

Price list

★★★★ Superieur



Price list (per person per day, incl. breakfast buffet, afternoon tea, 5-course dinner, use of the Wellness Oasis)

All rooms with radio, phone, TV, free wireless, minibar, safe, hairdryer, dressing gowns and slippers.

Summer: (01.06.-01.11.) Use of all cableways and postbuses throughout the Saas valley (Saas-Fee, Saas-Almagell, Saas-Grund (without MetroAlpin) is included in all prices.

Winter: (04.01.-25.01.) Skipass Saas-Almagell/Saas-Grund/Saas-Fee included (min. stay 4 nights)

Winter: (01.12.-30.04.) Skibus included (Saas-Fee, Saas-Grund, Saas-Almagell)

Typ Loft-Wellnesssuite 50 m2

For 2 persons Balcony, Sauna, Whirlpool, bathroom, Shower/WC, living room,

Summer	Winter postbuses inkl.
CHF 240 / € 200	CHF 250 / € 208

Senior Suite 70 m2

for 2 persons or families of up to 6 persons

Balconies facing South and East, 1 room with whirltub/WC, 1 room with shower/WC, living room, fireplace, sauna (The second room can only be booked for children)

CHF 220 / € 183	CHF 230 / € 191
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Suite 50 m2

for 2 persons or for families (2 adults, 2 children)

South facing balcony, bedroom and living room (bedroom can be separated by a sliding door)

Sofa bed (200 x 180 cm), bath/WC, shower/WC

CHF 190 / € 158	CHF 200 / € 166
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Typ Wallis 45 m2 for 3-4 persons or for families of up to 5 persons

South facing balcony, 2 separate bedrooms, day room with dining room and kitchen, bath/WC

CHF 165 / € 137	CHF 175 / € 145
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Typ Wallis 25 m2 with balcony for 2 persons

Typ Wallis 25 m2 without balcony (newly renovated) for 2 persons
shower/WC

CHF 165 / € 137	CHF 175 / € 145
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CHF 165 / € 137	CHF 175 / € 145
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Nice Price room 25 m2 for 2 persons

With balcony, with bath or shower/WC

CHF 145 / € 120	CHF 155 / € 129
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- Family packages and prices for families: Page 4+5

General information:

- Prices are quoted per person per day:
Breakfast buffet, 5-course dinner, afternoon tea (soup and cakes) 16.00 and 17.00 (no soup is served in the summer)
- Wellness Oasis: Swimming pool 10 x 13 m, 30°C (every Tuesday cinema in the pool), whirlpool, 35°C, sauna landscape, steam bath, Kneipp, Fitness tower, massage* and beauty department*, sea water floatation tank (floating)*, infrared beds*, soap brush massage*, fango*, Isha whirlpool*, Meridian diagnosis using Chinese medicine with Prognos*. (*additional charges apply)
- New Year's week: Surcharge of CHF 30 / € 25 per person/night
- Surcharge: For 1 night CHF 10 / € 8 per person, dogs:
- Dogs: CHF 15 / € 12 per day (without food); dogs are not allowed in the dining room
- Parking fees are included in all the above-mentioned prices (we do not accept liability for any damage resulting from use of the parking spaces).
- Mountain bikes and hiking maps are available
- Resort taxes are excluded, SaasPass excluded
- Prices quoted in euros are guidelines (exchange rate 1.2). Prices are adjusted to the current daily price.
- Single room supplement: 50%
- Payment: EC-Direct, PostCard, Visa, Eurocard, euros (daily rate), 1.5% reduction for cash payment
- Summer 2013: 7=6 it's just for the official room prices (not for packages)

Conference room:

Equipped with flip chart, overhead projector, screen, lectern, CD recorder, radio, TV/video, beamer.



Summer: (01.06.-01.11.) Use of all cableways and postbuses throughout the Saas valley (Saas-Fee, Saas-Almagell, Saas-Grund (without MetroAlpin) is included in all prices.

Children & families

Children's Club: Bored? No chance!

Our qualified child minder constantly comes up with new ideas to make your children's day interesting. Relive the day's experiences together over a convivial evening meal.

Your little ones can look forward to fun and games with our child minder 6 days a week from 16.30 until 21.00.

On request, and by prior arrangement, free child care from 12.30–16.30.

Activities for children

- Bowling • Playstation • billiards • darts • table football
- children's bikes • hobby and handicraft room
- bicycles with child seat • daily children's activities from 16.30

Children's programme

What do we have in store for children from 4–11 years of age?

- 1 play and handicraft room is dedicated to the older children (equipped with various games).
- Billiards – darts – table football – bowling alley (for kids too) – Playstations – computer games – games of skill – mountain bikes – adventure forest – toboggan run – minigolf – boccia – snow tube - curling - sledging

Kids 12–17 years of age

- Billiards – darts – table football – bowling alley (for kids too) – Playstations – computer games – games of skill – mountain bikes – scooters – climbing wall – beach volleyball – wellness – minigolf – boccia – driving range – snow tube – sledging, etc.

