

SPA MENU



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 9 am to 7 pm

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

Dress Code

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

External guests: 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.

Cancellation and No-Show Policy

Bookings cancelled less than 24 hours in advance, will be fully charged. In case of No-Show the booking will be fully charged.

A WHOLE WORLD TO DISCOVER

Our Exclusive Brands

For The Benefit of Your Mind & Body

Matterhorn® Swiss Mineral Cosmetic

- Signature treatments

Biologique Recherche

- Signature facial treatments
- Exclusive facial treatments
- Biologique Recherche® Body
- ADD-ON (can be associated with your treatment)

Special on request

Classic Body Treatments

ShivaAnanda® Health Therapies

By ShivaAnanda®

EvadéSens Cosmétiques®

Mother Care

Children Corner (3 to 12 years old)

Beauty Lounge

- Manicure-Pedicure
- Hair Removal with wax (dépilève)

Package Deals

« Sleep aid » treatments

« Relaxing legs » treatments

« Pain-free back » treatments

« Get back in shape » treatments

« Anti-stress » treatments

Scrub Selection

Wrap



Our Exclusive Brands

For The Benefit of Your Mind & Body

Matterhorn

From the deepest rocks of the Matterhorn, Swiss Mineral Cosmetics has successfully extracted a fine selection and preparation of active ingredients rich in minerals and trace elements with ancestral and essential skincare properties. This subtle and unprecedented blend of extremely fine rock particles, tougher than traditional exfoliants, encourages cell renewal.



Unique to Switzerland and recently discovered by the Swiss Mineral Cosmetics team, Thlaspi sylvium Gaudin grows exclusively in the vicinity of the Matterhorn. This Alpine plant, commonly known as "Matterhorn Pennywort", as yet unused in cosmetic products, is a real goldmine in terms of antioxidants, vital ingredients that help the skin to protect itself and slow down cellular ageing.

This duo, combined with Swiss glacier water, is supplemented by Alpine plant extracts recognised for their purifying, protective and antioxidant properties, such as the Arolla Pine, Edelweiss, Rhododendron and Watercress shoots.

Biologique Recherche

Biologist, Physiotherapist, Doctor: Yvan, Josette and Philippe Allouche have combined their know-how and passion to write a unique and visionary story in the world of cosmetic care. Forty years ago, when the laboratory was created, the company functioned as a research and development unit whose exclusive vocation was the formulation of products for professionals disappointed by existing products. Today, it is the combination of a clinical approach to beauty care, products that are pure, concentrated, almost raw, and original and rigorous protocols that have given the Biological Research Method its reputation for amazing effectiveness. The global approach to the skin, as an organ directly linked to all the others, and the expertise of Dr Philippe Allouche, now give a new vision to all the techniques specific to the brand. The international brand is present in over 70 countries.



Nougatine



Love of good food because...

Does your daughter prefer to play with dolls? Your son playing with toy cars? It's true that looking after your skin as a child is not really a priority. It's time for your little ones to take some time to look after their skin, and to enjoy it! NOUGATINE has managed to combine CARE and ENTERTAINMENT.

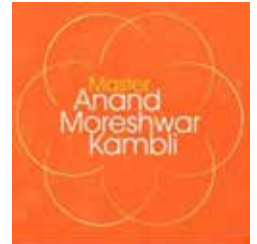
At NOUGATINE Paris, we understand how important it is to take care of oneself from childhood. Thanks to a range of gourmet products, this learning can now be done with pleasure. No constraints, by using Chocodélice or Sensidouce, your child will combine the softness of the skin with the pleasure of a sweet perfume. He can now «pamper» himself with vanilla, caramel, strawberry scents... all those flavours he loves so much!

We have adapted our natural skincare products to suit their tastes and desires, so that they can enjoy taking care of their skin.

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.

EvadéSens Cosmétiques

Excellence through innovation through our team of chemists and technicians, all specialised in cosmetic formulation and research & development, to offer you the finest care protocols.

Excellence through the integrity of our sales team who will be there to listen to you, help you and give you development solutions within your sales and care universe. Excellence through the creation of our marketing team and our designer who, together, bring to light a know-how on the different packagings, posters... which will transmit to you this dream of distant landscapes, exoticism and authenticity.

As the heir to a multiple know-how, it is with heart that I pass it on to you in the most beautiful of settings.

