



HOLISTIC EXPERIENCES

Treat your body, mind and emotions.

Nathuropathy vital check & So Check 75 min 250 CHF

Interview and check-up on vital hygiene, micronutrients, minerals and vitamins will help you create a personalized, detailed, and efficient program to regain, maintain, or improve your wellbeing.

Life coaching 90 min 350 CHF

"Coaching is the art of helping people find their own solutions" saying François Delivré.

TOP – Tactics to Optimize the Potential 90 min 290 CHF

This technique helps improving self-confidence, self-esteem, well-being, and finding the freedom to face challenges.

Ericksonian hypnosis 75 min 250 CHF

Therapeutic technique of indirect hypnosis allowing a better communication between conscious and subconscious. The therapist helps the patient to find solutions through the hypnotic process.

Chinese medicine (TCM) 90 min 290 CHF / 75 min 250 CHF

Acupuncture/Acupressure/Cupping/Gua Sha. TCM treats the individual holistically, it is a bridge between reality and spirituality. It brings good health and boosts well-being.

Postural reprogramming 75 min 250 CHF

Finding balance & alignment. An assessment, a precise analysis with a questionnaire and a series of tests will help to correct the body posture and balance.

Auriculotherapy 45 min 180 CHF / 30 min 125 CHF

This technique is based on the idea that the ear is a micro system, which reflects the entire body. Treatment of very specific areas enables to control the functioning of all possible organs.

Lymphatic drainage 75 min 250 CHF

A gentle, rhythmical massage treatment to speed up the removal of wastes and toxins from a sluggish lymphatic system.

Foot reflexology 75 min 250 CHF

An alternative medicine involving application of pressure to the feet providing a deep relaxation and stimulate self-regeneration.

Massage and reflexology 90 min 290 CHF / 120 min 390 CHF

The session combines the benefits of massage and foot reflexology, and helps re-balance and de-stress your mind and body.

Sophrology 60 min 225 CHF

Sophrology is a structured method created to provide optimal health and well-being, involving mental exercises and breath work.

Atlas realignment technique 3 sessions of 60 min 575 CHF

Natural method of repositioning the Atlas vertebra (C1) producing a positive effect on the body and stimulating the healing capacity.

An anamnesis, a palpation and a series of questions are required prior to any therapy. Those therapies do not intend to substitute any medical advice or any medical treatment.

MENU HOLISTIQUE
HOLISTIC MENU

HOLISTIC THERAPISTS & PARTNERS



Marie-Christine RAVIER – Coach, NLP, Hypnosis, TOP (Tactics to Optimize the Potential)

Coach therapist and trainer specialized in the optimization of potential; Marie-Christine is passionate about transformation. Her goal is to identify and activate your resources, accompany you to take a step back, breathe go forward, rediscover the joy of motivation and transform vulnerability into strength. <https://mc-ravier.com/>

Yoga and Pilates teacher, Sophrology – Sandra BRANDSTETTER

Sandra will guide you through the practice of yoga, pilates or sophrology to a better awareness of your body, your breathing. Her experience, as well as many training courses, have allowed her to acquire the knowledge to develop an approach responding to your individual needs and to ensure resolutely positive learning. <https://www.studiodescombins.com/>



Emilien BADOUX –Yoga and Meditation teacher

Émilien teaches yoga that fits to all levels. His knowledge of yoga comes from 16 years of self-practice, and a Yoga teacher training in India. Yoga helps improve body alignment. The postures strengthen the core muscles in the torso, especially those that support the spine. Regardless of the physical exercises, these yoga sessions will also help to calm and clear your mind as well as relax & rejuvenate your body.

Director of Away Spa W Verbier, Naturopath, Wellbeing Coach – Rossitza NIKOLOVA

Trained at the National Sport Academy in Sofia and at the School of Naturopathy CENATHO in Paris, Rossitza was able to discover and apply multiple techniques "body and mind" to provide you global solutions. She will use her abilities to optimize your wellbeing.



Naturopath, Reflexologist, Energetic Therapist – Edith LAFFAIRE-ZERMATTEN

Edith has undergone a lot of training, which has endowed her with different skills in the area of natural therapies. She has the ability to connect with the body of another on an energetic level, to feel the blockage felt by that person and the events associated to these. <https://www.pursens.ch/>

Philippe LAFFAIRE – Coach, Natural therapy, Chinese medicine

Trained at the IDC Coaching Institute, Geneva, Philippe is a supervisor of emerging coaches. He will guide you into listening to your body, your heart, your emotions and your real self. You will (re)learn how to focus on the most important points and find a way that suits you. <https://www.pursens.ch/>



Atlas Therapy Specialist– Yves HUMBERT

Yves practices a non-medical Swiss methodology aimed to rebalance the human body by repositioning the 1st cervical vertebra (the Atlas) with massages. He has been practicing this method for more than 16 years in his private practice and now travels to offer his services throughout Switzerland.

AWAY Spa W Verbier

Rue de Médran 70 – 1936 Verbier – Switzerland
T. +41 27 472 88 90 – E. awayspa.verbier@whotels.com