy eyelids, double chin, wrinkles around the mouth)

This treatment, offering a natural effect, helps cell regeneration and skin toning. The delicate external stimuli offer extraordinary success. The skin's natural functions are activated and the skin rejuvenates, purifies itself and acquires a radiant glow.

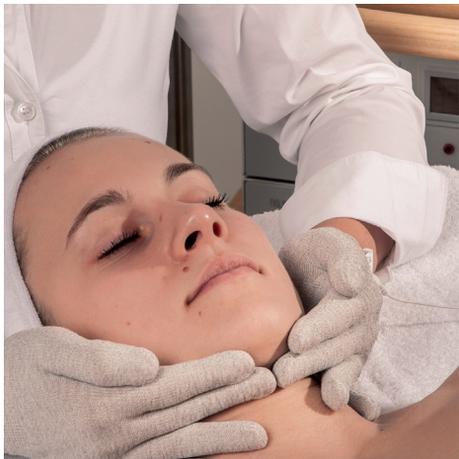
Sensitive facial treatment

(For acne treatment, scars, pigmentation and age spots)

Through careful removal of the *stratum corneum* – superficial layer of the skin, visible results such as the reduction of pigmentation and age spots as well as an effective treatment of porous and impure skin and skin thickening, acne and scars.

Blitz Face Lift

The “A-ha” facial treatment with an immediate rejuvenating effect. Total well-being in a flash!





Detox treatment: less acidity, more vitality!

Environmental and food waste toxins damage the body, leading to the formation of deposits in adipose tissue and skin fatigue. The total body detox treatment has an immediate cleansing effect.

A source of absolute relaxation and revitalization for body and mind.

Treatment of critical points

(Belly, hips, arms, hips, thighs, chest and buttocks)

Through the mobilization of inactive fat cells and the increase of metabolically active mass, you can visibly reduce centimetres in critical points. The firmness of the tissue and the skin increases significantly. Goodbye unsightly bulges!



Anti-cellulite treatment

The skin and fatty tissue are stimulated from the outside, the inactive fat cells are mobilized and intracellular acidosis is eliminated.

The skin cells and connective tissue improve their capacity for regeneration, the skin increases its tonicity and its surface is visibly smoother.

Static treatment

Cupping or compress. Enjoy pleasant relaxation!

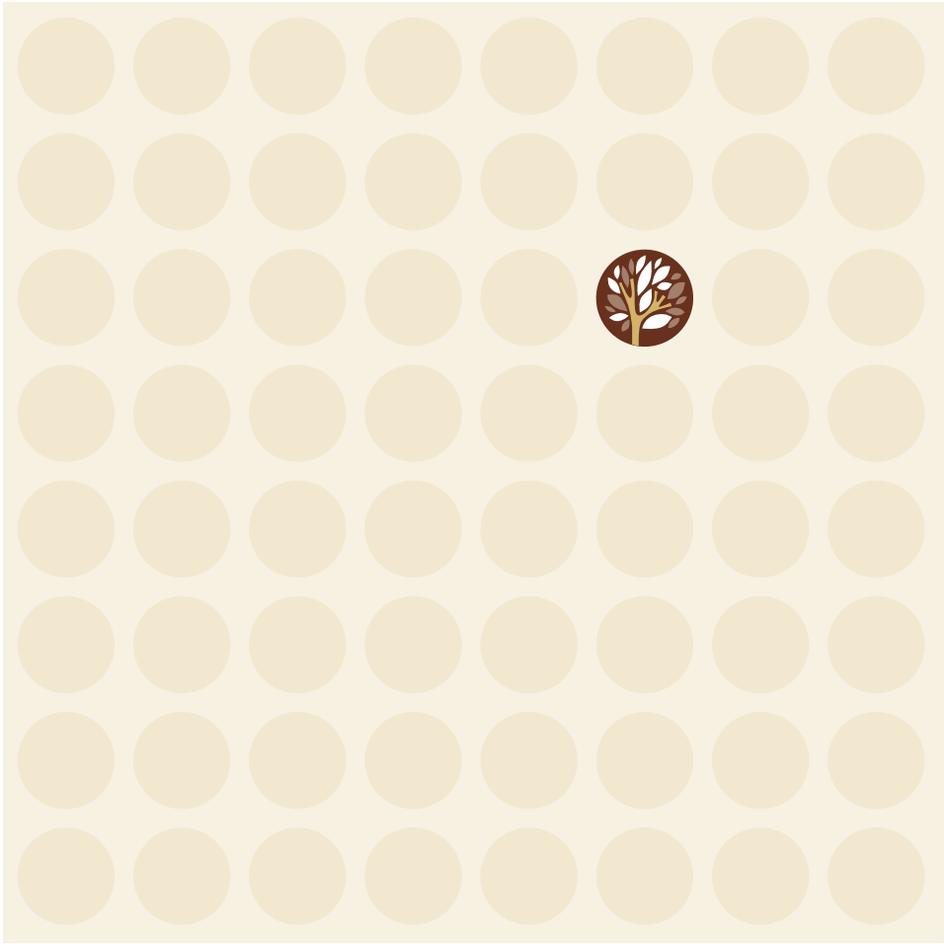
TIP: The anti-cellulite treatment can be completed at home. An intensive purifying treatment, comfortable, economical and quick!

BIOIMPEDENTIOMETRY

A balanced body structure is the key to improving health, fitness and vigor.

In addition to determining the percentage of body fat, we provide a meaningful analysis on metabolically active mass (BCM), on the amount and distribution of body fluids and nutritional status.

We are at your disposal for a personal consultation and we will be pleased to offer a customized package for YOU at a special price!



Operating hours

Monday–Saturday from 10 am to 7 pm

We look forward to pampering you,
even on Sunday, by appointment.