EvadéSens
COSMÉTIQUES

Phytomer

A spa expert for 50 years, Phytomer creates extraordinary treatments combining natural products and manual expertise. All Phytomer facial treatments and massages are designed to offer clients a holistic experience focused on well-being.

Phytomer is a family business on a human scale anchored in Brittany, in Saint-Malo. We are personally involved at each stage of the partnership to advise you and support your development. You can count on our excellent knowledge of the spa market, and on our operational experience with the management of several high-end spas.

PHYTOMER

Matterhorn® Swiss Mineral Cosmetic

Signature treatments

Matterhorn scrub

30min Chf 95.–

Matterhorn mineral scrub with alpine plants and Swiss glacier water.

Matterhorn body wrap

60min Chf 170.–

Swiss Mineral Cosmetics has taken care to gather the most beautiful crystals, for a sparkling treatment full of history. Let yourself be enveloped by the soft warmth of the cream and its minerals, for a marvellous moment of relaxation. Your body is now detoxified, we will purify it by delicately massaging the quartz on your skin..

Matterhorn Trip

90min Chf 265.–

Matterhorn mineral **scrub** with alpine plants and Swiss glacier water. Relaxing and moisturising **massage**, promotes blood circulation, stimulates the metabolism and circulation and relieves pain in the musculoskeletal system.

Matterhorn Herbal Massage

60min Chf 190.–

«MUSCULAR & ANTI-INFLAMMATORY OR RELAXING & MOISTURISING»

90min Chf 260.–

Alpine medicinal plants associated with the oily macerate of the Matterhorn stool massage to relieve muscular contractions and pain. Ideal before or after a sports session

Matterhorn Vispa hot stone massage

60min Chf 175.–

The Matter Vispa hot stone massage, which originates in the glaciers at the foot of the Matterhorn, offers a sense of release from stress and fatigue.

90min Chf 220.–

Matterhorn For Man

60min Chf 185.–

A treatment specially designed to meet the needs of men's skin; This treatment moisturises and gently wakes up even the most overworked skin.

Matterhorn for young Skin

60min Chf 175.–

A facial treatment specifically designed and adapted for teenage skin. The extremely fine granulometry of this subtle mixture of rocks will allow a deep detoxification. The extremely fine granulation of this subtle mixture of rocks will allow a deep detoxification, attenuate the roughness, the impurities and refine the grain of the skin.

Moisturizing Care Matterhorn

60min Chf 195.–

The ideal treatment to restore the skin's elasticity through intense rehydration. Protects against dryness while leaving your skin soft and extremely radiant.

Luxury Anti-aging Care Matterhorn

75min Chf 245.–

A luxurious and unique anti-ageing treatment for all skin types. Visibly reduces fine lines and gives your skin a boost of radiance.

Signature facial treatments

Booster Restructuring and Smoothing

A moisturizing and soothing effect thanks to hyaluronic acid, silk and royal jelly which is applied with unique soothing and sculpting pulsation techniques, a regulation booster for sensitive and stressed skin.

60min Chf 215.–

Oxygénant VIP O2

Oxygenates and detoxifies your skin. A balancing treatment to oxygenate the epidermis, relax your features and regain a splendid appearance.

45min Chf 165.–

60min Chf 190.–

Toleskin facial (for moments of very sensitive skin)

Specifically developed for skin that can no longer tolerate "classic" cosmetics, called intolerant. This soothing treatment will calm reactive skin, reduce sensitivity, itching and redness.

60min Chf 195.–

Booster MC 110 (collagen)

A treatment that blurs fine lines and wrinkles for sluggish Skin Instants®. The skin on your face, neck and décolleté is toned and redesigned.

75min Chf 250.–

P50 Exfoliating Face Mask (regenerates and renews your skin)

The P50 Exfoliating Mask is a brightening and unifying booster designed to smooth, unify, reduce pigmentation, soften the skin and restore a natural glow.

60min Chf 215.–

Fruit Acid Mask Treatment

An exfoliating and renovating treatment for wrinkled, dull and thick Skin Instants®. The skin on your face, neck and décolleté is smoothed and refined.

60min Chf 185.–

75min Chf 250.–

PIGM 400 Dark Spot Correcting Facial

Lightening treatment for pigment spots

PIGM 400 line designed to correct exciting pigment imperfections and prevent the appearance of new brown spots, boost radiance, purify and brighten the skin.

