



Spa & Wellness

FIND RELAXATION AND RENEWAL

# An Oasis of Tranquility

Welcome to the spa at the Park Hotel Vitznau.

Nestled in the breathtaking scenery of Lake Lucerne and offering an unparalleled view of the majestic Alps, the spa at Park Hotel Vitznau is a retreat of the highest class. Here, timeless elegance and deep relaxation merge into a harmonious experience – far from the hustle and bustle of everyday life.

Our exclusive spa area, reserved solely for our hotel guests, pampers you with a heated outdoor infinity pool, a luxurious indoor whirlpool, and a spacious sauna area. Experience soothing treatments tailored to your individual needs, performed by experienced spa therapists who master the art of relaxation – for complete regeneration and well-being.

Let yourself be indulged in this unique atmosphere as our dedicated team creates unforgettable moments of relaxation for you.



# Spa Facilities

## Gym

With five exercise machines, a weights station and dumbbells for improving strength and fitness.

## Infinity Pool

Large outdoor infinity pool: 21.7m x 9.6m, with counter current system.

## Indoor Whirlpool

Enjoy absolute relaxation in our indoor whirlpool.

## Outdoor Whirlpool

Outdoor whirlpool with bubble loungers and a waterfall.

## Finnish Sauna 85°C

Extreme sweating purifies the body.

## Sanarium 60°C

Pleasant warmth with low humidity. Gentle cleansing of the body and the skin.

## Steam Bath 45°C

A high level of humidity cleanses the skin and detoxifies the body.

## Plunge Pool 14°C

After the sauna session, cool down your body with a plunge into ice-cold water.



## Kneipp Foot Bath

To reinvigorate tired and heavy feet and legs.

## SUN MEADOW®

Indoor tanning canopy emits UV rays for a natural and long-lasting tan.

## Tepidarium 37°C

Relax and unwind on the heated loungers in our tepidarium.

## Ice Grotto -10°C

The cold air stimulates circulation, strengthens the immune system, and provides a special refreshing boost after the sauna session.

## Relaxation Room

Two relaxation rooms are available for quiet relaxation and letting your mind float free.





PURE RELAXATION

## Your Time-Out for Body & Mind

Treat yourself to a soothing break and let our professional massages transport you into a world of deep relaxation. Whether gentle touches, targeted relief of tense muscles, or warming treatments – our diverse range of massages is designed to provide you with the utmost well-being.

Our individually tailored massages help release tension, promote circulation, and reduce stress. Through harmonious massage techniques, gentle pressure points, and the use of high-quality oils, a holistic sense of well-being is created, bringing body, mind, and soul into perfect harmony.

# Body Treatments

## Personalized Wellness Massage\*

This massage is tailored to the individual needs and preferences of the guest. Tension in specific areas of the body, such as the back and neck, head and shoulders, as well as legs and feet, is relieved and loosened using targeted massage techniques. This has a liberating and relaxing effect, enhancing overall well-being.

**30 min. CHF 130**

**50 min. CHF 210**

**80 min. CHF 290**

## Relaxation Massage\*

Gentle and soothing massage techniques help reduce stress and promote general well-being. Warm, comforting oils further contribute to a holistic and harmonious balance of body, mind, and psyche.

