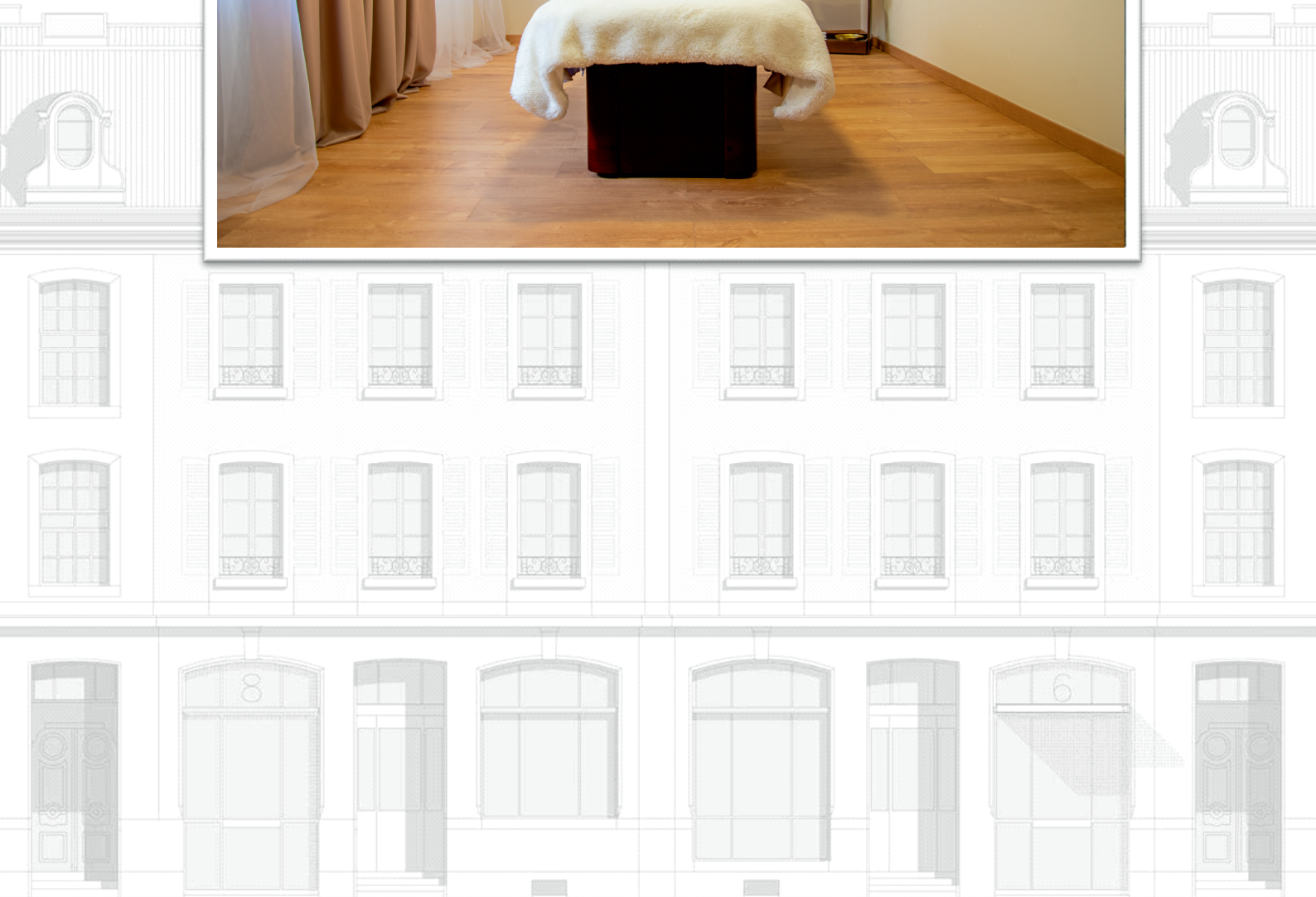


MENU OF TEMPO'S LIFT MESSAGES





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. I have integrated modern science with ancient healing techniques to deliver tailored care, addressing the individual needs of each patient. Embark on a journey of discovery and reconnection as you experience the transformative power of my integrative approach. Rediscover balance, vitality, rejuvenation and inner harmony with each session.

Tempo's lift method

Drawing from my extensive 25 years of experience in therapeutic massage, aesthetic treatments, and holistic coaching, I've developed my own integrative method. Based on four pillars: nutrition, body movement, energetic bodywork, and advanced massage techniques. Each session of the Tempo's Lift method is tailored to your unique needs.

Through a comprehensive assessment that prioritizes the well-being of your soul, I can alleviate your body's muscular tension and unveil a beauty and wellness that radiates from within, promoting natural rejuvenation.