60min Chf 210.–

75min Chf 250.–

Biosensible Facial

Soothes and reduces skin inflammation. A treatment to stabilize particularly fragile and reactive Instants de Peau®. The skin on your face, neck and décolleté is brighter and soothed.

60min Chf 220.–

Sebo-rebalancing treatment

For more purified skin

A treatment to limit excess sebum and detoxify oily, acne-prone skin. The skin is purified, the pores are tightened.

65min Chf 190.–

Exclusive facial treatments

Second Skin Facial

90min Chf 310.–

Nourishes, heals and hydrates your skin

A real alternative to fillers, this exceptional anti-aging facial treatment visibly lifts and treats the signs of aging. Using sterile 80% electrospun hyaluronic acid patches, massaged into your skin until fully absorbed.

Cryo 3R Facial

75min Chf 265.–

Re-sculpts your face, reduces redness and eye bags

This treatment guarantees your skin a visibly smooth, plumped and radiant appearance, combining the powerful calming and draining properties of Cryo-Sticks with active ingredients.

Face & Body super Lift

180min Chf 550.–

Renew and exfoliate your skin using silica powder, combined with hyaluronic acid to hydrate, lift and smooth your face and body with techniques specific to Biological Research methodology.

Marine Biovector Treatment

90min Chf 295.–

Rich in marine trace elements to revitalize your skin. Thin sheets of algae extract, cut to size to adapt to the structure of your face, are applied and moistened with Eau oxygénée fluid. To optimize the effects of trace elements and marine minerals, a cold mask is applied underneath. Smoothed deep wrinkles, firmed facial contour, rejuvenated skin.

Booster VIP O² Man Treatment

45min Chf 165.–

60min Chf 195.–

With its unique formula which makes Biologique Recherche original, the P50 Face Lotion is the key to this oxygenating and refreshing ritual. Its application with light pressure allows gentle micro-exfoliation. After this initialization phase, the skin is ready to receive the VIP O² Oxygenating Mask placed on the face.

Biologique Recherche® Body

P50 Body Peeling

30min Chf 95.–

60min Chf 180.–

Leaves skin softer and hydrated

An exfoliating and renovating treatment. The skin on your body is softer, even and hydrated.

Seaweed detox

30min Chf 95.–

Seaweed slimming treatment

A purifying and detoxifying treatment. It promotes the elimination of toxins, excess water and fats.

Booster Slimming Treatment with glove

90min Chf 195.–

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.

Biologique Recherche® Body

Body Lift Treatment

90min Chf 295.–

Exfoliates, hydrates, firms and softens the skin

Use of silica powder to exfoliate and renew the skin, combined with hyaluronic acid with silk to hydrate, smooth and firm thanks to the unique CVS Lift Booster techniques. Your skin is luminous, firm and toned.

Light Legs Massage

30min Chf 145.–

Improves circulation, makes legs light and fresh

This recovery massage will stimulate your circulation with a draining and decongestant action. It makes you feel lighter and refreshed after a long journey.

ADD-ON · Options that can be associated with your treatment

Collagen Mask

15min Chf 110.–

Your skin will be extremely toned, smooth and refreshed. Recommended after peels, lasers or mesotherapy.

Mask PIGM 400

15min Chf 85.–

The PIGM 400 Mask acts as a real radiance booster. A high concentration of lightening active ingredients and antioxidants gives the skin more radiance and light.

Mask Toleskin (sensitive skin)

15min Chf 85.–

Toleskin mask is an essential ally against skin reactions. This mask calms redness, comforts, soothes and nourishes the skin.

Anti-Aging Eye Mask

15min Chf 65.–

Reduces puffy eyes and dark circles, minimizes wrinkles, provides an immediate and lasting rested appearance.

P50 Exfoliating Mask

15min Chf 65.–

The smoothing and unifying mask is formulated to help prevent skin aging and brighten the complexion.

Liftkiss Patch

15min Chf 65.–

Liftkiss is a smoothing and plumping lip treatment that intensely repairs damaged lips and gives volume to their contours for fuller lips.

Platysma Patch

15min Chf 65.–

With its unique shape and stretchy fabric adapted to the area under the chin, Platysma combines the benefits of an anti-gravity and anti-ptosis mask in a single gesture.

Mask green Caviar

15min Chf 65.–

Anti-wrinkle concentrate, to help restructure, redensify and tone.

