



VICTORIA-JUNGFRAU Grand Hotel & Spa
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SPA PRICE LIST

VICTORIA-JUNGFRAU GRAND HOTEL & SPA
INTERLAKEN · SWITZERLAND

FOR INDIVIDUALISTS

Time Instead of selecting a specific treatment in advance, simply book "Time"	2 hours	CHF 340/€ 227
The authentic Swiss Alpine herb poultice massage Foot ritual, full body herbal poultice massage, head massage	1 hour 25 minutes	CHF 260/€ 173

ESPA AYURVEDIC-INSPIRED TREATMENTS

Oriental joint release Foot ritual, full body exfoliation, gentle facial cleansing, joint release massage with hot stones, head massage	1 hour 55 minutes	CHF 320/€ 213
Purva Karma four-hand massage Foot ritual, full body exfoliation, gentle facial cleansing, full body synchronized massage with hot stones by two therapists, head massage	1 hour 55 minutes	CHF 420/€ 280
Ama-releasing abhyanga Foot ritual, full body exfoliation, gentle facial cleansing, ayurvedic marma point massage, head massage or shirodhara	1 hour 55 minutes	CHF 320/€ 213
Ayurvedic body wrap Foot ritual, full body exfoliation, body wrap including head massage, full body marma point massage with hot stones	1 hour 55 minutes	CHF 315/€ 210
Padabhyanga (Indian foot ritual)	50 minutes	CHF 170/€ 113
Shirobhyanga (Oriental head massage)	40 minutes	CHF 130/€ 87

ESPA HOT STONE THERAPY

Holistic back, face and scalp massage Foot ritual, back exfoliation, back massage with hot stones, ESPA intensive facial, neck massage with hot stones, head massage	1 hour 55 minutes	CHF 310/€ 207
ESPA chakra balancing with hot stones Foot ritual, full body exfoliation, gentle facial cleansing, body massage with hot stones, head massage	1 hour 55 minutes	CHF 310/€ 207
Balinese body massage Foot ritual, rhythmic sweeping massage with hot stones, head massage	1 hour 25 minutes	CHF 230/€ 153

ESPA ADVANCED FACIAL CARE

Facial for back and face Back exfoliation, back massage, ESPA intensive facial	1 hour 25 minutes	CHF 200/€ 133
Age defyer Specialized double cleansing techniques, gentle exfoliation, facial massage, face mask, head massage	1 hour 25 minutes	CHF 200/€ 133
ESPA intensive facial Specialized double cleansing techniques, gentle exfoliation, relaxing acupressure facial massage, face mask, head massage	55 minutes	CHF 150/€ 100
Men's purifying facial, shoulder and scalp massage Specialized double cleansing techniques, gentle exfoliation, relaxing acupressure facial massage, face mask, head massage, shoulder and neck massage	55 minutes	CHF 150/€ 100

ESPA ADVANCED SUPER ACTIVE FACIALS

Super active repairing and restoring facial and super active calming and soothing facial Specialized double cleansing techniques, gentle exfoliation, deeply relaxing lymphatic drainage massage, face mask, head massage	1 hour 25 minutes	CHF 250/€ 167
Advanced lifting and firming facial Specialized double cleansing techniques, gentle exfoliation, eye area massage, ESPA age defyer massage, face mask, iced stones on the forehead, head massage	1 hour 25 minutes	CHF 200/€ 133

ESPA BODY WRAPS

The ultimate body wrap Body brushing, full body exfoliation, body wrap with head massage, full body moisturization	55 minutes	CHF 150/€ 100
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ESPA TRADITIONAL TREATMENTS

Aromatherapy body massage Foot ritual, full body massage, head massage	1 hour 25 minutes	CHF 210/€ 140
Aromatherapy body massage without foot ritual	55 minutes	CHF 170/€ 113
Swedish body massage Full body sport massage	55 minutes	CHF 170/€ 113
Reflexology Reflexology massage for your feet	55 minutes	CHF 170/€ 113
Deep tissue massage Foot ritual, strong massage with hot stones	1 hour 25 minutes	CHF 210/€ 140

