Spa Menu

Tschuggen Grand Hotel
English

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.

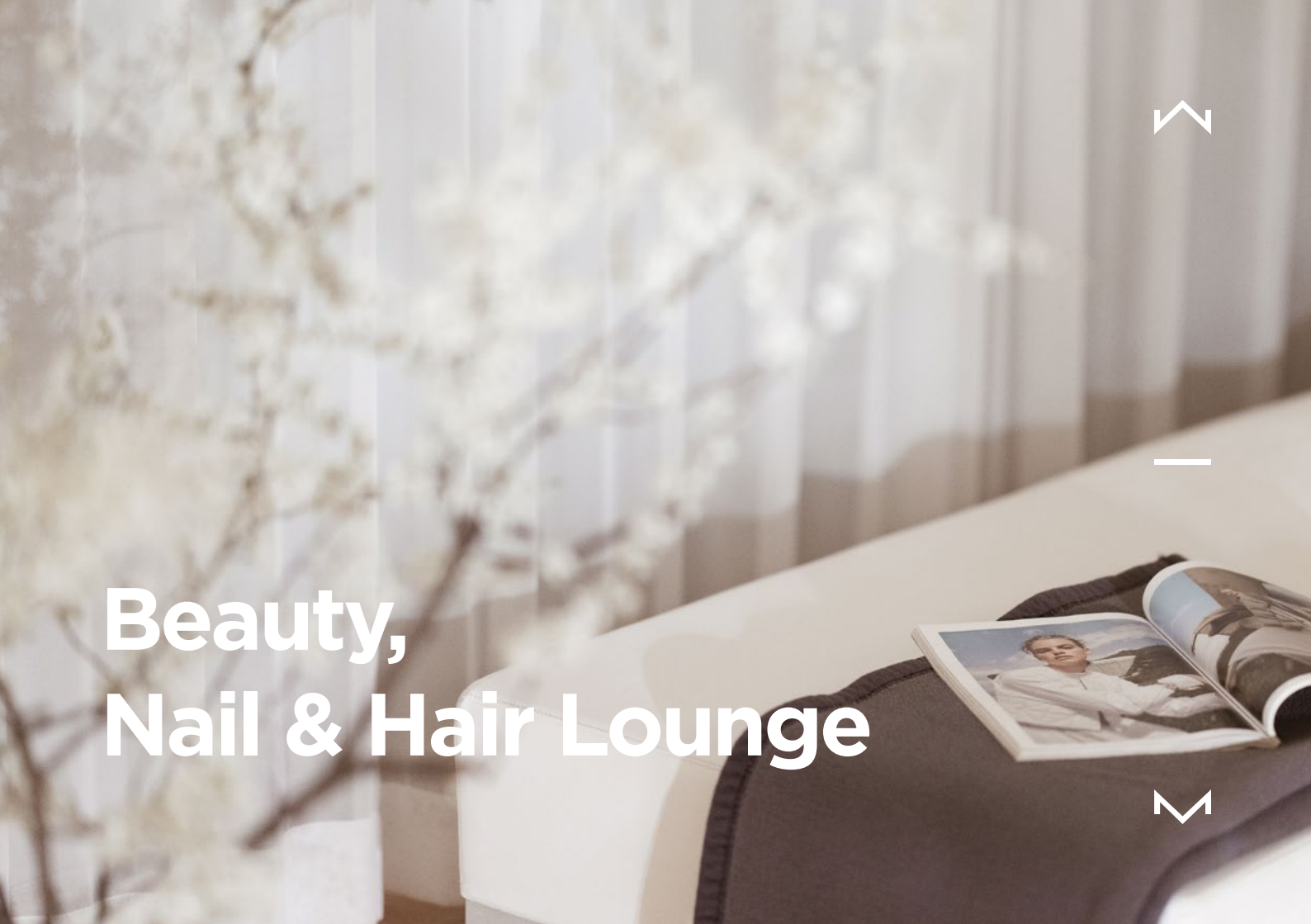
Inspired by the swiss mountains
Switzerland, land of snow-capped mountains and crystal-clear lakes, offers the perfect backdrop for our award-winning Moving Mountains Spas. Our treatments combine traditional healing methods and rituals with the healing effects of the natural environment.

Based on science
Our Spas combine sound medical knowledge and modern science to ensure long-term benefits.

Sustainable
We 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.

Welcome to the Moving Mountains Spa.



Beauty,
Nail & Hair Lounge

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.

Facial treatments
Nature with visible results: individually tailored facials activate the skin's self-healing abilities, promoting a deep sense of lightness and regeneration.

