

Menu Spa

NEW WINTER RITUALS

Muscular & Restorative Massage

Developed by the experts at Clinique Nescens, the Muscular and Restorative Massage is the ideal way to recover after a sport session, relieve tension caused by poor posture or indulge in a moment of memorable relaxation.

Its gestures are as enveloping as they are powerful, as technical as they are immersive, and consider the whole body, making this massage an invitation to let go and experience a precious moment of comfort.

50 min	160 CHF
80 min	230 CHF

THE EXPERT RITUALS (add-on 30 min / 120 CHF)

(The expert rituals can be realized alone or after a treatment)

Going back in time

Rethink your treatment or massage by extending it with this new anti-aging treatment by Nescens. Once your face has been perfectly prepared, the diffusion of an exclusive anti-aging complex with peptides and vitamins gives your skin an immediate transformation, a tenfold increase in elasticity and firmness and an incomparable radiance. An addictive ritual, which, if repeated regularly, proves even more effective.

NESCENS SIGNATURE MESSAGES

Developed in conjunction with the scientific committee of the Nescens brand, our Signature massages are elaborated, tested and implemented by our team of multi-disciplinary specialists. They embody a philosophy of prevention dedicated to optimizing each individual's quality of life. To live better, to live longer...

Better-aging massage

Detoxifying, stimulating and draining, this exclusive massage targets all muscle and energy routes, concentrating mainly on your most sensitive areas as part of a long-term preventive approach. This results in long-lasting relaxation.

50 min	160 CHF
80 min	230 CHF

De-stressing massage

With its gentle pressing motion combined with targeted stretching, this therapeutic massage provides both physical and mental relaxation. It releases accumulated tension caused by daily routines that are often intense and stressful, freeing the body from abdominal discomfort. This treatment also improves quality of sleep, the capacity to recover from jet-lag as well as the ability to relax. The 50 min and 80 min treatments include key stretching phases for total relaxation.

50 min	160 CHF
80 min	230 CHF

Signature Sports Massage

This massage soothes muscle pain as well as avoiding aches and soreness due to the release of lactic acid, while preventing muscle damage. It promotes blood circulation and oxygen supply to the muscles involved during exertion, guaranteeing better recovery and significantly improved performance.

50 min	160 CHF
80 min	230 CHF



MASSAGES AS A WELL-BEING RITUAL

Hot Stone massage

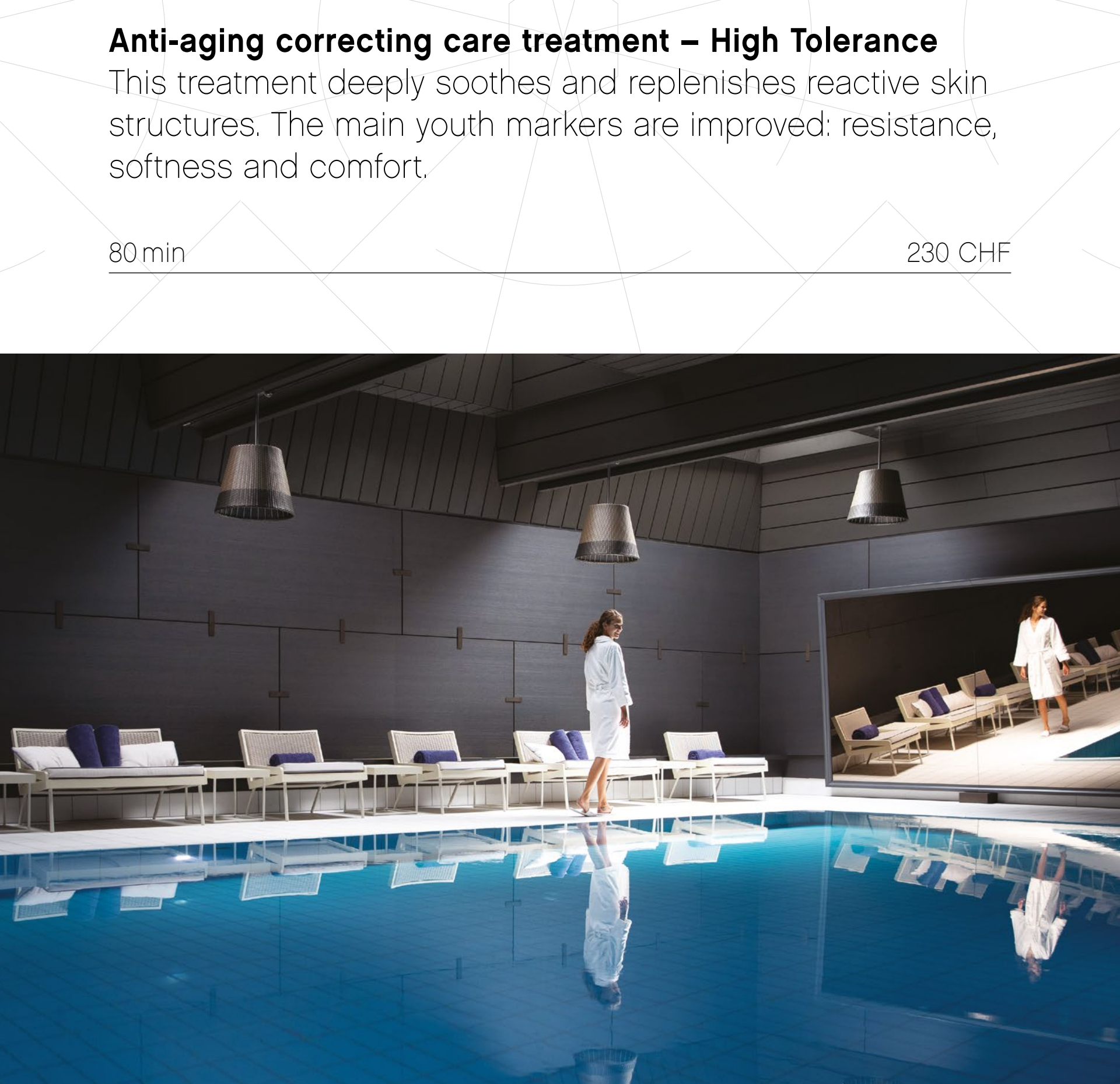
A balancing, harmonising and circulation-enhancing massage with hot basalt stones. The application and massage with warm stones releases deep-seated muscle tension and activates the flow of energy.

