

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.

Outdoor whirlpool

Outdoor whirlpool with bubble loungers and a waterfall.

Indoor whirlpool

Enjoy absolute relaxation in our indoor whirlpool.

SUN MEADOW®

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

Kneipp foot bath

To reinvigorate tired and heavy feet and legs.

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 detoxifies the body and skin.

Ice grotto -10°C

Plunge pool 14°C

After the sauna, submerge yourself in cold water.

Tepidarium 37°C

Relax and unwind on the heated loungers in our tepidarium.

Relaxation room

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

La Prairie



Beauty Express Facial

Perfection in less than an hour! Designed for men and women on the run, this facial immerses you in a beautiful «bubble». A cranial massage improves circulation and gives you a feeling of wonderful renewal, relaxation and radiance. Letting you look your very best when facing another hectic day or for a special night on the town.

45 min. CHF 180

Signature Facial

Our expert aesthetician will discuss with you your skincare needs and then analyze and perform an exquisite facial to achieve the highest results. Whether you are in need of the most dramatic results for dehydrated, stressed and fatigued skin or if you are looking to smooth out fine lines and wrinkles, each product will be hand-picked to target your main concerns, allowing the skin to glow brighter leaving you with a younger and healthier looking complexion.

60 min. CHF 220

90 min. CHF 300

Man's Facial

Anti-aging facial treatment for the discerning man who wants to treat himself with a skin regeneration. Effective ingredients from La Prairie and concentrating on possible signs of tiredness, environmental pollution or stress gives the skin new energy.

60 min. CHF 230

Ultimative Pure Gold Radiance Facial

La Prairie's gold standard for anti-aging. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly revitalize and perfect the skin. Gentle heat helps to enhance the penetration of precious Pure Gold serum, leaving the skin looking smooth, radiant and vibrantly alive.

90 min. CHF 320

Ultimative Caviar Lift Facial

Pure luxury that instantly lifts and firms skin, giving it a more perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the dullest complexions into radiant, luminous skin. A lifting and firming, results-driven treatment, for all skin types, providing rich hydration, essential nutrients and nourishment, leaving the skin firmed, toned and silky soft.

90 min. CHF 320

La Prairie



White Caviar Brightening and Firming Facial

Elegance and efficacy combined, this facial promotes an even skin tone by helping to prevent discoloration and brightening the skin. With the added benefit of the Golden Caviar extracts the skin is visibly firmer and more hydrated. Providing a more illuminated, smoother skin that enhances the complexion.

90 min. CHF 320

Ultimative Platinum Rejuvenation Facial

A new intensive facial treatment from La Prairie, inspired by the rarest and most precious resource in the world – Platinum. Highly effective peptides with platinum support the rejuvenation processes, improve natural elasticity of the skin and promote skin renewal. Luxury for your skin with ultimate skin rejuvenation effect.

90 min. CHF 350

Teen's Facial (12-16 ans)

Deep cleansing treatment especially for teen's skin. Calming ingredients bring the skin back into balance. Gentle cleansing, peeling, removal of skin imperfections, soothing mask, care tips.

50 min. CHF 160

Swiss Bliss Face and body treatment

A three-hour «dream» experience that suspends time! This special program simultaneously «work» the entire body – from scalp to toes. The unique treatment methods perfectly developed for face and body draw on the principles of La Prairie's legendary lifting and firming phenomenon, the iconic Skin Caviar.

180 min. CHF 420

Caviar body treatment

Luxurious caviar – nature's most exquisite bounty – is the source of this exclusive nourishing and energizing total body massage. This ultimate lifting and firming treatment leaves skin shimmering with renewed vitality, improved elasticity and an overall sense of well-being.

90 min. CHF 265

Wellness massages

Foot ritual

Reinvigorate tired feet with a foot bath, exfoliation and foot and leg massage; the perfect preparation for other treatments.

25 min. CHF 120

Head massage

Massage and stimulation of targeted areas of the head to relieve tension in the back and neck areas.