Holistic massages
Holistic massages gently release stress, ease muscular tension and encourage the natural flow of renewed energy. With focused attention on the head, neck and feet or the back.

Body treatments
From invigorating to deeply regenerative: intensive, holistic care for body and soul.

Pharmos Natur Facial Treatments

„Stress Release Face Treatment“
A calming and fortifying treatment for skin and soul. Pharmos Natur’s highly effective Calming & Regenerating Elixir restores luminosity and resilience while stimulating cellular renewal. Irritated, stressed skin is rebalanced and regains its natural glow.

90 min / CHF 290

„Skin Balance“
A refreshing, deep-cleansing facial with balancing and anti-inflammatory properties for a refined complexion. The skin is deeply purified, inflammation is soothed and the complexion emerges fresh, even and softly luminous.

60 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 290

„Teenie Face Treatment“
Preventative care for young skin. Blemish-prone skin benefits from careful cleansing and a soothing mask, while normal or dry skin is treated to a gentle massage and hydrating mask. The skin is left clear, balanced and soothed.

60 min / CHF 210

„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 210

„Moving Mountains Treatment“
The Moving Mountains philosophy invites deep regeneration and a return to centred awareness. This full-body reset begins with a relaxing foot bath followed by an invigorating head and neck treatment, a tension-releasing back massage and a facial featuring the leaves of the Sacred Aloe Vera.

90 min incl. back massage / CHF 290

„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 210
90 min incl. back massage / CHF 290

Cellcosmet & Cellmen

Swiss skincare for him and her: At Cellap Laboratoire, excellence is a matter of principle – that's why every Cellcosmet and Cellmen formulation is infused with cutting-edge findings from cosmetic science.

The SwissCellSpa Experience offers bespoke face and body treatments that unite sensory indulgence with proven efficacy, exquisite textures, and carefully selected active ingredients.

Three signature treatment tiers – Essential, Booster and High Performance – address specific skincare needs with tailor-made treatment protocols. Each treatment pairs exceptional formulations, rich in concentrated ingredients, with expert massage techniques and state-of-the-art beauty tools and technologies.

Cellmen: Highly revitalising and deeply hydrating, Cellmen's advanced formulations are precisely tailored to meet the specific needs of men's skin.

Essential
A personalised facial treatment tailored to your skin's needs. This complete, deeply relaxing ritual restores radiance and balance with formulations and techniques selected for your skin type.

Booster
A relaxing, revitalising ritual to enhance firmness and elasticity and promote a plump, radiant complexion. The secret lies in the synergy of elastin and collagen-enriched serum – and a sculpting massage inspired by the ancient Japanese art of Kobido.

High Performance
An intensive firming treatment that brings your skin back to its best – for visible radiance, smoothness and renewed firmness you can feel. Ideal for mature skin, the treatment delivers an immediate lifting effect and softens fine lines for visibly redefined facial contours and a plumper, more sculpted complexion.

„SwissCellSpa Rituals“ by Cellcosmet

„Cellular Tailor-Made Ritual“
A personalised facial treatment tailored to the individual needs of every skin type.

60 min / CHF 210

„Skin Renewal Ritual“
A signature revitalising treatment by Cellcosmet, following an ultra-precise routine combined with cutting-edge facial techniques. Perfect for skin in need of improved firmness and renewed radiance.

90 min / CHF 310
120 min / CHF 390

„Hydra-Firming Ritual“
A precise treatment inspired by ancient Kobido massage techniques and facial yoga combined with our highly revitalising cellular skincare formulas. Enjoy instant results you can see and feel.

90 min / CHF 310

„Expert Smoothing Collagen Ritual“
The secret: a collagen mask combined with our cellular serum, rich in smoothing peptides and deeply hydrating hyaluronic acid.

90 min / CHF 270

Add-On

Light Therapy with „Dermalux LED“
Book light therapy as a complementary enhancement to any facial treatment or as a stand-alone session. Ideal for ‘well-ageing’ or to support skin concerns such as acne, psoriasis and rosacea.

