

Spa Menu



HOTEL EDEN ROC

ASCONA



Connecting to the power of nature

Nourish. Strengthen. Heal.

Surrounded by unspoiled countryside, from the heart of the Swiss Alps to the majestic shores of Lago Maggiore, preventive benefits are encouraged. The fresh air from mountains and lakes breathes life into mind, body and spirit. The raw power of the water bursting from the mighty mountains and resting in the deep blue Lago Maggiore energises both the surrounding countryside and the human organism. In our Bespoke Spa Journeys, we take this power and channel it through tailor-made treatments for sustainable health and holistic wellbeing – using purely organic or certified natural products. Biomimetic technologies revive our skin's natural energies, even down to a cellular level. The power, arising from plant potentials, is integrated into performative

cosmeceuticals with unique innovative technologies. As an integral part of our environment, we not only look to draw knowledge from the world around us, but also use this knowledge and the world's resources to make a difference. In combining the elemental power of nature with science and sustainability we create personalised programmes to refresh and balance. Using the harmony of nature and biorhythms, we create holistic experiences that transform and energise. Our Bespoke Spa Journeys lead you through renewing, cleansing, purifying, and strengthening treatments to radiant beauty, blossoming vitality and holistic wellbeing.

Inspired by the swiss mountains

Switzerland, land of snow-capped mountains and crystal-clear lakes, offers the perfect backdrop for our Spas. Re-connecting with the power of nature and integrating natural healing is the core of our holistic spa journeys.

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 Spas embrace a holistic approach and this philosophy is deeply embedded into all of our treatments.

Our Spa Services

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Holistic Massages
& Therapies

Signature Massage

Water skiing, golfing, hiking and biking – you had your adventure and it has left its mark. Release the tension... We start our signature massage with a soothing foot soak with Swiss Alpine salt, thyme, rosemary and lavender. The following full-body deep tissue massage including hot and cold stone therapy relaxes tired muscles and joints with a focus on your legs and feet.

Is this your path to well-being?

Do you have aching muscles or joints after a strenuous day of water skiing, golfing, hiking and biking?

Or do you simply feel the need for a tension relief massage? Then this treatment will do you good.

60 mins plus 15 mins holistic introduction

CHF 240

Aromatherapy to Free Your Mind

Scents from the Garden of Eden

It's there. In the air. The sublime fragrance of Ticino ... Indulge in a holistic massage using the very best essential oils from Switzerland's southernmost canton – famous for its lush gardens. Choose your favourite oil from our aroma collection. Do jasmine, lemon or bergamot tickle your fancy? Succumb to intense relaxation, detoxification or invigoration.

Is this your path to well-being?

Energising, relaxing or detoxing – this is an aromatherapy massage to suit your here and now and to free your mind.

Go for it!

50 mins plus 10 mins holistic introduction

CHF 190

Herb Stamp Massage

The essence of Switzerland is found in our herbs

Indulge your senses with the finest Swiss herbal aromas. Heated herbal compresses are applied in gentle circular motions, exfoliating and massaging while nourishing the skin. This treatment boosts blood flow, tissue metabolism and the formation of new skin cells.

Is this your path to well-being?

Relaxing and reassuring.. The self-healing process will be activated and the metabolism promoted. This treatment is particularly helpful during periods of tension or stress.

The massage soothes back and neck pain, relieves sciatica, rheumatic complaints and joint problems. Relax and enjoy!

60 mins plus 15 mins holistic introduction

CHF 240

Fully Individual

Let Your Body Take the Lead

Beginning with a detailed consultation to find out what areas you would like us to concentrate on, any issues you are currently experiencing and the type of massage you prefer. Your specialised therapist listens to you and your body to create a bespoke massage based on your individual needs. A perfect blend of essential oils designed to your most profound priorities will complement this treatment.

Is this your path to well-being?

You know you need something; you feel it, but ...

This one's for you! Completely tailor-made, this ultimate massage focuses on your areas of concern. Treat yourself to a little individuality.