**50 min. CHF 220**

**80 min. CHF 300**

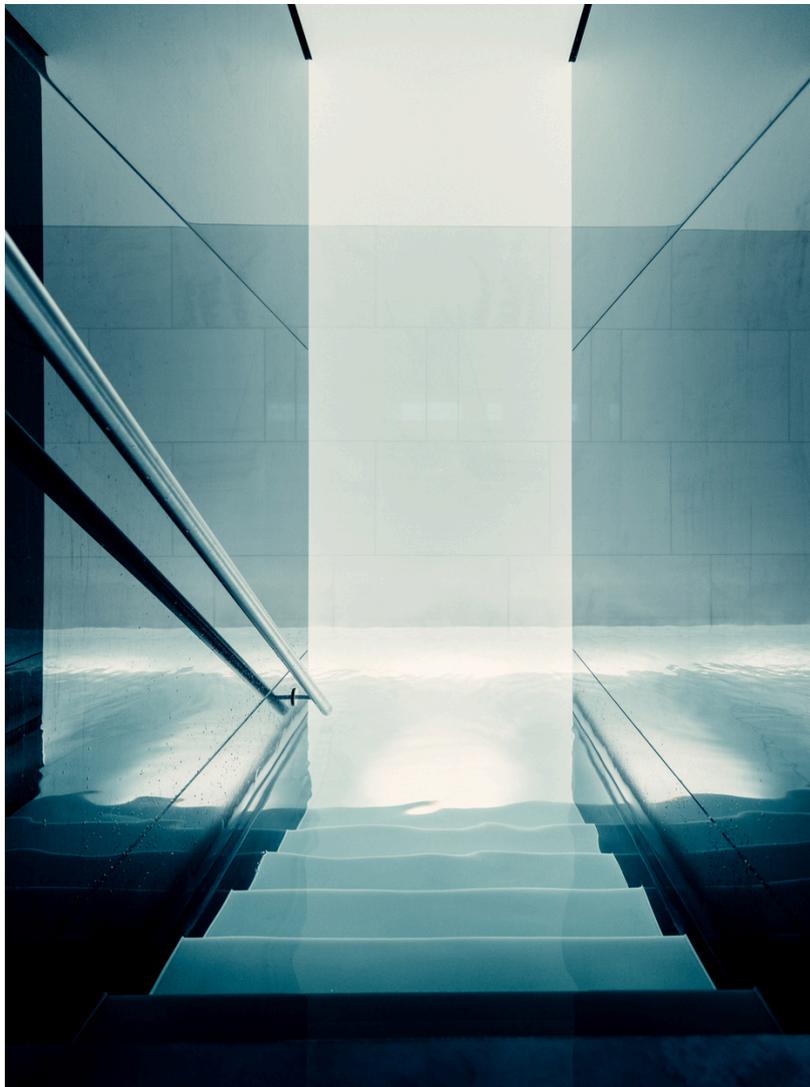
## Rigi-Massage\*\*

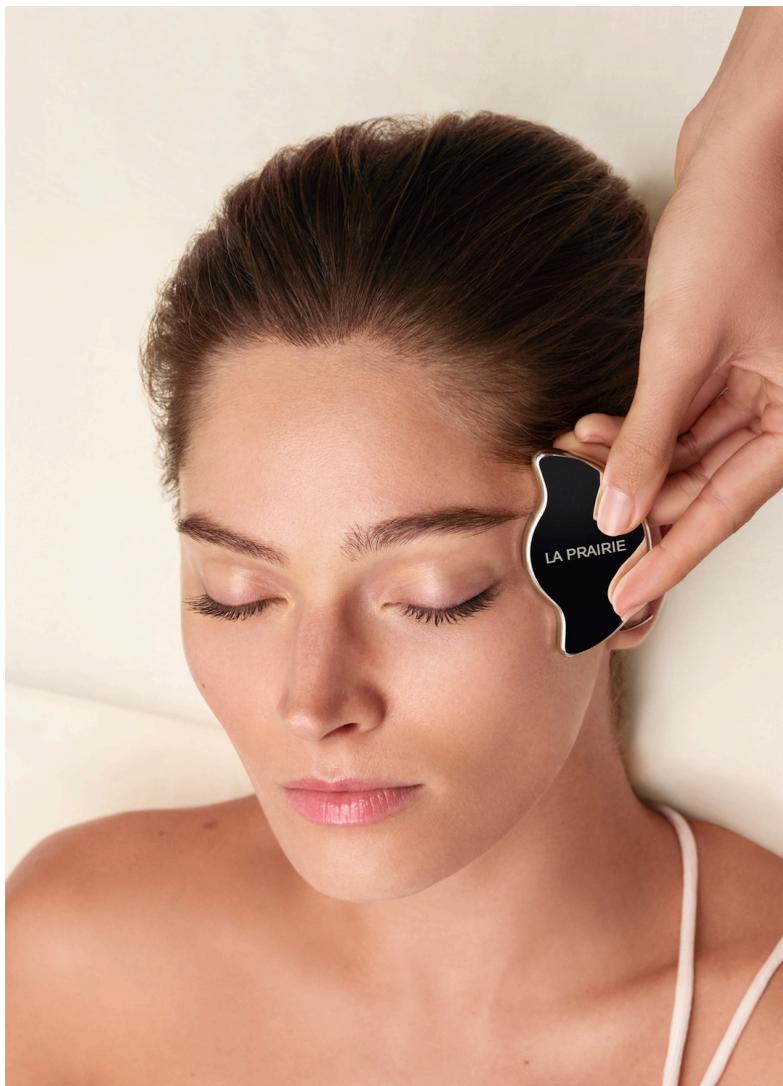
Warm stones and healing oils create a whole new level of relaxation through skilled techniques. A journey to inner peace and tranquility.