30 min / CHF 50

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 65

Beauty

Eyelash tinting

approx. 20 min / CHF 30

Eyebrow tinting

approx. 10 min / CHF 25

Eyelash and eyebrow tinting

approx. 35 min / CHF 50

Eyebrow shaping

approx. 20 min / CHF 25

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 Cellcosmet Add-On Ritual as an enhancing treatment.

without polish 45 min / CHF 100
with polish 60 min / CHF 120
with Londontown gel colour 75 min / CHF 155

Gel polish removal

20 min / CHF 40

Medical pedicure
Therapeutic foot care to relieve or treat foot conditions such as callus formation (clavus) and nail bed inflammation (paronaritium/paronychia).

without polish 80 min / CHF 150
with polish 95 min / CHF 170
with Londontown gel colour 110 min / CHF 205

Hair Lounge

Ladies

Wash and blow-dry

from CHF 55

Wash, cut and blow-dry

from CHF 120

Individual styling

from CHF 40

Updo or evening hairstyle

from CHF 85

Gentlemen

Wash and blow-dry

from CHF 45

Wash, cut and blow-dry

from CHF 65

Express cut (without wash and blow-dry)

CHF 35

Colouring (Ladies & Gentlemen)

Colour
(incl. wash, blow-dry and nourishing treatment)

depending on length / CHF 150 – CHF 180
+ cut from CHF 65

Highlights
(incl. wash, blow-dry and nourishing treatment)

depending on length / CHF 155 – CHF 225
+ cut from CHF 65

Toning
(incl. wash, blow-dry and nourishing treatment)

depending on length / CHF 115 – CHF 135
+ cut from CHF 65

Aroma Hair Spa
Choose from an invigorating, relaxing or revitalising ritual as desired. Embark on an indulgent sensory journey as you soak in the effects of specially selected aromas and essential oils.

90 min / CHF 110

Nourishing Hair Spa
Restores body, strength, shine and resilience. A refreshing eye mask completes this deeply relaxing ritual.

90 min / CHF 110

Holistic & Energising Massages

Holistic Massages

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 240

Swiss Stone Pine Massage
Stone pine oil and massage sticks made from stone pine wood promote relaxation and release blockages, helping you come back to yourself.

50 min massage + 10 min consultation / CHF 210

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 190

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 240

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 190

Pregnancy Body Treatment
A gentle, nurturing experience for mother and baby-to-be that relieves heaviness in the legs and eases tension in the neck, shoulders and back. The skin of the growing belly is gently nourished by the active properties of freshly harvested Sacred Aloe Vera.

50 min massage + 10 min consultation / CHF 190

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 190

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 110
50 min massage + 10 min consultation / CHF 190

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 190

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 190

Physiotherapy
Our professional physiotherapists create a treatment session individually tailored to your needs.

50 min + 10 min consultation / CHF 240

Detox Body Treatments

Hydrotherapy

Hydro Bath

Hydrotherapy uses the physical properties and soothing power of water to effectively release tension in body and mind.
How does it work?

- The buoyancy of water creates a natural sense of ‘floating’ and relieves pressure on tired muscles and joints.
- The hydrostatic pressure under water reduces nerve sensitivity – beneficial for restlessness and poor sleep.
- Warmth opens the pores and improves the absorption of active ingredients.
- Massage jets in our whirlpool bath release tension even in the deeper muscle layers.
- Mineral-rich and purifying, the „Pure Detox“ bath salt transforms your bath into a restorative ritual. Enriched with magnesium and boron, it supports the body’s natural cleansing process, relaxes the muscles, and leaves even sensitive skin feeling soothed, balanced and refreshed.

20 min hydrotherapy + 10 min consultation / CHF 75

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 90

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 90

Cellcosmet Body Peeling
A full-body treatment by Cellcosmet for all skin types. Gentle exfoliation with jojoba microbeads delivers effective, skin-friendly smoothing. The skin is left hydrated, toned and beautifully soft.

30 min / CHF 110

Lymphatic Treatments

Lymphatic Drainage
Manual therapy based on soothing, rhythmic massage techniques. Lymphatic flow is stimulated and skin tension reduced.

50 min massage + 10 min consultation / CHF 190

Swiss Detox Brush and Sea Buckthorn Oil Massage
Energy-boosting brush massage with nourishing sea buckthorn oil. The brush stimulates microcirculation and boosts the skin's natural renewal process for greater firmness and restored radiance.

60 min / CHF 190

Pure Ballancer Pro for light legs
A Body Ballancer® lymphatic massage with innovative and patented compression technology accelerates the removal of excess fluid via the lymphatic system.

Tip: combine the detox treatment with a peeling, head and face massage, Bio Skin Balance facial treatment or a manual lymphatic drainage, brush massage.

30 min + 15 min consultation / CHF 140

„Detox Body Treatment“
Detoxifying and activating. This holistic cleansing ritual with leaves from the Sacred Aloe Vera plus Pharmos Natur Detoxing Oil supports lymphatic flow, stimulates the metabolism, reduces the appearance of cellulite and promotes the firmness and suppleness of connective tissue in the legs, abdomen and arms.

