

# Welcome at our Alpine Spa Retreat

Hello, dear guests!

Step into a peaceful and serene space, where unwinding and boosting your well-being come first.

We offer a range of services designed to help your body, mind, and spirit find balance. Come try our soothing therapies or let your spirit unwind in our wellness sanctuary.

Whether you're looking for a chill day or thinking about a longer visit with us, we've got all the amenities you need.

Take a break from the daily hustle, refresh your spirit, and enjoy some truly memorable moments of relaxation.

Let's kick off your journey towards better balance and vitality together!

Your Lenzerhorn Wellness & Spa Crew

## Our operating hours and pricing details

Indoor pool	7.00 AM - 9.00 PM
Outdoor pool	10. 00 AM - 9.00 PM
Sauna and Steam bath	3.00 PM - 8.00 PM
Treatments	10.00 AM - 8.30 PM

Entrance for guest from Spescha House: CHF 15.  
Entrance for outside visitors: CHF 35.

(Without bathrobe and slippers  
But you can buy them  
bathrobe for CHF 6  
slippers for CHF 3.)

## wellness etiquette



To make sure you have a great time, we've put together a list of some recommendations just for you:

Make sure to get to the wellness reception at least 5 minutes before your treatment. If you happen to arrive late, we're sorry to say that but we'll have to cut your treatment time short to keep things fair for everyone.

The times listed for each treatment cover the entire length of your treatment. So, we've already included any necessary rest breaks after the treatment.



When you're booking a reservation, please let us know if you're pregnant or if there are any special circumstances. This way, we can put together a treatment plan that suits your needs perfectly.

We'd really appreciate it if you could let us know about any changes or cancellations to your appointment at least 24 hours ahead of time.

**If you cancel 24 hours ahead of time, there's no fee. But if you cancel on the same day, you'll be charged 75% of the pampering treatment cost.**



**Our saunas and steam baths are naked zones.** You can find towels in our spa area for your convenience. Please use them as a base in the sauna and to cover yourself in the areas outside of it.

For hygiene reasons, food and drinks aren't allowed in the wellness area. But don't worry! You can enjoy complimentary water, tea, and snacks at the wellness buffet in the basement.

To help create a peaceful atmosphere for everyone, we kindly ask that you silence your mobile phones and turn off vibrations while in our spa area. We also request that you avoid making phone calls.



**Our sauna and steam bath areas are just for guests who are 16 and older.** The spa is designed to foster peace and relaxation, so we really appreciate your help in keeping that vibe.

The kids' pool can be found at the Hotel Schweizerhof. The indoor pool is meant for swimmers. Just a heads up, there's no lifeguard on duty, so parents need to keep an eye on their little ones.

We truly hope you enjoy your time to unwind!



# Lenzerhorn Spa

relaxation for body, mind, and soul





## The Big 5

Traditional Classic Massage

Sports Massage

Aroma Oil Massage.

Combination Massage

Footreflection Massage

You can choose your time

45 min CHF 110 | 60 min CHF 130 | 75 min CHF 150



## Coziness & Balance

### Lenzerhorn Stone Massage

Relaxing massage with heated stones



Partial body 45 min CHF 125 |  
Full body 75 min CHF 165

### Melting Moments

Relaxing massage using warm candle wax.



60 min CHF 140

### Herbal Stamp Massage

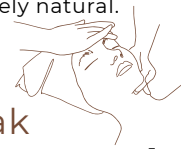
Warmin Massage with herbal stempis

60 Min CHF 140



## Radiantly Gorgeous

Cosmetics featuring  
my bioLUXE - Deynique  
Mindful and sustainable, for your health and  
for the well-being of our planet.  
100% Vegan, no animal testing, purely natural.



### Refreshing Break

A refreshing facial treatment for those in-between moments. Just relax and enjoy the good vibes.

### Deep Cleansing

The perfect treatment for blemished skin to balance, hydrate, and clarify.

### Vital Lift

Natural wrinkle reduction through manual tightening. The skin looks better and feels fuller.

You can choose your time

45 min CHF 120 | 60 min CHF 140 | 75 min CHF 160



### Hand and Foot Oasis



### Pure Pampering Time

#### Hands

Warm compresses | hand mask |  
nail trimming and filing | cuticle  
care | hand massage  
75 minutes for CHF 85

#### Feet

Footbath | footscrub | nail  
trimming | cuticle care |  
footmassage  
75 minutes CHF 95

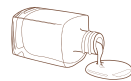
### Quick & Gorgeous

#### Hands

Nail trimming | cutical care |  
creaming your hands  
45 minutes for CHF 65

#### Feet

Nail trimming | cuticle care |  
creaming your feet  
45 minutes CHF 75



You can add nail polish for an extra 15.- if you'd like.

**We don't take off shellac or UV - lac. Our nail polishes are crafted from all-natural ingredients and offer great care for your nails. guarantee 48 hours**



## Men's Business

### Gentleman Glow

Cleansing facial treatment with all the essentials a **Man** needs.  
45 minutes CHF 120

### Men's Nail Care

Men's hand **or** foot care designed just for them.  
45 minutes CHF 75

### Men's eyebrow style

CHF 20

## For a Flawless Eye Look



Eyebrow shaping	CHF 20
Eyebrow coloring	CHF 20
Eyelash coloring	CHF 25
All together	CHF 55



## Wellness for tiny adventurers

**Our little wellness world for  
kids aged 6 to 12 years.**



### Quick Relaxation Massage

20 minutes for CHF 60

### Fun Face Time

Quick facial cleanse with a facial massage.  
45 minutes CHF 75

### Mini Color Fun

Filing and painting nails on hands or feet.  
35 minutes CHF 50

