

# VALSANA

## SPA MENU





# Spa Menu

The Moving Mountains  
Spa Concept

Restoring time's true value.

Nestled among pristine natural landscapes – from the alpine forests of the Swiss Alps to the serene shoreline of Lake Maggiore – our Moving Mountains concept is aimed at helping you restore your vitality, immerse yourself in nature and celebrate the joy of life.

The Moving Mountains spa concept is built upon the same wellbeing philosophy, promoting long-lasting physical and mental benefits through the harmony of body, mind and soul.

**Welcome to the Moving Mountains Spa.**



## **INSPIRED BY THE SWISS MOUNTAINS**

Switzerland, land of snow-capped mountains and crystal-clear lakes, offers the perfect backdrop for our award-winning Moving Mountains Spas. Our treatments combine traditional healing methods and rituals with the healing effects of the natural environment.

## **BASED ON SCIENCE**

Our Spas combine sound medical knowledge and modern science to ensure long-term benefits.

Our individually tailored Moving Mountains spa treatments seek to promote radiance and visible signs of vitality as well as to restore a holistic sense of wellbeing.

## **OUR SPA SERVICES**

### **FACE RITUALS**

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### **BEAUTY & NAIL LOUNGE**

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### **HOLISTIC MESSAGES & THERAPIES**

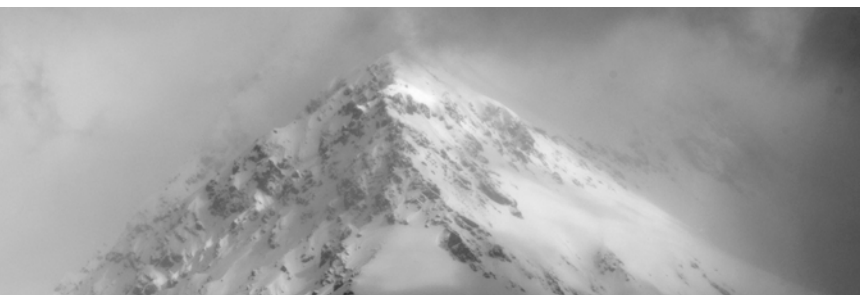
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### **HOLISTIC WELLBEING**

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### **MOVING MOUNTAINS YOGA**

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# FACE RITUALS

## CELLCOSMET & CELLMEN

Swiss skincare for him and her: At Cellap Laboratoire, excellence is a matter of principle – that's why every Cellcosmet and Cellmen formulation is infused with cutting-edge findings from cosmetic science.

The SwissCellSpa Experience offers bespoke face and body treatments that unite sensory indulgence with proven efficacy, exquisite textures, and carefully selected active ingredients.

Three signature treatment tiers – Essential, Booster and High Performance – address specific skincare needs with tailor-made treatment protocols. Each treatment pairs exceptional formulations, rich in concentrated ingredients, with expert massage techniques and state-of-the-art beauty tools and technologies.

Cellmen: Highly revitalising and deeply hydrating, Cellmen's advanced formulations are precisely tailored to meet the specific needs of men's skin.



# FACE RITUALS

## «SWISSCELLSPA RITUALS» BY CELLCOSMET

### «CELLULAR TAILOR-MADE RITUAL»

A personalised facial treatment tailored to the individual needs of every skin type.

**60 min**  
**CHF 170**

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### «HYDRA-FIRMING RITUAL»

A precise treatment inspired by ancient Kobido massage techniques and facial yoga combined with our highly revitalising cellular skincare formulas. Enjoy instant results you can see and feel.

**90 min**  
**CHF 270**

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### «SKIN RENEWAL RITUAL»

A signature revitalising treatment by Cellcosmet, following an ultra-precise routine combined with cutting-edge facial techniques. Perfect for skin in need of improved firmness and renewed radiance.

**90 min**  
**CHF 270**  
**120 min**  
**CHF 350**

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## CELLCOSMET ADD-ON

### REVITALISING HAND OR FOOT RITUAL

Includes exfoliation, nourishing formulations and massage for softer hands or an effective hydration boost for your feet.

**30 min**  
**CHF 50**

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### SWISS SALT BODY PEELING

A clarifying exfoliation treatment with natural Swiss salt removes dead skin cells and leaves the skin hydrated and silky smooth.

**30 min**  
**CHF 50**

*Tip: Combine a body peeling treatment with an aroma oil massage for enhanced softness, smoothness and relaxation.*

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# BEAUTY & NAIL LOUNGE

## NAIL LOUNGE

### CLASSIC MANICURE OR PEDICURE

Trimming and shaping of the nails, including nail and cuticle care and callus removal.

*Tip: For even more intensive care, including exfoliation and massage, book the 30-minute Cellcosmet Add-On Ritual as an enhancing treatment.*

without polish	45 min	CHF 80
with polish	60 min	CHF 100
with Londontown gel colour	75 min	CHF 125

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## EYES

### EYEBROW SHAPING (AS NEEDED)

from 20 min    CHF 20

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## HAIR REMOVAL FOR LADIES AND GENTLEMEN

Please ask our staff for discreet, friendly advice on our hair removal options.

from    CHF 25

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# HOLISTIC MESSAGES & THERAPIES

## AROMA OIL MESSAGE

A holistic massage using the finest essential oils from Switzerland.  
Choose from an invigorating, relaxing or detoxifying treatment as desired.