**80 min. CHF 310**

\*Also available as a couple massage | surcharge: CHF 10 per person

\*\*The warmth is particularly beneficial for tense areas.





# LA PRAIRIE

SWITZERLAND

La Prairie is a leader in the world of premium skincare and a pioneer in cutting-edge cellular science. The skincare House elevates science to an art, pushing the boundaries of innovation with rare, precious and potent ingredients. Headquartered in Zurich, Switzerland, and with a growing presence in over 70 countries worldwide, La Prairie has built a legacy of excellence since its inception in 1978, sharing a uniquely Swiss perspective that combines audacious innovation with Swiss precision. The house looks to the future with fresh eyes, continually seeking out ways to combine dynamic growth with mindful, entrepreneurial and accountable business practices. La Prairie actively partners with environmental initiatives to support biodiversity and conservation efforts. Embark on a timeless beauty journey at [laprairie.com](http://laprairie.com).

# Body Treatments

LA PRAIRIE  
SWITZERLAND

## Body Scrub

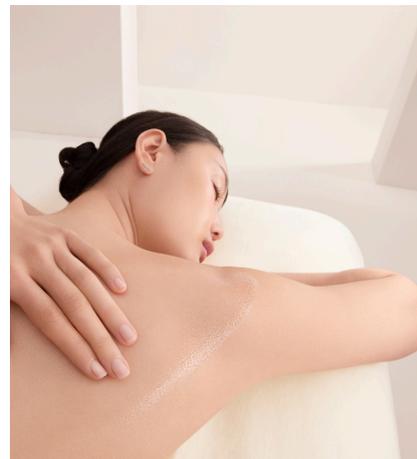
The Refining Body Exfoliation (45 minutes) refines and polishes skin using La Prairie's sea salt exfoliator and body massage oil, exclusive to our treatment rooms. The skin of legs, back, arms, abdomen and décolleté is refined, its texture fully rejuvenated. This treatment is the perfect complement to a full body massage for the ultimate body rejuvenating experience.

**45 min. CHF 175**

## Lifting & Firming Body Treatment

This luxurious treatment begins with the Swiss breathing technique to calm the mind and prepare the body. As the full-body application of the HydraLifting Firming Mask deeply nourishes and tightens the skin, you will enjoy a soothing scalp massage to create an overall sense of calm and well-being. Your skin will feel firm, radiant, and rejuvenated.

**50 min. CHF 275**



## Detox Body Treatment

The detoxification process begins with the full-body use of an Ayurvedic kansa wand paired with carefully selected essential oils to stimulate circulation, release toxins, and balance energy. This is followed by a full-body massage, blending the slow, restorative strokes of Esalen techniques, gentle lymphatic drainage, and deep tissue methods to relax muscles and rejuvenate the body. The treatment concludes with the application of a nourishing body lotion, leaving your body purified, your muscles soothed, and your energy renewed.

