

# Treatments

Spa Pirmin Zurbruggen



Echt Wellness  
Echt Zurbruggen

**Remember your yesterdays,  
dream your tomorrows  
and live your todays.**



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*The road to success is rarely a straight highway ...*

**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.

# Massages

**Full body massage** 25 min. CHF 50  
50 min. CHF 90  
80 min. CHF 140

**Full body massage with cupping** 50 min. CHF 90  
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.

**Foot reflex zone massage with Footbath** 50 min. CHF 90  
This massage stimulates the inner organs or calms them. Ideal for the feet after long periods of skiing or hiking.

**Part-body massage with Foot reflex**  
(back and Foot) 50 min. CHF 90

**Zurbruggen Special massage** 75 min. CHF 130  
„Five in one“ Enjoy this exclusive massage- relaxation pur

**Thai massage** 80 min. CHF 140  
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. Full body massage. Please wear light clothes

**Lomi-Lomi** 80 min. CHF 140  
A massage technique from Hawaii. It consists mainly of stroking and a slow, gentle movement of the joints.

**Hot Stone** 80 min. CHF 140  
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.

**Aroma massage** 50 min. CHF 90  
Essential oils go under your skin. Relaxing in a world of wellbeing. Choose your aroma

**Lymph drainage** 50 Min. CHF 90  
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.

**Myofascial Massage – Full body Massage** 50 min. CHF 90  
Loosens the muscles by decongesting body tissues. Relieves stiffness and improves the posture. The operator will use a specific gentle deep manual technique to stretch the muscles, sometimes using the forearms, creating an intense and enveloping feeling.

**Cellulite massage** 50 min. CHF 90  
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

**Stamp massage** 80 min. CHF 150  
(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 druff 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.

# Massages

**Balance Harmonie Massage** 50 min. CHF 90  
80 min. CHF 140

This powerful synthesis technique, requiring empathy, know – how and skill, is Expresses in a single, powerful and effective massage for total well-beeing.

**Massage candles** 50 min. CHF 100

A relaxing massage for body and psyche, leaving the ski softer than any oil. Let yourself be Pampered by the pleasant sensation of the drops of light and fluid vegetable butter that Arrives on your skin with a gentle heat, dissolving the tensions, giving pleasantness, giving tone and vigor to the body.

**Salt-Sport-Massage** 50 min. CHF 125  
80 min. CHF 150

Hot stimulating massage, ideal after sports, soothes the accumulation of lactic acid and waste Produced during physical activity.

**Alge Draining Massage** 50 min. CHF 125  
80 min. CHF 150

A pleasant and valuable aid to enhance weight loss, shape the figure, revitalize the skin: deep manual technique in synergy with relaxing and soothing draining, seaweed and Dead Sea Salts, to wake up the metabolism and detoxify the body. Total body massage and seaweed application with draining massage.

**Pregnancy Massage** 75 min. CHF 130  
(body with head and face)

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and swelling

<b>Children's massage</b>	25 min. CHF 45
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*Always be your self.  
Unless you can be a unicorn.  
Then always be a unicorn.*



# Ayurveda

## 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.

<b>Abhyanga</b> Full body oil massage	90 min. CHF 150
<b>Upanaha Svedana</b> Back massage	30 min. CHF 50
<b>Padabhyanga</b> Foot and calves massage	30 min. CHF 50
<b>Shiroabhyanga</b> Face and head massage	40 min. CHF 65

## Bali/filipino/oriental massage

### Bali body massage

50 min. CHF 100 (only body)

80 min. CHF 150 (body with head and face)

Bali body massage is a full-body, deep-tissue, holistic treatment. It uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen, energy around your body, rubbing away the muscle tissue and bring a sense of wellbeing, calm and deep relaxation

### Filipino body massage

50 min. CHF 100 (only body)

80 min. CHF 150 (body with head and face)

The Filipino massage combines the Thai, shiatsu and Philippine massage techniques. Consists in kneading and spreading selected body areas. It is a natural healing and relaxing therapy with great anti-stress properties. Releases muscle tension, puts the body in a state of deep relaxation.