50 mins plus 10 mins holistic introduction

CHF 190

Head and Neck Massage

Keep your head up

Unwind your mind. Feel the peace. Your treatment starts with soothing breathing exercises. The subsequent head, neck and face massage targets acupressure points and your facial lymph is drained. Warm and cold facial compresses supply comforting relaxation. This is followed by a gentle facial massage during which the nine Marma energy points are stimulated. The head massage aims to rebalance your body's energies.

Is this your path to well-being?

Are you stressed? Find it difficult to switch off?

Lack of concentration? Suffer from headaches or migraines? Let go and unwind.

25 mins plus 10 mins holistic introduction
CHF 110

50 mins plus 10 mins holistic introduction
CHF 190

Good Vibrations Sound & Energy Therapy

Balance mind, body and spirit with this holistic singing bowl massage

The energetic natural healing method allows the therapist to work on the physical level with the therapy, and to stimulate the energy level and mind through promoting the free flow of energy, harmonising your personal resonance and inducing you into a meditative state. The sound and vibrations of singing bowls impart deep relaxation to every aspect of your being. It is truly a unique experience!

Is this your path to well-being?

Do you have difficulty quieting your thoughts?

Are you plagued by inner restlessness, struggling to relax? It's time to break free.

50 mins plus 10 mins holistic introduction
CHF 190

Pine Massage

For tension melting moments

This energy-balancing local inspired massage uses Swiss pine oil, massage sticks made of locally grown pine to relax, release blockages and connect with your deeper self. For a more peaceful and grounded outlook on life!

Is this your path to well-being?

Yearning to experience the beneficial effects of locally sourced ingredients and materials? Feeling restless and in need of inner peace? Easing of tensions? Try this. It's Swiss and it's balancing.

50 mins plus 10 mins holistic introduction
CHF 210

Reflexology

From your tippity toes

Stimulating the reflexology and Marma points on your feet as well as the energy lines that flow through your body stimulates the metabolism and has a beneficial effect on all your vital functions. Also known as zoned therapy, your treatment starts with a relaxing foot soak and ends with a soothing aromatherapy exfoliation.

Is this your path to well-being?

This treatment helps with migraines, digestive problems and sleep disorders and strengthens the flow of energy in the body.

25 mins plus 10 mins holistic introduction
CHF 110

50 mins plus 10 mins holistic introduction
CHF 190

Sports Massage

Deep tissue massage targeting the inner layers of your muscles

By working gentle pressure deep into the muscle layers, we address areas of concern to relieve muscle tension, reduce inflammation, boost blood flow and improve mobility.

Is this your path to well-being?

Musculoskeletal issues? Muscle pain and stiffness? Sciatica? This massage will definitely help you.

50 mins plus 10 mins holistic introduction

CHF 190

Physiotherapy

Highly professional physiotherapists offer a personalised therapy.

Is this your path to well-being?

This treatment helps with local muscle and joint pain, acute and chronic complaints, as well as rehabilitation after complicated bone fractures or muscle injuries.

50 mins

CHF 210

Detox Body
Treatments



Full Body Renew Ballancer®

Feeling sluggish, heavy, fatigued and burnt out? Detox your body, activate your energy and restore natural balance. The Full Body Renew Ballancer® programme starts with a derma-scan to analyse your morphological tendency and is followed by a manual abdominal treatment. We invigorate the body's energy points to stimulate the digestive system and support the body in eliminating toxins. A subsequent Body Ballancer® lymphatic massage with innovative and patented compression technology accelerates the removal of excess fluid via the lymphatic system. 24 individual air chambers overlap, providing wraparound compression movements to target every inch of the

treatment area. This boosts circulation, reduces the appearance of cellulite, improves skin tone and thoroughly decongests problem areas. The Body Ballancer® reduces volume in areas affected by excessive fluid retention. Its gentle, rhythmic action also promotes relaxation. The body styling programme is completed with a body wrap, either hot or cold depending on how the cellulite presents.

Tip:

The Full Body Renew Ballancer® programme's detox effect makes it ideal after a sauna.

