



SPA MENUE

We hope we can fulfil practically every wish.

Let's start with a pretty simple question: how often have you wished you had more physical energy, more strength or more of those calm moments?

The notion of achievement is such a deciding factor in our lives that relaxing and replenishing our energy levels seems to go to the bottom of the list. And yet we really long to have the time to recharge our batteries. Actually, it's not that difficult, if one has a plan. But which plan?

Consider your health as a question of lifestyle, and more: place your confidence in us with the goal of achieving health and wellness, thereby combining vitality with one's own lifestyle. Our Body Scan will undertake the search for the source of your strengths – and right away you have a plan for your daily life.

Looking forward to seeing you again soon.



Your Spa Team

Oliver Schmidt, Ines Lembcke, Nicole Minsch



HEALTHNESS

HEALTHNESS BODY SCANS

SYSTEM ONE® - What blood levels can reveal. Fascinating and convincing.

In only 120 seconds the sensor painlessly and non-invasively (without blood samples) can measure more than 250 vital signs. The results are comparable to laboratory measurements and reveal detailed and complex insights into the current state of your health as well as the body's organ and metabolic functions.

SCAN PROFILE

Blood lipids, trace elements, amino acids, vitamins, insulin values, sugar metabolism, connective tissues, skin and allergies, cardio and cerebrovascular systems, functions of the stomach, bowel, liver/gall bladder, kidneys, lungs, thyroid gland, heavy metals, toxins, endocrine system (hormones).

Body scan incl. coaching & interpretation of the scan profile CHF 175

ETASCAN® - Complementary Medicine's Alternative Technology

The Etascan® is a bio-energy balance and wellness measuring device which records and shows the frequency patterns within the human body. The invisible becomes visible. The result is a precise image of one's actual physical condition. The reading can clarify the causes of the body's imbalances and aid the body so that it recovers its ability to self-regularise.

SCAN PROFILE

Current state of the condition of your body, mental imbalances, physical stress, burnout & boreout, general intolerances, sensitivities to chemicals or electro-magnetic fields, heavy metal pollution, imbalances in your metabolism, over or underactive organs, effects of negative energy e.g. environmental causes, bacteria, viruses and factors causing stress.

Body scan incl. coaching & interpretation of the scan profile CHF 395



Oxygen is pure -oxygen is natural - oxygen acts.

Inhalation with 95% oxygen

1 inhalation (50 minutes)	CHF 75
3 inhalations	CHF 198
6 inhalations	CHF 395

Vitality cure with 95% oxygen including massage treatment

1 inhalation with massage 50 minutes	CHF 205
3 inhalations with massages 50 minutes	CHF 595
3 inhalations with massages 25 minutes	CHF 385



OSFLOW® - with massage (25 or 50 minutes) CHF 74 / 148

Oscillation of ankle, knee, hip, shoulders and the whole length of the spine.
The pelvis is straightened, sacrum and tailbone drop down.



THERAPEUTIC & HOLISTIC MASSAGES

Choose the treatment time and we will determine the therapy form with you:

CLASSIC (40 or 50 or 75 minutes)

Back & neck massage 40 min.	CHF 116
Full body massage	CHF 145 / 215
Deep tissue sportsmassage	CHF 155 / 225

NEUROMUSCULAR THERAPY - 50 oder 75 Minuten

A deep tissue massage to repair normal muscle tone and re-establish the connection between the muscles and the nervous system. CHF 150 / 218

HEADACHE TREATMENT WITH OXYGEN 50 minutes

The oxygen inhalation (50 min.) relieves the pain and supports the muscle-relaxing massage from neck, back and head (40 min.). CHF 185

ANTI-STRESS-MASSAGE - a healthy back 50 minutes

Developed by Ines Lembcke, our physiotherapist are manifold techniques of head, neck, shoulder area applied across the spine to the iliac crest. Targeted muscles and fascia are treated, the impulses to regulate the autonomic nervous system in the direction of deep relaxation. The back straightens up and the energy flows through the body.