ESPA SPECIALIZED TREATMENTS

The total pre- and postnatal treatment

Back cleansing with relaxing back massage, full body exfoliation, advanced massage 1 hour 25 minutes CHF 210/€ 140

Stimulating hip and thigh treatment

Body brushing and exfoliation, deep detoxifying massage, massage of the relevant reflex zones and pressure points on the feet 55 minutes CHF 150/€ 100

BOUTIQUE TREATMENTS

Vichy shower

Full body exfoliation and warm gentle shower while lying on heated marble table 25 minutes CHF 90/€ 60

ESPA full body salt & oil scrub

Exceptional skin-softening body exfoliation 25 minutes CHF 90/€ 60

Hydrotherapy bath

Mineral sea salt and aroma oil bath with water jet massage and colour light therapy 25 minutes CHF 80/€ 53

Crystal bath

Sound, colour and magnetic field therapy 25 minutes CHF 70/€ 47

Express facial

Gentle facial cleansing and facial massage 25 minutes CHF 90/€ 60

Back and neck massage

25 minutes CHF 90/€ 60

PRIVATE SPA RITUALS

Private Spa Ritual Diamond (for 2 persons)

3 hours of "Time" treatment per person (including foot ritual), Spa lunch, relaxation in the Private Spa, selection of teas and soft drinks, fresh fruit, petit fours full day CHF 1400/€ 933

Private Spa Ritual Pearl (for 2 persons)

2 hours of "Time" treatment (including foot ritual), Spa lunch, 1 hour of relaxation in the Private Spa, selection of teas and soft drinks, fresh fruit half day CHF 900/€ 600

ON REQUEST

During the following treatments, the guest is fully clothed and lies on a soft underlay mattress.

Breema

Originates from Afghanistan – moves the body and stills the mind 50 minutes CHF 160/€ 107

Singing bowl massage

Originates from Tibet – bowls are placed on and around the body and then struck to produce different sounds. Deeply relaxing! 55 minutes CHF 160/€ 107

Also suitable for couples

70 minutes CHF 220/€ 147

Purchase a product and we will offer you a total of CHF 20 / € 13 reduction on any treatment booked.

SENSAI SELECT SPA

SIGNATURE TREATMENT

Indulgence in silk

Signature treatment including custom double cleansing, body peeling with silk gloss, private silk bath, back firming mask, full body massage, body nourishment with PREMIER, facial cream massage, facial contour mask, double moisturising with PREMIER and custom products, décolleté silk powder massage, head massage

3 hours CHF 495/€ 330

FACIAL TREATMENTS

Silk Celebration for the face

Foot peeling, silk footbath, custom double cleansing, facial cream massage, custom facial mask, hand massage, double moisturising with PREMIER and custom products, décolleté silk powder massage

Intensive Care 1 hour 30 minutes CHF 320/€ 213

Lifting 1 hour 30 minutes CHF 320/€ 213

Anti-wrinkle 1 hour 30 minutes CHF 320/€ 213

Hydrating 1 hour 30 minutes CHF 320/€ 213

Silk Celebration for the face (express)

Silk footbath, custom double cleansing, facial cream massage, double moisturising with PREMIER and custom products

Intensive Care 50 minutes CHF 180/€ 120

Lifting 50 minutes CHF 180/€ 120

Anti-wrinkle 50 minutes CHF 180/€ 120

Hydrating 50 minutes CHF 180/€ 120

FACIAL TREATMENT FOR HIM

Silk Celebration for him

Foot peeling, silk footbath, custom double cleansing, facial cream massage, custom facial mask, hand massage, double moisturising with PREMIER, invigorating scalp massage

1 hour 30 minutes CHF 320/€ 213

BODY TREATMENTS

Silk Celebration for the body

Silk footbath, body peeling with silk gloss, full body massage, back firming mask, body nourishment with PREMIER