60 min / CHF 210

„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 190
90 min incl. extended body ritual / CHF 290

Firming Treatments

„Madero Therapy“ by Cellcosmet
This Body Sculpting Massage is a holistic treatment method using specially crafted wooden tools. It works effectively against all types of cellulite, stimulates circulation and lymphatic flow, and improves tissue vitality. As a result, the skin appears smoother and more toned and the contours of the body are visibly redefined. Beyond its aesthetic benefits, Madero therapy promotes relaxation, relieves muscle pain and helps ease physical and mental tension.

90 min / CHF 320

„Balanced Face & Body“ Ritual by Cellcosmet
Experience all-over relaxation and renewal with this firming full-body treatment including a facial massage. Advanced formulas applied with expert massage techniques revitalise the skin while delivering a profound sense of physical and mental wellbeing. The skin is left firm, smooth, radiant and deeply hydrated.

90 min / CHF 320

Body Wraps

„Love Your Age“ Body Wrap by Pharmos Natur
A rejuvenating active ingredient wrap for mature skin. Pharmos Natur’s Cell Repair Complex acts as a powerful antioxidant, naturally firming the skin, fortifying connective tissue and replenishing moisture reserves for a sense of profound regeneration.

30 min / CHF 90

„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 90

„Relax & Move“ Body Wrap by Pharmos Natur
A warming, circulation-boosting body wrap designed to support muscles and joints. It eases tension and can noticeably relieve muscular and joint discomfort.

30 min / CHF 90

Holistic Wellbeing

Rest

The healing power of sleep and deep relaxation is vital to holistic wellbeing – which is why we've collaborated with the Hofklinik Lucerne sleep clinic to guide you gently towards rest and renewal. A specially selected spa treatment prepares you for a calm and restful evening, while our Dream Butlers create the ideal in-room environment for restorative sleep.

Dream Butler Experience
Switch off and unwind for restful sleep that nourishes and restores. Contact the Spa Reception for more information.

CHF 390 (CHF 320 for Dine Around guests)

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.

25 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

50 min / CHF 80
no prior experience required

Move

Moving our bodies is essential to restoring physical vitality while also allowing us to clear our minds and immerse ourselves in nature. Personal trainers will guide you through bespoke one-to-one or small group classes in our state-of-the-art gyms or in the great outdoors. At the same time, we have created a world-class yoga offering featuring expert-led retreats, quality on-site tuition and a specially commissioned in-room yoga programme.

Private Yoga and Personal Training Sessions

Movement designed for you

Whether you're looking for relaxing private yoga classes in our dedicated yoga spaces, invigorating outdoor workouts in nature or intensive personal training in our state-of-the-art gym, our experienced trainers and instructors provide individual guidance tailored precisely to your needs.

Each session is customised to your personal fitness level, supporting you to reach your goals while keeping overall health and wellbeing front of mind. Recharge your batteries with a workout in pristine nature or unwind at the end of the day with a private yoga flow – the choice is yours.

Our private yoga and personal training sessions offer the opportunity to move at a time and place that suits you and with a focus on your individual goals.

Treat yourself to a time-out that's all about you – and restore harmony between body and mind.

50 min / from CHF 100

Moving Mountains Yoga

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

Group Classes
Yoga classes in our dedicated yoga spaces are listed in our weekly fitness timetable, which can be obtained upon arrival or at the Spa Reception. Our experienced teachers look forward to welcoming you. Namasté!

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.

Exclusive Spa Experiences

Tschuggen Bergoase Exclusive
Private use of the Tschuggen Bergoase including the sauna and steam bath area, relaxation rooms and water world. Includes bathrobes, towels, slippers, refreshments and fruit.

summer – 2 hours / CHF 1600 (from 20.00 – 22.00)
winter – 2 hours / CHF 3000 (from 21.00 – 23.00)
max. 10 people

Private Spa Suite
Time for two. Enjoy exclusive use of one of our two Private Spa Suites, each including a whirlpool bath, steam bath and sauna. Includes a bottle of Champagne, refreshments and culinary treats for two.

suite Muscida (50m²) – 3 hours / CHF 400
suite Polaris (60m²) – 3 hours / CHF 510

Spa Suite Special
For moments to remember. Enjoy a personalised massage for two in addition to your own Private Spa Suite including a whirlpool bath, steam bath and sauna. Includes personalised massage, a bottle of Champagne, refreshments and culinary treats for two.

suite Polaris (60m²) – 4 hours / CHF 740

Bespoke additions for your exclusive spa experience:

