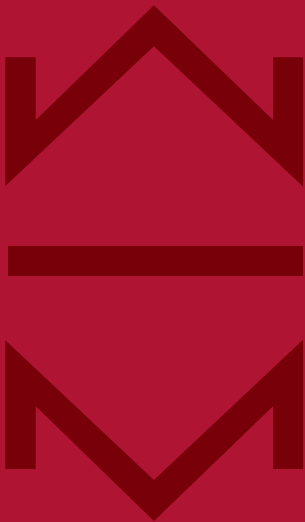


VALSANA

SALE



# Spa Menu

Connecting to the  
power of nature

## NOURISH. STRENGTHEN. HEAL.

The fresh air of the mountains and the raw energy of the water, which rises in the heart of the Swiss Alps and rests in the deep blue Lake Maggiore, revitalize not only the surrounding landscape but also the human organism.

In our Bespoke Spa Journeys, we take this power and channel it through tailor-made treatments for sustainable health and holistic wellbeing – using purely organic or certified natural products. Biomimetic technologies revive our skin's natural energies, even down to a cellular level. The power, arising from plant potentials, is integrated into performative cosmeceuticals with unique innovative technologies. In combining this elemental power of nature with science and sustainability we create personalised programmes to refresh and balance. Using the harmony of nature and biorhythms, we create holistic experiences that transform and energise.

Our Bespoke Spa Journeys lead you through renewing, cleansing, purifying, and strengthening treatments to radiant beauty and blossoming vitality.



## INSPIRED BY THE SWISS MOUNTAINS

Switzerland, land of snow-capped mountains and crystal-clear lakes, offers the perfect backdrop for our Spas. Re-connecting with the power of nature and integrating natural healing is the core of our holistic spa journeys.

## BASED ON SCIENCE

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

## SUSTAINABLE

We believe in protecting the world we live in by using spa products with purely organic or certified natural ingredients, vegan, with limited carbon footprint and without animal testing. Our Spas embrace a holistic approach and this philosophy is deeply embedded into all of our treatments.



## OUR SPA SERVICES

### HOLISTIC MASSAGES & THERAPIES

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### DETOX BODY TREATMENTS

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### SKIN REJUVENATION

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### BEAUTY ESSENTIALS & NAIL LOUNGE

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### HOLISTIC WELLBEING

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### MOVEMENT OFFERS

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## HOLISTIC MESSAGES & THERAPIES

### AROMATHERAPY TO FREE YOUR MIND

#### The scent of nature

It's there. In the air. The sublime fragrance of the mountains ... Indulge in a holistic massage using the very best essential oils from Switzerland's biggest canton – famous for its untouched landscapes. Choose your favourite oil from our aroma collection. Do fennel, rosemary or thyme tickle your fancy? Succumb to intense relaxation, detoxification or invigoration.

Is this your path to well-being?

Energising, relaxing or detoxing – this is an aromatherapy massage to suit your here and now and to free your mind. Go for it!

**50 mins plus 10 mins  
holistic introduction  
CHF 140**

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### SWISS MOUNTAIN HERB STAMP MASSAGE

#### The essence of Switzerland is found in our herbs ...

Indulge your senses with the finest Swiss herbal aromas. Heated herbal compresses are applied in gentle circular motions, exfoliating and massaging while nourishing the skin. This treatment boosts blood flow, tissue metabolism and the formation of new skin cells.

Is this your path to well-being?

Relaxing, invigorating and reassuring. The selfhealing process will be activated and the metabolism promoted. This treatment is particularly helpful during periods of tension or stress. The massage soothes back and neck pain, relieves sciatica, rheuma - tic complaints and joint problems. Relax and enjoy!

**60 mins plus 15 mins  
holistic introduction  
CHF 190**

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### FULLY INDIVIDUAL

#### Let Your Body Take the Lead

Beginning with a detailed consultation to find out what areas you would like us to concentrate on, any issues you are currently experiencing and the type of massage you prefer. Your specialised therapist listens to you and your body to create a bespoke massage based on your individual needs. A perfect blend of essential oils designed to your most profound priorities will complement this treatment.