For many guests this is the most beautiful massage that they always book. CHF 160

WARM GRISON COUNTRY STONES 50 or 75 minutes

Hot stones are laid along the energy pathways of your body and activate you with the strength of the earth. Led by experienced hands, the stones glide along your body and treat the muscles with precious oils, producing the deepest relaxation in your soul. You feel refreshed and recovered. CHF 150/218

THE ABDOMINAL MASSAGE RITUAL - detox treatment 50 minutes

The specialised and very effective Midsection-Detox-Treatment with its gentle drainage massage is aimed at relieving the abdominal region. The combination of a detoxifying liver wrap with black pepper and fine fragrant honey oil has a regulating and tissue firming effect. Blockades are relieved and a chakra balance lets the energy flow again. During the liver wrap you will have a head and neck massage to make you feel light and refreshed. CHF 150

THE POWER OF VOLCANIC EARTH - Zeolite body detox massage, foot bath and liver wrap

This detoxing body ritual relieves your body of waste products and gives you new energies as well as sustained recovery. The 4-phase detox treatment helps the inner balance and contains purely natural ingredients. Zeolite is of volcanic origin and possesses the ability for highly selective absorption, thus boosting natural detoxification. This mineral is enriched with crystal salt, mountain honey, yarrow, coriander, black pepper and grapefruit. The effect and scent of the foot and liver pads have a real detoxifying effect on our metabolism as well as senses. CHF 150

MANUAL LYMPHATIC DRAINAGE- 50 or 75 minutes

A specialised very light drainage of the tissues in the lymph system activates lymphatic flow, decongests the tissues and relaxes (the body). Fresh blood plasma can regenerate body tissue, soothing the vegetative nervous system. We recommend drainage for various symptoms (primary and secondary lymphedema, strain trauma, pulled muscles, sprains), as well as promoting healing after operations, migraines or other neuro-vegetative syndromes. CHF 155 / 225



We use a face mapping to determine the right treatment and products for your skin. A skin care program can not be even more efficient

CLEAR & PURE - harmonious concept for impure skin

Intensive and gentle deep cleansing clarifies and detoxifies. Your skin can breathe again. The microfine oxygen application provides plenty of moisture, redness and irritation are balanced. The result is a new deep clean skin feeling.

Ladies' treatment 90 min. CHF 215 / Gentlemen' treatment 70 min. - CHF 180

FIRMING & FORMING - skin fitness program for demanding skin.

Intensiv treatment with an instantly rejuvenating effect. Anti-aging formulas with multidimensional properties activate the skin functions right down to the dermis. Lines and wrinkles are visibly smoothed and one's complexion is firmed. The focus is on regenerate, revitalize, restructure and lift.

Ladies' treatment 90 Min. CHF 215 / Gentlemen' treatment 70 Min. - CHF 180

PRETTY & SMOOTH - moisturizing formula for the skin

Ideal for everyday strained, irritated or stressed skin of all ages, suffering from dryness. The result aims balancing and moisturizing. Your skin glows and looks fresh, supplied with nutrients and is visibly recovered.

Ladies' treatment 90 Min. CHF 215 / Gentlemen' treatment 70 Min. - CHF 180

EXPRESS BOOSTER

The ideal skin care is a freshness boost for tired, stressed skin of all ages – also ideal for ladies and gentlemen for an extraordinary event (without face massage, without eyebrows shaping). Skin looks fresh, rosy and smoothed. 50 minutes - CHF 145



BEAUTY EXTRAS & HAIR

HAND & FOOT CARE

Manicure – - Classic hand and nail care, mask & massage – 60 to 75 minutes top coat / nail polish from	CHF 88 / 95
Manicure Men – Classic hand and nail care, hand massage – 40 to 50 minutes	CHF 78
Pedicure – Luxury foot treatment with massage – 70 to 80 minutes /top coat / nail polish from	CHF 98/105
Express Treatment – Manicure or pedicure (only available in combination with a face treatment, 30 min.)	CHF 60
Nail polish only – Foot or finger nails	CHF 25
Repair hand mask – Scrub & mask with high quality active ingredients for stressed hands & nails	CHF 48