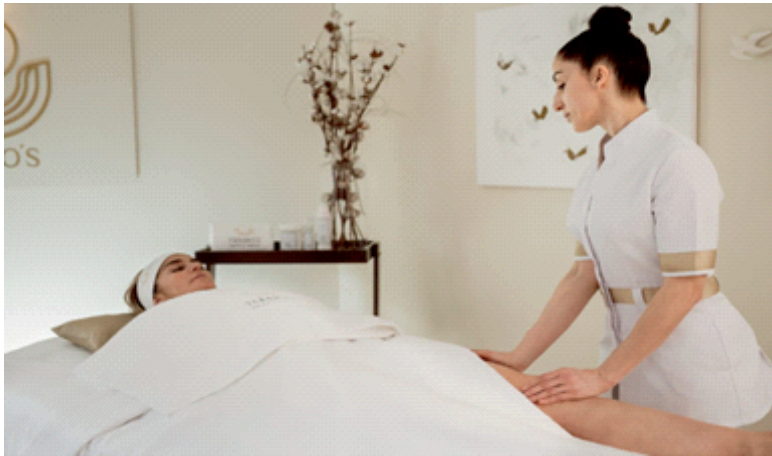
This hands-on holistic approach, enhanced by natural and concentrated products, ensures remarkable results that surpass those of traditional massages and cosmetic treatments.





Explore the excellence of Tempo's Lift Massage.

A Fusion of Mastery, Energy, and personalization for Deep Well-being.



TEMPO'S LIFT BODY Massage

For those seeking body reshaping and slimming

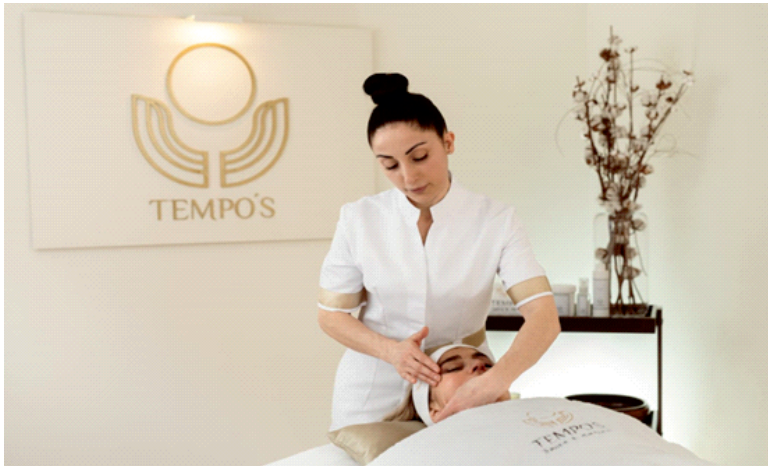
Expert dexterity and advanced massage techniques deliver immediate, visible results.

BENEFITS

- Provide a slimming effect by stimulating blood and lymphatic circulation
- Refines skin texture and redefines the silhouette
- Calms the nervous system and body tension

60 minutes | CHF 155

90 minutes | CHF 175



TEMPO'S LIFT FACE Massage

For those desiring a radiant skin and face lift

Following a skin diagnosis, Tempo's Lift Method delivers immediate lifting from the first session.

BENEFITS

- Reduces skin sagging, stimulates facial muscles, and boots collagen and elastin production
- Restores comfort, softness, and radiance to the skin
- Soothes the muscular tensions of the jaw and the eye fatigue

60 minutes | CHF 155

90 minutes | CHF 175



TEMPO'S LIFT THERAPEUTIC MASSAGE

Designed for those in search of muscle tension release and body stretching

The Tempo's Lift massage, built on 25 years of international experience and innovative techniques.

BENEFITS

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

60 minutes | CHF 155

90 minutes | CHF 175



TEMPO'S LIFT ENERGETIC TREATMENT

For those longing for emotional and energy healing

Unlock Your Inner Energy through a Journey of Self-Exploration and Energetic Healing.

BENEFITS

- Release emotions and brings mental clarity
- Harmonize vital energy
- Promotes better sleep

60 minutes | CHF 155

90 minutes | CHF 175



TEMPO'S LIFT PREGNANCY MASSAGE

For all mother-to-be.

Tailored Care from 12 Weeks Onwards

Celebrating and Caring for the Miracle of New Life.

BENEFITS

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

60 minutes | CHF 155

90 minutes | CHF 175



TEMPO'S LIFT HOME MASSAGE

Luxury a certified therapist, I partner with renowned institutions in luxury, health and wellness.

As a certified therapist, I partner with renowned institutions in luxury, health and wellness.

BENEFITS

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

60 minutes | CHF 180

90 minutes | CHF 220

Important information

Massage Refund Policy

Thanks to my ASCA certification as a massage therapist, my practice is reimbursed by numerous complementary insurances. Please inquire directly with your health insurance provider to understand your coverage.

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%).

Hygiene and Safety Protocols

My goal is to maintain a high level of excellence while ensuring that my patients feel warmly welcomed as usual. To achieve this, I have implemented new and intensified hygiene and safety measures, including increased disinfection protocols.

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