Day nursery “Kyan” in Saas-Almagell (in the hotel)

For children from 18 months to 3.99 years of age

Freedom for parents – fun for kids

December till april (on request)

Summer attractions

- Adventure forest:
- Toboggan run
- Scooter runs of 3.5 km, 6 km or 11 km
- Alpine golf (9-hole course) with driving range
- Miniature golf, Pit-Pat and boccia
- Beach volleyball
- Tennis courts (50 m from the hotel)
- Fairy tales and legends path
- GPS animal treasure hunt
- Adventure trail with two suspension bridges
- Gorge Alpine – the ravine adventure
- Climbing courses
- Marmot feeding
- Ice Pavilion
- Pony trekking / horse-riding
- Nordic walking

Winter attractions

- skibus is including (Saas-Fee, Saas-Grund, Saas-Almagell)
- Skiing, carving and snowboarding
- Sledging (even at night)
- Ice-skating
- Snow tubing
- Husky rides – carriage rides
- Cross-country skiing
- Snowshoeing
- Tobogganing



Summer: (01.06.-01.11.) Use of all cableways and postbuses throughout the Saas valley (Saas-Fee, Saas-Almagell, Saas-Grund (without MetroAlpin) is included in all prices.

Prices for Kids summer:

1 year CHF 10 / € 8	9 years CHF 90 / € 75
2 years CHF 20 / € 16	10 years CHF 100 / € 83
3 years CHF 30 / € 25	11 years CHF 110 / € 91
4 years CHF 40 / € 33	12 years CHF 120 / € 100
5 years CHF 50 / € 41	13 years CHF 130 / € 108
6 years CHF 60 / € 50	14 years CHF 140 / € 116
7 years CHF 70 / € 58	15 years CHF 150 / € 125
8 years CHF 80 / € 66	16 years CHF 160 / € 133

per kid per day, incl. breakfast buffet, afternoon tea, dinner, use of the Wellness Oasis

Special price summer: in the room standard 25m2:

2 - 4.99 years: CHF 20 / € 16 per day

5 - 9 years: CHF 35 / € 29 per day

Tennis lessons for children up to 12 years

Mon – Fri 60 minutes daily in a group lesson

CHF 250 / € 208 (plus court rental, CHF 13.50/hour)

Golf lessons for children

2 x 60 minutes, practice balls, clubs for hire CHF 150 / € 125

Riding

1 x 30 minutes CHF 40 / € 33

Summer family packages

incl. all postbuses and cableways in the Saas valley

Activity week for the whole family

- 7 nights including breakfast buffet, afternoon tea, 5-course dinner
 - 1 x Aqua gymnastics and 1 x morning exercises
 - 1 x Nordic walking (with introduction)
 - 1 mountain bike day tour
 - 1 adventure forest visit
 - 1 climbing course for children
 - 1 guided hiking trip (adventure path)
 - 1 hour golf/driving range or 1 hour tennis court
 - 1 sports massage for adults
 - 1 herbal bath for adults
 - Use of the Wellness Oasis (1000 m2)
 - Fitness room for adults
 - Child minding 6 days a week from 16.30–21.00
- On request, and by prior arrangement, free child care from 12.30–16.30

CHF 1385 / € 1150 per adult

CHF 960 / € 800 per child from 7 to 8.99 years

CHF 1170 / € 975 per child from 9 to 15.99 years

This offer is available for the following room types:

Standard room 45 m2, Suite 50 m2

Children up to 6 years of age according to the room price list

Winter: (04.01.-25.01.) Skipass Saas-Almagell/Saas-Grund/Saas-Fee included (min. stay 4 nights); Winter: (01.12.-30.04.) Skibus included (Saas-Fee, Saas-Grund, Saas-Almagell)

Child discounts in all rooms in winter (without packages)

up to 1.99 years 80%	2-3.99 years 50%
4-8.99 years 30%	9-15.99 years 10%

Winter family packages

Winter Family Hit

- 7 nights including breakfast buffet, afternoon tea (soup and cakes), 5-course dinner
- 6-day ski pass for Saas-Almagell
- Child minding 6 days a week from 16.30 – 21.00 (from age 4)
On request, and by prior arrangement, free child care from 12.30 – 16.30
- Use of the Wellness Oasis (over 1000 m2)
- Fitness room for adults

CHF 1290 / € 1075 per adult

CHF 400 / € 333 per child from 4 to 5.99 years

CHF 830 / € 690 per child from 6 to 8.99 years

CHF 975 / € 812 per child from 9 to 15.99 years

CHF 280 / € 233 per child from 2 to 3.99 years

The children's programme in the hotel is for children aged 4 and above

Additional charge per adult:

- Ski pass for Saas-Grund with bus: CHF 100 / € 83

- Ski pass for Saas-Grund and Saas-Fee with bus: CHF 200 / € 166

This offer is available in the following rooms:

