

# 7132 Thermal Baths & Spa Treatment Menu

## **ABOUT ESPA**

We have partnered with the international ESPA label to offer our guests highly effective treatments and award-winning products designed to meet a wide variety of needs. The strength of the luxury ESPA products lies in the natural active ingredients that have been selected for their efficacious nature and therapeutic quality. They are suitable for all skin types and can be used individually or in combination to achieve visible, remarkable outcomes that are both immediate and enduring. Relaxing essential oils and stimulating marine extracts help attain exceptional results for face, body and spirit.

## **SPA FACILITIES**

Consultation area and boutique  
5 spacious treatment rooms  
1 treatment room for couples  
1 skin clinic room  
1 water massage room  
1 hair salon with manicure and pedicure room  
Relaxation areas

## **THERMAL BATHS**

Indoor pool 32°C  
Outdoor pool 36°C (winter) 30–33°C (summer)  
Fire pool 42°C  
Ice pool 14°C  
Blossom pool 33°C  
Spring grotto 35°C  
Sound stone  
Drinking stone  
Sweating stone  
Steaming stone  
3 relaxation rooms  
Blow-drying room

## **VALS COLLECTION**

### **VALS HOT STONE MASSAGE WITH EXFOLIATING BODY SCRUB**

**90 min. / 230**

Heat from Vals quartzite stones

Melt away tension and bring your body and mind back into harmonious balance.

Body brushing and exfoliation first smooth and soften skin, followed by an indulgent massage using nourishing essential oils and warmed valser stones to ease tired, aching muscles. Finally, a comforting scalp massage and gentle stretching allows you to relax and unwind.

Includes: exfoliating body scrub, full-body massage with Vals quartzite stones

### **VALS POULTICE BODY RITUAL**

**90 min. / 250**

Revitalise and rebalance mind and body with this holistic body ritual, enriched with alpine sources ingredients. Your treatment begins with a calming foot ritual using Valser stones to cleanse the skin and stimulate reflex points on the feet. Following full body exfoliation, tired muscles are then massaged using our bespoke, muslin-wrapped herbal infusions with ingredients sourced from the nearby countryside. The experience finishes with a full body massage

Includes: Body exfoliation, full-body and facial massage using warm herbal infusions

### **WATER MASSAGE**

**60 min. / 170**

An excursion into weightlessness.

The Water massage in the Vals thermal exercise pool is an application of alternative medicine or hydrotherapy. The therapist stands in chest-deep water and moves the guest in accordance with predetermined figures, thus combining the positive properties of water with the basic effects of Shiatsu. The treatment takes place in 35 ° C water. The body -weightlessly floating in the water- undergoes passive lengthening and stretching. Here, the drag of the water enhances the technique. There is a feeling of weightlessness inducing a deep relaxation. The treatment also benefits from the healing properties of the warm thermal waters of Vals, such as improved peripheral circulation and a relief of the joints.

### **ACUPUNCTURE**

**60 min. / 170**

Acupuncture is a therapy aimed at transmitting information within the body, whose sources of information are known as meridians. The treatment involves restoring a balance between the meridians. Our experienced therapist begins by running through your medical history and discussing in detail your physical state and any ailments. She conducts a pulse, stomach and tongue diagnosis to determine precisely which acupuncture points and course of treatment best meet your needs. The addition of manual elements such as massages with ESPA products complete this treatment.

## **ESPA SIGNATURE TREATMENTS**

Mindfulness is a state of active, open attention to the present. Scientific studies show that it not only inhibits depression, but also promotes enduring changes in mood and levels of happiness and wellbeing. Mindfulness is one of the cornerstones of the ESPA philosophy, a key part of our integrated approach to natural beauty and inner peace.

### **MINDFUL FACIAL TREATMENT**

**90 min. / 230**

This holistic, personalised facial treatment soothes, nurtures and revitalises both skin and spirit. Naturally advanced formulas and warmed herbal packs unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate the skin, while also calming a busy mind. Experience this unique treatment and feel the negative energy fade. Your therapist guides you expertly through breathing and visualisation techniques, before long, lifting strokes using warmed packs sculpt and tone the facial contours while nourishing the skin. Choose between a soothing scalp massage or a hand and arm massage to emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

Includes: breathing and visualisation techniques, personal SkinVision™ analysis, triple cleanse, face massage with herb wrap and rose quartz crystals, scalp or hand and arm massage

### **MINDFUL BODY TREATMENT**

**120 min. / 290**

Unwind, escape the pace of everyday life and emerge with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help you reduce stress and be more in the present. The therapist guides you skilfully through breathing and visualisation techniques to help calm the mind and quell physical or emotional anxieties. The metamorphic zones on the feet are then massaged to help rebalance and ground the body, before a soothing, deeply therapeutic massage promotes positivity in the mind, finishing with a re-energising scalp massage using warm rose quartz crystals.

