



# 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 Gesichtsbehandlung**

*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 duller 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 300**

# 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

<i>Eyebrow shaping</i>	<b>25 min.</b>	<b>CHF 35</b>
<i>Eyelash or eyebrow tinting</i>	<b>30 min.</b>	<b>CHF 55</b>
<i>Eyelash and eyebrow tinting</i>	<b>45 min.</b>	<b>CHF 90</b>

## Body exfoliation\*

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

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

## Depilation with warm wax

<i>Armpits</i>	<b>30 min.</b>	<b>CHF 55</b>
<i>Half leg</i>	<b>40 min.</b>	<b>CHF 90</b>
<i>Full leg</i>	<b>60 min.</b>	<b>CHF 120</b>
<i>Bikini line</i>	<b>30 min.</b>	<b>CHF 80</b>
<i>Arms</i>	<b>40 min.</b>	<b>CHF 90</b>
<i>Chest or back</i>	<b>45 min.</b>	<b>CHF 100</b>
<i>Upper lip</i>	<b>20 min.</b>	<b>CHF 40</b>

# 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)***

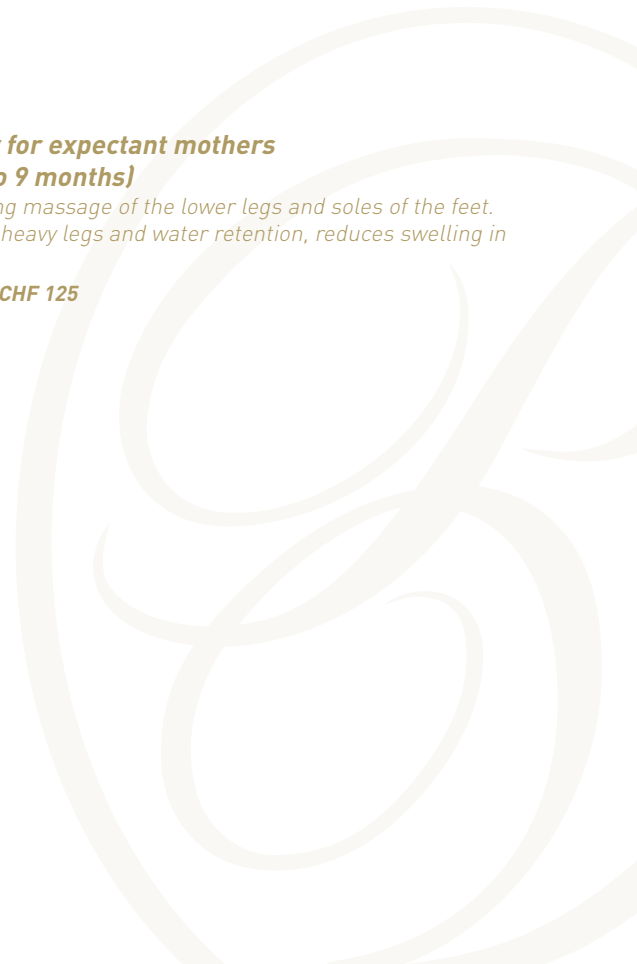
*A gentle and relaxing combination of  
head-neck-shoulder massage.*

**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.*