120 mins
CHF 320

Lymphatic Drainage Massage

This invigorating manual therapy combines calming and rhythmic massage techniques to stimulate the lymphatic system, drain excess fluid from the tissues, encourage natural detoxification, and reduce skin tension caused by water retention.

Is this your path to well-being?

Are you suffering from rheumatoid arthritis or chronic venous insufficiency? Appearance of cellulite? Or you just want to remove waste and toxins from your body ... Go for it!

50 mins plus 10 mins holistic introduction
CHF 190

Physioslim Detox Treatment

A slimming and anti-cellulite treatment adapted to your morphology to redefine your silhouette. The detox treatment starts with a derma-scan to analyse your morphological tendency and is followed by a manual abdominal treatment. We invigorate the body's energy points to stimulate the digestive system and support the body in eliminating toxins. The body styling programme is completed with a body wrap. Your body is firmer, more toned and shapely.

Is this your path to well-being?

Feeling sluggish, heavy, fatigued and burnt out? Detox your body, activate your energy and restore natural balance.

60 mins
CHF 210

Grape Seed Body Scrub

We make use of grape seeds from Ticino's finest Merlots for this delectable body scrub. The deeply cleansing scrub sloughs off dead skin cells, leaving skin feeling hydrated and velvety soft.

Is this your path to well-being?

Is your skin looking a little lacklustre? This body scrub is the answer! Enjoy a boozy, sophisticated twist!

30 mins

CHF 90

An aerial photograph of a stream flowing through a rocky landscape. The water is a vibrant green color, contrasting with the grey and brown rocks. The stream flows from the top left towards the bottom right. The rocks are layered and textured, with some small plants and moss growing on them. The overall scene is natural and serene.

Skin
Rejuvenation

Your Skin is as unique as you are which is why we offer three different cosmetic lines formulated for your specific skin type.

Physiodermie Clinical Swiss Organics

Organic luxury for young skin.

Methode Physiodermie – Equilibre Essentiel

Swiss cosmeceuticals for skin health.

Chrono Repair Homme

Researched and Developed for Male Skin.

Methode Physiadermie *Clinical Swiss Organics*

We are proud to offer the first 100% organic Swiss skin care line certified by Ecocert Greenlife and in compliance with the COSMOS Organic Standard. All products contain only the most essential ingredients with 0% fragrance, silicone, paraben, mineral oil and EDTA/BHA/BHBT.

Eco-responsible, vegan, biodegradable, alcohol-free, sulphate-free, and not tested on animals.

These facials deliver the best results with the greatest respect for the skin and the environment!

Thanks to Clinical Swiss Organics by Methode Physiadermie, you no longer have to choose between certified organic cosmetics and visible results.

Radiance me *Bio Skin Renew*

After a profound cleansing of the skin, the cells are rejuvenated with a 10% lactic acid peel. This detoxifies the skin by ridding it of impurities and dead cells, and in turn improving radiance, pigmentation and irregularities. A concluding emulsion application provides moisture and strengthens the skin's natural protective shield.

45 mins
CHF 170

Balance me *Bio Skin Balance*

This treatment restores skin balance and features a refining and smoothing 10% lactic acid peel combined with a bioenergetic lymph drainage to heighten your skin's natural ability to self-regulate, actively combatting excess tissue fluid. Wellbeing, profound relaxation and increased skin vitality are the noticeable outcomes of the inner harmonisation that results. A concluding serum and powerful mask intensify the long-lasting effects. Natural high-tech for a smooth, relaxed and radiant complexion.

60 mins
CHF 210

Fake a facelift *Bio Skin Energising*

Inspired by the most advanced aesthetic medicine techniques, this treatment features a 10% lactic acid peel to smoothen skin, followed by a dynamic muscle-toning treatment to redefine the shape of the face and visibly lift the skin. The targeted supply of moisture eliminates dryness and energises the skin with astonishing effectiveness. A lipid restoring mask with personalised skin-plumping serums boosts skin elasticity and visibly improves skin firmness. Defy gravity with this skin boosting treatment!