**Bali Face massage** 25 min. CHF 50

Strengthen face muscles, oxygenates and revitalizes skin. Exotic flavours perfectly relax the body and mind.

### Global oriental massage

75 min. CHF 130 (with head)

A combination of Ayurveda, Thai, Hawaiian, Bali, Filipino and shiatsu techniques. Provides a long-term state of relaxation.

**Bali Back massage** 30 min. CHF 50

Manual massage techniques and the warmth of hot stones soothe muscle tension, relieve pain and provide blissful relaxation.

**Bali Foot massage** 25 min. CHF 50

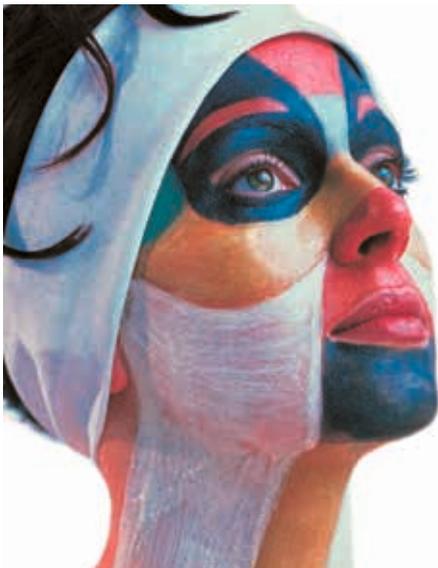
A traditional foot and calf massage based on Javanese and Balinese techniques. The deep hand pressing, elements of acupressure and reflexology improve blood and lymph circulation. The massage reduces swellings. Perfect for heavy, swollen legs.



# 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

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### **Phytobiodermie energetic face lifting**

80 min. CHF 130

With coloured light acupuncture, coloured light drainage, coloured clay mask, chakra radiation, mineral salt ampoule, colour aroma oil.

### **Phytobiodermie 5-element facial treatment**

80 min. CHF 120

Relaxation with essential oils and coloured light, deep cleansing, algal mask, coloured light energy drainage, coloured clay mask, moisturising mineral salt ampoule.

## Beauty treatments

### Phytobiodermie reflex zone facial treatment with chromarhythmic stimulation

50 min. CHF 100

Redness, shadows, wrinkles are reduced, harmonisation with coloured light, eye lifting, reflex zone mask.

### Phytobiodermie coloured

**light rhythmic drainage** 50 min. CHF 100

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

### Phytobiodermie coloured clay reflex zone mask

**with coloured light bath** 50 min. CHF 100

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.

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

110 min. CHF 160

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

**Phytobiodermie breast lifting** 40 min. CHF 80

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

30 min. CHF 60

To enhance the supply of hair root and scalp cells.

**Phytobiodermie eye lifting** 15 min. CHF 30

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

**Phytobiodermie energetic coloured light face lifting** 10 min. CHF 20

**Phytobiodermie instant lifting** 5 min. CHF 10

### Individual Treatments

Eyelash tinting	CHF 25
Eyebrow tinting	CHF 25
Eyebrow correction	CHF 25
Hair removal with hot wax	
- whole leg and bikini	CHF 75
- half leg	CHF 45
Manicure with varnishing	CHF 50
Manicure without varnishing	CHF 45
Pedicure with varnishing	CHF 60
Pedicure without varnishing	CHF 55

Epilation CHF 11–85

### Hairstyling:

Our hairdresser is there for you at all times.



## 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.**

### Sea Water Floatation Tank (Floating)

20 min. CHF 50

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 for 1 pers.  
CHF 95 for 2 pers.

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 for 1 pers.  
CHF 95 for 2 pers.

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.

