

ENGLISH



SPA

ALPENHOF  
& HOTEL JULEN







# MASSAGES

	MIN	CHF
<p><b>CLASSICAL BODY MASSAGE</b></p> <p>Various relaxation and sport massage techniques have a positive effect on the circulation, release tension and harmonise the body and mind.</p>	25/50/75	65/130/195
<p><b>AROMA MASSAGE</b></p> <p>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.</p>	25/50/75	70/140/200
<p><b>SPORT MASSAGE</b></p> <p>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.</p>	25/50/75	70/140/210
<p><b>FOOT REFLEXOLOGY</b></p> <p>The sole of the foot – a reflection of the body. The organs are stimulated and activated through pressure point treatment on the feet. Pain can be relieved and inner balance restored.</p>	25/50	65/130
<p><b>LYMPHATIC DRAINAGE</b></p> <p>The gentle unblocking massage stimulates the lymphatic system and eliminates excess fluid and toxins. Deep relaxation strengthens the immune system at the same time.</p>	25/50/75	70/140/200
<p><b>HOT STONE-ROCK CRYSTAL MASSAGE</b></p> <p>Deep relaxation with warm volcanic stones, cooling rock crystals and essential oils. This massage creates a feeling of integral harmony. The rock crystal noticeably gives new life energy and volcanic stones melt away tension.</p>	25/50/75	70/140/200
<p><b>HOT CHOCOLATE MASSAGE</b></p> <p>Delicately melting and seductively scented Swiss chocolate pampers you with all your senses. The chocolate balm, warmed to body temperature, is slowly poured over the body and massaged in. This stimulates micro-circulation of the cells, smoothes wrinkles and is an absolute anti-aging highlight.</p>	50/75	140/195
<p><b>WELLNESS-RELAX MASSAGE</b></p> <p>Face-head-body massage. Relaxing stroking movements provide more well-being and regeneration. This is a treatment with selected essential oils, it is used for deep relaxation and gives inner harmony.</p>	50/75	130/195

If you have booked a cosmetic treatment or massage, please note that we charge 100 % of the treatment cost if you cancel less than 4 hours before the agreed time.

Late arrival unfortunately shortens your treatment time and we take the liberty of charging the full amount.



## MASSAGE SPECIALS

	MIN	CHF
<p><b>«MATTERHORN TOUCH»</b> Back and neck massage with hot stone and foot reflexology massage.</p>	50/75	140/210
<p><b>«ZERMATT TOUCH»</b> Aroma massage with hot stone.</p>	50/75	140/210
<p><b>«DETOX TOUCH»</b> Lymphatic drainage, hot stone for liver and kidney and foot reflexology.</p>	75	220
<p><b>«ALPENHOF TOUCH»</b> Face-head-shoulder-neck massage in combination with hot Stone.</p>	50/75	135/195
<p><b>«HARMONY AND RELAX»</b> Relaxation massage with steam-heated herbal stamps.</p>	50/75	130/195

## MASSAGES FOR PREGNANT WOMEN

	MIN	CHF
<p>Expectant mothers also need relaxation. With the Baby Moon massages, Tradition Julen offers a special relaxation program for pregnant women.</p>		
<p><b>«BABY MOON»</b> Unwind and relax: Face, head and neck massage.</p>	25/ 50	70/140
<p><b>«FULL BODY MASSAGE»</b> Enjoy the special pregnancy massage and feel the connection with your baby. Body and soul come into harmony, which the baby will also feel.</p>	25/ 50/75	70/140/170

## KIDS MASSAGES

	MIN	CHF
<p><b>«COCO RELAX»</b> Light loosening full body massage with warm coconut oil for the little athletes</p>	25	45
<p><b>«MUFFIN RELAX»</b> Lightly loosening head and back massage with warm oil and biscuit aromas.</p>	25	45
<p><b>«CHOCOLATE RELAX»</b> Full body massage with warm chocolate oil.</p>	25	45







# FULL BODY WRAPS IN THE SOFTPACK SYSTEM

MIN

CHF

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

## THALASSO ALGAE WRAP

Freshly prepared algae and minerals combined in a face mask stimulate cell metabolism, detoxify and fight cellulitis.

25

70

## CLEOPATRA WRAP

A mixture of pure milk, high quality oils and honey pampers and nourishes the skin with natural nutrients.

25

65

## ROSE PETAL CREAM WRAP

This rich cream mask works particularly well on demanding and extremely dry skin. Intensive care, hydrating and moisturising.

25

65

## GOAT BUTTER WRAP

The goat butter wrap is particularly suitable for very dry and chapped skin. A mineralising and hydrating care pack that provides ideal and lasting restoring of the various skin layers. The pack is recommended for neurodermatitis and psoriasis.

25

70

## ORGANIC REGENERATING PINK CLAY WRAP

The pack has an anti-wrinkle and moisturising effect. It promotes the natural elasticity of the skin and thus slows down the skin ageing process.

25

70

## NATURAL MOOR WRAP

Mud loosens muscles, relieves cramps, activates the metabolism and promotes and stimulates the circulation.