90 mins
CHF 280

Methode Physiadermie – Equilibre Essentiel: *Swiss Cosmeceuticals for skin health*

Methode Physiadermie represents a perfect synergy between the most powerful natural ingredients and cutting-edge Swiss technology. The brand was born from an in-depth study of morphological tendencies and their effect on individual aesthetic variations. Results are at the heart of the clinical approach: targeting the causes, not the consequences, of each skin alteration results in healthy skin. The formulas are developed, manufactured and tested in the Geneva-based laboratory in accordance with the strict standards of the Swiss cosmetics industry in order to guarantee excellence of quality and manufacturing rigor. Their ECOCERT certification since 2019 testifies of the eco-sustainable commitments of Methode Physiadermie.

Physiadermie introduces extracts from water and oil-based plant substances into the skin via receptor-controlled microencapsulation technology. This technology ensures that the plant-based active ingredients are transported to the area where they are most effective. Offering a broad spectrum of special treatments to treat skin alterations like skin ageing, under-eye circles and bags, acne, rosacea and pigmentation disorders.

High Performance Balance *For sensitive skin*

Moisturise, rebalance and reduce redness. Soothes tension and helps to maintain natural hydration for soft and elastic skin. Antioxidants are the heroes in this treatment.

60 mins

CHF 210

Hyaluronic Age Plus Boost *For immediate skin tightening*

This anti-ageing treatment was specially developed to immediately plump-up the skin and boost elasticity. Combined with microencapsulated Swiss Glacier water, a complex of two Hyaluronic Acids penetrate deep into the skin for an immediate effect. Personalised serums ensure long-lasting results.

60 mins

CHF 210

Lift Me Up

Anti-ageing solution for mature skin

As we become older, the skin becomes drier, regenerates less rapidly and loses elasticity. This natural lifting treatment moisturises and firms muscle tone thanks to a special massage technique combined with personalised serums.

60 mins

CHF 210

Clarifying Blemished Skin

Acne, blemishes, pimples, zits, blackheads and whiteheads all have different causes. This skincare programme normalises the sebum production, minimises pores, purifies the epidermis and clarifies the complexion. Restore a natural, even skin tone!

60 mins

CHF 210

Redness Rescue

Restorative treatment

If you suffer with rosacea, this facial is for you! Combining the positive effects of the Morpho Lymph-Drainage with the highest quality botanical extracts to reduce redness and inflammation and promote healthy skin cells.

60 mins

CHF 210

Instant Eye Radiance

Eye contour

Stress, a lack of sleep and an unhealthy lifestyle directly impact the body's metabolism. The result? Dark circles, bags under the eyes and drooping eyelids. This facial treatment instantly reduces dark circles and bags under the eyes, visibly decreases wrinkles and firms facial tissues. It also promotes detoxification processes and supplies oxygen and ingredients to the cells. Inner balance is the key to a radiant eye area.

60 mins

CHF 210

Hotel Eden Roc

Exclusive Facial

The Hotel Eden Roc Exclusive Facial is a non-invasive technology designed to provide maximum skin renewal and rejuvenation. This innovative instrumental approach is also used to treat a wide range of skin issues, with the specific aim of achieving radiant beauty results. The T3 SKIN REJUVENATOR device produces visible skin improvements in cases of hyperpigmentation, sun damage, blemishes, acne, redness or rosacea. The procedure combines a peel, deep cleanse, personalised active substance infiltration, lymphatic drainage, cell renewal as well as frequency and light therapy in just one treatment!

Three-Step Procedure

First, the skin is thoroughly cleansed and dead skin cells are sloughed away. A balancing tonic with synergising personalised Bioaromes soothes the skin. In the second step, impurities in the pores are softened with a lactic acid peel and prepared for deep cleansing. Blemishes, sebum deposits and excess skin cells are extracted from the pore structure using either a vacuum or dermabrasion device. The additional Physiotox lymphatic drainage accelerates the removal of congestion and toxins. Depending on the focus of your treatment, regenerating antioxidants, vitamins, minerals, active substances, nutrients or hyaluronic acid are introduced into the skin layers and combined with different frequency and light therapies. A finishing treatment concludes the T3 GLOW experience.