**50 min. CHF 330 | 80 min. CHF 380**

## Signature Body Treatment

Exclusively created for Park Hotel Vitznau

The treatment begins with a personalised aromatherapy breathing ritual according to your preference. The skin is smoothed and revitalised with a deep La Prairie sea salt exfoliation, and rejuvenated through a full-body massage blending the slow, restorative strokes of Esalen techniques, gentle lymphatic drainage, and muscle-soothing deep tissue methods for ultimate relaxation. A nourishing body lotion concludes the treatment, leaving your skin glowing and your senses renewed.

**90 min. CHF 365**

(body scrub 40 mins + 50 mins body massage)

# Facial Treatments

LA PRAIRIE  
SWITZERLAND

## Signature Treatments by La Prairie

Exclusively created for Park Hotel Vitznau

### Signature Facial by La Prairie

Designed to meet your skin's unique needs, this treatment combines personalized massage techniques to enhance rejuvenation, leaving your skin radiant, firm, and glowing. Inspired by the timeless elegance of Park Hotel Vitznau, this luxurious experience is the ultimate beauty indulgence—elevated by bespoke La Prairie products and carefully selected face and eye massage tools.

**60 min. CHF 350 | 90 min. CHF 400**

### Signature Gentleman's Facial by La Prairie

An essential focus for men's skin: this treatment cleanses, hydrates, and revitalizes while specialized massage techniques and bespoke La Prairie products refresh and rejuvenate the eye area. Carefully selected tools enhance the effect, leaving you looking visibly refreshed. Experience the perfect balance of relaxation and precision.

**60 min. CHF 320 | 90 min. CHF 370**



### Phenomenal Glass Skin Facial

Experience the next level of coveted glass skin with a 60/90 min ritual, enriched with powerful illuminating antiaging molecules to reduce dullness and even out skin tone. This treatment includes the benefits of cryotherapy and lymphatic drainage massage techniques, which support your body's natural collagen and elastin production, and promote detoxification and skin repair. The result is smoother, plumper skin with a firmer texture that reflects light more effectively, leaving you with a glowing, refreshed complexion

**60 min. CHF 370 | 90 min. CHF 420**





# Facial Treatments

LA PRAIRIE  
SWITZERLAND

## Uplifting Contour & Sculpt Facial

The Skin Caviar skincare creations contain unparalleled lifting and firming potency. United with the power of the fingertip lifting massage, signature La Prairie gestures and sculpting stones, this 60/90-minute skincare ceremony profoundly improves the appearance of elasticity and tone. Skin appears firmed and lifted and facial contours enhanced.

**60 min. CHF 330 | 90 min. CHF 380**

## Purest Radiance Enhancing Facial

Indulge in a skincare ritual featuring Kobido inspired massage techniques that boost facial microcirculation, enhance radiance, and stimulate natural collagen production. This treatment effectively reduces wrinkles and fine lines, plumps the skin, and eliminates toxins. This ritual renews and replenishes the skin, instantly revitalizing your appearance.

**60 min. CHF 400 | 90 min. CHF 450**



## Elevated Rejuvenating Facial

Over the course of 90 or 120 minutes, the skin undergoes remarkable rejuvenation through the Platinum-Enriched formulations that initiate the transformation. La Prairie's unique signature massage techniques, cryotherapy and sculpting stones, restore firmness, elasticity, volume and moisture levels. By the end of this indulgent experience, your skin's youthful radiance is significantly enhanced, its texture is refined, and the overall rejuvenation process is boosted, effectively reversing all visible signs of aging.