Standard room 45 m2, Suite 50 m2

Kids week special week for January

5-24 January 2014 Arriving day 5, 12, 19th of January

7 nights Suiteroom 50m2 (with kids till 15.99 years)

6-day skipass for Saas-Almagell, Saas-Grund, Saas-Fee and skibus

6 days Kids entertainment programme 4.30-9.00pm

5 days 2 hours ski tuition for kids

2 vouchers Jetski for kids

1x Bavarian curling , ice rink

Saaspass including

2 ad 1 kid CHF 3000

2 ad 2 kids CHF 3300

Activity week for the whole family

- 7 nights including breakfast buffet, afternoon tea (soup and cakes), 5-course dinner
- 5-day ski pass for Saas-Almagell / Saas-Grund / Saas-Fee
- 1 snowshoe hike (half day)
- 1 tobogganing party (11 km tobogganing run)
- 1 Bavarian curling or badminton session
- 1 sports massage for adults
- 1 relaxation bath for adults
- Use of the Wellness Oasis (over 1000 m2)
- Fitness room for adults
- Children's programme 6 days a week from 16.30–21.00

CHF 1660 / € 1383 per adult

CHF 920 / € 766 per child from 7 to 8.99 years

CHF 1147 / € 955 per child from 9 to 15.99 years

This offer is available in the following rooms:

Standard room 45 m2, Suite 50 m2

Senior Suite surcharge CHF 100 / € 83 per person per week

For children aged between 18 months and 3.99 years, there is a day nursery.

December till april (on request); The ski school can be booked on the spot.

Summer packages

Summer (01.06.-01.11.) Use of all cableways and postbuses throughout the Saas valley (Saas-Fee, Saas-Almagell, Saas-Grund) included in all prices.

Two in one: Zermatt / Saas-Almagell

- 3 nights half board at Hotel Pirmin Zurbriggen in Saas-Almagell (Standard room)
- Funicular ride to the Mittelallalin revolving restaurant in Saas-Fee incl. admission to the Ice Pavilion
- 3 days half board at the Apparthotel Zurbriggen in Zermatt (Standard room)
- Train ride to the Gornergrat
- Use of the Wellness Oasis

CHF 1000 / □ 833 per person

Additional charge for Suite in Almagell CHF 60 / € 50 per person

01. Sept.13 – 30. Oct. 13

01. Sept.14 – 30. Oct. 14

Jass Week (playing cards)

- 5 nights including breakfast buffet, afternoon tea, 5-course dinner
- Use of the Wellness Oasis
- 4 “Schieber” jass (traditional Swiss card game) evenings
- 2 outings

15 Sept. – 20 Sept. 2013

14. Sept. – 19. Sept. 2014

CHF 684 / € 570 per person in Nice Price room

CHF 759 / € 632 per person in Standard room

CHF 834 / € 695 per person in Suite

In June 2013, a “Trumpf Ass” jass week will take place in our hotel.
You can reserve your place directly at www.trumpfas.ch.

Wine tasting days

- 3 nights including breakfast buffet, afternoon tea, 5-course dinner
- All drinks at the hotel (all inclusive)
- Welcome aperitif
- Wine tasting sessions with an expert
- Bus ride to Siders, winery visit with wine tasting
- “Raclette à discretion” evening (all-you-can-eat) at the Château de Villa in Siders
- Gift on departure

22. Sept. – 25. Sept. 13

21. Sept. – 24. Sept. 14

CHF 684 / € 570 per person in Nice Price room

CHF 759 / € 632 per person in Standard room

CHF 834 / € 695 per person in Suite

Winter: (04.01.-25.01.) Skipass Saas-Almagell/Saas-Grund/Saas-Fee included (min. stay 4 nights); Winter: (01.12.-30.04.) Skibus included (Saas-Fee, Saas-Grund, Saas-Almagell)

Winter packages

Skiing in Valais with Pirmin Zurbriggen

- 7 nights including breakfast buffet, afternoon tea (soup and cakes), 5-course dinner
- 1-day ski pass for Zermatt (accompanied by Swiss ski legend Pirmin Zurbriggen) incl. transfer
- 2-day ski pass for Saas-Fee incl. transfer
- 2-day ski pass for Saas-Grund incl. transfer
- 1-day ski pass for Saas-Almagell
- Use of the Wellness Oasis

CHF 1510 / € 1258 per person in Standard room

CHF 1615 / € 1345 per person in Suite

Dates:

15.03.14 - 22.03.14; 22.03.14 - 29.03.14

Senior Citizens Special Offer

- 5 nights including breakfast buffet, afternoon tea (soup and cakes), 5-course dinner
- 1 welcome aperitif
- 1 Aqua gymnastics
- 1 morning exercises
- 1 pedicure or manicure
- 1 hairdressing appointment (wash, blow dry or set)
- 1-hour cooking course with our senior chef
- Use of the Wellness Oasis

CHF 785 / € 654 per person in Standard room

Additional charge CHF 100 / € 83 per person in Suite
(bookable throughout the year)

Wellness & Beauty spa holiday

Pure relaxation in our Wellness Oasis (1100 m2)

Meridian diagnosis using Chinese medicine with Prognos

Centuries-old knowledge is combined with the latest technology, making an early diagnosis of illnesses and weaknesses possible. This is a completely painless process. A profile of the body's energy states can be produced within minutes. 5000 years ago, the Chinese had already discovered that the cause of every illness can be traced back to a disharmony in the body's energy flow.