Bamboo massage

60min Chf 190.–

Bamboo massages are beneficial in several aspects: they have the particularity of reducing the orange peel effect while draining and toning the epidermis. The use of bamboo has an anti-cellulite effect.

- A boost of energy and a reduction in stress
- A refined silhouette
- A thinning of the blood which alleviates our little everyday ailments
- Softening and softening of the skin

Kobido massage

30min Chf 95.–

60min Chf 190.–

KOBIDO is a facial massage technique of Japanese origin that works on the meridians as well as on acupuncture points. It helps rebalance the circulation of energy in the face and neck. This good distribution of energy is at the origin of the youthfulness of the skin.

- It fights against sagging skin
- It reduces the effects of stress
- It restores radiance to the skin, increases its elasticity, stimulates microcirculation
- It is an anti-stress thanks to deep relaxation
- It reduces the depth of the wrinkle

Access Bars

60min Chf 190.–

It is an energetic technique which allows us to release blockages, beliefs, conditions, thoughts, accumulated charges which are today useless and which limit us in our daily lives. It's the equivalent of cleaning our computer, an update that makes room for new possibilities in our lives.

- Reduces anxiety and stress
- Brings relaxation
- Soothes the mind
- Strengthens self-confidence
- Open to greater awareness
- More clarity
- Less judgment of self and others
- More harmonious relationships
- Open-mindedness
- Less pain

Scented Candle Massage

60min Chf 190.–

- Nourishing and moisturizing treatment for the skin
- Total relaxation in a fragrant atmosphere
- Anti-stress effect promoting sleep
- Relieves joint pain and contractures
- Improves blood circulation

Dien Chan – Facial Reflexology

30min Chf 95.–

60min Chf 175.–

Dien Chan or facial reflexology was created by Professor Bùi Quốc Châu from Ho Chi Minh City (Saigon) in Vietnam in 1980. Multi-reflexology - Dien Chan is a natural therapeutic technique practiced in the form of short sessions in which you can achieve almost immediate relief from pain and other discomfort. It has a wide field of application and offers excellent results in the treatment of migraines, digestive and circulatory systems, etc. It also obtains excellent results in the treatment of muscle and joint diseases as well as torticollis, cramps, lumbago, or sciatica. This is the original method of facial reflexology with several diagrams and a map of reflection points placed on the face. Thanks to its proximity to the brain, the natural self-regulation process is mobilized quickly

Fango application

30min Chf 95.–

This treatment consists of the application of volcanic mud and provides analgesic, decongestant and anti-inflammatory effects. It is highly recommended for muscle tension, arterial problems and rheumatism.

Classic Body Treatments

« Abhyanga » body massage

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.

60min Chf 180.–
90min Chf 230.–

Relaxing Massage

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

30min Chf 90.–
45min Chf 135.–
60min Chf 160.–
90min Chf 215.–

Sports Massage

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

30min Chf 95.–
60min Chf 175.–
90min Chf 250.–

Foot Reflexology

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

30min Chf 90.–
60min Chf 150.–

Thai foot Reflexology

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

30min Chf 90.–
60min Chf 150.–

Nuad Boran - Thai Massages

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

60min Chf 180.–
90min Chf 230.–

Hot Stone

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

60min Chf 175.–
90min Chf 225.–

Lymphatic Drainage Massage

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.

60min Chf 145.–
90min Chf 195.–

Anticellulite massage

Palpate and roll massage is a technique of paw movements, rolling and working on skin adhesions. It activates the blood and lymphatic circulation. Draining body oils will be applied with natural essential oils specifically designed for weight loss.

30min Chf 90.–
60min Chf 175.–

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.

60min Chf 190.–
90min Chf 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.

45min Chf 145.–

Peaceful Mind

Brings you calmness, peaceful sleep, reduces stress, migraines, helps on hair growth and relaxes tired eyes.

30min Chf 95.–

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.

45min Chf 145.–

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.

120min Chf 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.

30min Chf 90.–

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.

60min Chf 180.–

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 Chf 90.–

ShivaAnanda® Skin Cure

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

60min Chf 160.–

***Ajout 1 : Bain de Prana**

***Ajout 2 & 3 : Tout choix de massage du corps**

Kaya Facial

60min Chf 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

60min Chf 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.