Is this your path to well-being?

You know you need something; you feel it, but ... This one's for you! Completely tailor-made, this ultimate massage focuses on your areas of concern. Treat yourself to a little individuality.

**50 mins plus 10 mins  
holistic introduction  
CHF 140**

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## HEAD AND NECK MASSAGE

### Keep your head up

Unwind your mind. Feel the peace. Your treatment starts with soothing breathing exercises. The subsequent head, neck and face massage targets acupressure points and your facial lymph is drained. Warm and cold facial compresses supply comforting relaxation. This is followed by a gentle facial massage during which the nine Marma energy points are stimulated. The head massage aims to rebalance your body's energies.

**25 mins plus 10 mins  
holistic introduction  
CHF 90**

Is this your path to well-being?

Is this your path to well-being? Are you stressed? Find it difficult to switch off?  
Lack of concentration? Suffer from headaches or migraines? Let go and unwind.

**50 mins plus 10 mins  
holistic introduction  
CHF 140**

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## REFLEXOLOGY

### From your tipity toes

Stimulating the reflexology and Marma points on your feet as well as the energy lines that flow through your body stimulates the metabolism and has a beneficial effect on all your vital functions. Also known as zoned therapy, your treatment starts with a relaxing foot soak and ends with a soothing aromatherapy exfoliation.

**25 mins plus 10 mins  
holistic introduction  
CHF 90**

Is this your path to well-being?

This treatment helps with migraines, digestive problems and sleep disorders and strengthens the flow of energy in the body.

**50 mins plus 10 mins  
holistic introduction  
CHF 140**

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## SPORTS MASSAGE

Deep tissue massage targeting the inner layers of your muscles

By working gentle pressure deep into the muscle layers, we address areas of concern to relieve muscle tension, reduce inflammation, boost blood flow and improve mobility.

Is this your path to well-being?

Musculoskeletal issues? Muscle pain and stiffness? Sciatica?  
This massage will definitely help you.

**50 mins plus 10 mins  
holistic introduction  
CHF 140**

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## DETOX BODY TREATMENTS

### FULL BODY RENEW BALLANCER®

Feeling sluggish, heavy, fatigued and burnt out? Detox your body, activate your energy and restore natural balance. The Full Body Renew Ballancer® programme starts with a derma-scan to analyse your morphological tendency and is followed by a manual abdominal treatment. We invigorate the body's energy points to stimulate the digestive system and support the body in eliminating toxins.

A subsequent Body Ballancer® lymphatic massage with innovative and patented compression technology accelerates the removal of excess fluid via the lymphatic system. 24 individual air chambers overlap, providing wraparound compression movements to target every inch of the treatment area. This boosts circulation, reduces the appearance of cellulite, improves skin tone and thoroughly decongests problem areas. The Body Ballancer® reduces volume in areas affected by excessive fluid retention. Its gentle, rhythmic action also promotes relaxation. The body styling programme is completed with a body wrap, either hot or cold depending on how the cellulite presents

Tip:

The Full Body Renew Ballancer® programme's detox effect makes it ideal after a sauna.

**120 mins**  
**CHF 190**

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### SWISS SALT BODY SCRUB

Preserved in the rock for millions of years and extracted with pure mountain water, natural Swiss salt forms the basis for this activating treatment. The deeply cleansing scrub sloughs off dead skin cells, leaving skin feeling hydrated and velvety soft.

Is this your path to well-being?

Is your skin looking a little lacklustre? This body scrub is the answer!

Enjoy a boozy, sophisticated twist!

**30 mins**  
**CHF 70**

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## **SKIN REJUVENATION**

### **PHYSIODERMIE CLINICAL SWISS ORGANICS**

#### **Organic luxury for young skin**

We are proud to offer the first 100% organic Swiss skin care line certified by Ecocert Greenlife and in compliance with the COSMOS Organic Standard. All products contain only the most essential ingredients with 0% fragrance, silicone, paraben, mineral oil and EDTA/BHA/BHBT. Eco-responsible, vegan, biodegradable, alcohol-free, sulphate-free, and not tested on animals. These facials deliver the best results with the greatest respect for the skin and the environment!