Measurement of the meridian basis

Measurement of the meridian basis of the body's energy flow with Prognos (lack of energy, hyperactivity, etc.)

Approx. 35 min. CHF 65 / € 54

Meridian energy total check

Detects and measures 15 different interference fields in the following areas: vitamins, minerals, matrix (connective tissue), psyche, parasites, bacteria, immune system, metabolism, circulation

Approx. 50 min. CHF 128 / € 106

Chi Machine

The rhythmic, even oscillations ensure that the whole body vibrates with the machine, releasing blockages and letting the life energy flow again. Particularly recommended: immediately after a massage, to increase its efficacy.

25 min. CH 35 / € 29

Wellness programme

You will be in the care of our masseurs free of charge:

- at Aquafit (6 x per week)
- at morning exercises (6 x per week)
- at Nordic walking (2 x per week)
- Mountain-Bike-Tour (2 x per week - in summer)

Sea Water Floatation Tank (Floating)

20 min. CHF 50 / € 41

Highly concentrated salt from the Dead Sea – float in absolute tranquillity with meditation music. Relieves stress and everyday tension in a short period of time. A unique experience of weightlessness.

Fango Bath

60 min. CHF 55 / € 45 for 1 person / CHF 95 / € 80 for 2 persons
Using specially selected cleansing sponges, healing clay is applied to the whole body. The heated cabin is gently stimulating and has a rejuvenating and firming effect on the skin. The beauty masks reach their full efficacy at 50°C and the skin becomes velvety soft. The healing clay is showered off afterwards.

Chocolate Bath

60 min. CHF 55 / € 45 for 1 person / CHF 95 / € 80 for 2 persons
The chocolate-like composition of this beauty mask promises a wonderful aromatic therapy with the scent of fresh chocolate. Co-enzymes and anti-oxidants ensure the rejuvenation, firming and re-moisturisation of the skin. The active ingredients achieve their full effectiveness in the cabin heated to 50°C.

Bathing in the Isha tub

Isha means Far Eastern underwater massage. It has many similarities to acupuncture. This bath was developed by a team of doctors. A rest period of at least 30 minutes afterwards is recommended.

Saas herbal bath with underwater massage

20 min. CHF 35 / € 30

A calming extract of wild mountain herbs (St. John's wort, yarrow, lady's mantle, etc.), alcohol and spring water. This herbal bath has a calming and relaxing effect.

Saas hay flower bath with underwater massage

20 min. CHF 35 / € 30

An extract of up to 300 herbs (such as erica, rue, lady's mantle, veronica, caraway, sage), alcohol and spring water. This bath has a refreshing effect and was used in traditional medicine for lung problems and for increasing body strength. It also plays a role in preventing illnesses – for instance, it is highly recommended during flu epidemics!

Saas honey and Swiss stone pine bath with underwater massage

20 min. CHF 35 / € 30

A refreshing relaxation bath with natural bioactive essences. Excellent for very sore muscles, regenerating the body and the vegetative nervous system (through the essential oils of Swiss stone pine – Limoson). The body is put on "stand-by", like a computer, and regulates itself. The ingredients in the honey have an anti-bacterial, smoothing and moisture-regulating effect on the skin.

Algae and sea salt bath with underwater massage

20 min. CHF 35 / € 30

The detoxifying and purifying properties of the algae and the sea water are especially recommended for cellulite, circulation disorders and connective tissue weaknesses.



Massages

Saas energising soap-and-brush massage 50–55 min. CHF 125 / € 104
The aromatically enriched lather is massaged in with natural brushes. This ensures a gentle purging. This deep cleansing of the skin opens the pores which environmental influences have closed. The skin becomes soft, velvety and appears rosy and refreshed due to the increased circulation. The massage is recommended as an optimal preparation for subsequent sauna visits.
Application: for body care and circulation disorders.

Full body massage 50–55 min. CHF 95 / € 80

Full body massage 80 min. CHF 125 / € 104
Intensive: Feet, legs, arms, abdomen, chest, back, neck, head

Full body massage with cupping 50–55 min. CHF 95 / € 80
Releasing extreme tension, stimulating the metabolism, strengthening the immune system, cupping of specific areas, for disorders of the internal organs, indigestion, cystitis, headaches, migraines, etc.

Sports massage 50–55 min. CHF 95 / € 80
Legs, back (recommended before sporting activities)

Part-body massage (back or legs) 25 min. CHF 55 / € 45

Combi massage 50–55 minutes CHF 95/€ 80
Intensive back, neck and shoulder massage followed by head & neck Shiatsu treatment.
Effect: Relaxes muscular tension, acts upon the internal organs by way of the acupressure points and leads to a deep sense of psychological well-being.

