

SPA



MASSAGES
PEELINGS
MASKS

Hotel Alpenhof & Romantik Hotel Julen



MASSAGES

CHF

CLASSICAL BODY MASSAGE

25/50 min. 65/120

Various relaxation and sport massage techniques have a positive effect on the circulation, release tension and harmonise the body and mind.

AROMA MASSAGE

45 min. 120

Aromas are appealing to the senses and exude healing powers for the body, mind and soul. This "gentle" form of massage combined with exquisite, high quality oils bring about deep psychological and physiological relaxation.

SPORT MASSAGE

25/50 min. 65/120

This type of massage aims at dispelling muscle pain caused by sport or other physical activity by using stronger and more specific classical massage techniques.

FOOT REFLEX-ZONE MASSAGE

25 min. 65

The foot sole – a reflection of the body. Bodily organs are stimulated and activated through pressure-point massage. Pain can be eased and the body's internal balance re-established.

SPECIAL TREATMENTS

LYMPHATIC MASSAGE

50/75 min. 120/170

This gentle de-blocking massage stimulates the lymph system and eliminates surplus liquids and toxins. The deep relaxation also helps to strengthen the immune system.

REIKI

50 min. 110

An age-old Japanese healing method involves the masseur's laying-on of hands, letting natural energy be drawn to the patient to rebalance his/her bodily energy flow.

SHIATSU **no longer available**

~~50 min. 120~~

A relaxing pressure-point treatment on the body's meridian points which releases energetic blockages and activates bodily energy flow.

HOT STONE

50/75 min. 135/190

The combination of warm basalt stones, classical massage and delicate oils help to reduce stress and tension and release energy blockages. The warmth of the stones stimulates the circulation and is beneficial for body and soul.

LOMI LOMI NUI (only in the Alpenhof)

70 min. 180

Using warm oil and flowing, gentle and strong movements this Hawaiian massage technique relaxes and stretches, releasing blockages and balancing body, mind and soul.

MASSAGE SPECIALS

		CHF
«MATTERHORN TOUCH»	50 min.	130
Back/neck massage with hot stone and foot reflex-zone massage		
«ZERMATT TOUCH»	45 min.	130
Aroma massage with hot stone		
«APRÈS-SKI TOUCH»	30/45 min.	70/120
Sport massage with hot stone		
«DETOX TOUCH»	80 min.	190
Lymph drainage, hot stone for liver/kidneys, foot reflex-zone massage and final treatment		
«ALPENHOF TOUCH» (only in the Alpenhof)	50 min.	140
Lomi Lomi Nui with hot stone		

FULL-BODY WRAP IN SOFTWRAP SYSTEM

These natural products can be optimally released into the body through pressure-free positioning and mild heat – making this treatment both relaxing and sustained.

HAYFLOWER WRAP	30 min.	60
A herbal treatment in original mountain hay from Zermatt. The active herbs and essential oils have a detoxing, circulation-enhancing and immune system strengthening effect on the body – diminishing chronic pain and symptoms of a cold or influenza. A wonderful experience with superb alpine aromas and relaxing warmth.		
THALASSO ALGAE WRAP	30 min.	70
Freshly prepared algae and minerals combined in a face mask stimulate cell metabolism, detoxify and fight cellulitis.		
CLEOPATRA WRAP	30 min.	60
A mixture of pure milk, high quality oils and honey pampers and nourishes the skin with natural nutrients.		
EVENING PRIMROSE WRAP	30 min.	70
This rich cream mask is very effective for problem or extremely dry skin. Intensive care, hydrating and lipid replenishing.		
FLOWER WRAP	30 min.	60
Indulge yourself in the aroma of roses or oranges. High quality oils refresh and stimulate the circulation – making your skin as soft as silk.		

FULL BODY PEELINGS

Dead skin cells are removed with this gentle treatment, leaving the skin soft and hydrated.

SEA-SALT PEELING

Sea-salt from the Bretagne cleans clogged pores and regulates the pH value.

30 min.

60

AROMA BODY PEELING

Fine salt and fragrant oils clean, refresh and nourish the skin.

30 min.

70

ANTI-AGING PEELING

Enzymic, intensive peeling with high quality and skin regenerating essences clean, hydrate and tighten the skin.

30 min.

70

OPTIMAL COMBINATIONS

Sea-salt peeling and algae wrap

60 min.

120

Hayflower and Cleopatra wrap

60 min.

110

Flower wrap and aroma massage

60 min.

110

Aroma therapy deluxe "La Sultane de Saba"

90/110 min.

175/200

Cleansing aroma peeling, refreshing flower bath and relaxing aroma massage



BATHS IN THE BEAUTY WHIRL BATHTUB Hotel Alpenhof

WINTER BATH

Thyme and eucalyptus: stimulates the metabolism, invigorating and therapeutic if you have a cold

25 min.

(single/"for two") 55/80

SALT OIL BATH

Rose petals or orange leaves: purifying and lipid regulating

25 min.

(single/"for two") 55/80

ALPIENNE SWISS PINE HONEY BATH

Regenerating, moisturising, relaxing and excellent for aching muscles

25 min.

(single/"for two") 55/80

SOUTHSEA MAGIC

Sensual relaxation, nurturing, anti-aging

25 min.

(single/"for two") 55/80

The "alpienne" spa philosophy means vitality and a zest for life through the power of the Alps. It focuses on high-quality natural products such as arnica, marmot oil, chamomile, calendula, St. John's wort and propolis as active agents. Every product is completely natural and contains no artificial additives. Steam-heated herb packs have been especially developed by "alpienne".

