

Spa Menu

Hotel Eden Roc
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 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.

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 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.



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

„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 210

„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.

60 min / CHF 210

„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

„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 (paronychia/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 90

Gentlemen

Wash and blow-dry

from CHF 55

Wash, cut and blow-dry

from CHF 65

Express cut (without wash and blow-dry)

from 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



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

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 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

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 Nourishing Hydration Massage

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

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

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

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 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

Firming Treatments

„Madero Therapy“

This Body Sculpting Massage by Cellcosmet 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

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

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



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



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 80

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 Special for Day Guests*

Day Spa Deluxe

**spa access incl. a 50-minute Fully Individual
Massage / CHF 250
by reservation and subject to availability**

Day Spa Light

**4 hours during the day / CHF 85
by reservation and subject to availability**

10-day pass

**4 hours / CHF 650
by reservation and subject to availability**

Evening Spa

**daily (17.00 - 20.00) / CHF 65
by reservation and subject to availability**

All of our Spa Experiences include:

Unrestricted use of the entire Eden Roc Spa, including:
the Garden Eden with outdoor pools and direct lake access;
the water world, sauna & steam bath area; and the gym.
Bathrobes, towels, slippers, refreshments and fruit are included.

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

*The offers listed are not available
during the months of July & August.

Memberships*

Monthly membership

CHF 440

by reservation and subject to availability

Four Months membership

CHF 1200

by reservation and subject to availability

Your benefits at a glance:

- Unrestricted use of the entire Eden Roc Spa, including: the Garden Eden with outdoor pools and direct lake access; the water world, sauna & steam bath area; and the gym.
- 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

*The offers listed are not available during the months of July & August.

Opening hours (open daily)

Water World & Gym

07.00 to 20.00

Sauna

12.00 to 20.00

Spa Reception

09.00 to 20.00

Hair Lounge

09.00 to 20.00

closed on Sundays & Mondays

Treatment Rooms

09.00 to 20.00

Contact

For appointments and information

tel.: +41 91 601 75 00

email: edenrocspace@edenroc.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-Guide

To ensure you get the most out of your visit, 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.
- Children aged 12 and above are welcome in the pool area when accompanied by an adult.
- For health and safety reasons, the sauna area is open to guests aged 16 and above.
- To ensure a relaxing spa experience, we recommend storing valuables in your room safe. Please note that we cannot accept liability for personal belongings within 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 Eden Roc Spa and will be on hand to 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.

HOTEL EDEN ROC

ASCONA

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A Tschuggen Collection Hotel