Includes: breathing and visualisation techniques, massage of the metamorphic zones of the feet, full-body exfoliating scrub, full-body massage, head massage with warm rose quartz crystals

### **FOUR-HAND MASSAGE WITH PERSONALISED ESPA FACIAL**

**180 min. / 390**

This exceptional four-hand full-body massage featuring two therapists is doubly therapeutic. Long, sweeping movements with warm oil, the use of hot volcanic stones and a soothing, therapeutic head massage leave you with a sense of balance and total bliss. The ritual is completed by a personalised facial including deep cleansing, exfoliation, steam vapour with gentle extraction and an appropriate massage and mask.

Includes: foot ritual, exfoliating body scrub, facial cleansing, four-hand full-body massage

## **ESPA ESCAPE & RENEW TREATMENTS**

### **AMA RELEASING ABHYANGA & SHIRODHARA RITUAL**

**120 min. / 320**

This unique treatment is ideal for those experiencing high levels of stress or poor sleep patterns and provides a sense of calm and renewed wellbeing. This extremely relaxing ritual is characterised by a special blend of Ayurvedic massage techniques and warm aromatherapy oils. This traditional Ayurveda treatment involves gently pouring a stream of warm oil over the forehead and head from a height of around 8–10 cm, which has a soothing effect on the entire autonomic nervous system.

This Shirodhara intervention is preferred in traditional Indian medicine for chronic headaches, insomnia and depression. As it can have a very soothing and anti-hypertensive effect, the treatment starts with an invigorating, traditional Ayurvedic full-body massage to boost circulation.

Includes: foot ritual, exfoliating body scrub, Abhyanga body massage, Shirodhara, head massage

### **RESTORATIVE BODY RITUAL**

**120 min. / 290**

Experience pure indulgence with our most luxurious body-mind ritual aimed at nourishing the skin, relieving tension and enveloping you in pure relaxation from head to toe.

The exfoliating body scrub leaves your skin feeling fresh and soft and is followed by a detoxifying body wrap to boost circulation, or soothe and nourish – depending on your needs. Your personalised aromatherapy massage leaves you feeling revitalised and regenerated.

Includes: exfoliating body scrub, body wrap with head massage, full-body massage

### **TOTAL HOLISTIC BODY TREATMENT**

**120 min. / 290**

This holistic ritual is perfect for anyone suffering from stress-induced tension in the back, neck and shoulders. Leave the stress of everyday life behind with a gentle exfoliating scrub followed by hot stones to soothe and relax your muscles.

Includes: body polish, hot stone back massage, personalised ESPA facial and soothing head massage

## **ESPA FACIALS FOR WOMEN**

### **FACIALS UNIQUE TO YOU**

**60 min. / 170**

Why face the frustration of dehydration, damaged and dull skin tones when our uniquely personalised intensive facial uses techniques and products selected specifically to suit your individual skin needs following a SkinVision™ analysis.

Whether to hydrate, desensitise, brighten, lift & firm or purify, your expert therapist will choose the perfect ESPA skincare products including an intensive booster serum to achieve maximum results.

Includes: SkinVision™ analysis of the facial skin, deep cleansing, exfoliating scrub, appropriate massage and mask

### **ANTI-AGING LIFT & FIRM FACIAL**

**90 min. / 230**

Let your age remain a beautifully well-kept secret with this instantly rejuvenating facial. Luxurious, highly effective and entirely personalised, this expert treatment incorporates an optimal balance of products and techniques to ensure maximum effects on your skin. Using either ESPA's SuperActive™ Lift & Firm range or advanced LifeStage range alongside specialised facial lifting techniques, your therapist works to stimulate collagen production and target all signs of ageing. The results are instant – lines and wrinkles are minimised, redness and pigmentation diminished, plus the complexion is smoother, firmer, even-toned and instantly rejuvenated.

Includes: SkinVision™ analysis of the facial skin, deep brush cleanse, face mask, contouring and lifting facial massage techniques, professional lifting and smoothing mask and head massage, ESPA Lift & Firm or LifeStage product range

### **LIFT & FIRM EYE TREATMENT**

**30 min. / 90**

Perfect for those who are concerned with signs of ageing around the eyes.

