Spa Menu

Valsana Hotel



MOVING MOUNTAINS

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 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.

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.

SUSTAINABLE

We are committed to protecting the environment in which we live. In partnership with Pharmos Natur, we therefore offer certified natural cosmetics and support EMAS-certified sustainability standards. The products are free from animal testing and genetic engineering, and contain no nanoparticles or microplastics.

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

BEAUTY & NAIL LOUNGE

HOLISTIC & ENERGISING MASSAGES

DETOX BODY TREATMENTS

HOLISTIC WELLBEING

MOVING MOUNTAINS YOGA



FACE RITUALS

Pharmos Natur

Pharmos Natur embodies ‘green luxury’ natural skincare and holistic treatments powered by deeply penetrating botanicals. Every product and treatment is created with carefully selected healing and rejuvenating plants grown through ecologically and socially responsible cultivation.

At the heart of every Pharmos Natur treatment is the fresh ‘Sacred Aloe Vera’ leaf. Its unique texture allows the skin to absorb a rich variety of active ingredients, delivering their benefits deep into the skin – a distinctive experience woven into every ritual.

Each Pharmos Natur experience is designed to restore the natural radiance of skin and body. Choose from treatments dedicated to Stress Release, Detox, Intensive Moisture and Relax & Move – or choose the regenerative Moving Mountains ritual for head-to-toe renewal.



Pharmos Natur
Facial Treatments

„ESSENTIAL CARE FACE TREATMENT“

A regenerative foundational treatment for all skin types, including sensitive. Green Luxury products are carefully selected to meet individual skin needs, leaving the skin radiant and revitalised.

60 min / CHF 160

„INTENSIVE MOISTURE FACE TREATMENT“

An intensive moisture treatment for the face, neck and décolleté. A mask made from freshly prepared aloe vera supports the skin with biophotons and leaves it looking visibly fresher. ‘Aloe Vera Bio Ursaft’ hydrates the skin from within – for refined skin texture and added volume.

90 min / CHF 210

„LOVE YOUR AGE POWER TREATMENT“

Regenerating and firming. This intensive treatment supports elasticity and skin density while visibly smoothing the complexion. Plant-based hyaluronic acid and traditional medicinal herbs reduce visible signs of ageing, leaving the skin firmer, smoother and glowing with vitality.

90 min / CHF 210

„NATURE OF MEN TREATMENT“

Deep, lasting relaxation and visibly smoother, firmer skin. This treatment replenishes the skin’s moisture reserves, soothes irritation and restores energy through a revitalising treatment for the face, head and neck.

60 min / CHF 160
90 min incl. back massage / CHF 210

Pharmos Natur
Winter Exclusive

„MOUNTAIN FACE TREATMENT“

A nourishing facial ritual for skin exposed to wind, cold and the outdoors. Rich lipids and the natural benefits of sesame help strengthen the skin barrier, while soothing rough, weather-stressed skin.

60 min / CHF 160

„LUNAR SKIN TREATMENT“

An evening facial ritual with Night Elixir, Night Cream and a soothing massage. Helps the skin unwind and supports its natural overnight renewal, leaving it looking refreshed by morning.

60 min / CHF 160

BEAUTY & NAIL LOUNGE

Beauty

EYEBROW SHAPING

approx. 20 min / CHF 20

HAIR REMOVAL FOR LADIES AND GENTLEMEN

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

from CHF 25

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 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

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

HOLISTIC & ENERGISING MASSAGES

Holistic Massages

SWISS ALPINE HERBAL STAMP MASSAGE

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

60 min massage + 15 min consultation / CHF 190

MOVING MOUNTAINS MASSAGE

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 massage + 15 min consultation / CHF 190

RELAXATION MASSAGE

Natural elixirs calm the nervous system, regenerating and nourishing the skin while allowing the body to unwind. Special focus is placed on the head, neck and feet.

50 min massage + 10 min consultation / CHF 140

INTENSIVE MOISTURE MASSAGE

Freshly prepared Aloe Vera gel provides an extra boost of hydration, enhances the complexion and strengthens connective tissue, leaving the skin silky-smooth and refreshed.

50 min massage + 10 min consultation / CHF 140

Energising Massages

FULLY INDIVIDUAL MASSAGE

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

50 min massage + 10 min consultation / CHF 140

HEAD AND NECK MASSAGE

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 massage + 10 min consultation / CHF 140

FOOT REFLEXOLOGY MASSAGE

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 massage + 10 min consultation / CHF 90
50 min massage + 10 min consultation / CHF 140

Therapeutic Massages

„RELAX & MOVE“ FULL BODY MASSAGE

A warming, detoxifying massage using natural oils to release deep-seated tension, revitalise muscles and joints and stimulate circulation. With particular focused attention on the back.

50 min massage + 10 min consultation / CHF 140

DETOX BODY TREATMENTS

Lymphatic Treatment

„LOVE YOUR AGE“ PEELING MASSAGE

An exclusive herbal exfoliating massage enriched with restorative herbs. It stimulates the metabolism and firms and revitalises skin and tissue to leave the body smooth, supple and beautifully soft.

60 min / CHF 160
90 min incl. extended body ritual / CHF 210

Peeling

PHARMOS NATUR „GENTLE BODY POLISH“

Gentle cream-based exfoliation using leaves from the Sacred Aloe Vera plant removes dry skin cells while replenishing moisture and promoting firm, supple skin.

30 min / CHF 60

PHARMOS NATUR HERBAL BODY PEEL

The regenerating herbal peel enriched with special rejuvenating plants revitalises the skin, supports circulation and leaves the body feeling smooth, firm and velvety-soft.

30 min / CHF 60

Body Wraps

„DETOX WRAP“ BY PHARMOS NATUR

A detoxifying, purifying body wrap that activates lymphatic flow, firms the tissue and visibly reduces the appearance of cellulite.

30 min / CHF 60

HOLISTIC WELLBEING

Meditation and Breathwork

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 85
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

PRIVATE YOGA LESSONS

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 85

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.

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 & GYM

07.00 to 20.00
Gym open 24/7

TREATMENT ROOMS

10.00 to 19.00 (last treatment)
by appointment only

STEAM BATH

Winter: 12.00 to 20.00
Summer: 14.00 to 20.00
(Exception in case of bad weather)

SAUNAS

14.00 to 20.00

Cancellation policy

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.

RESERVATION AND INFORMATION

Tel. +41 81 378 63 63, info@valsana.ch

SPA ETIQUETTE

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