1 hour 40 minutes CHF 310/€ 207

Silk Celebration for the back

Silk footbath, back peeling with silk gloss, original back massage, back firming mask, body nourishment with PREMIER

45 minutes CHF 160/€ 107

Silk Celebration (four hands)

Silk footbath, body peeling with silk gloss, harmonising breath control, Amma body massage performed by two therapists, body nourishment with PREMIER

1 hour 10 minutes CHF 350/€ 233

Purchase a product and we will offer you a total of CHF 20 / € 13 reduction on any treatment booked.

CLASSIC BEAUTY

CLASSIC FACIAL CARE

Classic facial care for him and her	55 minutes	CHF 150/€ 100
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BEAUTY SPECIALS

Perfect hands (manicure)	55 minutes	CHF 110/€ 73
Perfect feet (pedicure)	55 minutes	CHF 110/€ 73
Eyelash or eyebrow tinting	25 minutes	CHF 55/40* / € 37/27*
Eyelash and eyebrow tinting	40 minutes	CHF 70/40* / € 47/27*
Eyebrow shaping	15 minutes	CHF 40/€ 20*

MAKE-UP

Make-up workshop	55 minutes	CHF 140/€ 93
Day make-up	25 minutes	CHF 70/€ 47
Evening make-up	40 minutes	CHF 95/€ 63
Wedding make-up, including trial make-up	2 x 55 minutes	CHF 230/€ 153

HAIR REMOVAL

Full-leg, bikini and underarms	85 minutes	CHF 180/€ 120
Half-leg, bikini and underarms	55 minutes	CHF 110/€ 73
Full-leg	55 minutes	CHF 120/€ 80
Half-leg	25 minutes	CHF 60/€ 40
Bikini	25 minutes	CHF 60/€ 40
Underarms	25 minutes	CHF 60/€ 40
Back	40 minutes	CHF 90/€ 60
Eyebrows	15 minutes	CHF 30/€ 20
Upper lip or chin	15 minutes	CHF 30/€ 20

* in combination with a treatment

Purchase a product and we will offer you a total of CHF 20 / € 13 reduction on any treatment booked.

AESTHETIC DERMATOLOGY

WRINKLE INJECTION TREATMENTS

Wrinkle consultation: diagnosis/advice	30 minutes	CHF 100/€ 67
Wrinkle treatment with Vistabel® (Botox®) for glabella/frown lines	30 minutes	CHF 450/€ 300
Wrinkle treatment with Vistabel® (Botox®) for horizontal forehead furrows	30 minutes	CHF 450/€ 300
Wrinkle treatment with Vistabel® (Botox®) for crow's feet	30 minutes	CHF 450 to 500 / € 300 to 333
Wrinkle treatment with hyaluronan (filler) for fine lines on upper lip	30 minutes	CHF 1000/€ 667
Wrinkle treatment with hyaluronan (filler) for naso-labial area	30 minutes	CHF 500 to 1200 / € 333 to 800
Wrinkle treatment with hyaluronan (filler) for corners of mouth	30 minutes	CHF 500 to 1200 / € 333 to 800
Wrinkle treatment with hyaluronan (filler) for lip volume	30 minutes	CHF 500 to 1500 / € 333 to 1000
Wrinkle treatment with combination of Vistabel® (Botox®) and hyaluronan for glabella/frown lines, eye area, naso-labial and mouth areas	45 minutes	CHF 1200 to 2000 / € 800 to 1333
Rejuvenating treatment for ear lobes with hyaluronan (filler)	30 minutes	CHF 500/€ 333
Mesotherapy	30 minutes	CHF 500/€ 333

PEELING

Salicylic acid peeling for the face	30 minutes	CHF 150/€ 100
TCA peeling for the face	30 minutes	CHF 150/€ 100
Microdermabrasion for the face	30 minutes	CHF 100/€ 67

