

Spa Menu



MOVING
MOUNTAINS

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 holistic 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 holistic wellbeing philosophy, promoting long-lasting physical and mental benefits through the harmony of body, mind and soul.

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.

Sustainable

We believe in protecting the world we live in by using spa products with purely organic or certified natural ingredients, vegan, with limited carbon footprint and without animal testing.

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.

Welcome to the Moving Mountains Spa

Our Spa Services

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A detailed, high-magnification grayscale micrograph of skin tissue. The image shows a complex network of collagen fibers and cellular structures, with a prominent, darker, textured vertical band running through the center. The overall appearance is fibrous and intricate, typical of dermal tissue.

Skin Rejuvenation

Two partners - one vision

In line with our Moving Mountains philosophy, we only use purely 100% organic or certified natural products. Our search for the perfect partner brought us to Methode Physiodermie, a brand by Geneva-based Laboratoire Sintyl that offers the perfect synergy between natural ingredients and cutting-edge Swiss technology. Laboratoire Sintyl has been a pioneer of personalised skincare since 1974 and is dedicated to the research and development of cosmeceuticals for skincare professionals. Its formulas are developed, manufactured and tested at its Geneva laboratory according to the stringent standards of the Swiss cosmetics industry, guaranteeing flawless quality in every bottle. The Methode Physiodermie brand has held ECOCERT certification since 2019 in recognition of its commitment to ecological sustainability.

Methode Physiadermie

Results are at the heart of Methode Physiadermie's clinical approach. Healthy skin is achieved by eliminating the causes – rather than the visible signs – of a range of skin issues.

Methode Physiadermie offers three product lines tailored to different skin needs.

Equilibre Essentiel

Swiss cosmeceuticals for smoother, more radiant skin

Clinical Swiss Organics

The first 100% organic Swiss skincare line

Chrono Repair Homme

Researched and Developed for Male Skin

Equilibre Essentiel

Methode Physiadermie's Equilibre Essentiel line offers tailored solutions for skin issues such as ageing, dark circles and bags under the eyes, acne, rosacea and pigmentation. Since everyone's skin is unique, the combination of products used in each treatment is tailored to the client's individual needs.



Equilibre Essentiel Expert Treatment

Following a detailed analysis of the skin, the treatment is personalised to address individual skin issues. Thanks to the synergy between powerful ingredients and targeted mechanisms of action, the products are absorbed deep into the skin for long-lasting results. A tailor-made facial treatment for transformed skin!

- **For sensitive skin.**

A nourishing treatment to rebalance the skin

- **For blemish-prone skin.**

A clarifying facial to regulate sebum production

- **For instantly radiant eyes.**

A tailored treatment for the eye area targeting dark circles, undereye bags, wrinkles, puffy or tired eyes

- **Redness rescue - restorative treatment**

Morpho-lymphatic drainage combined with high-quality plant extracts to reduce inflammation

60 min/CHF 210

Hyaluronic Acid Age Plus Booster

For instant skin firming.

A specially developed anti-ageing treatment to plump up the skin and improve elasticity. A complex of two hyaluronic acids combined with micro-encapsulated Swiss glacier water penetrates deep into the skin for immediate effects. The serums used are tailored to the individual to ensure long-lasting results.

75 min/CHF 280

Anti-ageing treatment for mature skin.

A natural, moisturising, lifting facial that uses special massage techniques combined with individually tailored serums.

90 min/CHF 280

T3 SKIN REJUVENATOR

A three-step system to improve the look of ageing skin.

This exclusive facial treatment is based on non-invasive technology that delivers maximum skin renewal and rejuvenation. In addition to addressing signs of ageing, the innovative instrumental approach is designed to treat a wide range of skin complaints with the specific goal of restoring a radiant complexion. The T3 SKIN REJUVENATOR device produces visible skin improvement in cases of hyperpigmentation, sun damage, blemishes, acne, redness or rosacea.

The procedure combines diamond microdermabrasion, aquafacial techniques and high-frequency therapy in one highly effective treatment.

Results

- Rejuvenates and improves all skin types
- Treatments are tailored to address your individual skin complaints
- Visible 'glow' effect from the first treatment
- Effective, painless, non-invasive
- No downtime or restrictions on any post-treatment activities
- Produces a healthier, more youthful-looking and firmer complexion
- Delivers long-lasting hydration

90 min/CHF 380

(additionally contains a Physiadermie Starter Kit)

Clinical Swiss Organics

We are proud to partner with the first 100% organic Swiss skincare line certified by ECOCERT Greenlife and compliant with the COSMOS Organic Standard. All products in the Clinical Swiss Organics line are stripped back to the most important ingredients and are free of perfume, silicones, parabens, mineral oils and EDTA/BHA/BHBT. The line also has flawless environmental credentials: it is organic, vegan, biodegradable, free of alcohol and sulphates, not tested on animals and produced according ecologically sustainable principles.

