

WELLNESS MENU

SPA GUIDELINES

The Spa is located on the 1st floor.

Reservations

For any reservation or information on treatments, retreats, products or gift vouchers, you can contact the front-desk, check our website or contact the Spa directly:

Tel : + 41 (0)27 472 20 00 - Email: hotel@lsda.ch

Spa Opening Hours 7/7

Treatments: From 9am to 7 pm

Indoor & Outdoor pool, sauna, hammam and fitness: 7 am - 8 pm

Dress Code

Hotel guests: we suggest to use the bathrobes and slippers provided in your rooms

External guest: we provide bathrobe, slippers, towels and a locker for you.

We kindly request our guests to wear a swim suit in all spa areas.

Environment

The Spa is a place of peace, regeneration and relaxation. Please respect the privacy and peace of the other guests. The spa is a mobile phone, camera, and smoke free zone.

Age Requirement

Spa treatments are reserved for guests above 18 years old; below this age the person should be accompanied by an adult. We offer specific treatments for children aged 3 to 12.

Spa Policy

We strive to give you our very best in order to enhance your spa experience with us.

We adhere to certain policies for your own benefit, and create a harmonious environment where our therapists can focus on your needs.

We know you will have a pleasant experience with us as we aspire to exceed your expectations!

Arrival

We suggest that you arrive 10 minutes prior to your treatment.

You can prepare your skin doing a Hammam session before your treatment.

In case of a delayed arrival, your time will be limited, reducing the effectiveness and pleasure of the treatment;

we will try to accommodate your full appointment, providing that the next guest appointment won't be affected.

Your requested service will be fully charged. In the eventual case of non-arrival, the full treatment price will be charged.

ShivaAnanda® Exclusives

By appointment only, with Master Anand M. Kambli

“Nadatmakam Jagat” The whole universe is Vibration

🕉️ **One-to-One Consultation with Master Anand M. Kambli :**

A full analysis of your Energy System, the state of your emotional, mental and physical Health; will help you clarify the obstacles that prevent you to improve your health, it's reasons and remedies.

***For Hotel guests & External guests**

🕉️ **Master Kambli 2'500 yrs Old Spinal Cord Therapy:**

This unique technique practiced only by Master Kambli, combines the teachings of his Masters to heal dead tissues, restore organ function as well as working in a deep level of the brain, the vertebrae, nerves while balancing the spinal cord.

***For Hotel guests & External guests**

🕉️ **ShivaAnanda Health Retreats :**

A unique experience to bring you back to balance. Years of inadequate nutrition, of chronic pain, insomnia, digestive problems etc, all your emotional and physical imbalances will be addressed in this exclusive experience guided by Master Anand M. Kambli.

Choose between 3 or 5 days retreat. - Check our yearly dates at the Front Desk or in our website.

🕉️ **Ananda Meditation**

Small Groups (from 5 to 10 people): be guided in this simple Himalayan Tradition of Meditation by Master Kambli, for all people with or without experience. Learn to meditate to lead a peaceful life, balance in your mind, body and emotions.



Our Exclusive Brands

For The Benefit Of Your Mind & Body

ShivaAnanda®

Himalayan Tradition

By Master Anand M. Kambli

ShivaAnanda® has been created by Master Kambli to bring the wisdom of the Himalayan Masters to the world. Based on the ancient art of healing transmitted from Master to Disciple. Rooted in the most ancient traditions of the Indian continent and the one-to-one Master to Disciple knowledge legacy he received, our brand products are made to heal your body, sooth your emotions and free your mind.

At **Shivaananda®** nature and the cycle of the plants, flowers, roots, leaves and their growing process are the pillars of our creations.

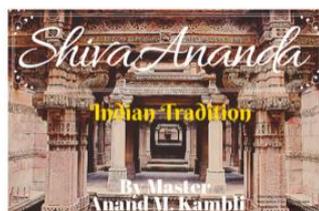
We offer our gratitude to the Mother Nature for its healing power, and her service to us.

Biologique Recherche

Biologique Recherche Methodology has earned a reputation for outstanding effectiveness based on its clinical approach. The overall approach to skin care, which sees the skin as being directly linked to all other organs in the body and Doctor Philippe Allouche's expertise

Nougatine

Nougatine Paris has succeeded in combining Care and Entertainment by using Chocodélice or Sensidouce; your child will ally softness of the skin and the pleasure of sweet candy fragrances! We adapted our care products so that they are for their tastes and their desires and so that they take pleasure in taking care of their skin.



ShivaAnanda® Health Therapies

Herbal Kizhi

Herbal pouch massage to reduce swelling on the joints, nerves,
Back and neck pain mainly; reduces fatigue and muscle stiffness.
Beneficial for rheumatoid arthritis.