EvadéSens Cosmétiques®

Hindus Secrets

120min Chf 365.–

Pistachio body scrub, Hindu treasure balm wrap, Abhyanga massage and a Hindu breath as body cream. The whole experience is punctuated by the scents of rose, jasmine and cardamon with the sweet orange. Spices and red mandarin, blood orange and cinnamon, or vanilla honey.

Gourmandise

120min Chf 365.–

Cane sugar scrub, honey wrap, massage with a choice of 3 natural perfume concentrates body milk.

Secrets of the Sahara

120min Chf 365.–

Recommended for people who want a deep and invigorating treatment, sportsmen and women, people who are tense and/or stressed and also for people with circulatory problems. Black sand scrub, delicious butter wrap, deep massage with oil gel, application of body milk, a milk mist or a golden veil glitter oil.

Rice treatment (face)

60min Chf 185.–

Ultra nourishing, deep regenerating and smoothing. The treatment will nourish, repair, and bring comfort to the skin. It will reduce wrinkles and finelines and restore the skin's tone. Deep cleansing, exfoliant, rice care mask, massage with serum and rice care cream.

Secrets Malgaches

120min Chf 365.–

Treatment for circulation problems. Draining scrub with white sand from Madagascar. Ginger foam wrap to eliminate water retention. Spicy massage. Will promote blood circulation.

Crossing the Elements (redesigned silhouette)

120min Chf 365.–

Recommended for losing inches and fighting cellulite. Tikeau pink sand scrub with melon and cucumber scents, relaxing body wrap Anti-cellulite massage.

Pregnancy Massage

60min Chf 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 Chf 160.–

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

90min Chf 190.–

Children Corner (3 to 12 years old)

ShivaAnanda® Growing Kids

30min Chf 85.–

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

Yummy Face Treatment

45min Chf 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 Chf 55.–

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

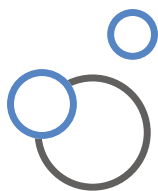
Manicure-Pedicure

Classic Manicure	60min	Chf 95.–
Nail filing, Cuticle, Peeling, Hand massage		
Classic Manicure with varnish application	75min	Chf 115.–
Nail filing, Cuticle, Peeling, Hand massage		
Deluxe Manucure	90min	Chf 135.–
Nail filing, Cuticle, Peeling, Hand massage, Serum, Mask or Paraffin		
Classic Pedicure	60min	Chf 95.–
Bath, Nail filing, Cuticle, Peeling, Foot massage		
Classic Pedicure with varnish application	75min	Chf 115.–
Bath, Nail filing, Cuticle, Peeling, Foot massage		
Deluxe Pedicure	90min	Chf 135.–
Bath, Nail filing, Cuticle, Peeling, Foot massage, Serum, Mask or Paraffin		
Add On's		
Soak Off Gel Polish Removal	15min	Chf 20.–
Nail Polish	30min	Chf 25.–
Gel Nail Polish / French Nails	30min	Chf 45.–
Eyelash and Eyebrow Tinting	30min	Chf 55.–

Hair Removal with wax (dépilève)

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

***Only available for women**



Package Deals

ShivaAnanda® Detox

210min Chf 425.–

- ShivaAnanda Rose Salt Scrub
- Herbal Kizhi Detox
- ShivaAnanda Skin Cure

Peaceful Pregnancy • Ideal preparation for all mothers-to-be

195min Chf 395.–

- ShivaAnanda Pregnancy Massage
- Golden Facial
- Classic Manicure with nail polish

Reboost & Refresh

240min Chf 490.–

- A journey to India
- Classic Manicure
- Classic Pedicure

Himalaya – Tensions free

150min Chf 325.–

- Balneotherapy
- Fango
- Herbals Kizhi massage (90 minutes)

Les Sources des Alpes by ShivaAnanda

120min Chf 275.–

- Balneotherapy
- Peeling
- Relax massage (60 minutes)

Back Fit Express

90min Chf 225.–

- Balneotherapy
- Fango
- Back massage (30 minutes)

Total Relax

120min Chf 285.–

- Relax massage (60 minutes)
- Facial treatment VIP O² woman/man (60 minutes)

Renaissance

90min Chf 215.–

- Rose peeling (woman) / Salt peeling (man)
- Relax massage (60 minutes)

Back to Sources

75min Chf 199.–

- Relax massage (30 minutes)
- Facial treatment VIP O² woman/man (45 minutes)

Soft awakening

75min Chf 199.–

- Rose peeling (woman) / Salt peeling (man)
- Soin du visage (45 minutes)

« Sleep aid » treatments



You sleep badly, you wake up several times a night and you have a lot of trouble getting back to sleep! A good massage helps fight insomnia.