**90 min. CHF 500 | 120 min. CHF 505**

## Tailored Cellular Reset Facial

La Prairie masters the art of amplifying skin's youth longevity by extending cellular health span. An in-depth skin analysis paves the way for a bespoke product selection tailored specifically to your skin needs. Personalised massage gestures for each area of the face amplify the transformative benefits of each selected product, offering an experience unique to you. Using products designed to strengthen the skin, increase collagen level and densify tissue. Firmness, elasticity and skin volume improve, creating a measurable and perceivable re-plumping effect.

**120 min. CHF 800**



## RECHARGE YOUR ENERGY

### Your Sanctuary on the Shores of Lake Lucerne

The sunbathing lawn at Park Hotel Vitznau, separated from the rest of the hotel by a charming stream, offers you a peaceful retreat right by Lake Lucerne. Relax on comfortable loungers, take in the breathtaking views of the surrounding Alps, and enjoy direct access to the refreshing, crystal-clear lake for an invigorating swim. Our attentive team is always on hand to make your stay even more special.



# Additional Treatments

## Prenatal Massages

### Relaxation for Expectant Mothers\*

A gentle and relaxing combination of head, neck, and shoulder massage.

**30 min. CHF 135**

### Harmony for Expectant Mothers\*

A soothing massage for the lower legs and soles of the feet. Provides relief for heavy legs and water retention, and reduces swelling in the legs.

**30 min. CHF 135**



## Kids Spa

### Chocolate Massage for Children\*\*

(Ages 3-11)

This massage allows children to enjoy chocolate without consuming it, yet it still stimulates happiness hormones just like eating it would. A nourishing, calming, and soothing massage with warm chocolate. Reduces tension, aggressive behavior, and helps with falling and staying asleep.

**25 min. CHF 105**

### Aroma Massage for Children\*\*

(Ages 6-11)

A gentle massage with wonderfully fragrant aromatic oil. Improves concentration, supports the immune system, and promotes deep and restful sleep.

**25 min. CHF 105**

### Happy Feet & Happy Hands\*\*

(Ages 3-11)

Nail care with colorful nail polish.

**45 Min. CHF 110**

\*Massages for expectant mothers during pregnancy from the fourth month to the ninth month.

\*\*Children aged 3-11 years must be accompanied by their parents.  
Children's treatments can only be booked between 10:00 AM - 3:00 PM.





# Additional Treatments

## For Hands and Feet

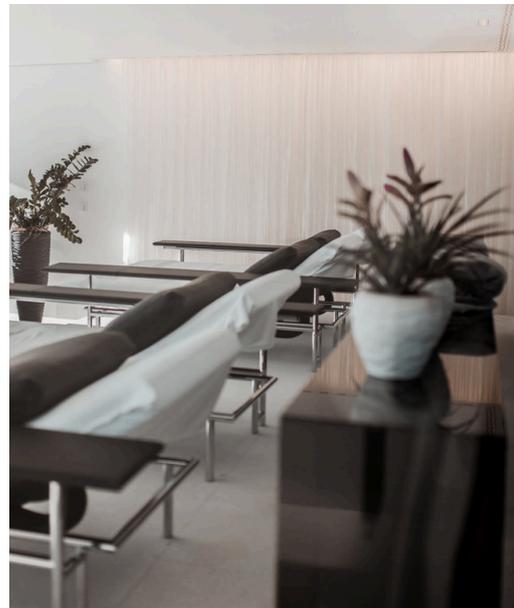
Cosmetic Pedicure without Polish **50 Min. CHF 120**  
*Careful nail care*

Cosmetic Manicure with Polish **80 Min. CHF 170**  
*Careful nail care including standard polish*

Nail Polish Application **30 Min. CHF 50**

Cosmetic Pedicure without Polish **50 Min. CHF 130**  
*Careful foot & nail care*

Cosmetic Pedicure with Polish **80 Min. CHF 180**  
*Careful foot & nail care including standard polish*