LASH & EYEBROWS - * price during beauty treatment

Eyebrows forming complete 20 minutes	CHF 30/22*
Colouring and forming of eyebrows	CHF 35/25*
Colouring eyelashes	CHF 40/35*
Colouring eyelashes & eyebrows	CHF 55/45*

SUGAR DEPILATION

Facial area & neck	from CHF 20
Body parts(legs, bikini line, back, arms, underarm)	from CHF 45

MAKE UP

Make up for a wedding, gala or photo shoot	price on request
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HAIRSTYLING

The basis of Carlton hair care products is pure thermal water, rich in natural ethereal oils.

Ladies' styling with hair cut (blow-dry or set)	from CHF 118
Ladies' styling without hair cut (blow-dry or set)	from CHF 75
Men's styling with hair cut, if desired including a cut of eyebrows	from CHF 60



BODY CULT

BODY SCRUB 40 minutes - CHF 98

NEW: Our scrub bar offers a wonderfully scented selection of body scrubs with a three-dimensional effect. The skin structure is immediately refined, cell activity and collagen production are stimulated. The skin become more luminous and feel velvety smooth. The exfoliating mixtures are based on oil or gel, enriched with pure sea salt, acerola extract, Vitamin B 6, white, green and black tea.

BODY MASK 40 minutes - CHF 98

Your skin will be very velvety nourished with vitamins, china clay, algae and other nutrients.

Select a single treatment or treatment series:

- **Ocean Slimming:** Remineralizes and Revitalizes by minerals from the sea
- **Spirulina Detox** (without iodine): Detoxification, regeneration and firming
- **Nourishing Açai:** Antioxidant, moisture booster, elasticity

BODY TREATMENTS

Scrub & mask & massage (110 minutes)	CHF 298
Scrub & mask (70 minutes)	CHF 185
Scrub & massage (90 minutes)	CHF 235
Mask & massage (90 minutes)	CHF 235

SOAP BRUSH MASSAGE – 20 or with subsequent skin care – 30 minutes - CHF 60 / 75

The stimulating body ritual for after sports activities, in the event of fatigue or just to warm up. Vigorous massage with fine natural bristles and a lather enriched with aromatic oils give your body a feeling of freshness.



SPAlino

In the spa we have a wellness programme specially designed for even our very youngest guests. Wellness for babies and children is an active way for them to get to know themselves and their bodies.

Baby massage is a very special way of communicating with your child. For parents we offer an introduction to learn the children massage.

PRICES

Massage - 20 minutes CHF 48 to 8 years, 25 minutes CHF 58 to 12 years.

Massage incl. introduction to learning the baby massage for parents 40 minutes - CHF 95

BABY- & CHILDREN MASSAGE

Warmly protected we massage and move your child, individually tailored to his needs. Adapted to age, the treatment is focused on the arms and legs as well as on the abdomen and back.

FOOT REFLEXOLOGY MINI

Each organ is represented by a zone on the feet.

For the child this massage is a gentle soothing treatment, which gives a sense of safety.

EAR CANDLES

Our ear candles are hand made with only natural materials. This treatment is a very soothing and relaxing experience. It regulates the pressure between the inner and outer ear after travelling.

Children love this adventure.



A BODY COLLECTION

To make you look and feel good

VELVET Vol. 1 - 200 ml - CHF 76

A velvety smooth textured body cream which nourishes the skin with rich lipids and cares for dehydrated and dry skin. Açai has a very high antioxidant content and the scent of Tonka beans imparts a hint of luxury to your skin.

ELIXIER Vol. 1 - 200 ml - CHF 76

A silky body oil of the finest texture which is absorbed straightaway into the skin. The outstanding active effect of açai berries nourishes extremely dehydrated skin and the body oil has an enticing scent of Tonka beans.

Prices are subject to change. Our prices are in Swiss Francs (CHF) including 7,7 % VAT.