



Welcome to the sole uno massage lounge.



sole uno

Wellness-Welt
im Parkresort Rheinfelden



The icing on the cake of your sole uno experience.

The wide range of treatments in the massage lounge is the perfect complement to your stay in sole uno. It is not just your body that relaxes, your mind and soul also enjoy some downtime. The atmosphere is characterised by fine fragrances, oils, special materials, mindfulness and tranquillity. Allow yourself to be pampered by a foot reflexology massage, a herbal stamp massage on the sand bed or a Lomi Lomi massage for two. You will feel the magic when every fibre of your body is re-energised.

A warm welcome to the realm of the senses.



Come to rest.
Here and now.



Soap lather couples massage:
enjoyment times two.

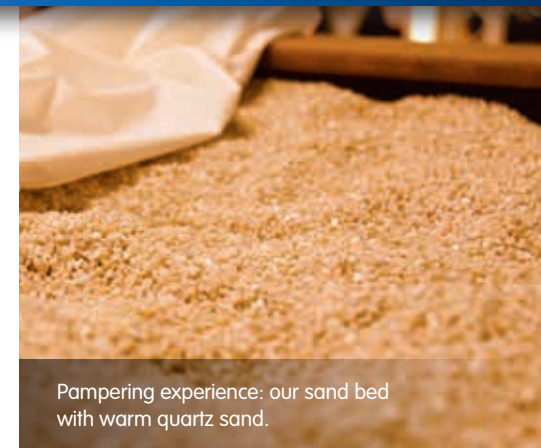


Aromatic oil massage:
immerse yourself in the world of fragrances.

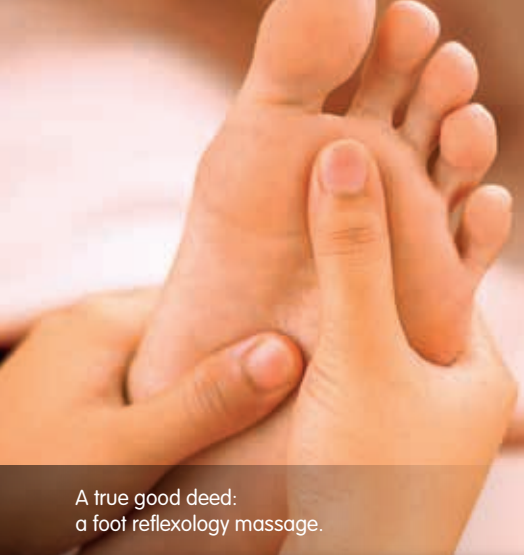
A variety for holistic well-being.

Everyone has their own way of relaxing. The massage lounge has something for everyone's taste. And the great thing is that you can also enjoy your spa experience with another person – with one of our various couples massages. A treatment on the sand bed makes you feel like you are on the beach. The warm quartz sand makes massages even more special.

You are in the very best hands: tensions dissolve, your body is energised, your skin pampered. You will feel delightfully balanced. Enjoy the moment. Make this feeling last by having a cup of tea, wrapped up in your bath robe, in the lounge area.



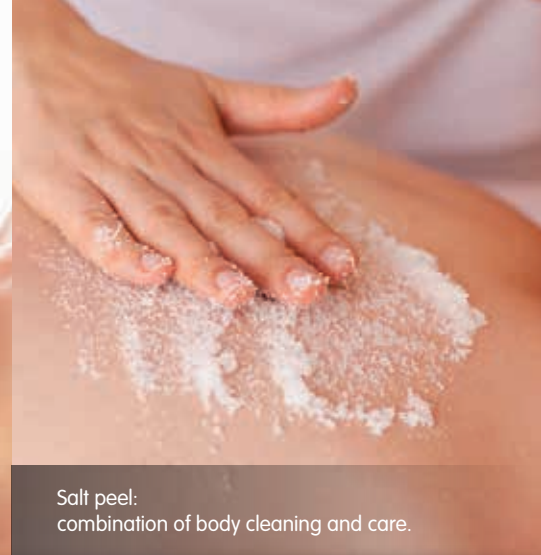
Pampering experience: our sand bed
with warm quartz sand.



A true good deed:
a foot reflexology massage.



Let your head hang during a
head, neck and shoulder massage.



Salt peel:
combination of body cleaning and care.

Decide to make your body feel good.

Wellness massage – using various manipulative techniques from traditional massage we stimulate the metabolism, improve circulation and release your muscles.

Head, neck and shoulder massage – fees up the nerve pathways and relaxes tense muscles. This has a positive impact on the circulation and provides a greater sense of vitality and clarity.

Soap lather massage – this combination of a peel and massage is derived from the Oriental hamam ritual. Afterwards you will feel wonderfully relaxed and your skin will be silky smooth.

Foot reflexology massage – using special pressure techniques the body is stimulated, circulation is improved and you are deeply relaxed.

Lymphatic drainage – The gentle, circulating movements promote the removal of lymphatic fluid, blockages and swellings in the tissue recede and the defence system is strengthened.

Lomi Lomi massage – The traditional Hawaiian application in which lots of oil is used, activates the body's immune system and the mind and soul open up to new energies.



For all the senses:
a massage with hot stones.



Deeply relaxed by
warming herbal stamps.

You have arrived in the here and now.

Aromatic oil massage – a gentle whole body massage with beneficial premium oils, which eases physical as well as emotional tension.

Hot stone massage – hot lava stones, premium oils and special shiatsu movements help your life energy to flow freely – holistic relaxation for your skin and senses.

Herbal stamp massage – you will be recharged and re-energised from this massage with heated massage stamps filled with essential herbs.

Salt peel – mixed with fragrant aromatic oils, salt – entirely in the Rheinfelder Natursole® tradition – is rubbed all over the body. Your skin is smoothed and circulation is boosted. A special indulgence is the peeling combined with an aromatic oil massage.

Tip: Our packages, Asian magic for example, allow you to enjoy treatments from the massage lounge including admission to sole uno and further extras. Also a great gift idea!



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You need a sole uno admission to enjoy the services in the massage lounge (from 18 years of age). The treatment duration will be added on to your chosen duration of stay in sole uno.

We recommend making an advance reservation on **T +41 61 836 67 63**.

Treatment times massage lounge: 9.00 – 21.30

Opening hours sole uno: 8.00 – 22.30, last admission 20.30

Holiday opening times may vary.

soleuno.ch

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