## Facial Treatments

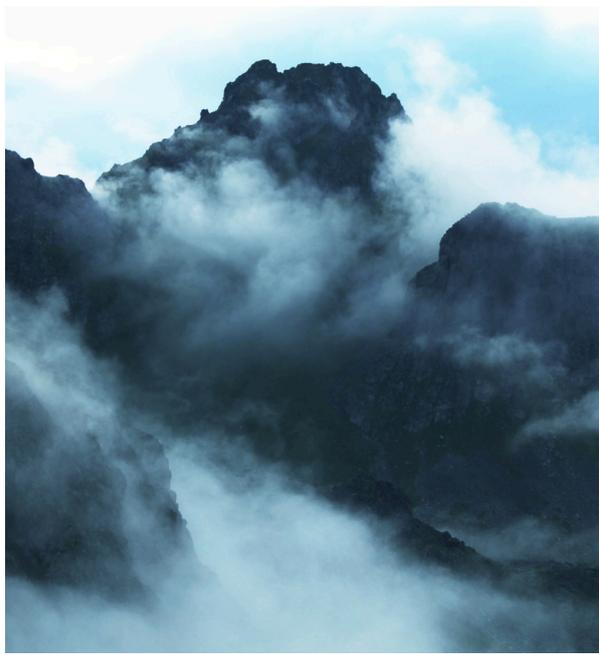
Eyebrow shaping **25 Min. CHF 35**  
Eyelash or eyebrow tinting **30 Min. CHF 55**  
Eyelash and eyebrow tinting **45 Min. CHF 90**

## Depilation with warm wax

Armpits **30 Min. CHF 55**  
Half leg **40 Min. CHF 90**  
Full leg **60 Min. CHF 120**  
Bikini line **30 Min. CHF 80**  
Arms **40 Min. CHF 90**  
Chest or back **45 Min. CHF 100**  
Upper lip **20 Min. CHF 40**

## Hairdresser

Only on request, depending on availability



## Personal Training

Would you like personalized guidance?

Our partners will be happy to help you design a custom-made programme tailored to your needs and goals.

## Fitness & Movement Your Personalized Training with a View

Bring body and mind into harmony and experience top-level fitness at Park Hotel Vitznau. Our exclusive fitness area offers state-of-the-art Technogym equipment for your personal workout – from treadmills and steppers to recumbent bikes. Enhance your training with free weights, medicine balls, and functional exercises to specifically improve your strength, endurance, and flexibility.

Enjoy the inspiring view during your workout and stay motivated with our smart audio-video entertainment system.





## PRIVATE SPA SUITE

### Exclusive Wellness Experience for Two

An Oasis to Unwind, Relax, and Indulge –  
Just for You and Your Companion.

Experience uninterrupted moments for two in our Private Spa Suite. Escape the everyday and lose track of time for a while – your exclusive private spa is equipped with a sauna, steam bath, whirlpool, and two massage loungers. Whether with or without a massage, enjoy the soothing atmosphere.

### Prices:

Two hours in our wellness oasis for CHF 400.