"ALPIENNE"-MASSAGES AND THERMAL TREATMENTS

CHF

"ALPIENNE" FOOT CARE	25 min.	50
• Herbal foot bath in combination with a foot massage		
"ALPIENNE" SPORT	45 min.	110
• Sport vital massage		
"ALPIENNE" HONEY PEELING (only in the Alpenhof)	55 min.	100
• Honey peeling massage		
• Honey Swiss pine bath		
"ALPIENNE" RELAX (only in the Alpenhof)	55 min.	95
• Head and facial massage		
• Honey Swiss pine bath		
"ALPIENNE" HARMONY AND RELAX	55/85 min.	130/180
• Herbal foot bath in combination with a foot massage		
• Relaxing massage with steam-heated herbal stamps		
"ALPIENNE" WELL AND VITAL	55/85 min.	130/180
• Herbal foot bath in combination with a foot massage		
• Vital massage with steam-heated herbal stamps		

MULTI DAYS "ALPIENNE"-PACKAGES Hotel Alpenhof

2 DAYS – VITALITY AND HARMONY

"MOUNTAIN DREAMS – HIS AND HERS"

260

- Honey Swiss pine bath with peeling massage
- "alpienne" Harmony and Relax

3 DAYS BALANCE AND BEAUTY

"MOUNTAIN RADIANCE"

350

- 2 Honey Swiss pine baths with peeling massage
- "alpienne" Harmony and Relax

5 DAYS RELAXATION AND REGENERATION

"SUNRISE"

640

- "alpienne" Harmony and Relax
- "alpienne" Well and Vital
- "alpienne" Sport
- Honey Swiss pine bath with peeling massage
- Honey Swiss pine bath with back massage

YOUR FAVOURITE "ALPIENNE" PRODUCTS TO TAKE HOME:

CHF

Arnika Lotion	200 ml	60
Propolis Lotion	200 ml	60
Arnika Tonikum	200 ml	20
Propolis Hair & Body	200 ml	20
Herbal Shampoo	200 ml	20
Herbal Bath	125 ml	15

no longer available

...AND EVEN MORE WELLNESS PROGRAMS Hotel Alpenhof

CLASSICAL PROGRAM FOR THE LADIES

APHRODITE & NEPTUNE

approx. 5 hrs

460

- Facial Maria Galland "Masque Thalasso"
- Full-body massage (55 min.)
- Cosmetic pedicure with massage
- Full-body peeling with sea-salt
- Thalasso algae wrap

MANIOLA

approx. 6 hrs

590

- Facial Maria Galland «Deluxe»
- Manicure «Deluxe»
- Full-body massage (55 min.)
- Cosmetic pedicure with massage
- Foot reflex-zone massage
- Evening primrose oil or Thalasso algae mask
- Individual advice for product use at home

LYSANDRA

approx. 4 hrs

400

- Facial Maria Galland "Thérapie Cocon"
- Manicure with massage and foam wrap
- Massage (55 min.)
- Salt-oil/flower bath or Cleopatra wrap
- Individual advice for product use at home

FOR THE MEN

TESTA ROSSA

approx. 3 hrs

345

- Men care facial
- Manicure with massage
- Full-body massage (55 min.)
- Hayflower wrap



COSMETICS

Hotel Alpenhof

FACIALS

		CHF
Maria Galland "Deluxe"	105 min.	170
Maria Galland "Thérapie Cocon"	80 min.	160
Maria Galland "Masque Thalasso"	80 min.	145
Classical facial	80 min.	130
Small facial	60 min.	110
Après-Ski facial	60 min.	110
"Happy Hour" facial (9–12 am)	60 min.	100
Mens' facial	60 min.	100

EYELASHES AND BROWS

Brow dyeing	15 min.	25
Brow correction	20 min.	15
Eyelash dyeing	30 min.	30
Eyelash perm	60 min.	80
Dyeing eyelashes and brows	45 min.	50
Dyeing eyelashes and brows during facial		40

MANICURES AND PEDICURES

Manicure "Deluxe"	90 min.	110
Manicure with nail varnish	60 min.	80
Manicure without nail varnish	60 min.	70
Cosmetic pedicure with nail varnish	60 min.	80
Cosmetic pedicure without nail varnish	60 min.	70

HOT WAX DEPILATION

Half-leg	30 min.	55
Full-leg	60 min.	70
Bikini zone or armpit	25 min.	40
Upper lip or chin	15 min.	15
Arms	60 min.	60
Male back	60 min.	60
Male chest	60 min.	60

SPA RULES

Dear Guests,

It is very important to us that our SPAs are a place of tranquility and relaxation for you. This is why we ask you to follow the rules below, out of consideration to fellow guests:

- Our indoor pool is open from 7am to 8pm, the SPA area from 12pm to 8pm.
- Please do not enter the SPA area with OUTDOOR SHOES. Please use the slippers and bathrobes provided.
- We ask our external guests to change in the changing rooms and to store your clothes and valuables in the lockers.
- The hotel assumes no liability for lost property or valuables.
- Please put your phone on mute setting.
- Children under 16 years of age are not permitted in the SPA area and must be accompanied by their parents in the swimming pool area. Our pool is 1.40 m deep and is not suitable for diving/jumping.
- Glasses and alcoholic drinks are not permitted in the entire SPA and pool area.
- We ask you to shower before entering the wet area and between sauna/steam baths. For hygienic reasons, the sweatrooms are naked areas and wearing bathing costumes is not permitted. Please always sit on a bath towel and throw these in the basket provided after use.
- We ask you to refrain from using the swimming pool or sweatrooms if you have any open wounds or skin disorders. Thank you.
- Should you have booked a cosmetic treatment or massage, please note that we will charge 50% of the cost of treatment if cancelled less than four hours before the appointment.
- Late arrival will shorten the duration of the treatment and the full amount will be charged.

We thank you for your attention and your compliance and wish you a pleasant, relaxing stay.

Your SPA-Team