Foot reflex zone massage 50–55 min. CHF 95 / € 80
This massage stimulates the inner organs or calms them.

Small foot reflexology massage 25 minutes CHF 55/€ 45
Ideal for the feet after long periods of skiing or hiking. Combines very well with a partial massage.

Connective tissue massage 50–55 min. CHF 95 / € 80
Stimulants are placed in and under the skin during this massage, so that the inner organs are stimulated via the nervous system.

Children's massage 25 min. CHF 45 / € 37

Stamp massage 80min. CHF 155/€ 130
(Choose your stamp)

- **SALT pad:** Ideal with skin irritations. It refines skin and leaves a soft salt film.

- **HERB pad:** A powerful mix to stimulate blood circulation, improve metabolism.

- **BEER pad:** An expressive mix to calm and soothe skin and improve metabolism.

- **MOOR MUD pad:** A powerful mix with a high share in humic acids to relax muscle tensions.

- **WINE draff pad:** A distinct fruit acid mix lastingly smoothes and refines the skin and acts anti-aging.

- **WHEAT BRAN pad:** A super-calming mix to clarify skin and inhibit inflammations.

- **LAVENDER pad:** vidange, harmonisation and revigorant.

Lymph drainage 50–55 min. CHF 95 / € 80
Chest, abdomen, legs: This process promotes the drainage of lymph fluids without stimulating the formation of lymph.
The most important task of the lymphatic system is the drainage and evacuation of tissue fluids.

Lymph drainage 80 min. CHF 125 / € 104
(Chest, abdomen, arms, legs, back, neck)

Hot Stone 80 min. CHF 155 / € 130
This holistic massage technique is performed with volcanic rocks, heated and cooled as the treatment requires. The rocks activate the self-healing powers of the organism and bring deep relaxation.

Lomi-Lomi 80 min. CHF 125 / € 104
A massage technique from Hawaii. It consists mainly of stroking and a slow, gentle movement of the joints.

Kinesiology 50–55 min. CHF 95 / € 80
Energy therapy with subsequent massage. Relief from mental blocks, e.g. shock, fear, too much pressure, pain, etc. Regulation of the energy balance of the body.

Indian head massage 50–55 min. CHF 95 / € 80
An anti-stress massage for neck and shoulders. Has a relaxing effect and relieves tension-type headaches.

Colon massage

25 min. CHF 55 / € 45

Colon massage is a type of massage (abdominal massage) that improves the tone, movement function and circulation of the large intestine.

Benefit: counteracts constipation, enhances blood circulation, eases cramps, boosts excretion

Base/mineral whole body & dry brush massage

50–55 min. CHF 95 / € 80

A special form of deacidification. This massage, which we apply in the lymph flow, stimulates excretion via the skin and organs.

By boosting the metabolism, the skin is supplied with nutrients and oxygen, and is detoxified at the same time.

Benefit: more beautiful skin, cellulite prevention, enhanced blood circulation, deacidification, detoxification

Cellulite massage

50–55 min. CHF 95 / € 80

Reduces the formation of orange-peel skin.

This massage vitalises, stimulates and activates tissue circulation.

The skin becomes more firm and cellulite formation is slowed.

Benefit: preventive and active care of your figure, firming of the skin, abdomen and thighs, more beautiful skin, enhanced blood circulation, deacidification, detoxification

Bruss massage – mobilisation of the spine

50–55 min. CHF 95 / € 80

A gentle massage in the spinal region, along the kidney/bladder meridian of Chinese medicine. It releases blockages and tensions between the spinal column and the erector spinae muscles.

Benefit: relief and pain alleviation in the sacral, lumbar and thoracic spine areas and with intervertebral disc problems

SHIATSU

25 min. CHF 55/ € 45

Pressure point massage in the head and neck area

Application of pressure to the acupuncture points and meridians (energy lines) helps to balance the energy and bring about a very special type of relaxation.

Effect: Clearing meridian blockages can help to alleviate or even remedy certain conditions. Very good results are achieved for headaches, neck tension and influenzal infections.

Acupressure

Pressure point massage, very effective and efficient. The pressure will be adjusted to the individual tissue and pain perception.

Face & Neck 25 min CHF 55 / € 45

Back, shoulder & neck 50 min CHF 95 / € 80

Thai Yoga & Ayurveda

Nuad Thai

Traditional Thai massage

The body is stretched, pulled and massaged with fingers, hands, elbows, knees and feet. In this way the flow of energy in the body is restored and the circulation of the skin, connective tissue and muscles is stimulated. Nuad functions on the so-called energy lines and reflexology areas and thus stimulates the function of internal organs, glands and nerves.

