

# 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 vegan, 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 MESSAGES**

---

### **DETOX BODY TREATMENTS**

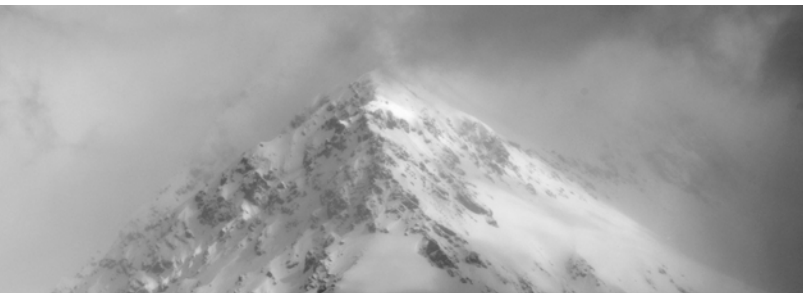
---

### **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 healing, hydrating plant ingredients grown through ecologically and socially responsible cultivation.

At the heart of each treatment is the Sacred Aloe Vera leaf, freshly harvested to preserve its potency. Its living cells emit light signals – biophotons – associated with the plant's sunlight-driven metabolic processes. By working with Aloe Vera in its purest form, Pharmos Natur channels this life force to maximise the power of its ingredients.

Each Pharmos Natur experience is designed to restore the natural radiance of skin and body. Choose from treatments dedicated to Anti-Stress, Detox, Intensive Hydration 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. Pharmos Natur's 'green luxury' formulations – with the freshly harvested leaves of the Sacred Aloe Vera and the BiophotonactivE® Complex – restore radiance and revitalise the skin.

**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 Ursoft' 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**

---

# 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 MESSAGES

## 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 NOURISHING HYDRATION MASSAGE

Freshly prepared Aloe Vera gel preserves the plant's biophotons and vitality. It promotes the complexion and fortifies connective tissue for silky-smooth, refreshed skin.

**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

An exquisite herbal peel enriched with adaptogenic rejuvenating plants. This treatment 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](mailto: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.