DERMATOLOGICAL SKIN ANALYSIS

Medical analysis of light-exposed skin (face, arms and décolleté), consultation, sunscreen	20 minutes	CHF 120/€ 80
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PERSPIRATION THERAPY

Hyperhydrosis / perspiration therapy, including perspiration test on armpits	45 minutes	CHF 1200 to 2000 / € 800 to 1333
Hyperhydrosis / perspiration therapy, including perspiration test on hands	45 minutes	CHF 1200 to 2000 / € 800 to 1333
Hyperhydrosis / perspiration therapy, including perspiration test on feet	45 minutes	CHF 1200 to 4000 / € 800 to 2667

BODY TREATMENT

LPG endermology treatment	1 hour	CHF 100/€ 67
Sclerotherapy treatment of spider veins	30 minutes	CHF 100/€ 67

FITNESS & SPORT

PERSONAL TRAINING*

Personal training		
Personalized individual training, indoor and/or outdoor	30 minutes 60 minutes	CHF 80/€ 53 CHF 120/€ 80
Personal training package "advanced"		
Personal training package for 6 months including 2 sessions with a personal trainer, 2 VICTORIA-JUNGFRAU SPA fit tests, 2 sessions on the Power Plate® and personal training schedules		CHF 540/€ 360 CHF 350/€ 233 for members
Personal training package "professional"		
Personal training package for 6 months including 4 sessions with a personal trainer, 2 VICTORIA-JUNGFRAU SPA fit tests, 2 sessions on the Power Plate® and personal training schedules		CHF 780/€ 520 CHF 500/€ 333 for members
Group fitness (2–10 persons)		
Training with a personal trainer for couples or in a group	60 minutes	CHF 150/€ 100
Power Plate®		
Achieve great results in regular 15-minute sessions	15 minutes	CHF 30/€ 20
VICTORIA-JUNGFRAU SPA fit test		
Tests flexibility, strength, endurance and body fat analysis	90 minutes	CHF 150/€ 100
Body fat analysis		
Determines and analyses the percentage of body fat in your body	30 minutes	CHF 60/€ 40
Lactate threshold test		
Test is carried out on either a treadmill or bicycle ergometer and determines the individual optimum training pulse rate	90 minutes	CHF 150/€ 100
PWC endurance threshold test		
Test is carried out on a bicycle ergometer to determine endurance levels	60 minutes	CHF 90/€ 60

SPA MEMBERSHIP

6 months, including CHF 250/€ 167 credit**	CHF 1950/€ 1300
1 year, including CHF 500/€ 333 credit**	CHF 2700/€ 1800
1 year (payable monthly), including CHF 500/€ 333 credit**	CHF 2820/€ 1880
1 year, low time (Monday to Friday from 7 to 9 hrs and 12 to 16 hrs), including CHF 250/€ 167 credit**	CHF 1500/€ 1000
2 years, including CHF 1000/€ 667 credit**	CHF 4900/€ 3267
3 years, including CHF 1500/€ 1000 credit**	CHF 7100/€ 4733

* reservation required

** This amount is credited to an in-house account in the member's name. It enables the member to pay for Spa services or consumption in the hotel's restaurants and bars, upon presentation of his/her membership card.

AERNI HAIR

AERNI HAIR

	15 minutes 30 minutes	CHF 20/€ 13 CHF 34/€ 23
Redken care ritual		
Cut & styling for her		CHF 108 to 118/ € 72 to 79
Cut & styling for him		CHF 70/€ 47
Colouring		CHF 66 to 102/ € 44 to 68
Highlights		CHF 91 to 145/ € 61 to 97
Reshaping		CHF 103 to 128/ € 69 to 85
Brushing / shampoo & set		CHF 50 to 60/ € 33 to 40
Festive hairstyles		CHF 90 to 140/ € 60 to 93
Extensions, per strand		CHF 9/€ 6

BEAUTIFUL IN INTERLAKEN

The VICTORIA-JUNGFRAU Grand Hotel&Spa is the home of good taste. So it's little surprise that the traditional and award-winning families, Aerni and Riedo, are ideally suited to this unique atmosphere of elegance. Aerni Hair is completely committed to pampering you to perfection.