Nuad Thai full body massage 90 min. CHF 125 / € 104

Nuad Thai foot massage 50 min. CHF 95 / € 80

Nuad Thai following therapy 55 min. CHF 95 / € 80

These massages take place on a mat on the floor. Please wear light clothes

Ayurveda

The art of this millenniums old tradition of salvation from India is to effect physical and psychic balance and to regenerate and harmonise the whole organism.

Abhyanga

Full body oil massage 90 min. CHF 155 / □ 130

Shiroabhyanga

Face and head massage 40 min. CHF 65 / □ 54

Padabhyanga

Foot and calves massage 30 min. CHF 50 / □ 41

Upanaha Svedana

Back massage 30 min. CHF 50 / □ 41

Garshan

Full body grating massage with gloves out of raw silk 40 min. CHF 65 / □ 54



Beauty treatments

Power cosmetics – Phytobiodermie

Phytobiodermie – the Yin/Yang holistic cosmetics in accordance with the 5 Chinese elements.

Phytodermie has the right solution for every skin problem! This energetic cosmetic system does not merely combat the symptoms, but also the cause. The wisdom of Yin & Yang regarding the 5 Chinese elements of wood – fire – earth – metal – water effectively tackles the root cause of the problems!

When the body's energy flows get out of kilter as a result of factors such as the weather, lack of exercise, diet and mood, this is expressed in the form of both cosmetic and figure problems in the reflex zones of the face and body. Moreover, certain "typical" weaknesses are attributed to each element. Phytodermie tackles the root cause of the problems since both cause and effect are treated.

This means, for example, that applying a reflex zone mask of coloured clay to the face harmonises energies: redness and swellings are reduced, pale areas are better supplied with blood, wrinkles are smoothed, acne and areas with impurities are detoxed and cell regeneration undergoes a general stimulation.

The targeted use of clay, essential oils, algae, mineral salts, cereal oils and especially the treatments with coloured products have a balancing effect and help to get cosmetic problems under control again.

The element of wood: spring (5 Feb. – 17 April); greasy skin, blackheads, milia, pigmentation marks, greasy scalp & hair, saddlebags and cellulite on the outer thighs and energy circulation problems

The element of fire: summer (6 May – 19 July); redness, sensitive skin, hot flushes and transpiration on the face, scalp and décolleté, couperose, scalp redness, grease production on the sides of the head, spider veins and arterial blood circulation problems

The element of earth: between the seasons (18 Jan. – 4 Feb. / 18 April – 5 May / 20 July – 6 Aug. / 21 Oct. – 7 Nov.); impurities, scaly skin, acne, psoriasis, large pores, greasy, flaky and unclean scalp, cellulite, weight gain around the middle of the body and lymph circulation problems

The element of metal: autumn (7 Aug. – 20 Oct.); dry skin, pale skin with poor circulation, dry scalp and hair, heavy legs, pronounced veins, venous blood circulation problems

The element of water: winter (8 Nov. – 17 Jan.); lack of vitality, lack of tone, sallow skin, wrinkles, weak hair, hair loss

Phytobiodermie energetic face lifting

With coloured light acupuncture, coloured light drainage, coloured clay mask, chakra radiation, mineral salt ampoule, colour aroma oil. Approx. 80 min. CHF 130 / € 108

Phytobiodermie 5-element facial treatment

Relaxation with essential oils and coloured light, deep cleansing, algal mask, coloured light energy drainage, coloured clay mask, moisturising mineral salt ampoule. Approx. 80 min. CHF 120 / € 100

Phytobiodermie reflex zone facial treatment with chromarhythmic stimulation

Redness, shadows, wrinkles are reduced, harmonisation with coloured light, eye lifting, reflex zone mask. Approx. 50 min. CHF 100 / € 83

Phytobiodermie coloured light rhythmic drainage

Detoxes the skin, lasting tightening and firming of the tissue.

Approx. 50 min. CHF 100 / € 83

**Phytobiodermie coloured clay reflex zone mask
with coloured light bath**

Natural clay is used on the face reflex zones in accordance with the Chinese 5 element teachings. For an energetically balanced skin and a fresh complexion.

Approx. 50 min. CHF 100 / € 83

**Phytobiodermie slimming and cellulite treatment with coloured light
rhythmic energy drainage**

Active energy stimulation of the body's reflex zones, counteracts cellulite and fatty deposits, relaxation therapy.

Approx. 110 min. CHF 160 / € 133

Phytobiodermie breast lifting

Approx. 40 min. CHF 80 / € 66

**Phytobiodermie reflex zone scalp treatment with coloured clay mask
and chromarhythmic stimulation**

To enhance the supply of hair root and scalp cells.

Approx. 30 min. CHF 60 / € 50

Phytobiodermie eye lifting

For a radiant look, counteracts tear sacs and dark circles around the eyes.