25

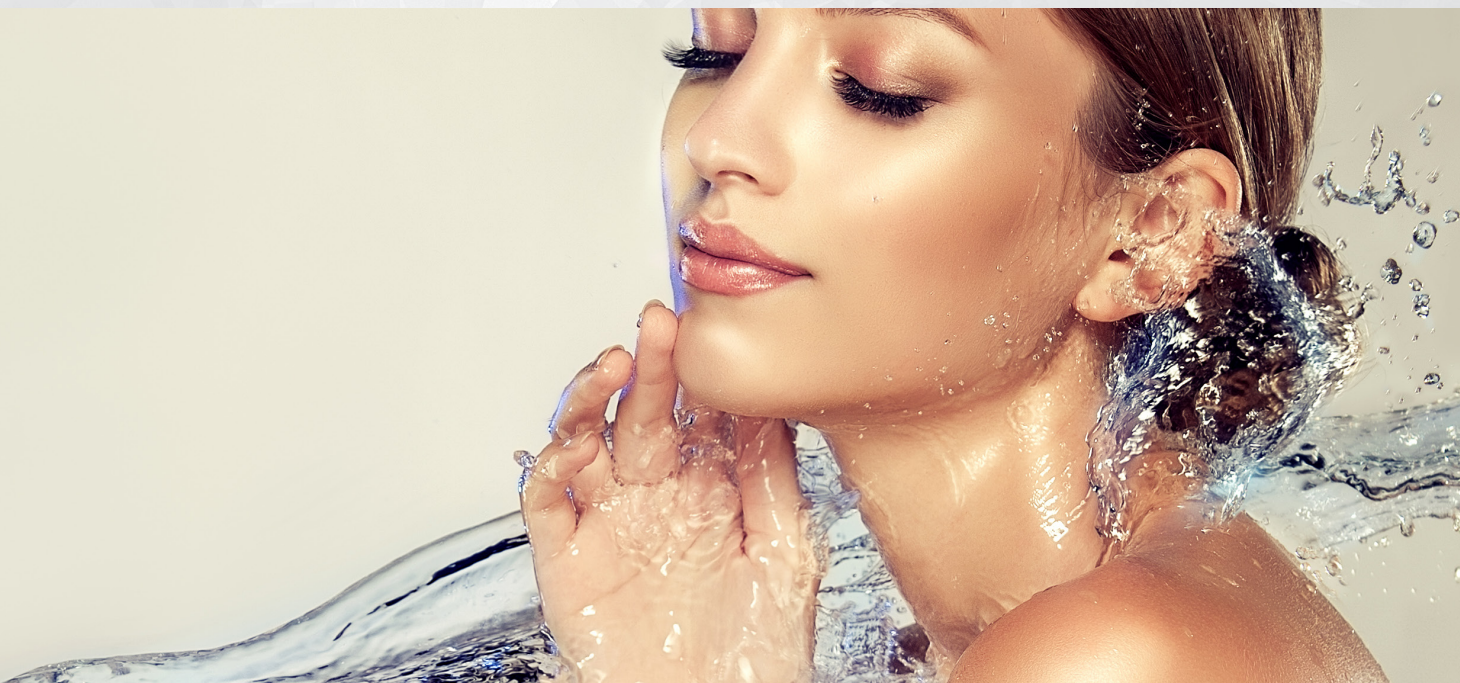
75

## CHOCOLATE WRAP

The chocolate pack nourishes the skin and leaves it soft and supple.

25

70





## FULL BODY PEELINGS

MIN

CHF

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

### DETOX SALT PEELING

The skin is purified, detoxified and well circulated.

25

65

### AROMA BODY PEELING

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

25

70

### WINE MARC BODY PEELING

Fruit acid treatment followed by moisturising oiling.  
Blood circulation is stimulated and the skin looks fresh and rosy.

25

75

### SALVE IN TERRA

Healing earth, minerals, blossoms and essences pamper your skin and skin and give it a soft feeling

25

75

### ROSE PEELING

The skin is gently exfoliated and becomes fresh and breathable.

25

70

## BATHS IN THE BEAUTY TUB ALPENHOF

MIN

CHF

### WINTER BATH

Thyme and eucalyptus: metabolism stimulating,  
invigorating and soothing for colds.

25 min (single/for two)

80

### SALT OIL BATH

In combination with rose and orange blossom: purifying and moisturizing.

25 min (single/for two)

80

### SWISS PINE HONEY BATH

Regenerating, moisturising, relaxing and excellent for aching muscles.

25 min (single/for two)

80

### GOAT BUTTER BATH

Important minerals and vitamins provide moisture.  
The linoleic acids round off the optimal skin care.

25 min (single/for two)

80

### COCONUT OIL BATH

With exotic Caribbean fragrance and anti-aging effect.

