



SPA D'ALTITUDE - 1652 M

Massages and Treatments 2012

L'eau des cimes

- Indoor swimmingpool of 36 sqm (6x6m) - 31°
- Whirlpool – Sauna – Steambath – Ice fountain
- Relax area – Panoramic terrace with laying chairs
- 3 Cabins for massages and treatments

Access to the "Adult's area" from 16 years old (sauna – steambath – ice fountain)

The massages

- Relaxing massage (50 min.) sfr. 120.-
 - "Mountain" massage with essential Swiss pine and silver fir oils
 - "Special bliss" with essential cedar, clove, bergamot and patchouli oils.
- Tonic massage with essential geranium, rosemary and rosewood oils (50 min.) sfr. 120.-
- Athletic massage: preparation before athletic event (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.-
- Plantar reflexology treatment: massage which allows to find the strains and to release the stress (50 min.) sfr. 120.-
- Lymphatic drainage (Vodder's method), it's a potent adjunct in cleaning the body's tissues of metabolic wastes, excess water, bacteria, large protein molecules and toxins (50 min.) sfr. 120.-
- Ayurvedic Massage (Abhyanga): it's a system of traditional medicine native to India. Rebalance the energies on the physical, vital, psychic and spiritual plans. (50 min.) sfr. 120.-
- Massage with gossamer sachets of alpine flowers from the Val d'Anniviers (achillée, alchemille, geranium sauvage, pansy, trefoil, peppermint). Healing effect. (50 min.) sfr. 155.-
- Hot Stone therapy: massage which uses hot volcanic stones. Relaxing effect and deep relaxation. (80 min.) sfr. 180.-
- Reiki : Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy (50 min.) sfr. 155.-
- Holistique : Holistic therapy treats the body as a "whole", which means that not only will a massage treatment pamper your physical body. It provides an effective method of rebalancing. Holistic massage is a therapeutic application of touch that is also a supportive, relaxing treatment that encourages the mind to slow down whilst energy is increased; it also lifts the spirit on an emotional level. (50 min.) sfr. 155.-

- Watsu (only the Tuesday at 14h00): Watsu is a gentle form of body therapy performed in warm water. The receiver is continuously supported while being floated, cradled, rocked and stretched. The deeply relaxing effects of warm water and nurturing support, combine with Watsu's movements, stretches, massage and point work, to create a bodywork with a range of therapeutic benefits and potential healing on many levels (50 min.) sfr. 155.-

Man's World

- «Flat Stomach» massage (50 min.) sfr. 120.-
Slimming work on the abdomen and muscular relaxation
- Muscular massage, work on long muscles before athletic event(50 min.) sfr. 120.-
- 'Nature' complex (80 min.) sfr. 180.-
Scrub with alp salt and tonic massage

Body treatments

- Glacial mud and masterwort body wrap: Scrub with achillée mille-feuille, glacial mud body wrap and massage with the "mountain" oil. Soothes muscular pain (110 min.) sfr. 220.-
- Scrub and alp salt body wrap. This salt comes from the Swiss Alps, helps to the healing, is an antiseptic and activates the cellular regeneration and the microtraffice. (50 min.) sfr. 155.-
- "Bacchus Ritual" – Grape-pip « fructum Vitis » body wrap with scrub. This treatment contains antioxidants, A and E vitamins and lécithine. Local production. (50 min.) sfr. 155.-
- "Ritual from Anniviers": Scrub with achillée mille-feuille, glacial mud body wrap, massage with gossamer sachets of alpine flowers from the Val d'Anniviers and thyme infusion. A moment of relaxation to help you to evacuate the muscular and articular tensions. (110 min.) sfr. 220.-

Facial treatments

- Glacial clay facial treatment (50 min) sfr. 155.-
Cleansing – peeling – massage – mask - cream
- "Bacchus Ritual treatment" - Grape-pip exfoliation and facial treatment (50 min.) sfr. 155.-
Cleansing – peeling – massage – mask – hydration - organic white grape juice
- Facial treatment "**Prélude Alpin – Alpeor**" (50 min.) sfr. 155.-
Thanks to this treatment, you will refind a radiant and hydrated skin.
Cleansing (cleansing lotion and purifying mousse) - peeling – massage - mask – final hydration
- Facial treatment anti-aging "**Neiges éternelles – Alpeor**" (80 min.) sfr. 180.-
Smoothing and firming up treatment. Cleansing
(cleansing lotion and purifying mousse) - peeling – extraction - massage – anti-aging mask – final hydration

From Monday to Friday, you will get a 20 % reduction on the massages and treatments reserved in the morning.

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

Women: epilations

- Under arm (15 min.) sfr. 30.- ¹⁾
- Bikini (15 min.) sfr. 30.- ¹⁾
- Complete bikini (30 min.) sfr. 40.- ¹⁾
- Half legs (30 min.) sfr. 60.- ¹⁾
- Full legs (45 min.) sfr. 70.- ¹⁾
- Arm (30 min.) sfr. 70.- ¹⁾
- Superior lip with warm wax (15 min.) sfr. 20.- ¹⁾
- Eyebrows with wax or tweezers (15 min.) sfr. 20.- ¹⁾
- Half legs, under arm, bikini (50 min.) sfr. 115.- ²⁾
 - With complete bikini (60 min.) sfr. 125.- ²⁾
- Full legs, under arm, bikini (80 min.) sfr. 130.- ²⁾
 - With complete bikini (90 min.) sfr. 140.- ²⁾

Women: coloring

- Dye of lashes (30 min.) sfr. 40.- ¹⁾
- Dye of eyebrows, epilation included (30 min.) sfr. 40.- ¹⁾
- Dye of lashes and eyebrows (40 min.) sfr. 60.- ¹⁾

Foot and hand care

- « Alpine » foot care (50 min.) sfr. 115.- ²⁾
(Foot bath, cares (nails, cuticles, callosités), massage, polish nails)
- „Alpine“ hand care (50 min.) sfr. 115.- ²⁾
(Hand bath, cares (nails, cuticles), massage, polish nails)
- Manicure (30 min.) sfr. 60.- ¹⁾
- Pedicure (30 min.) sfr. 60.- ¹⁾
- Polish nails, French (15 min.) sfr. 20.- ¹⁾

1) Extra charge of sfr. 25.- in order to use the swimming pool and the spa (with bathrobes, towel and sleepers)

2) Including the free access to the swimming pool and the spa (with bathrobes, towel and sleepers)



Packages

« Alpeor » Sfrs. 319.-

This weekly offer includes :

- Personal advise with cleansing lotions and foaming cleanser "Alpeor"
- 1 x relaxing massage with essential oils (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 Ayurvedic Massage (Abhyanga) (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 and presentation of your relaxation basket containing towel
- 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 and presentation of your relaxation basket containing bathrobe, towel and slippers
- 1 x relaxing massage with essential oils (50 min.)
- 3-course dinner at our restaurant « Chez Ida »