Approx. 15 min. CHF 30 / € 25

Phytobiodermie energetic coloured light face lifting

Approx. 10 min. CHF 20 / € 16

Phytobiodermie instant lifting

Approx. 5 min. CHF 10 / € 8

Individual Treatments

Eyelash tinting

CHF 25 / € 20

Eyebrow tinting

CHF 25 / € 20

Eyebrow correction

CHF 25 / € 20

Hair removal with hot wax

- whole leg and bikini

CHF 75 / € 62

- half leg

CHF 45 / € 37

Manicure with varnishing

CHF 50 / € 40

Manicure without varnishing

CHF 45 / € 37

Pedicure with varnishing

CHF 60 / € 50

Pedicure without varnishing

CHF 55 / € 45

Nail cosmetics

Nail modelling without French

CHF 120 / € 100

Nail modelling with French

CHF 130 / € 108

Nail modelling with nail art

CHF 140 / € 116

(also with airbrush)

Infills without French

CHF 60 / € 50

Infills with French

CHF 70 / € 58

Infills with nail art

CHF 80 / € 66

(also with airbrush)

Epilation CHF 11–85 / € 6–70

Hairstyling: Our hairdresser is there for you at all times.

Cancellation: We request that you book your appointments as early as possible, before your arrival, to ensure that we can guarantee your desired dates. Please note that bookings can be cancelled up to 24 hours in advance, without incurring a fee. Appointments not attended will be billed by us. We apologise for any inconvenience.



Summer: (01.06.-01.11.) Use of all cableways and postbuses throughout the Saas valley (Saas-Fee, Saas-Almagell, Saas-Grund (without MetroAlpin) is included in all prices.

Day Spa (Entrance without overnight stay) CHF 50 / € 40

If you book treatments to a minimum value of CHF 200, you pay only CHF 15 for admission to the Wellness Oasis and for dressing gown, slippers and towel. Advance reservation is requested.

Beauty Day

CHF 215 / € 180

- Pampering facial 90 min.
- Fango bath 60 min.
- Admission to the Wellness Oasis 10.00–22.00
- 1 extra-healthy dish
- Tea, fresh fruit

Chocolate

CHF 190 / € 158

- 1 full body massage 55 min.
- 1 honey and Swiss stone pine bath 20 min.
- Chocolate wrap 30 min.
- Admission to the Wellness Oasis 10.00–22.00
- 1 extra-healthy dish
- Tea, fresh fruit

From head to foot

CHF 230 / € 190

- 1 mini facial treatment 60 min.
- 1 manicure without varnishing 45 min.
- 1 pedicure without varnishing 60 min.
- 1 admission to the Wellness Oasis 10.00–22.00
- 1 extra-healthy dish
- Tea, fresh fruit

Thalasso

CHF 235 / € 195

- 1 full body peel with sea salt and oils
- 1 algae sea salt bath 20 min.
- 1 full body vitamin mask
- 1 admission to the Wellness Oasis 10.00–22.00
- 1 extra-healthy dish
- Tea, fresh fruit

Lifting

CHF 240 / € 200

- 1 face-lifting drainage Phyto 5 90 min.
- 1 breast lifting Phyto 5 35 min.
- 1 eye lifting Phyto 5 25 min.
- 1 tea

Meridian Basis

Full body massage with energy check (before and after)

- Meridian basic measurement
 - Full body or reflexology massage
 - Follow-up check 90 min. CHF 150 / € 125
- or
- Meridian basic measurement
 - Lomi-Lomi or Hot Stone
 - Follow-up check 120 min. CHF 190 / € 158

Private Spa (for 2 persons) 1.5 hours CHF 220 / □ 183 for 2 persons

- The sea salt floating bath relieves the stresses and strains of everyday life in no time at all. A unique feeling of weightlessness with relaxing musical accompaniment
- Chocolate wrap in the hot steam cabin
- Relax with a glass of sparkling champagne in the lounge room
- Admission to the Wellness Oasis

Wellness for children

Girls' Package

Time: 2 hours CHF 130 / € 108

- 1 back massage 30 min.
- 1 facial treatment with care tips 60 min.
- 1 manicure with varnishing 30 min.

Boys' Package

Time: 2 hours CHF 130 / € 108

- 1 back massage 30 min.
- 1 facial treatment with care tips 60 min.
- 1 foot reflex zone massage 30 min.

Chocolate wrap for kids

CHF 45 / € 38

Children aged 12 years or over are allowed in all parts of the wellness area.

Summer: (01.06.-01.11.) Use of all cableways and postbuses throughout the Saas valley (Saas-Fee, Saas-Almagell, Saas-Grund (without MetroAlpin) is included in all prices.

Wellness packages (with overnight stay)

Just Relax

- 3 nights including breakfast buffet, afternoon tea, 5-course dinner
- 1 full body massage 45 min.
- 1 pedicure with varnishing 50 min.
- 1 5-element facial treatment; Phyto 5 90 min.
- 1 algae bath 20 min.

Standard room: CHF 720 / € 600 per person; Suite: CHF 800 / € 666

Lomi-Lomi

- 3 nights including breakfast buffet, afternoon tea, 5-course dinner
- 1 Hot Stone massage 90 min.
- 1 5-element facial treatment; Phyto 5 90 min.
- 1 Lomi-Lomi massage 60 min.
- 1 Full body peel with sea salt and oils 45 min.
- 1 algae sea salt bath 20 min.
- 1 honey and Swiss stone pine bath 20 min.