80 min	230 CHF
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Foot Reflexology

Acupressure points on the feet, with relaxing and balancing effects on the whole body.

50 min	160 CHF
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NESCENS FACIAL COSMECEUTICAL TREATMENTS

Preventive care treatments

Maintains the hydrolipidic balance, smoothes the first expression lines and preserves the skin's radiance.

Anti-aging preventive care treatment – Moisturizing

This treatment intensely hydrates face and neck while restoring the skin's natural moisturizing factors. It helps keep the skin's youthful appearance.

50 min	160 CHF
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Anti-aging preventive care treatment – Descaling

A balance-restoring treatment to refine the complexion and regulate excess sebum. It includes in-depth cleansing, resulting in clear, glowing skin.

50 min	160 CHF
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Anti-aging preventive care treatment – High Tolerance

Restores the skin's natural functions and prevents age-related cellular damage, while ensuring comfort for the most sensitive skin types.

50 min	160 CHF
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Correcting care treatment

Treats established wrinkles, firms the skin, restoring a glowing, smooth complexion.

Anti-aging correcting care treatment – Firmness

This revitalizing treatment restores the elasticity and firmness of the skin, intensively regenerates the skin structure of face, neck and chest.

80 min	230 CHF
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Anti-aging correcting care treatment – Resurfacing

This "new skin effect" treatment promotes tissue renewal. Revives cellular cycles, smoothes the skin's micro-relief and improves the skin's natural defenses. Wrinkles and signs of fatigue fade. The complexion gains in radiance.

80 min	230 CHF
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Anti-aging correcting care treatment – High Tolerance

This treatment deeply soothes and replenishes reactive skin structures. The main youth markers are improved: resistance, softness and comfort.

80 min	230 CHF
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GOOD TO KNOW

Spa Etiquette

The Schweizerhof Spa is a place of silence. Please refrain from using your mobile phone.

Treatments

Please come to the Spa area five minutes prior to your treatment time. If you have any health complaints or allergies, please let us know in advance.

Cancellations

Should you need to cancel your appointment, kindly let us know at least 24h in advance. Late cancellations will be payable in full.

FACILITIES

Heated swimming pool (7 am – 8 pm)

2 saunas (3 pm – 8 pm)
(60°C Sanarium & 85°C Finnish sauna)

Steam bath (3 pm – 8 pm)

2 Jacuzzis (3 pm – 8 pm)

1 relaxation room (3 pm – 8 pm)

3 massage rooms (9 am – 8 pm)

Fitness (7.30 am – 10 pm)

RESERVATIONS

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