- Flower arrangement
- Birthday cake
- Infusion ritual in the spa suite
- Guided meditation
- Vitality breakfast basket

price on request

Exclusive Spa Special for Day Guests

Day Spa Deluxe

Mon – Thu (8.30 – 18.00) / CHF 149
Fri – Sun (8.30 – 18.00) / CHF 189
incl. 10% on spa treatments
by reservation and subject to availability

Summer Wellness

4 hours / CHF 95
available only during the summer season
by reservation and subject to availability

Adults Only in Winter

2.5 hours / CHF 95
18.30 – 21.00
by reservation and subject to availability

Spa & Lunch

Start your day right with a revitalising session in the spa. From 09.30 to 12.00, enjoy relaxation in the Tschuggen Bergoase followed by a nourishing lunch in our elegant Spa Lounge. Choose between tender chicken, succulent prawns or Mediterranean grilled vegetables accompanied by a crisp salad and perfectly complemented by a glass of sparkling champagne.

3 hours / CHF 149
9.30 – 12.30

All Spa Experiences are bookable for day guests aged 16 and over.

All of our Spa Experiences include:
Unrestricted use of the entire Tschuggen Bergoase, including the gym, sauna & steam bath area, relaxation rooms and water world. Bathrobes, towels, slippers, refreshments and fruit are also included.

Memberships

Summer & winter Membership

CHF 2400

Winter membership

CHF 1900

Summer membership

CHF 1000

Your benefits at a glance:

- Unrestricted use of the entire Tschuggen Bergoase, including the gym, sauna & steam bath area, relaxation rooms and water world
- Bathrobes, towels, refreshments and fruit
- Guaranteed Relax Check-In
- Access to classes in the weekly Move timetable
- Exclusive information about seasonal specials and events, plus pre-booking privileges
- 10% off all treatments

Opening hours (open daily)

Water World & Gym

07.00 to 20.00 (21.00 in winter)
gym open 24/7

Sauna

11.00 to 20.00 (21.00 in winter)

Spa Reception

08.30 to 20.00 (21.00 in winter)

Treatment Rooms & Hair Lounge

10.00 to 20.00 (Hair Lounge only in winter)

Contact

For appointments and information

tel.: +41 81 378 95 95
email: bergoase@tschuggen.ch

Gift vouchers

Give the gift of time out. Our staff will be happy to issue a gift voucher of your choice, also available as a Print@Home option.

Spa Etiquette

To ensure you get the most out of your visit to the Tschuggen Bergoase, please take a moment to read the following essential information before your visit.

- Please arrive at the spa 10 minutes before your appointment and take a moment to inform us of any medical information or injuries.
- For your convenience, disposable underwear is available to wear during treatments.
- If your preferred treatment is not listed in our spa menu, we will be happy to arrange a custom treatment of your choice.
- Please note that the entire spa area is a non-smoking zone. Out of consideration for all guests, we also ask that you refrain from using mobile phones.
- Day guests are warmly welcome by reservation and subject to availability.
- Age restrictions: Children are welcome between 07.00 and 18.00 when accompanied by adults. From 18.00, the Tschuggen Bergoase is an adults-only area, accessible to guests aged 14 and above.
- For health and safety reasons, the sauna area is open to guests aged 16 and above.
- We recommend that you store valuables in your room safe, as we cannot assume liability for personal items in the spa area.
- While in the bathing area, you are welcome to wear swimming trunks, swim shorts, bikinis, swimsuits or modest swimsuits/burkinis made from synthetic materials. For hygiene reasons, we kindly ask that you refrain from wearing other clothing while swimming.

Our staff will be happy to assist you with any further questions regarding your use of the Tschuggen Bergoase and will be on hand guide you throughout your visit.

General information

To ensure that all guests can enjoy their treatments and experiences as scheduled, we kindly ask for your understanding that late arrivals may result in a reduced treatment duration. Should you need to cancel your appointment, please do so at least 24 hours in advance. After this time, the full amount will be charged.

Your health is important to us. Please inform us at the time of booking of any health conditions or circumstances such as pregnancy, recent operations or procedures, high blood pressure, heart conditions, allergies or similar. For our pregnant guests, we are happy to offer specific recommendations or, if you wish, treatments with a liability waiver.

All prices are quoted in Swiss francs and include statutory VAT.

TSCHUGGEN GRAND HOTEL

AROSA

Tschuggentorweg 1 – 7050 Arosa – Switzerland – Tel. +41 81 378 99 99 – www.tschuggen.ch

A Tschuggen Collection Hotel