

massage

Appointments to be made at the reception.

Classical massage

Is blood circulation and metabolism-enhancing as well as analgetic! Your musculature will be eased by a massage with neutral and essential oil and you can relax wonderfully. To enforce your relaxation we recommend a sauna session or a pack (thermal) before your massage.

Partial body massage (back or legs)	25 min	40.00 CHF
Full body massage (back, legs and arms)	50 min	60.00 CHF

reflexology

Our feet reflex our whole body and for each organ the foot has a certain zone. With a reflexology organs can be relaxed or activated. It is very pleasant and recommendable after hikes or skiing as the treatment ends with a pleasant massage of your feet.

reflexology	40 min	60.00 CHF
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manuel lypmh drainage

A manual lypmh drainage activates your lymph nodes and the whole lymph system, spare water is removed and deposited. Fitting for people with oedemas, scars and after surgery. Not suitable for somebody suffering from heart disease, thrombosis or when pregnant.

Partial body (legs)	25 min	45.00 CHF
Full body (neck, belly, legs and arms)	50 min	65.00 CHF

Herbal massage

This herbal massage is an Asian thermal treatment. Your body will be massaged with plenty of high-quality and warm oil as well as with hot herbs. The oil enters deep into your skin layers, your skin gets a special elasticity, your metabolism as well as your self-healing process will be activated. Smoothing your meridians will get your body into balance. This treatment is very relaxing.

Our biggest sense organ, the skin and the lymph system beneath it, is activated, the herbal essences spread throughout your body and unfold their effects. The healing effects of herbs are well-known.

This treatment is recommended for stress, circulatory disorder, insomnia, to strengthen your immune system.

Herbal massage	60 min	110.00 CHF
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Wellness in the hotel Hari

Our wellness oasis

Relax, feel good and sooth your soul. Satisfy your need for tranquility. Take your time - you deserve it! Use all the different facilities and offers. You will be relaxed!



As not to put the costs on all our guests we take the liberty to charge an entrance fee of CHF 8.00. Staying 5 nights or more you can profit from our flat-rate of CHF 36.00 per week.

Roman steam-bath

Let yourself envelope by hot steams and you will feel delight raise. The well-known Roman steam-bath has a cleansing, relaxing, stimulatory effect on our skin and makes it nice and smooth.

In addition steam eases rheumatic conditions and helps with problems of your respiratory system. Even when you feel healthy a steam-bath can increase your well-being. Please ask your doctor before using a steam-bath in case of cardiac and circulatory problems.

Finnische Sauna

Do you like sweating? Then the Finish Sauna is the thing for you. Within the nude area of the Finish sauna you can sauna – separated by sexes – just as it used to be in Finland. That way you can meet your need for relaxation and privacy. For your cooling you can use a flush shower. Please ask your doctor prior using the sauna in case of cardiac and circulatory problems.

Infrared therme

You can experience a pleasant and circulation-friendly warmth of 45 -50° C in the infrared sauna. It will lift your well-being and activate your blood circulation.

To treat arthritis or inflammation of muscles you should use the sauna for about 45 – 60 minutes. Within this time your body temperature will raise about 1 – 1,5° C. As a result of this your immune system starts to pour out more antibodies as it tries to fight a severe cold. The antibodies flow through your body but can't find your cold. As a result they will go for small inflammations on joints and muscles. This gentle treatment takes a therapy of about 2 weeks. In case of cardiac and circulatory problems please ask your doctor prior using the infrared therme.

Whirlpool

After a day of skiing, hiking or other activities you can best relax in a whirlpool. The jets massage your muscles and therefore they can relax.

But not only will you experience a positive effect on your well-being but there is also a medical effect. In case of neck pains, hardening of the muscles or rheumatic illnesses a repeated use will ease your pains. A bath in the whirlpool is stimulation for your organism. It will strengthen your skin and connective tissue and your skin will get more elastic which can partly have positive effects on cellulitis. In case of cardiac and circulatory problems we advice to ask your doctor prior using the whirlpool.

Whirlpool	20 min.	8.00 CHF
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Relaxation room

After any treatment you will find room and time in our panorama-relaxation room to relax. Thanks to the panorama windows the beauty of the mountains as well as the surroundings of Adelboden can be enjoyed. Take your time, sleep and you will be relaxed.

Treatments

Appointments are subject to prior arrangement at the reception desk.

Packages

Enjoy one of our packages on our special waterbed. Float on pleasant warm water without touching it. The "ThermoSpa"-waterbed has more than 36 jets to allow for the requested massage.

Moorpackage	30 min	45.- CHF
Moorpackage 4times	à 30 min	170.- CHF
"Nachtkerzen"-oil-package	30 min	70.- CHF
Cream-oil-package (blooms of roses and lemongrass)	30 min	65.- CHF

It is a very relaxing treatment before you have a massage.