60 MIN SFR 190.-
90MIN SFR 260.-

ShivaAnanda® Pain-Free Back

Deep cleanse of the back skin, and strong un-knotting work in the main back muscles,
with specific created oil for nerves, vertebrae and neck region.

45 MIN SFR 130.-

Peaceful Mind

Shoulders, neck & head massage with warm medicated oils.
Brings you calmness, peaceful sleep,
reduces stress, migraines, helps on hair growth and relaxes tired eyes.

30 MIN SFR 90.-

Feathery Legs - *1

Bring back the strength of your legs with this massage
combining different techniques & herbal formulas
improve circulation, reduce swelling in knees
and ankles allowing a feeling of lightness. Ideal after skiing, cycling or jet lag.

45 MIN SFR 130 .-

A Journey to India

A complete treatment for body, face and head,
that will bring you back into your natural rhythm, restore your sleep,
and enhance your digestive system. Pamper yourself from head to toe
with this ritual where all your senses will be activated by the power of fragrant herbs.

120 MIN SFR 420.-

The Prana Bath - *2

Immerse yourself into our Bath Tub after a full Indian massage,
relax inside the water with the aroma of the medicinal formula to destress your body while
floating in a warm bath.

30 MIN SFR 60.-

ShivaAnanda® Rose Salt Scrub - *3

This Salt Scrub from the Himalayas, rich in therapeutical minerals perfect for a body
detoxification.

Is enriched by the healing power and the mind smoothening effect of the Himalayan Rose.
Feel the purity of your body & restore your inner peace.
Follow by a massage with pure coconut Indian oil to nourish and refresh the skin.

60 MIN SFR 160.-

ShivaAnanda® Rejuvenation Scrub - *3

Indian Herbal mix to improve your blood circulation,
detoxify your lymphatic system and clean the dead skin. Tonifies and stimulates the metabolism.

30MIN SFR 90.-

ShivaAnanda® skin Cure

Medicated herbal powder massage, stimulates the circulation system, cleanses the skin,
burns the accumulated fat and improves orange peel effect.

60 MIN SFR 160.-

Add-on 1 : Prana bath

Add-on 2 & 3 : Any Full body massage

choice

Classic Body Treatments

Abhyanga body massage

60MIN SFR 180.-

90MIN SFR 230.-

This massage is performed with warm medicated oils, chosen according to your needs, pain and complains. The blood and lymph circulation are activated, at the same time you will have a profound sense of comfort & serenity.

Relaxing Massage

30MIN SFR 85.-

60MIN SFR 150.-

A relaxing massage with ShivaAnanda® Indian flowers essence oils to unwind and increase well-being

90MIN SFR 190.-

Sports Massage

30MIN SFR 90.-

60MIN SFR 160.-

This classic massage includes stimulation of the muscle groups, effleurage, kneading and joint manipulation. It is the ideal treatment before and after sports activities.

Foot Reflexology

60MIN SFR 130.-

Reflexology or zone therapy improves organ and tissue function and revitalises the entire body.

Thaï foot Reflexology

60MIN SFR 135.-

Thaï reflexology opens up the energy channels (Thaï Sen), improves blood circulation, boosts the immune system, Reduces stress & improves sleep.

Nuad Boran – Thai Massage

60MIN SFR 160.-

90MIN SFR 190.-

Reawaken the body and mind with this energising treatment
Combining Thai massage techniques
With gentle stretching movements. Practiced on the floor.

Hot Stone

60MIN SFR 175.-

The Hot Stone massage is ideal for treating muscle tension and back pain, after sport. exercise or for improving general well-being.

Lymphatic Drainage Massage

60MIN SFR 120.-

90MIN SFR 155.-

A specific light & flowing technique stimulates the lymphatic system to drain toxic waste fluids,
Boosting the body's self-healing powers improving the immune system.

Mother Care

Pregnancy Massage

60MIN SFR 160.-

Massage during pregnancy is a wonderful complementary choice for prenatal care. Reduces stress and promotes overall wellness. Specific oil developed by ShivaAnanda® for pregnancy Used to relieve backaches, stiff neck, leg cramps, headaches and oedema (or swelling).

Pregnancy Recovery

60MIN SFR 160.-

90MIN SFR 190.-

Tonify skin, reduce stretch marks, boost energy, strengthen your muscle system.



Children Corner

- 3 to 12 years old -

ShivaAnanda® Growing Kids

30min Sfr 70.-

Gentle massage with medicated oil to improve bone structure and muscle growth in children. 6 to 13 years old.

Yummy Face Treatment

45min Sfr 95.-

Facial cleansing with cotton candy taste Chantimousse, Nourishing chocolate cream mask. Followed by a soft massage with the vanilla-strawberry flavoured SENSIDOUCE cream and lip hydration with the caramel lipstick Bisous.