25 min. CHF 120

Back and neck massage *

The perfect massage for relaxation of the back, shoulders and neck.

25 min. CHF 120 / *CHF 130

Classical full body massage *

Targets the deeper muscles and problem areas, loosening, releasing and relaxing them, increasing overall wellbeing.

50 min. CHF 200 / *CHF 210

80 min. CHF 280 / *CHF 290

Aroma oil massage *

A soothing combination of classical massage techniques combined with the therapeutic effects of essential oils creates a holistic and harmonious balance of body, spirit and mind.

50 min. CHF 220 / *CHF 230

80 min. CHF 300 / *CHF 310

Rigi massage **

Warm stones, healing marmot oil or alternatively almond oil and skilful hand movements will lead you to a new level of relaxation.

50 min. CHF 220

80 min. CHF 300

Herbal stamp massage **

Fine herbal aromas envelope the senses. Warm herbal stamp pads are applied in a gentle circular motion, exfoliating and massaging at the same time; nourishing herbal oils are released onto the skin while the muscles relax.

50 min. CHF 220

80 min. CHF 300

* Also available as couple massage.

** The warmth is of particular benefit to areas of tension.

Special treatments

Facial treatments

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

Body exfoliation*

Sea salt and oil exfoliation	30 min.	CHF	120
<i>Sea salt crystals are used to refine and smooth your skin</i>			

**Relax and enjoy this full body skin care treatment – a great way to prepare for other treatments and massages.*

Hairdresser

Only on request, depending on availability

For hands and feet

Manicure	50 min.	CHF	120
Cosmetic pedicure	50 min.	CHF	130
Spa manicure	60 min.	CHF	160
<i>with exfoliation, serum and massage</i>			
Spa pedicure	60 min.	CHF	170
<i>with exfoliation, mask and massage</i>			
Infinite Shine OPI	30 min.	CHF	50
French polish	45 min.	CHF	60

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

Kid's Wellness World

Chocolate massage for children * **(3-11 years)**

This massage lets the children enjoy chocolate without consuming it, but the happiness hormones are still stimulated just like when they are consumed. Caring, calming and soothing massage with warm chocolate. Reduces tension, aggressive behavior, reduces problems falling asleep and staying asleep.

25 min. CHF 95

Aroma massage for children * **(6-11 years)**

A gentle massage with wonderfully fragrant aromatic oil. Improves the ability to concentrate, supports the immune system and promotes deep and peaceful sleep.

25 min. CHF 95

The Little Princess / The Little Prince * **(3-11 years)**

Facial treatment for very young skin, ideal for irritated and sensitive skin. Soothes and supports the skin's barrier function. Gentle cleansing, relaxing facial massage, nourishing children's mask.

30 min. CHF 105

Happy Feet / Happy Hands * **(3-11 years)**

Nail care with colored nail polish.

30 min. CHF 105

Teenage Facial **(12-16 years)**

Deep cleansing treatment specially designed for teenage skin. Soothing and balancing care products bring the skin back into balance. Gentle cleansing, peeling, removal of skin impurities, soothing mask, care tips.

50 min. CHF 160

** Children from 3-11 years accompanied by their parents.
Children's treatments can only be booked
between 10.00 h and 15.00 h.*

Prenatal massages

Relax for expectant mothers (from 4 to 9 months)