Standard room: CHF 940 / € 783 per person; Suite: CHF 1010 / € 841

Purifying Days

- 3 nights with half board (specialty menus)
- Days 1–3: detox tincture base salt
- Day 1: coloured light rhythmic energy drainage to stimulate the lymph flow and for detoxification 60 min.
- Day 1: detoxifying lymph drainage 80 min.
- Day 2: detoxifying salt wrap 70 min.
- Day 2: sea salt floatation bath 20 min.

Standard room: CHF 745 / € 620 per person; Suite: CHF 820 / € 680

Fitness Nordic walking

- 3 nights with half board and afternoon tea
 - 2 Nordic walking tours (sticks provided)
 - 2 sport massages (after each Nordic walking tour) 50 min.
 - Use of the Fitness tower with hightech & TV and the Wellness Oasis
- Standard room: CHF 885 / € 737 per person; Suite: CHF 960 / € 800

Friendship Days

“Friends are like stars; you don’t always see them, but they are always there for you.”

- 2 nights with half board and afternoon tea
- 1 full body peel with vitamin mask
- 1 part-body massage
- 1 relaxation bath
- 1 welcome bottle of champagne

Standard room: CHF 515 / € 430 per person; Suite: CHF 560 / € 466

Anti Stress

- 3 nights with half board and afternoon tea
- 1 salt water floatation bath (the highly concentrated Dead Sea salt relieves stress in no time at all) 20 min.
- 1 kinesiology (energy therapy) 40 min.
- 1 anti-stress massage with Eucalyptus, Citrus and Lavendel 45 min.
- 1 regeneration wrap (anti-stress)

Standard room: CHF 720 / € 600 per person; Suite: CHF 780 / € 650

Anti-aging

- 5 nights with half board and afternoon tea
- 5 reflex zone slimming cellulite treatments 110 min.
- 1 anti-aging salt wrap 60 min.
- 1 infrared wave 15 min.
- 1 cellulite massage 50 min.
- 1 algae bath 20 min.

Standard room: CHF 1965 / € 1637 per person; Suite: CHF 2090 / € 1740



Pretty Women

- 5 nights with half board
- 3 Phytobiodermie face-lifting treatments, 90 min. each
- 3 Phytobiodermie eye-lifting treatments, 25 min. each
- 3 Phytobiodermie breast liftings, 35 min. each
- 5 Phytobiodermie reflex zone slimming cellulite treatments, 110 min. each

Standard room: CHF 2565 / € 2130; Suite CHF 2640 / € 2200

7-day burnout prevention break

(recognised by health insurance schemes)

- 7 nights with half board and afternoon tea
- 1 Prognos Meridian test
- Analysis with personal consultation 30 min.
- 2 hours of various treatments, according to the result of the analysis, e.g. reflexology, head massage, Lomi-Lomi, etc.
- Chi machine 20 min.
- 1 x Nordic walking tour with instruction 60 min.

(We are recognised as a spa hotel in Switzerland. Please inform your doctor accordingly – we have our own physiotherapy department.)

Standard room: CHF 1500 / € 1250 per person;

Suite: CHF 1640 / € 1366

Single room supplement for all packages: +50%

Physiotherapy

with medical prescription

Health insurance fund rates

without medical prescription

without medical prescription

up to 30 min. CHF 50 / € 41

up to 60 min. CHF 100 / € 83

Information The citizen's passport / SaasPass:

The citizen's passport, introduced in the summer of 2012, has already given citizens of the Saas valley of Holidays a range of attractive deals. Use of all cableways and postbuses throughout the Saas valley (without Metro) is including in the citizen's passport.

And now it's been given an extra boost.

In keeping with our motto "More sun, more mountains, more fun", the new SaasPass comes with even more benefits with SaasPass, including free use of the Metro Alpin mountain cableway and free entry to the "Adventure forest" rope course. And the list of discounts keeps getting longer!

Citizen's Passeport holders can also purchase a SaasPass from Summer 2013 for just CHF 5 per person, per night at their accommodation or from the valley stations.

In the winter you get 15% rebates on the ski pass (min. 3 days) (not on hotel packages) 50% for Night Sledging in Saas-Almagell and Saas-Fee, 100% for the Allalino bus and 100% for Cross-country -Skiing

Summer: (01.06.-01.11.) Use of all cableways and postbuses throughout the Saas valley (Saas-Fee, Saas-Almagell, Saas-Grund) is included in all prices.

Winter: (05.-26.01.) Skipass Saas-Fee, Saas-Grund, Saas-Almagell included (minimum stay four nights)

Winter: (15.12.15.04.) Skibus included (Saas-Fee, Saas-Grund, Saas-Almagell)



WELLNESS & SPA PIRMIN ZURBRIGGEN

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