Clinical Swiss Organics facials deliver outstanding results while being gentle and kind to skin and the environment. This premium product line from Methode Physiadermie means you no longer have to choose between certified organic cosmetics and instantly visible results.



Bio Skin Balance

Restores the skin's balance through a refining and smoothing 10% lactic acid peel combined with bioenergetic lymphatic drainage, promoting the skin's natural self-regulation function and actively combating excess tissue fluid. A serum and deeply penetrating mask round off the treatment and prolong the duration of the effects.

60 min/CHF 210

Bio Skin Energising

Consists of a 10% lactic acid peel to smooth the skin followed by a dynamic muscle toning treatment to redefine the contours of the face and visibly tighten the skin. A heavy dose of moisture revitalises the skin. A replenishing mask increases skin elasticity and visibly improves skin firmness.

90 min/CHF 280

Chrono Repair Homme

Researched and developed for the unique requirements of men's skin.
A comprehensive combination treatment that offers deep cleansing
and complete nourishment for each individual's skin.



Chrono Repair Men Care

Featuring a cleansing gel specially tailored for men's skin, this treatment removes toxins and impurities, stimulates the lymphatic system and counteracts lymphatic congestion.

60 min/CHF 210

Chrono Repair Men Natural Lifting

This treatment reduces visible signs of ageing and strengthens the structure of the skin. Muscle tone is stimulated to provide a noticeable lift. The result is a radiant appearance and a natural anti-ageing effect.

90 min/CHF 280



Beauty & Nail Lounge

Beauty

Daytime make-up

ca. 45 min/CHF 65

Evening make-up

ca. 50 min/CHF 85

Eyelash tinting

ca. 20 min/CHF 30

Eyebrow tinting

ca. 10 min/CHF 25

Eyelash and eyebrow tinting

ca. 35 min/CHF 50

Eyebrow plucking

ca. 20 min/from CHF 25

Hair removal for him and her

We are pleased to provide individual advice regarding the hair removal treatments we offer.

from CHF 25

nooii nail lounge

nooii stands for high-quality, Swiss-made products that are kind to the body and the environment. The five letters in the company name stand for 'natural or organic ingredients inside'.



Aroma manicure

A special manicure with a salt or oil nail bath to moisturise and repair the cuticles. The treatment concludes with gentle exfoliation and a soothing pack for the hands.

45 min (without nail colour)/CHF 100
60 min (with nail colour)/CHF 120
75 min (Londontown gel nails)/CHF 155

Aroma pedicure

A pedicure with essential oils, salts and herbs to detoxify and heal tired feet. Using a special blend of natural ingredients, the treatment pampers the feet with exfoliation, a soothing pack and a heavy dose of moisture.

45 min (without nail colour)/CHF 100
60 min (with nail colour)/CHF 120
75 min (Londontown gel nails)/CHF 155

Medical pedicure

A classic medi-pedi to relieve or eliminate foot complaints and conditions such as corns and nail bed inflammation.

80 min (without nail colour)/CHF 150
95 min (with nail colour)/CHF 170
110 min (Londontown gel nails)/CHF 205

Gel removal

30 min/CHF 70



Holistic Massages & Therapies

Moving Mountains Massage

Arrive in the presence

Full body deep tissue massage with hot and cold stone therapy to relax tired muscles and joints, particularly in the legs and feet.

60 min plus 15 min introduction/CHF 240

Aromatherapy

Switch off your mind

Holistic massage with premium essential oils from Switzerland - invigorating, relaxing or detoxifying.

50 min plus 10 min introduction/CHF 190

Good Vibrations Sound &

Energy Massage

In harmony with body, mind and soul

Balance mind, body and spirit with this holistic singing bowl massage. The sound and vibrations of the singing bowls promote deep relaxation in all areas of the body.

50 min plus 10 min introduction/CHF 190

Swiss Stone Pine Massage

Boost your circulatory function

Oil and massage rollers made from Swiss stone pine promote relaxation and release blockages to allow you to reconnect with your healthiest self.

50 min plus 10 min introduction/CHF 210

Swiss Mountain Herbs

Stamp Massage

Restore inner balance

Indulge your senses with the finest Swiss mountain herbs. Warmed herbal bundles nourish the skin with gentle, circular massage movements.