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

Includes: A cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum

## **ESPA MEN'S COLLECTION**

### **ESPA BACK, FACE & BODY RECHARGE**

**90 min. / 230**

Release the tension, instantly strengthen your complexion and relax with our most renowned treatment.

This massage targets key areas of stress and tension and is followed by a revolutionary, results-driven facial perfectly tailored to meet your skin's individual needs. An expert scalp massage relieves stress, invigorates and recharges – leaving you feeling revitalised, relaxed and radiant. Includes: exfoliating back scrub, back massage, personalised facial, scalp massage

### **SWEDISH MASSAGE**

**60 min. / 170**

Based on traditional invigorating manual interventions using a nourishing calendula-infused oil.

### **DEEP MUSCLE MASSAGE**

**60 min. / 170**

A vigorous full-body massage to alleviate deep-seated muscle tension.

### **MUSCLE REVIVER MASSAGE**

**60 min. / 170**

A deep, therapeutic massage focusing on the back, shoulders, neck and feet to achieve a feeling of total relaxation.

## **ESPA MASSAGES**

### **INNER CALM**

**60 min. / 170**

Find your inner calm with this deeply relaxing and soothing treatment for body and mind, including a specially selected blend of oils specifically tailored to you. Warm neck and eye cushions help you unwind. Enjoy this soothing, holistic treatment combined with a personalised aromatherapy massage and warm rose quartz crystals on the scalp.

Includes: warm neck and eye cushions, full-body aromatherapy massage, rose quartz crystals

### **SWEDISH MASSAGE**

**60 min. / 170**

Based on traditional invigorating manual interventions using a nourishing calendula-infused oil.

### **BALINESE MASSAGE**

**60 min. / 170**

This soothingly soft massage begins with warm oil being poured onto the back. Gentle stroking and smaller, kneading stretches help loosen and revitalise the muscles.

### **NEW BEGINNINGS MASSAGE**

**60 min. / 170**

Extremely soothing body massage of particularly stressed areas of the body during pregnancy and after childbirth.

### **DEEP MUSCLE MASSAGE**

**60 min. / 170**

A vigorous full-body massage to alleviate deep-seated muscle tension.

### **MUSCLE REVIVER MASSAGE**

**60 min. / 170**

A deep, therapeutic massage focusing on the back, shoulders, neck and feet to achieve a feeling of total relaxation.

### **FOOT MASSAGE**

**30 min. / 90**

A warm foot bath optimally prepares your feet for the ensuing foot massage. This treatment is designed to relax your feet, boost circulation and leave you with a sense of renewed wellbeing.

## **ESPA BODY COLLECTION**

### **CONTOUR & FIRM BODY TREATMENT**

**120 min. / 290**

Specialised full-body treatment to help eliminate toxins from the body and tauten and firm the skin.

Includes: exfoliating body scrub with iced and warm mitts, detoxifying wrap, lymphatic drainage, deep stimulating massage, light intestinal massage and head massage

### **ADVANCED BODY COCOON**

**60 min. / 170**

This personalised sea mud body wrap gently raises the body temperature, nourishes the skin and increases the absorbing effects of the wrap.

Includes: brush massage, exfoliating body scrub, mud wrap and head massage

### **DETOXIFYING BODY TREATMENT**

**60 min. / 170**

Body wrap with detoxifying algae extracts tautens and firms the skin, lending it a refreshing new glow.

Includes: brush massage, exfoliating body scrub, algae wrap and head massage

### **SALT & OIL SCRUB**

**30 min. / 90**

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Includes: full-body exfoliating scrub with sea salt and oil

Also available with:

#### **Grapefruit & Cypress**

Invigorating grapefruit, cypress and eucalyptus stimulate the circulation and help flush out toxins, while nourishing sweet almond oil melts into the skin, deeply hydrating and replenishing it.

#### **Lime & Menthol**

Intense awakening, invigorating the senses with a stimulating effect while deeply hydrating with sweet almond oil.

#### **Rosemary & Lavender**

A deeply soothing blend of essential oils to help the skin stay soft and smooth.

## **SPECIAL BODY CARE**

### **YOGA / PILATES / PERSONAL TRAINING**

Available on request and subject to availability.