Thanks to Clinical Swiss Organics by Methode Physioderme, you no longer have to choose between certified organic cosmetics and visible results. The skin Care line is suitable for both male and female skin.

**FIRST 100%  
ORGANIC  
SWISS SKIN  
CARE**

## SKIN REJUVENATION

### RADIANCE ME

#### Bio Skin Renew

After a profound cleansing of the skin, the cells are rejuvenated with a 10% lactic acid peel. This detoxifies the skin by ridding it of impurities and dead cells, and in turn improving radiance, pigmentation and irregularities. A concluding emulsion application provides moisture and strengthens the skin's natural protective shield.

45 mins  
CHF 140

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### BALANCE ME

#### Bio Skin Balance

This treatment restores skin balance and features a refining and smoothing 10% lactic acid peel combined with a bioenergetic lymph drainage to heighten your skin's natural ability to self-regulate, actively combatting excess tissue fluid. Wellbeing, profound relaxation and increased skin vitality are the noticeable outcomes of the inner harmonisation that results. A concluding serum and powerful mask intensify the long-lasting effects. Natural high-tech for a smooth, relaxed and radiant complexion.

60 mins  
CHF 170

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### FAKE A FACELIFT

#### Bio Skin Energising

Inspired by the most advanced aesthetic medicine techniques, this treatment features a 10% lactic acid peel to smoothen skin, followed by a dynamic muscle-toning treatment to redefine the shape of the face and visibly lift the skin. The targeted supply of moisture eliminates dryness and energises the skin with astonishing effectiveness. A lipid restoring mask with personalised skin-plumping serums boosts skin elasticity and visibly improves skin firmness. Defy gravity with this skin boosting treatment!

90 mins  
CHF 210

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## **VALSANA – EXCLUSIVE FACIAL**

The Valsana Exclusive Facial is a non-invasive technology designed to provide maximum skin renewal and rejuvenation. This innovative instrumental approach is also used to treat a wide range of skin issues, with the specific aim of achieving radiant beauty results. The T3 SKIN REJUVENATOR device produces visible skin improvements in cases of hyperpigmentation, sun damage, blemishes, acne, redness or rosacea.

The procedure combines a peel, deep cleanse, personalised active substance infiltration, lymphatic drainage, cell renewal as well as frequency and light therapy in just one treatment!

### **Effects & Results**

- Refreshment and improvement for all skin types
- Treatments are personalised to suit individual skin conditions
- The GLOW effect is visible after the first application
- Effective, painless, non-invasive
- No restrictions on post-treatment activities
- Healthier, younger and firmer complexion
- Long-lasting moisture supply

### **THREE-STEP PROCEDURE**

First, the skin is thoroughly cleansed and dead skin cells are sloughed away.

A balancing tonic with synergising personalised Bioaromes soothes the skin. In the second step, impurities in the pores are softened with a lactic acid peel and prepared for deep cleansing. Blemishes, sebum deposits and excess skin cells are extracted from the pore structure using either a vacuum or dermabrasion device. The additional Physiodestox lymphatic drainage accelerates the removal of congestion and toxins.

Depending on the focus of your treatment, regenerating antioxidants, vitamins, minerals, active substances, nutrients or hyaluronic acid are introduced into the skin layers and combined with different frequency and light therapies. A finishing treatment concludes the T3 GLOW experience.

**90 mins**  
**CHF 330**

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# PROFESSIONAL BEAUTY

## NAIL LOUNGE

nooii stands for high-quality and organically certified products that are good for the body and do not pollute the environment. The five letters in the company name mean - natural or organic ingredients inside.