### Saas herbal bath with underwater massage

20 min. CHF 35

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

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

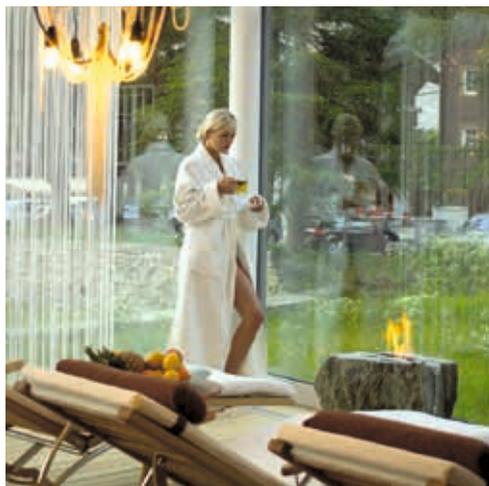
A refreshing relaxation bath with natural bioactive essences.

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

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



## Chair lounge 4 Sense

Chair lounge 4 Sense  
Listen, Feel, look, smell

25 min. CHF 30

*The tragedy of life is not that it ends so soon,  
but that we wait so long to begin it ...*



# Total checks / energy flow

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

35 min. CHF 65

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

## Meridian energy total check

50 min. CHF 90

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

## Food intolerance check

50 min. CHF 90



## Wellness packages (with overnight stay)

### Dream Days

- 2 nights including breakfast buffet, afternoon tea, 5-course dinner
- 1 welcome bottle of house champagne
- 1 Four Sense-Lounger
- 1 Floating sea Water
- 1 Chocolate Fango

Nice price: CHF 415 per person

Suite: CHF 490 per person

Loft-Suite CHF 690 per person

Single room supplement: 30%

### 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.

Wallis room: CHF 985 per person

Suite: CHF 1055 per person

### 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

Wallis room: CHF 545 per person

Suite: CHF 590 per person

### 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.

Wallis room: CHF 790 per person

Suite: CHF 865 per person

### 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.

Wallis room: CHF 765 per person

Suite: CHF 845 per person

### 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 Fitnesstower with hightech & TV and the Wellness Oasis

Wallis room: CHF 915 per person

Suite: CHF 990 per person



## Wellness packages (with overnight stay)

### 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 with Eucalyptus, Citrus and Lavendel 45 min.
- 1 regeneration wrap (anti-stress)

Wallis room: CHF 765 per person

Suite: CHF 825 per person

### 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

Wallis room: CHF 2615 per person

Suite: CHF 2690 per person

### 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.

Wallis room: CHF 2015 per person

Suite: CHF 2160 per person

### 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

Wallis room: CHF 849 per person

Suite: CHF 949 per person



# Day Spa / treatments without admission to the spa

## Day Spa

(Entrance without overnight stay) CHF 50

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

## Only for men

CHF 270.00

- Phyto-5 facial treatment 50 min.
- 1 antistress massage 50 min.
- 1 sports massage 50 min.
- 1 honeybath 30 min.

## Power for women

CHF 255.00

- 1 Phyto-5 facial treatment 50 min.
- 1 manicure with varnishing 45 min.
- 1 honeybath 30 min.
- 1 abhyanga 50 min.

## Vital for women

CHF 310.00

- 1 Phyto-5 facial treatment 80 min.
- 1 Zurbriggen-Special massage 80 min.
- 1 body vitamin mask 30 min.
- 1 body peel with sea salt and oils 30 min.
- 1 Pedicure with varnishing 45 min.

## Vital for men

CHF 250.00

- 1 herbal bath 30 min.
- 1 Zurbriggen-Special massage 50 min.
- 1 Phyto-5 facial treatment 80 min.
- 1 foot reflex zone massage 30 min.

## Wellness for children

### Girls' Package

2 hours CHF 130

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

### Boys' Package

2 hours CHF 130

- 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



# Day Spa

## Beauty Day

CHF 215

- 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

- 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

- 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

- 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

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

## Private Spa (for 2 persons) 1.5 hours CHF 220

- 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

## Plate of salad with pork steak (lunch or dinner)

CHF 25



*Yesterday is history, tomorrow is a mystery  
today is a gift. That's why it's called the present.*



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