Getting a massage at the end of a tough week isn't just a great way to unwind. Several studies have formally demonstrated that massage improves sleep. It helps you relax.

If you stay awake at night thinking about your financial troubles, marital worries, or other stressful issues, a massage can be the key to healthier, more restful sleep. Regular massage sessions have been shown to decrease depression and anxiety and improve the quality of sleep. This is because these sessions trigger the release of serotonin, a neurotransmitter that helps you feel more serene and calm.

Massage is a smart, healthy, drug-free option that has helped many people overcome their sleep issues.

Treatments 1

Bath with essential oils

Relaxing massage

Foot reflexology

30 min. CHF 90.–

60 min. CHF 160.–

60 min. CHF 150.–

Total CHF 400.–

Package CHF 350.–

Treatments 2

Bath with essential oils

Herbal Kinzhi massage

30 min. CHF 90.–

90 min. CHF 260.–

Total CHF 350.–

Package CHF 310.–

Treatments 3

Wrap with hot seaweed

Abhyanga massage

60 min. CHF 150.–

60 min. CHF 180.–

Total CHF 330.–

Package CHF 285.–

Package 3 days CHF 849.–

« Relaxing legs » treatments



In summer, we all want lightness, well-being and rest. Only things get complicated when, under the effect of the heat, our legs become heavy and painful... **Discover our anti-fatigue treatments to spend beautiful summer days in all serenity!**

Treatments 1

Lymphatic drainage

Cryotherapy

60 min. CHF 145.–

30 min. CHF 150.–

Total CHF 295.–

Package CHF 245.–

Treatments 2

Seaweed wrap

Glove massage and anti-fatigue cream

60 min. CHF 150.–

60 min. CHF 160.–

Total CHF 310.–

Package CHF 265.–

Treatments 3

Scrub and wrap with salts

Lymphatic drainage

60 min. CHF 150.–

60 min. CHF 145.–

Total CHF 295.–

Package CHF 255.–

Package 3 days CHF 699.–

« Pain-free back » treatments



You bend down to lift a child or take a suitcase out of a trunk... And there it gets stuck!

Your back pain can have different origins. Often there is no associated pathology. The pain is caused by prolonged bad postures that you put through your spine. The majority of back pain could thus be avoided by prevention. Specific sessions are available in our Spa.

Treatments 1

Bath with essential oils

30 min. CHF 90.–

Fango

30 min. CHF 90.–

Back massage

45 min. CHF 145.–

Total CHF 325.–

Package CHF 285.–

Treatments 2

Fango

30 min. CHF 90.–

Herbal Kinzhi massage

60 min. CHF 190.–

Total CHF 280.–

Package CHF 235.–

Treatments 3

Fango

30 min. CHF 90.–

Full massage

60 min. CHF 175.–

Total CHF 265.–

Package CHF 230.–

Package 3 days CHF 660.–

« Get back in shape » treatments



Do you want to stay dynamic on a daily basis? The benefits of thermal water intertwine for a gentle and pleasant regeneration. **Discover our fitness treatments!**

Essential oil bath and salt scrub

Tonic massage

Foot reflexology

60 min. CHF 160.–

60 min. CHF 175.–

60 min. CHF 150.–

Total CHF 485.–

Package CHF 399.–

« Anti-stress » treatments



Discover a different way to combat stress thanks to the benefits of cocoa.

The cocoa body scrub, without dyes, will allow you to obtain softer, cleaner and healthier skin with a pleasant cocoa aroma. Thermal effect, anti-cellulite and pleasant cocoa aroma. Micronized olive and apricot kernel have been added for a deeper exfoliating effect.

Soft chocolate wrap mousse, sparkling and self-heating, extremely effective against stress and bad mood. The wrap has an antioxidant, anti-cellulite and shaping effect. Let yourself be seduced by this delicious « Energizing » chocolate massage, with which to eliminate fatigue and regain vitality. Massage oil with a pleasant aroma of cocoa and orange.

