



THE AUTHENTIC SWISS ALPINE HERB COMPRESS MASSAGE at the VICTORIA-JUNGFRAU COLLECTION

Selected Swiss Alpine herbs such as thyme, peppermint mallow and lemon balm form the basis of a new signature treatment at the VICTORIA-JUNGFRAU Grand Hotel & Spa in Interlaken and the PALACE LUZERN in Lucerne. The "Authentic Swiss Alpine Herb Compress Massage" is an exclusive full-body treatment aimed at achieving inner harmony and complete well-being.

The herbal compress massage has been practised to perfection in Asia for centuries. Its secret lies in the skilful blending of scented herbal compresses and warm oil combined with a special massage technique. In cooperation with the London-based ESPA international company, the VICTORIA-JUNGFRAU COLLECTION in Switzerland has now developed a new form of this traditional treatment. The intricate interplay between the aromatic Alpine herb extracts ensures a deeply relaxing experience.

As a prelude to the treatment, the guest is welcomed with a warm footbath of Alpine thyme and peppermint, a gentle scalp massage and a pleasant drink of herb tea. The body is then rubbed from head to foot with warm oils. For the compress massage, the Alpine herbs are blended individually, filled into small cotton bags and heated in almond oil. The application of the massage requires know-how, expertise, care and concentration. To achieve the most enduring benefits, certain essential aspects must be observed – for example, the right degree of heat for release of the ethereal oils, the correct massage movements along the body's energy pathways (meridians) and awareness of the precise points of application on the body. The herbal substances serve to activate self-healing powers, stimulate the circulation and enhance moisturization of the skin. Peppermint refreshes and revitalizes while helping to relieve muscular aches and tension. Stinging nettle reduces pain and inflammation. Lemon balm has a relaxing and calming effect, while thyme warms and heals.

The VICTORIA-JUNGFRAU COLLECTION obtains its herbs from a specialist supplier in Graubunden (in south-eastern Switzerland), where the plants are cultivated and harvested in accordance with strict ecological criteria and carry the "Bio Suisse" seal of quality.

"The Authentic Swiss Alpine Herb Compress Massage" comprises the foot ritual with consultation, full-body massage and also scalp massage. The treatment last 1 hour 25 minutes and costs CHF 260 (approximately € 163). It is offered exclusively at the VICTORIA-JUNGFRAU SPA in Interlaken and the PALACE SPA in Lucerne.

Höheweg 41, CH-3800 Interlaken, Tel. +41 (0)33 828 28 28, Fax +41 (0)33 828 28 80
info@vjc.ch, www.victoria-jungfrau-collection.ch

Höheweg 41, CH-3800 Interlaken, Tel. +41 (0)33 828 28 28, Fax +41 (0)33 828 28 80
info@vjc.ch, www.victoria-jungfrau-collection.ch