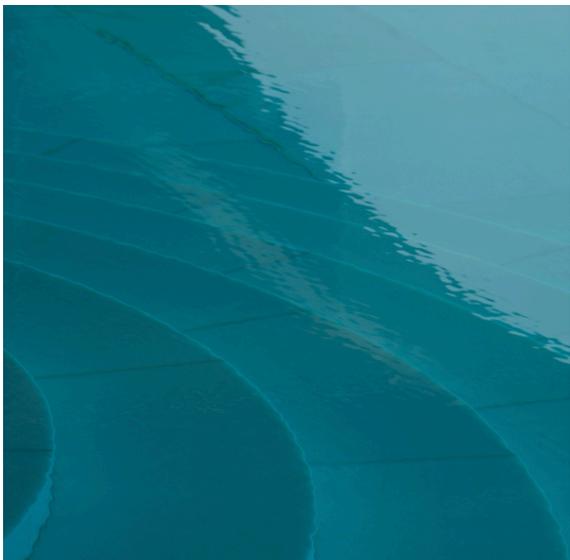
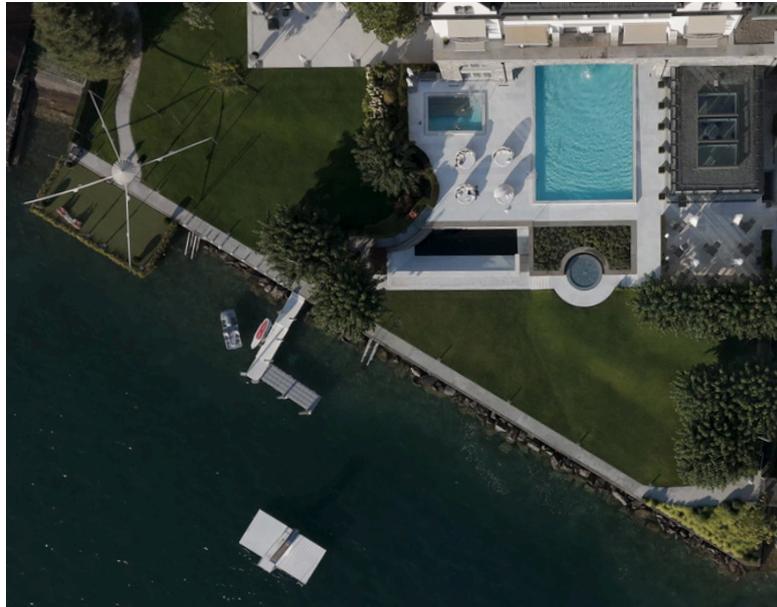
If time flies too fast, extend your stay for  
CHF 150 per additional hour.

# Opening Hours & Reservation

You are welcome to use our spa around the clock. The spa is available to you without prior reservation at the following times:

<b>Pool</b>	daily 07.00 am - 09:00 pm
<b>Treatments</b>	daily 10.00 am - 07:00 pm
<b>Fitness Room</b>	daily 24 hours
<b>Saunas</b>	Mon-Fri 03:00 pm - 09:00 pm Sat-Sun 07:00 am -09:00 pm
<b>Hairdresser</b>	On request

Our spa area is also available upon request outside of opening hours.



## Contact

Our team will be happy to help you at any time. Send us a message by e-mail or give us a call. We look forward to hearing from you!

e-mail: [info@parkhotel-vitznau.ch](mailto:info@parkhotel-vitznau.ch)  
Phone: +41 (0)41 399 60 60

# Spa Etiquette

## Appointment Booking

We recommend booking your appointments before your arrival to ensure we can accommodate your preferences. On-site reservations are possible depending on availability. All treatments start and end on time to ensure a smooth experience for all guests.

## Medical Precautions

Please inform our spa team if you have high blood pressure, heart conditions, or any other health concerns. Also, let us know if you are pregnant so that we can recommend suitable treatments. In this case, we kindly ask you to consult your doctor before visiting the spa.

## Attire in the Spa and Fitness Area

We recommend wearing underwear or swimwear under your bathrobe during treatments. Disposable underwear is available upon request for both men and women. Our staff will ensure appropriate coverage during your treatment. The fitness area may only be used with sports shoes. The mixed sauna zone can be accessed nude, while swimwear is required in the pool area.

## Infinity Outdoor Pool

Our outdoor pool has a depth of 1.35 m and is therefore not suitable for diving or jumping.

## Children

We kindly ask that children always behave respectfully towards other guests. Children under the age of 14 are not permitted to use the lower sauna level or the fitness area. Parents are responsible for their children.

## Cancellation Policy

For confirmed appointments canceled less than 24 hours before the treatment, the full price will be charged. In case of a delay, your treatment time will be shortened accordingly, while the cost remains unchanged.

## Atmosphere

To maintain a peaceful spa environment, we kindly ask you to turn off mobile phones and other electronic devices. The entire spa and wellness area is a smoke-free zone.





PARK HOTEL  
VITZNAU

HEALTH & WEALTH RESIDENCE