Here we fulfil your every wish and take passionate care of your hair. Naturally. And in creative combination with the fine facilities of the hotel Spa. You leave Aerni Hair as only you deserve – incredibly beautiful.

- wedding hair styles
- hair styling for the evening
- extensions

DAY SPA & RESIDENTIAL PACKAGES

VICTORIA-JUNGFRAU SPA DAY SPAS

The following programmes include free use of our exclusive VICTORIA-JUNGFRAU SPA facilities, with its spacious swimming pool, sauna, steam room, whirlpools, lifestyle showers and relaxation area; and use of fitness facilities including participation in the scheduled classes.

THE SPA TASTER

- ESPA boutique treatment of your choice
- ESPA aromatherapy body massage
- Spa lunch

2 hours 50 minutes | CHF 340 / € 267

DAY SPA DELUXE (IN THE PRIVATE SPA) FOR 2 PERSONS

- 1.5 hrs of "Time" treatment per person
- 1.5 hrs of relaxation in the Private Spa
- selection of teas and fresh fruit

3 hours | CHF 590 / € 393

VICTORIA-JUNGFRAU DAY SPA EXPERIENCE

- 15-minute Power Plate® session
- SENSAI Silk Celebration for the face (express)
- ESPA full body salt & oil scrub
- Back and neck massage
- Spa lunch

3 hours | CHF 380 / € 253

SENSAI SELECT SPA SILK RETREAT FOR HIM

Comprehensive anti-aging facial treatment designed for men, in combination with a superior back treatment

- Silk Celebration for the back
- Silk Celebration for him
- Spa lunch
- gift

2 hours 30 minutes | CHF 470 / € 313

SENSAI SELECT SPA SILK RETREAT

A highly effective anti-aging treatment for face and body

- Silk Celebration for the body
- Silk Celebration for the face (express)
- Spa lunch
- gift

3 hours 30 minutes | CHF 490 / € 327

VICTORIA-JUNGFRAU SPA RESIDENTIAL PACKAGES

VICTORIA-JUNGFRAU SPA arrangements offer an ideal combination of holistic treatments, exclusive ambience and luxury rooms.

SPA UNLIMITED

The choice is yours! Create your own personal programme from the remarkable range of treatments on offer at the VICTORIA-JUNGFRAU SPA. Our Spa receptionist will be happy to advise and assist you.

- VICTORIA-JUNGFRAU Dine-around
Delicious breakfast buffet
Dinner – in the restaurant of your preference: daily in our restaurant "La Pastateca": à la carte dinner with a touch of Italianità. From Wednesday to Saturday in our restaurant "La Terrasse": choice of menu in the elegant ambience of our restaurant (16 GaultMillau points). From Saturday to Tuesday in our "Jungfrau Brasserie": à la carte dinner with Swiss specialities
- Rest and relaxation in our 5500-square-metre Spa – use of our spacious swimming pool, open-air saltwater Jacuzzi, saunas, steam room and fitness facilities including participation in the scheduled classes.
- During the time of your treatment, use of all the ESPA facilities (men and women separate) such as the steam room, Finnish sauna, lifestyle showers and relaxation area
- "Time" in our VICTORIA-JUNGFRAU SPA

1 night from CHF 815 / € 543 per person in a double room and 2 hours of "Time" treatment

2 nights from CHF 1561 / € 1041 per person in a double room and 4 hours of "Time" treatment

LAZY SUNDAY PACKAGE

Was your weekend too short again? We invite you to linger longer – in the superb setting of our Grand Hotel. Stay until Sunday evening. Enjoy a wellness treatment in the VICTORIA-JUNGFRAU SPA or simply relax in the privacy of your own room.