## **DAY SPA**

### **MINDFUL@7132**

**290**

Can be booked Monday to Thursday according to availability

Admission to the Thermal Baths

Two-course Mindfood Lunch at the 7132 RED (including 1 Vals water and 1 herbal tea)

Mindful Body Treatment

## HAIR SALON (Friday - Sunday)

### LADIES

#### Quick & Clean

Shampoo, brief head massage, style or blow-dry

**45 min. / 45**

Shampoo, head massage, style or blow-dry

**60 min. / from 55**

Shampoo, head massage, cut and blow-dry

**from 105**

Shampoo, head massage, cut, colour or tint or highlights and blow-dry

**from 145**

### CEREMONIES

#### Tricobios with Oil Bath

**50 min. / 140**

Tricobios has an active effect on the hair structure and nourishes and rebuilds damaged and stressed hair.

Supplement for long hair CHF 40

#### Resurrection

**50 min. / 140**

Has an active effect on the hair structure. Adds thickness and volume to thin, limp hair.

Supplement for long hair CHF 40

### FINISHING TOUCHES

Eyebrow shaping

**15 min. / 30**

Eyelash or eyebrow dyeing

**25 min. / 35**

Eyebrow shaping, eyelash and eyebrow dyeing

**45 min. / 70**

### MEN

Shampoo, head massage, cut and blow-dry

**from 65**

#### Scalp Relaxation

**50 min. / 140**

With scalp check and 5-zone flowing massage

## MANICURE

### MANICURE

Bath, nail preparation, filing and hand massage	<b>45 min. / 80</b>
incl. nail polish	<b>60 min. / 100</b>
incl. gel polish	<b>65 min. / 115</b>
incl. exfoliating scrub, anti-aging serum	<b>75 min. / 115</b>
incl. nail polish, exfoliating scrub, anti-aging serum	<b>90 min. / 130</b>
incl. gel polish, exfoliating scrub, anti-aging serum	<b>90 min. / 150</b>

### PEDICURE

Bath, treatment for hard skin, nail preparation, exfoliating scrub and foot massage	<b>45 min. / 80</b>
incl. nail polish	<b>50 min. / 100</b>
incl. gel polish	<b>55 min. / 115</b>
incl. mask	<b>75 min. / 115</b>
incl. mask, nail polish	<b>90 min. / 130</b>
incl. mask, gel polish	<b>90 min. / 150</b>

Guests having a manicure or pedicure including nail polish can choose a free Original OPI polish (except gel polish).

### STANDARD POLISH CHANGE GEL POLISH REMOVAL

**30 min. / 35**  
**30 min. / 35**

## WAXING

Full leg	<b>50 min. / 90</b>
Half leg	<b>45 min. / 70</b>
Bikini line	<b>20 min. / 50</b>
Underarms	<b>20 min. / 50</b>
Back or stomach	<b>45 min. / 70</b>
Upper lip or chin	<b>15 min. / 15</b>

## **Spa etiquette**

### **Spa & Thermal Baths reception – consultations and bookings**

Information on our range of offers may be obtained in person from our reception staff at the Spa and Thermal Baths or by calling 058 7132 010 between 7 a.m. and 8 p.m.

### **Checking in**

Please present yourself at the Spa reception desk 10 minutes before your appointment. We make every effort to ensure all treatments are on time. Late arrivals unfortunately lead to shortened treatments.

### **Cancelling/changing an appointment**

Should you have to cancel or change an appointment for personal reasons, please inform us in good time (24 hours in advance) to avoid being charged for the full treatment.

### **Clothing**

A swimsuit is required for the water massage. For all other treatments, feel free to arrive in your bathrobe. The treatment is performed without clothing and disposable briefs are provided in the changing room. During the treatment, you will be covered with hand towels. Only the part of your body being massaged or treated will be exposed.

### **Therapists**

We have both male and female therapists in our team. Please advise us of any preferences when booking your treatment.

### **Medical conditions**

When booking your treatment, please inform us of any special medical conditions such as allergies or injuries that may influence your choice of treatment.

### **Pregnancy and breastfeeding**

Certain rules apply during this special time. We will be happy to advise you personally on appropriate treatments that you can also enjoy during your pregnancy and after the birth.

### **Children under the age of 16**

We also offer special treatments for our young guests. A parent or other responsible adult must be present during any massage.

### **Miscellaneous**

Please note that smoking is prohibited throughout the Spa. The bathing area and Spa are places of tranquillity and relaxation. Out of consideration for fellow guests, mobile phones and cameras are prohibited throughout the facility.

All prices are in Swiss francs and include VAT.