Chocolate wrap & peeling

Scalp massage

Relaxing body massage

45 min. CHF 160.–

30 min. CHF 90.–

60 min. CHF 160.–

Total CHF 410.–

Package CHF 355.–

30 min. CHF 95.–

Salt scrub

Salts of the Alps is ideal for scrubs. Crystallizing into small pearls, it helps to stimulate the microcirculation and cellular regeneration thanks to its purifying and balancing benefits while ridding the skin of its impurities.

Hindu scrub (dry and sensitive skin)

The Hindu scrub is the ideal body exfoliating treatment for all skin types, especially for dry and sensitive skin with sesame and sweet almond oil, with pistachio and sweet almond powder extract. Natural scent of almond milk and pistachio.

Malagasy scrub (for sensitive skin)

Ideal scrub for skin sensitive to powder and Tamanu Oil rehydrates and revitalizes dehydrated skin, essential oil of Clove, natural perfume of Coconut, Cinnamon, Nutmeg.

Cane sugar scrub

Sugar exfoliation suitable for all skin types with Almond Oil and Hazelnut Oil to deeply nourish the skin and with a natural scent of vanilla and caramel to awaken the senses and the taste buds.

Exfoliation in Tikehau

Tikehau pink sand scrub, excellent exfoliating agent ideal for all skin types with Babassu Butter (Excellent emollient) and Olive Oil. Natural scent of fresh melon and cucumber.

Black sand scrub

The black sand scrub is the ideal body exfoliating treatment for all skin types. Its active ingredients have been specially chosen to allow perfect cleansing of the epidermis.

Rejuvenating scrub (Shiva Ananda)

Indian herbal blend to improve blood circulation.

Himalayan salt and rose scrub (Shiva Ananda)

This Himalayan salt scrub, rich in therapeutic minerals, is perfect for detoxifying your body. Enriched with the healing power and smoothing effect of Himalayan Pink Salt.

New Skin P50 (Organic Research)

An exfoliating and renovating treatment. Acid scrub with massage using a draining glove.

45 min. CHF 135.–

Seaweed wrap

In addition to its relaxing and strengthening effects, the seaweed wrap helps relieve pain. Muscle and joint pain but it also has a draining, **hydrating and purifying** power. As in the sea where they filter impurities from the water, algae help eliminate toxins from our body and absorb fats, which makes them valuable allies for slimming treatments. They hydrate and purify the skin by providing it with vitamins. With regular body wrap practice, it is possible to reduce the orange peel appearance of cellulite. Also note that an application of seaweed, but cold this time, is beneficial for blood circulation.

Volcanic wrap (draining and slimming)

Slimming silhouette body mask composed of fucus, an algae **rich in minerals and trace elements**, it stimulates microcirculation and effectively drains toxins while red clay and charcoal absorb impurities.

Ginger mousse wrap (heavy legs)

Ginger mousse is the ideal wrap to combat heavy legs and fatigue as well as water retention.

Chocolate wrap

Considered a pampering treatment, the chocolate body wrap relaxes, hydrates, stimulates and tones your body. Olfactory pleasure as a bonus! Rich in **antioxidants and active ingredients**, this gourmet treatment helps regenerate the skin and proves to be a very good anti-aging agent.

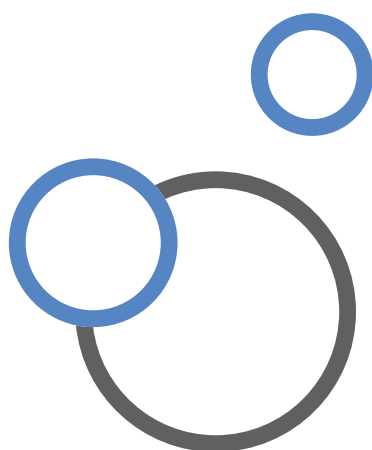
Green tea body wrap

Powdered green tea is a **Powerful Detoxifier** for the skin, its **Antioxidant Virtues** have the effect of oxygenating Cells and helping with their renewal, very effective in fighting cellulite and circulatory problems.

Honey wrap

Moisturizing and regenerating mask for the body.

This wrap occupies a special place at the heart of high-end rituals. Divinely creamy, with a delicious and sweet scent, the honey wrap envelops the body in softness and serenity and offers it the nourishing, soothing, regenerating and remineralizing properties of the precious nectar: Honey. The skin is supple, perfectly hydrated and velvety. An exceptional treatment that invites you into the delicious tranquility of a patio with a thousand and one scents.



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