

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.

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 90

Head massage

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

25 min. CHF 90

Back and neck massage *

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

25 min. CHF 90 / *CHF 100

Classical full body massage *

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

50 min. CHF 170 / *CHF 188

80 min. CHF 220 / *CHF 230

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 180 / *CHF 190

80 min. CHF 230 / *CHF 240

Rigi massage **

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

50 min. CHF 180

80 min. CHF 230

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 180

80 min. CHF 230

* 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	50
Eyelash and eyebrow tinting	45 min.	CHF	85

Body exfoliation*

Sea salt and oil exfoliation	30 min.	CHF	100
<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	80
Spa manicure	60 min.	CHF	120
<i>with exfoliation, serum and massage</i>			
Cosmetic pedicure	50 min.	CHF	90
Spa pedicure	60 min.	CHF	130
<i>with exfoliation, mask and massage</i>			
Nail polish OPI	30 min.	CHF	30
Infinite Shine OPI	30 min.	CHF	40
French polish	45 min.	CHF	50

Depilation with warm wax

Armpits	30 min.	CHF	45
Half leg	40 min.	CHF	70
Full leg	60 min.	CHF	100
Bikini line	30 min.	CHF	60
Arms	40 min.	CHF	70
Chest or back	45 min.	CHF	80
Upper lip	20 min.	CHF	30

Spa packages

Couple's Day

CHF 800 for 2 persons
(bookable for 2 persons)

- Cocktail or a glass of champagne
- Two aroma oil massages
- Use of the spa facilities
- Foodcredit CHF 100 per person

Mother & Daughter Day

CHF 600 per person

- Pick up at home – transfer within a radius of 50km
- La Prairie Signature facial
- Pedicure or manicure (with nail polish)
- Use of the spa facilities
- Foodcredit CHF 100 per person

Private Spa Suite

CHF 400 (two hours)
CHF 150 (per additional hour)

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

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

Men's Day

CHF 455 per person

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

Pre-wedding

CHF 440 per person

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

After-wedding

CHF 510 per person

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

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.

