



Recuperation & Relaxation

Let the unique intensity of the natural elements work directly on your health, at 1850 m.a.s.l., in our Bella Vista wellness oasis.

Both in winter and in summer, you can recuperate and relax in our indoor swimming pool, outdoor hot pot jacuzzi, infrared cabin, steam bath, sanarium, Finnish outdoor sauna with a great panoramic view and a beautiful garden.

Enjoy your time, gain strength and new energy.

Why not treat yourself to one of our invigorating massages.

For external Spa Guests

(Access from 18 years of age)

Wellness Entry (Day Spa)

Includes bathrobe and slippers
CHF 60.- per person

Wellness & Massage – 25 minutes

Wellness entry including massage
CHF 130.- per person

Wellness & Massage – 50 minutes

Wellness entry including massage
CHF 170.- per person



Massages

Back-neck massage

Feel your back and neck free and relaxed again.

The massage releases muscle tension in the back-neck area, stimulates blood circulation and boosts the metabolism.

25 minutes / CHF 70.–

50 minutes / CHF 130.–

Full-body massage

Enjoy full body relaxation and regeneration. The back, arm and leg muscles are loosened, relaxed and better supplied with blood. The feet are revitalized.

50 minutes / CHF 110.– *

Aromatic oil massage

Relax with a gentle body massage with soothing, warm oil. Exquisite essential oils harmonise and strengthen body, soul and spirit. Let yourself be carried into the world of relaxing scents.

50 minutes / CHF 120.–

Foot reflexology massage

Strengthen and mobilize your body via your feet. The foot reflex zones correspond to all the organs, joints and muscles of the body. Pressure on these zones can relieve physical symptoms and tensions.

50 minutes / CHF 110.– *

All prices are in Swiss francs and include VAT.
(* Extension by 30 minutes possible + CHF 60.–)

Lomi Lomi Massage

The Hawaiian temple massage pampers you and your body.

Through gentle touches and strokes with the hands and forearms, you can let loose and experience deep relaxation. This time-out gives you new energy and strength, appeals to all your senses, and positively affects your emotions, feelings and thoughts. It cleanses and renews all levels, bringing body, mind and soul into harmony. Look forward to this soothing and harmonious massage.

50 minutes, CHF 110.– *

Ayurveda Massage

The teachings of Ayurveda are a traditional Indian art of healing, which sees the human being as holistic. Ayurvedic massages are also part of this art, as it activates self-healing powers and helps to strengthen the immune system. During this wellness massage, the whole body is massaged mindfully. It has a calming and relaxing effect and releases blockages and muscle tension. At the same time, it helps your body regain its balance and is invigorating and regenerating.

50 minutes, CHF 120.– *

Breuss Spinal Massage

The Breuss massage is a pleasant, energetic manual back massage. The intervertebral discs, which lie between the vertebral bodies, are massaged with St. John's wort oil, followed by gentle stretching and relaxation of the spine.

A Breuss massage initiates the regeneration of under-supplied intervertebral discs. This can improve complaints in the musculoskeletal system, especially in the sacrum area. The Breuss Spinal Massage can also help to gently release physical and mental blockages.

50 minutes, CHF 110.–

Head, Neck, and Face Massage

This massage focuses on your head. It is a pleasant, energising massage of the scalp and neck that helps you experience Flow and takes you out of thinking. It is loosening and stretching so that the muscles can relax. The ears, with their reflex points, are activated before the face (chin, jaw, eyes, forehead) is gently massaged and touched. This massage leaves you looking relaxed and radiant.

25 minutes, CHF 60.–

Hot Stone Massage

The soothing warmth on the skin loosens and relaxes the muscles, improves blood circulation and alleviates pain. By placing and guiding the stones on the skin, the warmth is transferred deep into the tissue and muscles, improving the elasticity of tendons and connective tissue. It is also beneficial for the joints. It is powerful and intense yet relaxing at the same time.

50 minutes CHF 130

80 minutes CHF 190