- VICTORIA-JUNGFRAU Dine-around
Delicious breakfast buffet
Dinner – in the restaurant of your preference: daily in our restaurant "La Pastateca": à la carte dinner with a touch of Italianità. From Wednesday to Saturday in our restaurant "La Terrasse": choice of menu in the elegant ambience of our restaurant (16 GaultMillau points). From Saturday to Tuesday in our restaurant "Jungfrau Brasserie": à la carte dinner with Swiss specialities
- Rest and relaxation in our 5500-square-metre Spa – use of our spacious swimming pool, open-air saltwater Jacuzzi, saunas, steam room and fitness facilities

Your Sunday specials:

- Delicious breakfast until 11 hrs or our Sunday Brunch in the "Jungfrau Brasserie" until 14 hrs or continental breakfast in the cosy comfort of your room
- 25-minute treatment per person in our exclusive VICTORIA-JUNGFRAU SPA. Choose from a back and neck massage, an express facial, hydrotherapy bath, full body salt & oil scrub, Vichy shower or crystal bath
- Late check-out until 17 hrs

2 nights from CHF 750 / € 500 per person in a Superior Double Room

ENJOY MONDAY (SUNDAY TO MONDAY)

Real relaxation is when your weekend lasts until Monday – and includes a wellness body massage. In fact, it's almost like taking a short holiday.

- Delicious breakfast buffet
- Rest and relaxation in our 5500-square-metre Spa – use of our spacious swimming pool, open-air saltwater Jacuzzi, saunas, steam room and fitness facilities
- ESPA aromatherapy body massage (one hour)

1 night CHF 320 / € 213 per person in a Superior Double Room

Conditions of booking:

- subject to availability
- may not be combined with other special offers or arrangements

SENSAI SELECT SPA

ULTIMATE INDULGENCE PACKAGE

Enjoy our SENSAI SELECT SPA signature treatment. Indulge in silk and envelop the mind, body and skin in original massage techniques.

- VICTORIA-JUNGFRAU Dine-around
Delicious breakfast buffet
Dinner – in the restaurant of your preference: daily in our restaurant "La Pastateca": à la carte dinner with a touch of Italianità. From Wednesday to Saturday in our restaurant "La Terrasse": choice of menu in the elegant ambience of our restaurant (16 GaultMillau points).
Saturday to Tuesday "Jungfrau Brasserie": à la carte dinner with Swiss specialities
- Rest and relaxation in our 5500-square-metre Spa – use of our spacious swimming pool, open-air saltwater Jacuzzi, saunas, steam room and fitness facilities
- SENSAI SELECT SPA signature treatment – indulgence in silk
- gift (value CHF 300/€ 200)

1 night from CHF 965 / € 643 per person in a double room

2 nights from CHF 1371 / € 914 per person in a double room

LIFESTYLE

SPA SHOP

The Spa Shop stocks the entire range of top-quality products used for the various treatments. You can therefore purchase the products you require for continuing your care programme at home. In the Spa Shop you will also find a selection of wellness gift ideas.

SPA CUISINE

The VICTORIA-JUNGFRAU is renowned for its Spa Cuisine. Our guests are assured of:

- a wide choice of seasonal cuisine
- top-quality, market-fresh products
- preparation to perfection – with selected spices and herbs to stimulate the senses

The chefs in our three in-house restaurants all practise the principles of Spa Cuisine. Each in his own distinctive style:

La Terrasse

Every evening, our elegant gourmet restaurant offers alternative individual courses based on special Spa Cuisine recipes.

La Pastateca

Discover the healthy, heavenly delights of our evening and midday Mediterranean hors-d'oeuvres buffet. Main courses include tempting Asian specialities as well as Italian pasta dishes with the most irresistible ingredients.

Jungfrau Brasserie

This restaurant serves exclusively Swiss specialities. All products come from selected suppliers nationwide, in accordance with the strictest quality criteria.