60 min plus 15 min introduction/CHF 240



Invigorating & energising Massages

Fully Individual Massage

Let go and relax deeply

A massage personalised to your individual needs with a finely-tuned blend of essential oils

50 min plus 10 min introduction/CHF 190

Head & Neck Massage

Clear your mind

This head, neck and face massage targets acupressure points to drain lymphatic fluid from the face. Calming breathing exercises relax the mind as the therapist gets to work.

25 min plus 10 min introduction/CHF 110

50 min plus 10 min introduction/CHF 190

Reflexology

Activate your powers of self-healing

This massage boosts the metabolism by stimulating the reflex zones and marma points on the feet as well as the energy lines that flow through the body. Expect a positive effect on all vital functions.

25 min plus 10 min introduction/CHF 110

50 min plus 10 min introduction/CHF 190

Sports Massage

Unlock tense muscles

This massage releases muscle tension by applying gentle pressure to the deep muscles to reduce inflammation, increase circulation and promote mobility.

50 min plus 10 min introduction/CHF 190

Physiotherapy

Deeply optimize the body

Our highly professional physiotherapists offer a personalised therapy.

50 min/CHF 210



Detox Body Treatments

Hydrotherapy Baths

Our hydrobaths serve to both relieve and prevent physical aches and pains. Infused with premium Methode Physioderme products, they help restore vitality and mobility to tired, sluggish bodies through the tailored use of stimulating fragrances.



Hydrobath no. 1

Fight fatigue & sore muscles

Relaxing, calming scents to combat muscle fatigue and relieve stress-related fatigue.

Hydrobath no. 2

Cellulite reduction

Strongly stimulating fragrances with a toning effect to soften and smooth the epidermis.

Tip: For great results, combine the bath with a body peeling and lymphatic drainage.

Hydrobath no. 3

Helps relieve feelings of tiredness and heaviness in the legs.

Tip: Drink plenty of water to aid circulation and move your toes to stimulate blood flow

Hydrobath no. 4

Eliminates impurities for a healthful appearance, leaves the body feeling fresh and clean and supports weight management.

20 min/CHF 65 each

Swiss Salt Body Scrub

Cleanse your pores

A deep cleansing scrub with natural Swiss salt that removes dead skin cells and leaves skin feeling hydrated and velvety soft.

30 min/CHF 90

Lymphatic Drainage

Invigorate the lymphatic system

Energising manual therapy that combines soothing and rhythmic massage techniques to stimulate the lymphatic system and reduce skin tension. A detoxifying herbal tea is served at the end of the treatment as a special finishing touch.

50 min plus 10 min introduction/CHF 190

Physioslim Detox Treatment

Boost your metabolism

A slimming, anti-cellulite treatment that's adapted to your morphology to help redefine the contours of your physique. Includes a derma scan, manual abdominal treatment and body styling.

60 min/CHF 210

Full Body Renew Ballancer®

Detoxify the body and boost your energy levels

The Full Body Renew Ballancer® system begins with a derma scan to analyse your morphological make-up followed by a manual abdominal treatment. We stimulate the body's energy points to boost the digestive system and assist the body in eliminating toxins. A subsequent Body Ballancer® lymphatic massage with innovative, patented compression technology accelerates the excretion of excess fluid through the lymphatic system. The Body Ballancer® reduces volume in areas affected by excessive water retention.

Tip: The Full Body Renew Ballancer® programme is the ideal treatment for after a sauna session thanks to its detoxifying effects.

120 min/CHF 320

Holistic Wellbeing



Breathe deeply

Breathing in deeply: the first thing we do when we see the light of the day

There are few things more invigorating and relaxing than the fresh mountain air. With this in mind, we invite you to relax and take a breath. Conscious breathing helps to relieve stress and restore inner peace. Focus on your body's natural rhythm as you open your lungs.

25 min/CHF 50

Mindful Meditation

Open to all - no experience necessary!

Discover the benefits of mindfulness meditation and encourage a deeper awareness of your body. Weather permitting, we'll take a short walk in nature to focus on breathing and meditation. Other mindfulness techniques can include guided meditations and mantra meditations.

50 min/CHF 80



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.



Private yoga lessons

Yoga is an exercise for the body and the mind. The Hatha branch of yoga offered at the hotel represents a gentle form of movement. Breathing and movement come together in a dynamic flow that brings about improved posture, circulation and inner balance. Begin your morning with the Surya Namaskar (Sun Salutation) for a light, refreshed start to the day; end your evening with the Chandra Namaskar (Moon Salutation) or yoga nidra for complete relaxation and deep sleep.