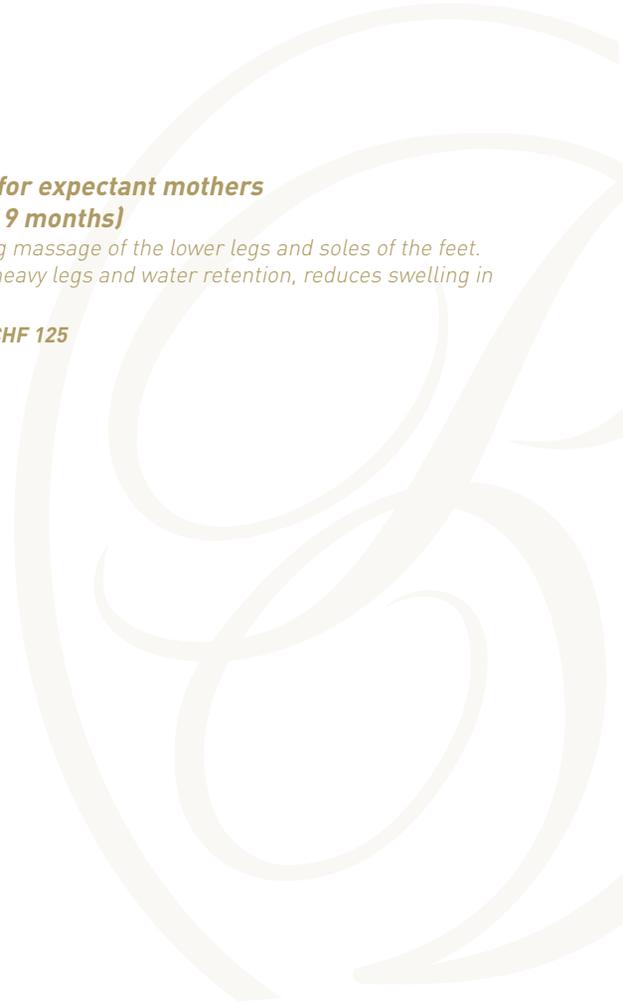
*A gentle and relaxing combination of
head-neck-shoulder massage.*

30 min. CHF 125

Harmony for expectant mothers (from 4 to 9 months)

*A soothing massage of the lower legs and soles of the feet.
Relieves heavy legs and water retention, reduces swelling in
the legs.*

30 min. CHF 125



Spa packages

Pre-wedding

CHF 440 per person

- Full body massage (50 min.)
- Pedicure or manicure (with nail polish)
- Express facial (45 min.)

Ladies Day

CHF 345 per person

- Cocktail or a glass of champagne
- La Prairie Signature facial
- Manicure or pedicure (with nail polish)
- La Prairie gift

After-wedding

CHF 510 per person

- Ultimate Pure Gold Radiance facial (90 min.)
- Pedicure or manicure (without nail polish)
- Herbal stamp massage (50 min.)

Men Day

CHF 455 per person

- Cocktail or a glass of champagne
- Full body massage (50 min.)
- Manicure or pedicure
- Men's facial

Private Spa Suite

CHF 400 (two hours)

CHF 150 (per additional hour)

- Refreshments in the Suite
- Sauna
- Steam bath
- Whirlpool

Spa etiquette

Making appointments

We recommend that you make your appointments before you arrive at the hotel, in order to avoid disappointment. Reservations made after arrival are subject to availability. Treatments begin and end punctually according to the specified times, to avoid inconveniencing subsequent guests.

Medical precautions

Please inform our spa team if you suffer from high blood pressure, heart disease or any other physical ailments. Please also let us know if you are pregnant, so that we can recommend the most suitable treatments for you. It is also advisable to discuss possible treatments with your doctor in advance.

Clothing in the spa and gym

We recommend that you wear underwear or a swimsuit underneath your bathrobe. We also offer men's and women's disposable underwear. Our employees ensure that you are sufficiently covered during the treatments. Guests must wear sports shoes in the gym. Clothing is not compulsory but may be worn in the mixed sauna area; however, guests are required to wear swimsuits in the pool area.

Infinity outdoor pool

Our outdoor pool is only 1.35m deep and therefore not suitable for diving or jumping in.

Children

Please ensure that your children behave considerately towards other guests. Children under 14 years of age are not allowed to use the lower sauna area, nor the gym. Parents are responsible for their children at all times.

Cancellation policy

Please note that treatment appointments cancelled less than 24 hours in advance incur the full cost of the treatment. If you are late to your appointment, the treatment time will be reduced, but the cost will remain the same.

Atmosphere

Please switch off your mobile phone and all other electronic devices to help maintain disturbing the spa's relaxing atmosphere. Please also remember that smoking is not permitted anywhere in the spa complex.