25 min (single/for two)

80



# ONE-DAY AND MULTI-DAY PACKAGES ALPENHOF

	DAUER	CHF
<b>FOR PREGNANT WOMEN "CALM BEFORE THE STORM"</b> Against heavy legs lymphatic drainage Gentle facial treatment Full body peeling	2 hrs	280
<b>"LUXURY BEFORE BIRTH"</b> Intensive facial treatment Relaxing back massage Foot care with foot massage Against heavy legs lymphatic drainage	3.5 hrs	410
<b>"BEAUTIFUL WHILE EXPECTING"</b> Intensive facial treatment Body wrap followed by back, neck and décolleté massage Lemon balm lavender bath Soothing stroking massage or lymphatic drainage	4.5 hrs Can be split over 2 days	500
<b>FOR MEN "REAL CONNOISSEURS"</b> Facial treatment for men Manicure Full body massage Body wrap with green clay and pineapple or cucumber mousse	3.5 hrs Can be split over 2 days	380
<b>"MUSCLE STRENGTH"</b> Natural moor wrap Leg-foot-neck massage	1.5 hrs	205
<b>"POWER OF THE STONE PINE OIL"</b> Facial treatment for men Aroma massage with Swiss stone pine oil Peeling and body wrap	3 hrs Can be split over 2 days	380



# ...AND EVEN MORE WELLNESS PROGRAM ALPENHOF

DURATION

CHF

## CLASSICAL PROGRAM FOR THE LADIES "APHRODITE & NEPTUNE"

- Facial treatment Maria Galland "Hydra'Global"
- Full body massage (55 min.)
- Cosmetic foot care with massage
- Full body peeling with sea salt
- Thalasso algae wrap

approx. 5 hrs  
divided over 2 or 3 days

520

## MANIOLA

- Facial treatment Maria Galland "Deluxe" Rituel Mille Sublime Jeunesse
- Hand treatment "Deluxe"
- Full body massage (55 min.)
- Cosmetic foot care with massage
- Foot reflexology massage
- Thalasso algae pack

approx. 6 hrs  
divided over 2 or 3 days

650

## LYSANDRA

- Facial treatment Maria Galland "Soin Lift'Expert"
- Hand care with massage and foam pack
- Full body massage (55 min.)
- Salt oil flower bath or Cleopatra pack

approx. 4 hrs  
divided over 2 or 3 days

470









# COSMETICS ALPENHOF

MIN CHF

## FACIALS

### MARIA GALLAND "DELUXE" RITUAL MILLE SUBLIME JEUNESSE

105 220

A treatment with luxurious textures and active ingredients that offers the ultimate anti-ageing effect.

The result: incomparably radiant and smooth skin

### MARIA GALLAND "HYDRA'GLOBAL"

80 170

Intensively moisturises the skin, leaving it plumped, revitalised and luminous.

### MARIA GALLAND "SOIN D-TOX"

80 170

The treatment with D-Tox effect cleanses deeply for a visibly clarified, radiant and healthy-looking complexion. It frees clogged pores from impurities, sebum and foreign particles without drying them out.

### CLASSIC "SKIN LIFT'EXPERT"

80 170

Lifting treatment with innovative manual massage to remodel the face, immediately gives the skin more volume and firmness.

Small facial treatment

55 120

Alpenhof facial treatment with Hydra Global mask

55 120

Facial care "Happy Hour" (9.00 – 12.00 hrs)

55 110

Facial care for men

55 120

## EYELASHES AND BROWS

Brow tinting

15 25

Brow correction

20 25

Eyelash tinting

30 30

Eyelash and brow tinting

45 50

## MANICURES AND PEDICURES

Manicure "Deluxe"

80 140

Manicure with nail varnish

55 90

Manicure without nail polish

50 80

Cosmetic pedicure with nail polish

55 90

Cosmetic pedicure without nail polish

50 80

## WARM WAX EPILATION

Half leg

25 65

Full legs

50 90

Bikini zone or armpits

25 65

Upper lip or chin

15 30

Arms

25 65

Men back

55 90

Men chest

55 90







# SPA RULES

## DEAR GUESTS

It is of special concern to us that our SPA is a place of peace and relaxation for you. Therefore, out of consideration for other guests, we ask you to observe the following rules

- Our swimming pool is open from 07.00 – 20.00 hrs, the SPA area from 10.00 – 20.00 hrs.
- The SPA area is to be entered exclusively with slippers, not with street shoes.
- The hotel accepts no liability for lost valuables.
- Please set your telephone to silent.
- Children under 16 years of age are not allowed in the SPA area (Adults only). Children and teenagers under the age of 16 are only allowed in the swimming pool and outdoor Jacuzzi (Kneipp - Relax - Area) when accompanied by their parents.
- The depth of our pool is 1.40 m, therefore jumping in is prohibited.
- Only plastic glasses and cups are allowed in the entire SPA and pool area.
- The "Garden-SPA" is an Adults only nude area and accessible from the age of 16.
- The outdoor Jacuzzi in the Adults only nude area is textile free from 16 years of age.
- We kindly ask you to shower before using steam and sauna facilities.  
For hygienic reasons, the sweat cabins are nude zone. Wearing swimwear is not permitted.
- Please always use a bath towel in the sweat cabins on which you are lying or sitting and then throw the used bath towel into one of the baskets provided.
- We kindly ask you to refrain from using the swimming pool and sweat cabins if you have open wounds or skin diseases.

We thank you for your understanding and wish you a pleasant and relaxing stay at the Alpenhof.

Your SPA team