Yoga can be practised in the yoga room or in various other freely accessible yoga spaces within the hotel. Complimentary yoga classes are offered several times a week. Private yoga sessions can be arranged on request for a fee.

50 min/from CHF 80

Moving Mountains in-room yoga

A selection of tailor-made yoga sessions is available to enjoy in the privacy of your room. Ask for our in-room yoga kit and use the step-by-step instructions on your TV system to practice gentle movement at any time of the day or night.

In-room yoga bag is available for you upon demand.

Private fitness training

Book a personal training session with one of our dedicated personal trainers. London-based fitness expert Matt Gleed has trained multiple Olympians, top-flight football clubs and tennis professionals. Together with our in-house trainers, he has developed a bespoke functional fitness programme that can be tailored to your fitness level for health and longevity.

50 min/from CHF 80

Private outdoor fitness training

Recharge your batteries in the unspoilt nature that surrounds our hotel. Explore the landscape and discover the many ways to incorporate the natural environment into your fitness journey.

50 min/from CHF 80



Exclusive Spa Suites

Time for togetherness

Time for each other.

Enjoy luxurious moments all to yourselves in our private spa suite with whirlpool tub, steam bath & sauna.

Suite Muscida - 3 hours/CHF 380 incl. Alpine herbs tea ceremony and culinary delights for two

Reflect & refocus

Time to pause, sit back and process.

Enjoy your private spa suite all to yourself in complete peace and tranquility. Relax and unwind with a whirlpool, steam bath & sauna.

Suite Polaris - 4 hours/CHF 720 incl. Alpine herbs tea ceremony and culinary delights for two as well as a Fully Individual Massage.

Mindfulness & vitality

Time for mindful introspection.

Time to get revitalised.

Switch off and enjoy quiet moments in an exclusive private spa suite to recharge your batteries.

Suite Polaris - 4 hours/CHF 760 incl. Alpine herbs tea ceremony and culinary delights for two as well as a Swiss Stone Pine Massage.



Hair Salon

Women

Wash and blow-dry

from CHF 65

Wash and set

from CHF 75

Wash, cut and blow-dry/set

from CHF 125

Updo/evening styling

from CHF 85

Daytime styling

from CHF 40

Colour

Colour

from CHF 85

Highlights

from CHF 105

Toning

from CHF 65

Gentlemen

Wash and blow-dry

from CHF 50

Shaping

from CHF 35

Opening hours (open daily)

Water world & fitness centre

07.00 until 20.00 o'clock* (Fitness 24/7)
(*during winter until 21:00 / Children up to 12 years
07.00 until 18.30 o'clock Summer & Winter Water
World & Sauna)

Sauna

11.00 until 20.00 o'clock* (*during winter until 21:00)

Spa reception

08.30 until 20.00 o'clock

Treatments & Hair Salon

10.00 until 20.00 o'clock

Contact For appointment booking & information

Tel. +41 81 378 95 95

E-Mail: bergoase@tschuggen.ch

Spa etiquette

To help you enjoy your time in the spa to the fullest, please take a moment to read the following information:

- We kindly request you to arrive at the spa 10 minutes prior to your appointment. Please use this time to inform us of any health issues you may have.
- We will provide you with disposable undergarments to be worn during treatments.
- If the treatment you require is not listed on the spa menu, we will be happy to arrange a personalised treatment of your choosing.
- External guests are warmly welcome subject to availability.
- Please note that the entire spa area is a smoke-free zone. We also ask that you do not use mobile phones.
- Age restrictions:
Children aged below 4 years do not have access to the Tschuggen Bergoase. The sauna area is reserved for guests from the age of 16.
- We recommend that you leave valuables in your locker or your room. The hotel does not accept any liability.

General Information

If you arrive late for an appointment, please kindly note that the duration of your treatment will be reduced accordingly if the therapist or treatment room are booked for the subsequent slot. Please inform us at least 24 hours in advance if you are unable to keep an appointment. If you do not do this, the full amount will be charged.

The entry price entitles you to unrestricted use of the entire Tschuggen Bergoase Spa including fitness centre, sauna and steam bath area, relaxation rooms and the water world. Bathrobe, towels, slippers, refreshments and fruit are included. Participation in the aqua gym lessons on offer is also included.

The Tschuggen Bergoase membership card is personal to each user and non-transferable. The number of members is limited. Prices and opening hours are subject to change.

All prices are in Swiss francs (CHF) and include statutory value added tax.

Gift vouchers

We will be pleased to issue a gift voucher for your desired amount or treatment. Print@Home option also available.

TSCHUGGEN GRAND HOTEL

AROSA

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A Tschuggen Collection Hotel