



Valsana Spa

Arosa

Sink into a relaxation pool with mountain views. Or a steam bath and saunas that look out onto the woods. An expansive fitness studio brings a refreshing contrast, giving you room to slow or quicken the pace as you please.

A pool with a view

800 m2 of understated wellness. Panoramic views of mountains and woodland connect body and mind to nature. For moments that both stimulate and relax.

Inspired by nature, backed by science. Natural healing sits at the core of our holistic spa journeys, rooted in cutting edge science and medical research.

Every Tschuggen Collection spa experience is tailor-made. Our bespoke treatments use fully organic or certified natural products.

Overview

- Indoor Pool
- Holistic Massages & Therapies
- Detox Body Treatments
- Skin Rejuvenation
- Beauty Essentials
- Nail Lounge
- Holistic wellbeing
- Movement offers
- Detox Body Treatments