SPA BAR

Our cosy and casual Spa Bar serves vitamin-rich fruit juices, aromatic teas and other drinks, as well as a selection of healthy snacks and tasty tidbits. And you can enjoy your meal in your bathrobe.

GENERAL INFORMATION

INFORMATION AND RESERVATIONS

We are at your service for any advice, assistance or further information you may require concerning the VICTORIA-JUNGFRAU SPA, our facilities and philosophy.

Phone: +41 (0)33 828 27 30
Email: spa@victoria-jungfrau.ch

For accommodation, packages and vouchers

Phone: +41 (0)33 828 26 10
Email: reservation@victoria-jungfrau.ch

CANCELLATION POLICY

Guests are requested to give us at least 24 hours advance notice of any cancellations. Cancelled treatments will otherwise be invoiced.

ACCESS

You can reach all sectors of the VICTORIA-JUNGFRAU SPA easily and directly (even in your bathrobe) without having to pass through public areas of the hotel. The Belair Junior Suites are located directly above the ESPA.

PREPARATION

We recommend that you arrive at the SPA at least 30 minutes before your treatment begins, to give you time to relax first in the sauna or steam room.

GIFT VOUCHERS

Quality of life and well-being are the most worthwhile gifts you can give. And gift vouchers are always a welcome surprise. They can be used for a range of Spa services and offers, and are particularly suitable for our Day Spa programmes as well as fitness and wellness offers. We'll be happy to organize a gift voucher for you and to give it a personal touch.

FREQUENTLY ASKED QUESTIONS

This section deals with some of the main questions asked by guests concerning use of the VICTORIA-JUNGFRAU SPA. We hope the answers provided will assist you in making the most of your visit.

How do I know which are the most suitable treatments?

Our skilled staff will advise and assist you in selecting the correct treatment(s) and also in planning other aspects of your ESPA or Spa programme. When making your reservation, please state whether your preference is for a male or female therapist.

What should I wear during my treatment?

Spa guests deal with this question in very different ways, depending on culture and upbringing. For body treatments, we recommend that you undress completely. But in every respect "feeling at ease" must be the paramount priority – and this certainly concerns clothing. In the Spa disposable briefs are available.

And in the sauna?

In principle, no clothes are worn in the sauna. In your changing cupboard you will find hand towels on which to lay or sit in the sauna. Further hand towels are obtainable from the Reception.

What happens if I don't feel well during a treatment?

If you find certain massage treatments and techniques painful or unpleasant, please inform the therapist. The therapist should also be informed of any particular problem parts of your body – for example, injuries, sensitivity to pain or muscular tensions. It is essential that the therapist is advised of any other health-related conditions, including colds, influenza or skin rash problems. This information is important because some methods of treatment may cause a temporary deterioration in certain conditions.

And if I have a specific health problem?

Do you suffer from high blood pressure, diabetes, heart problems or allergies? Have you recently undergone an operation? Are you pregnant? If so, please inform our Spa receptionist when booking your treatment. The same applies if you are currently taking medication or are breastfeeding. In general, we recommend that you consult your doctor before booking a treatment.

Should gentlemen shave before a facial treatment?

This is recommended, but not necessary. If you wish to shave first, please do so at least two hours before your treatment begins.

What happens if I am late?

Lateness not only shortens your treatment time but also reduces the effectiveness and enjoyment to be derived from the therapy. In any event, your treatment will end at the scheduled time, so that the following guest does not have to wait. The price of the full treatment will be charged.

Are there minimum ages for treatment?

Children under 12 years of age are admitted to the sauna only if accompanied by an adult. For treatments, we recommend a minimum age of 14. For reasons of safety, children under 16 years of age are not admitted to the fitness area.

Please remember:

The Spa is intended as a place of peace, rest and relaxation. Out of respect for other visitors, guests are therefore requested not to use mobile telephones or similar appliances on the Spa premises. To ensure a healthy environment, smoking is not allowed. Thank you for your understanding.