90 mins

CHF 350

Effects & Results

- *Refreshment and improvement for all skin types*
- *Treatments are personalised to suit individual skin conditions*
- *The GLOW effect is visible after the first application*
- *Effective, painless, non-invasive*
- *No restrictions on post-treatment activities*
- *Healthier, younger and firmer complexion*
- *Long-lasting moisture supply*

Chrono Repair Homme

*Researched and Developed
for Male Skin*

Because male skin is different.
Deep cleansing and complete care
for individual male skin.

Chrono Repair Men Bio Skin Power

Powerful, natural, effective!

Natural power for a dynamic and superbly
groomed look.

50 mins
CHF 180

Chrono Repair Men Care

Fast track to a fresh look

The cleansing gel welcoming ritual is specially
tailored to men's skin, to meet the challenges
life throws at it. This treatment eliminates to-
xins and impurities, stimulates the lymphatic
system, and counteracts lymphatic congestion.

60 mins
CHF 210

Chrono Repair Men Natural Lifting

*Profound cell regeneration and
moisture boost*

This treatment reduces the visible signs of ageing
and revitalises skin texture. Muscle tone is stimu-
lated to provide a noticeable lift. The result is a
radiant appearance and natural anti-ageing effect.

75 mins
CHF 260

A scenic landscape featuring a rocky ridge in the middle ground, surrounded by trees with autumn foliage. The foreground is dominated by a field of tall, golden-brown grass. The background shows more trees and a hazy sky. The overall atmosphere is serene and natural.

Beauty Essentials
& Nail Lounge

Nail Lounge

nooii stands for high-quality and organically certified products that are good for the body and do not pollute the environment. The five letters in the company name mean - natural or organic ingredients inside.

Aroma Spa Manicure by nooii

Our signature manicure begins with salt or oil nail soak infused with jasmine and local blossoms to hydrate and repair cuticles. A smooth exfoliation follows, and a luxurious and soothing wrap is applied to your hands. This treatment concludes with a soothing application of moisturiser to regenerate and nourish your skin and an application of your chosen polish.

45 mins without nail polish

CHF 100

60 mins with nail polish

CHF 120

add 15 mins for gel colour

CHF 35

Aroma Spa Pedicure by nooii

Our signature pedicure uses essential oils, salts and herbs to detoxify and heal tired feet. A signature blend of natural ingredients creates a skin and nail ritual that will pamper your feet with exfoliation, wrap and moisturiser, leaving you with perfectly pedicured polished toes.

45 mins without nail polish

CHF 100

60 mins with nail polish

CHF 120

add 15 mins for gel colour

CHF 35

Medical Pedicure

We need our feet every day, so they are constantly stressed and challenged. Therefore, they need special care. Relief or elimination of foot complaints and diseases, such as corn and paronychia, are assigned to medical foot care specialists.

80 mins

CHF 150

Cosmetics

Daytime make-up	45 mins	CHF 65
Evening make-up	50 mins	CHF 85
Eyelash tinting	20 mins	CHF 30
Eyebrow tinting	10 mins	CHF 25
Eyelash and eyebrow tinting	35 mins	CHF 50
Eyebrow shaping	from 20 mins	CHF 25

Hair removal For Her

Upper lip / chin	from	CHF 20
Bikini line or underarms	from	CHF 35
Legs: half leg	from	CHF 55
Legs: full leg	from	CHF 90
Legs incl. bikini line	from	CHF 120

Hair removal For Him

Underarms	from	CHF 35
Chest/Abdomen	from	CHF 40
Back	from	CHF 40

Hair Salon

Ladies

Shampoo, blow-dry from *CHF 60*

Shampoo, set from *CHF 75*

Shampoo, cut,
blow-dry / set from *CHF 125*

Up-styles / evening styling from *CHF 85*

Styling from *CHF 40*

Gentlemen

Shampoo, cut, blow-dry from *CHF 65*

Shaping from *CHF 35*

Colour

Colour / bleach from *CHF 85*

Mèches from *CHF 105*

Dyeing from *CHF 65*



Holistic
Wellbeing

Take a Deep Breath

Breathing is the first thing we do when we see the light of day

There is nothing more energising and relaxing than the fresh air on the shores of Lake Maggiore – so relax and take a breath. Conscious breathing helps to de-stress and to find inner peace. Concentrate on the natural rhythm of your body, while you open your lungs.