50 min plus  
10 min consultation  
CHF 140

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## SWISS ALPINE HERBAL STAMP MESSAGE

An indulgent sensory experience using the finest Swiss alpine herbs. Warm herbal compresses nourish the skin through gentle, circular massage movements.

60 min plus  
15 min consultation  
CHF 190

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## FULLY INDIVIDUAL MESSAGE

An individual full-body massage professionally tailored by our therapists to your needs.

50 min plus  
10 min consultation  
CHF 140

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## HEAD AND NECK MESSAGE

Special techniques for the head, neck and shoulder area designed to release tension and promote mental clarity. Microcirculation is improved; blood vessels, sensory organs and nerves are supported to function at their best. Deep touch and delicate fragrances encourage you to disconnect from everyday worries and experience a sense of profound liberation.

50 min plus  
10 min consultation  
CHF 140

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## FOOT REFLEXOLOGY MESSAGE

Stimulation of the reflex zones and marma points on the feet and the energy lines flowing through the body boost the metabolism and promote a holistic sense of wellbeing.

25 min / 50 min plus  
10 min consultation  
CHF 90 / CHF 140

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## SPORTS MESSAGE

Targeted pressure on the deeper muscle layers effectively relieves tension and stimulates circulation. Special techniques help loosen the muscles, increase flexibility and improve mobility, supporting recovery after physical exertion and enhancing performance.

50 min plus  
10 min consultation  
CHF 140

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## MOVING MOUNTAINS MESSAGE

This full-body deep tissue massage with warm and cold stone therapy relaxes tired muscles and joints, focusing particularly on the legs and feet.

60 min plus  
15 min consultation  
CHF 190

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# HOLISTIC WELLBEING

## DEEP BREATHING

There is little more invigorating and relaxing than fresh mountain air – so take a moment to breathe deeply and enjoy the clarity and stillness of the Alps. Conscious breathing helps to reduce stress and restore a sense of inner peace. Learn how to open your lungs and get back in touch with your body’s natural rhythm.

30 min  
CHF 50

## MINDFUL MEDITATION

Discover the benefits of mindfulness meditation and develop a deeper awareness of your body. Weather permitting, we’ll take a short walk in nature that focuses on breath and meditation. Other mindfulness techniques may include guided or mantra meditation.

60 min  
CHF 80  
no prior experience  
required



## NOURISH

However you choose to design your Moving Mountains spa experience, our Moving Mountains menus are the perfect complement. These 100% plant-based dishes are delicious, nutritious, gentle on the digestive system and rooted in a deep connection to the Swiss mountains. Look out for the Moving Mountains symbol on our restaurant menus.





# MOVING MOUNTAINS YOGA

## PRIVATER YOGA-UNTERRICHT

Yoga is both a physical and mental exercise. Hatha Yoga, offered at the hotel, is a gentle form of exercise incorporating the Asanas (postures), leading to improved posture, blood flow and inner balance. Begin your morning with Surya Namaskar (Sun Salutation), which will leave you feeling light and refreshed for the day ahead, and end your day with the Chandra Namaskar (Moon Salutation) or Yoga Nidra, for complete relaxation and deep sleep. Yoga can be practiced in the Yoga along with various other open Yoga areas at the hotel. Complimentary Yoga lessons are available several times a week. Private Yoga lessons can be arranged on request for a fee.

60 min  
CHF 80

## IN-ROOM YOGA EXPERIENCE

Enjoy individually tailored yoga instruction in the privacy of your own room. Ask for our in-room yoga kit and follow the step-by-step video guidance available on your TV system at any time of the day or night.

Kostenlos  
in-room yoga bag  
available on request



## MOVING MOUNTAINS ACTIVITIES



Choose from a wide range of free Moving Mountains activities. Ask for our weekly program.



## OPENING HOURS

Relaxation pool: 7 to 20 o'clock | Fitness studio: Open the whole day and night

Treatments: 9 to 20 o'clock, by appointment only

Winter season: steam bath: 12 to 20 o'clock, saunas: 14 to 20 o'clock

Summer season: steam bath & saunas: 14 to 20 o'clock

(Exception in case of bad weather)

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## APPOINTMENTS

Our aim is to make your stay with us a thoroughly enjoyable experience; we hope that you will find the following information useful: For your own convenience please arrive 10 minutes prior to your appointment.

If you are unable to attend the agreed appointment, please notify us at least 24 hours beforehand. A 100 % charge has to be levied for reservations cancelled less than 24 hours in advance. For no-show appointments, the full service fee will be charged. If you arrive late for your appointment and your therapist or treatment room are booked afterwards, we regret that your session will have to be shortened accordingly.

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Reservation and information: Tel. +41 81 378 63 63, [info@valsana.ch](mailto:info@valsana.ch)

## **NOT ALLOWED**

Please note that smoking is not permitted throughout the spa area. Out of courtesy to other spa users, we would ask you not to use your mobile phone.

Animals are not allowed on the premises.

Children under the age of 16 years must be accompanied by an adult.

The Sauna area is reserved for all guests above 16 years of age.

## **GIFT VOUCHER**

Receive them at the reception desk or in the online shop.

All prices in Swiss Francs, VAT included.

Prices are subject to change.

For our General Terms and Conditions please refer to our website [www.valsana.ch](http://www.valsana.ch).