Fairy Nails: Manicure for our young Princesses

30min Sfr 35.-

Hand massage using honey-vanilla scented Rêve d'Ange cream, nail filing and nail polish for beautiful and soft hands.



Facial Treatments

By ShivaAnanda®

Kaya Facial

60 MIN SFR 190.-

Clean, hydrate and rejuvenate your skin with this treatment based on a pure Indian herbal mask, followed by a face massage with the rich Indian Golden Almond oil. Perfect for dry weather, tired skin. Revives the brightness of your epidermis, relaxes the eyes and regenerates the eye contour. Includes neck and scalp massage.

Golden Facial

60 MIN SFR 190.-

A facial treatment to cleanse deeply your pores, stimulate the blood flow & restore the radiance of your skin with a final touch of pure Sandalwood powder. Followed by a face massage to revitalize. Includes neck and scalp massage.

Biologique Recherche®

Soin Oxygénant VIP O2

45min SFR 120.-

Recommended for devitalised, sluggish Skin Instants® of city dwellers, smokers & travellers or anyone who is lacking that certain glow, This is a luxurious oxygenating and balancing ritual that features our full VIPO2 range A perfect combination of micro-exfoliation, oxygenation and bio-energy massages for a moment of well-being that will oxygenate the epidermis, relax your features and leave you glowing with health.

Soin Restructurant et Lissant

60min SFR 195.-

A reconditioning treatment for the epidermis with an immediate re-plumping effect designed for all Skin Instants©. It has a draining action on your skin, and boost the repair capacity of damaged skin, leaving your face, neck and chest smooth and toned. The treatment is structured around three movements: smoothing, sculpting and pulsing.

Lipid Restoration Treatment

45min SFR 125.-

For Skin Instants© that are very deficient in lipids and very dehydrated. Ultra-hydrating, lipid replenishing, protective and restorative facial treatment. Visibly repairs, restructures and restores the epidermis.

Soin Cryo 3R

75min SFR 250.-

A combination treatment using Cryo sticks with a decongesting & regenerating action for mature & devitalized Skin Instants©. Ideal for eye bags, it leaves the skin on your face, neck and chest re-plumped, brightened and drained. Super regeneration and reconditioning booster treatment.

Body Treatment

Biologique Recherche®

Booster Slimming Cure with Glove

90min SFR 175

A slimming treatment combined with the benefits of aromatherapy. Visibly improves the appearance of cellulite, reduces the 'orange peel' effect, Activates drainage and circulation and leaves the skin more toned, smoother and firmer to the touch. Combined with stimulating massage techniques and specific products we can target different problems such as: Cellulite, water accumulation, lack of firmness and accumulated fat deposits.

Package Deals

<u>ShivaAnanda® Detox</u>		210min SFR 425.-
ShivaAnanda Rose Salt Scrub		
Herbal Kizhi Detox		
ShivaAnanda Skin Cure		
<u>Peaceful Pregnancy</u>	Ideal preparation for all mothers-to-be.	195min SFR 295.-
ShivaAnanda Pregnancy Massage		
Golden Facial		
Classic Manicure with nail polish		
<u>Reboost & Refresh</u>		240min SFR 490.-
A journey to India		
Classic Manicure		
Classic Pedicure		
<u>ShivaAnanda®</u>		210min SFR 425.-
ShivaAnanda® Pain-Free Back		
Herbal Kizhi Detox		

Beauty Lounge

Manicure-Pedicure

Classic Manicure	60min SFR 80.-
Nail filing, Cuticle, Peeling, Hand massage	
*Add Mask, Serum, Parafin	90min SFR 120.-
Classic Pedicure	60min SFR 80.-
Bath, Nail filing, Cuticle, Peeling, Foot massage	
*Add Mask, Parafin	90min SFR 120.-
Add On's	
Soak Off Gel Polish Removal	15min SFR 10.-
Nail Polish	30min SFR 20.-
Gel Nail Polish / French Nails	30min SFR 30.-
Eyelash and Eyebrow Tinting	30min SFR 55.-

Hair Removal with wax (dépilève)

Upper Lip*/Chin*	15min SFR 30.-
Ears-Nose/Eyebrows	15min SFR 30.-
Half – Legs	30min SFR 70.-
Full Legs	60min SFR 110.-
Classic Bikini*	15min SFR 50.-
Brazilian Bikini*	30min SFR 70.-
Bikini Total*	45min SFR 90.-
Chest/Back.	45min SFR 90.-
Underarms	15min SFR 30.-
Full - Arms	45min SFR 90.-
Half - Arms	30min SFR 70.-

***Only available for women**