AROMA SPA MANICURE BY NOOII	45 mins without nail polish	CHF 80
	60 mins with nail polish	CHF 100
	add 15 mins for gel colour	CHF 25
AROMA SPA PEDICURE BY NOOII	45 mins without nail polish	CHF 80
	60 mins with nail polish	CHF 100
	add 15 mins for gel colour	CHF 25
MEDICAL PEDICURE	80 mins	CHF 120

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## EYES

EYELASH TINTING   DURING TREATMENT	20 mins	CHF 25   20
EYEBROW TINTING   DURING TREATMENT	20 mins	CHF 20   15
EYELASH AND EYEBROW TINTING   DURING TREATMENT	35 mins	CHF 40   35
EYEBROW SHAPING (AS NEEDED)	from 20 mins	CHF 20

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# HAIR REMOVAL

UPPER LIP / CHIN		from CHF 15
BIKINI LINE OR UNDERARMS		from CHF 30
LEGS, HALF LENGTH		from CHF 50
LEGS, FULL LENGTH		from CHF 80
LEGS, INCLUDING BIKINI LINE		from CHF 100
CHEST/ABDOMEN	20 mins	from CHF 35
BACK	20 mins	from CHF 35

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## HOLISTIC WELLBEING

### TAKE A DEEP BREATH

#### Breathing is the first thing we do when we see the light of day

There is nothing more energising and relaxing than the fresh air on the shores of Lake Maggiore – so relax and take a breath. Conscious breathing helps to de-stress and to find inner peace. Concentrate on the natural rhythm of your body, while you open your lungs.

Is this your path to well-being?

Exhausted, stressed and emotionally challenged?

Then press the pause button and take a deep breath.

**30 mins**

**CHF 50**

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### MINDFUL MEDITATION

#### Open to everybody - no experience necessary!

Discover the benefits of mindful meditation and encourage a deeper awareness of your body. Classes may include a short stroll focusing on breathing and meditation in our wonderful gardens (weather permitting). Other mindfulness techniques may include a Guided Meditation or Mantra Meditation.

Is this your path to well-being?

Aiming to redirect your thoughts or to increase the awareness of yourself and your surroundings? Reduce stress, control anxiety and promote your emotional health.

**60 mins**

**CHF 80**

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### NOURISH



Whatever you choose to integrate into your personal Moving Mountains Spa experience, our Moving Mountains menus offer the perfect complement - plant-based, nutrient-rich, easy to digest, rooted in the Swiss mountains and joyfully delicious. Just look for the Moving Mountains icon on our restaurant menus



## MOVEMENT OFFERS

### 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 Nindra, 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 mins**  
**CHF 80**

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### MOVING MOUNTAINS IN-ROOM YOGA

#### Enjoy the privacy of your room

A selection of tailor-made yoga lessons is available in the privacy of your room. Ask for our In-Room Yoga kit and use the step-by-step instructions on your TV system any time of the day or night.

**With our compliments**

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## PRIVATE FITNESS TRAINING

Book your one-to-one gym class with one of our dedicated personal trainers. London based fitness expert Matt Gleed has coached several Olympic athletes, premiership football clubs and leading tennis players. Together with our in-house trainers he has now created a bespoke functional fitness programme tailored to your respective level to deliver health and longevity.

**30 mins**

**CHF 50**

**60 mins**

**CHF 80**

(60 mins – CHF 160 for 2 Pers.)

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## PRIVATE OUTDOOR TRAINING

Recharge your batteries in the unspoiled nature neighbouring our hotel. Explore the surroundings and discover the countless ways to incorporate the environment into your fitness programme.

**60 mins**

**CHF 80**



## MOVING MOUNTAINS ACTIVITIES



Choose from a wide range of free Moving Mountains activities. Ask for our weekly program.





## OPENING HOURS

Relaxation pool: 7 to 20 o'clock | Fitness studio: Open the whole day and night

Treatments: 9 to 20 o'clock, by appointment only

Winter season, saunas & steam bath: 12 to 20 o'clock | Summer season, saunas & steam bath: 14 to 20 o'clock  
(Exception in case of bad weather)

## APPOINTMENTS

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)

### **NOT ALLOWED**

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](http://www.valsana.ch).