Is this your path to well-being?

Exhausted, stressed and emotionally challenged?

Then press the pause button and take a deep breath.

25 mins

CHF 50

Mindful Meditation

Open to everybody - no experience necessary!

Discover the benefits of mindful meditation and encourage a deeper awareness of your body. Classes may include a short stroll focusing on breathing and meditation in our wonderful gardens (weather permitting). Other mindfulness techniques may include a Guided Meditation or Mantra Meditation.

Is this your path to well-being?

Aiming to redirect your thoughts or to increase the awareness of yourself and your surroundings? Reduce stress, control anxiety and promote your emotional health.

50 mins

CHF 80



Nourish



Whatever you choose to integrate into your personal Moving Mountains Spa experience, our Moving Mountains menus offer the perfect complement - plant-based, nutrient-rich, easy to digest, rooted in the Swiss mountains and joyfully delicious. Just look for the Moving Mountains icon on our restaurant menus.



Movement
Offers



Private Yoga Lessons

Garden or Lakeside Yoga

Yoga is both a physical and mental exercise. Hatha Yoga, offered at the hotel, is a gentle form of exercise. Breathing and movement merge, creating a dynamic flow, 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 Nindra, for complete relaxation and deep sleep. Yoga can be practiced in the Yoga room and the garden of Casa Epper 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.

50 mins
CHF 80

Moving Mountains In-Room Yoga

Enjoy the privacy of your room

A selection of tailor-made yoga lessons is available in the privacy of your room. Ask for our In-Room Yoga kit and use the step-by-step instructions on your TV system any time of the day or night.



Moving Mountains Activities

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



Private Fitness Training

Book your one-to-one gym class with one of our dedicated personal trainers. London based fitness expert Matt Gleed has coached several Olympic athletes, premiersip football clubs and leading tennis players. Together with our in-house trainers he has now created a bespoke functional fitness programme tailored to your respective level to deliver health and longevity.

50 mins
CHF 80

Private Outdoor Training

Recharge your batteries in the unspoiled nature neighbouring our hotel. Explore the surroundings and discover the countless ways to incorporate the environment into your fitness programme.

50 mins
CHF 80

Opening hours *(Open daily)*

Water World, Sauna & Fitness	<i>07.00 to 20.00 o'clock</i>
Treatments & Hair Salon	<i>09.00 to 20.00 o'clock</i>
Spa-Reception Desk	<i>08.30 to 20.00 o'clock</i>

Admission prices

The Eden Roc Spa is also open daily to non-residents by prior arrangement and subject to availability. The rates include free use of the whole Eden Roc Spa with fitness centre, sauna and steam bath area, water world, as well as bathrobe, slippers, towels, refreshments and fruits.

Children do have access to the Spa from the age of 16. The membership is personal and non-transferable.

Offer

Buongiorno 9 to 12 o'clock		<i>CHF 50</i>
Bonasera 18 to 20 o'clock		<i>CHF 50</i>
Entrance following a treatment	4h	<i>CHF 50</i>
10 entrances pass*	4h each	<i>CHF 480</i>
Member 1 month*		<i>CHF 440</i>
Member 4 months*		<i>CHF 1200</i>
Member 8 months*		<i>CHF 2200</i>
Day Spa Light*	4h (daytime)	<i>CHF 85</i>

Voucher

We offer gift certificates for the present of your choice. Also as print@home.

Good to know

To ensure that you enjoy your spa visit to the fullest and benefit perfectly from a treatment, we would like to inform you about a few important points.

If you arrive late for your appointment and your therapist or the treatment room is booked afterwards, we regret to inform you that the treatment will be shortened accordingly.

If you will not be able to attend the agreed appointment kindly notify us at least 24 hours before or 50 % of the treatment price will be charged. Should you miss your appointment, the full amount will be charged.

Prices are subject to change.

Contact for reservation and information

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