

Massages and Treatments

Winter 2010 / 2011

World of water

- Indoor swimmingpool of 36 sqm (6x6m) - 29°
- Whirlpool in the pool
- Open fire and laying chairs
- Outside terraces with fantastic view on the mountains and laying chairs

World of wellness

For adults only as from 16 years old

- Sauna
- Steambath
- Ice fountain for tonic refreshment
- Relax area with laying chairs
- Outside terrace with laying chairs
- Fountain with fresh water from the mountain
- 2 showers

Space "Vitality"

At our mountain spa nothing is too pure for the wellbeing of our guests and natural elements set the tone. Mother Nature is omnipresent and provides the best mountain products for massages and facial treatments.

Body treatments

- Glacial mud and masterwort body wrap, followed by an effleurage (stroking) with a range of essential oils. Soothes muscular pain (110 min.) Sfrs. 220.- including the scrub
- Scrub and alp salt body wrap (50 min.) sfr. 155.-
- "Bacchus Ritual" – Grape-pip « fructum Vitis » body wrap with scrub (50 min.) sfr. 155.-



The massages

- Relaxing massage (50 min.) sfr. 120.-
 - "Mountain" massage with essential Swiss pine and silver fir oils
 - "Extreme relaxing" with essential marjoram, lavender & sweet orange oils
 - "Special bliss" with essential cedar, clove, bergamot and patchouli oils.
- Athletic massage with essential geranium, rosemary and rosewood oils (50 min.) sfr. 120.-
- Slimming massage with essential juniper, sage and lavender oils (50 min.) sfr. 120.-
- Relaxing «Délicatesse» massage with essential rosewood and tangerine oils, special for mums-to-be (50 min.) sfr. 120.-
- lymphatic drainage (50 min.) sfr. 120.-
- plantar reflexology treatment (50 min.) sfr. 120.-
- Hot Stone therapy (80 min.) Sfrs. 180.-
- Massage with gossamer sachets of alpine flowers from the Val d'Anniviers (50 min.) Sfrs. 155.-

Man's World

- «Flat Stomach» massage (50 min.) sfr. 120.-
Slimming work on the abdomen and muscular relaxation
- Muscular massage (50 min.) sfr. 120.-
Work on the long muscles
- 'Nature' complex (80 min.) sfr. 180.-
«Flat Stomach» massage, scrub and alp salt body wrap

ALPEOR[®]
SWITZERLAND

Facial treatments

- Glacial clay facial treatment (50 min) Sfrs. 155.-
- Energizing treatment using gossamer sachets of alpine flowers and including cleansing (80 min.) Sfrs. 180.-
- "Bacchus Ritual treatment" - Grape-pip exfoliation and facial treatment (50 min.) Sfrs. 155.-
- Facial treatment "Prélude Alpin – Alpeor" (50 min.) sfr. 155.-
Cleansing with purifying mousse – peeling – mask – hydration
- Facial treatment anti-aging "Neiges éternelles – Alpeor" (80 min.) sfr. 180.-
Cleansing with purifying mousse – peeling – mask – anti-aging treatment
Hydration

**Free use of the SPA with bathrobe and slippers included.
Hotel guests: 10% reduction.**

Packages

« Alpeor » Sfrs. 319.-

This weekly offer includes :

- 1 x relaxing massage with essential oils (50 min.)
- 1 x facial treatment "Prélude Alpin – Alpeor" (50 min.)
- 1 x facial treatment anti-aging "Neiges éternelles – Alpeor" (80 min.)
- 1 x wellness gift

« Sensual Gentleness » Sfrs. 364.-

This weekly offer includes :

- 1 x relaxing massage with essential oils (50 min.)
- 1 x facial treatment anti-aging "Neiges éternelles – Alpeor" (80 min.)
- 1 x glacier mud body wrap, enriched with floral water (110 min.)
- 1 x wellness gift

« Delicatesse » Sfrs. 193.- (for mums-to-be as well)

This weekly offer includes :

- 1 x relaxing massage with essential oils (50 min.)
- 1 x facial treatment "Prélude Alpin – Alpeor" (50 min.)
- 1 x wellness gift

« Nature Attitude » Sfrs. 574.-

This weekly offer includes :

- 1 x relaxing massage with essential oils (50 min.)
- 1 x massage with gossamer sachets of flowers from the Val d'Anniviers (50 min.)
- 1 x slimming massage (50 min.)
- 1 x Hot Stone therapy (80 min.)
- 1 x facial treatment anti-aging "Neiges éternelles – Alpeor" (80 min.)
- 1 x glacier mud body wrap, enriched with floral water (110 min.)
- 1 x wellness gift

"Wellness" break: sfr. 179.-

A whole day just pampering yourself in a relaxing, serene environment. Including:

- Welcome and presentation of your relaxation basket containing bathrobe, towel, shower gel and slippers - coffee and croissant
- A light lunch in the Veranda restaurant, (choice of vegetarian menus) including mineral water and coffee
- 1 x relaxing massage with essential oils (50 min.)
- Afternoon tea with a choice of plant teas and warm Tarte Tatin
- A wellness gift

« Wellness and Flavours » Sfrs. 76.-

For our non-resident guests, the perfect solution for a relaxing evening.

- Free admission to the spa area with sauna, steam bath, ice fountain, Jacuzzi and pool from 6 pm
- 3-course dinner at our restaurant
- (bathrobe on request Sfrs. 12.-)

« Massage and Flavours » Sfrs. 159.-

For our non-resident guests, the perfect solution for a relaxing evening.

- Free admission to the spa area with sauna, steam bath, ice fountain, Jacuzzi and pool from 6 pm
- 1 x relaxing massage with essential oils (50 min.)
- 3-course dinner at our restaurant « Chez Ida »
- (bathrobe on request Sfrs. 12.-)