



TSCHUGGEN BERGOASE
by Mario Botta



SPA MENU

2010/2011

GOOD TO KNOW

We aim to make your stay with us a thoroughly enjoyable experience and hope that the following information will be useful:

For your own convenience please arrive 10 minutes prior to your appointment. Please inform us and especially your therapist about any special medical conditions.

For our massages and body treatments we provide single-use briefs. For treatments like Thai massage we provide loose light cotton clothing.

If you arrive late for your appointment and your therapist or the treatment room is booked afterwards, we regret that the treatment will have to be shortened accordingly.

If for personal reasons you will not be able to attend the agreed on appointment notify us at least 24 hours before or we will charge 50% of the price. Should you miss your appointment, we will have to charge the full amount.

Please note that smoking is not permitted in the whole SPA area. We also ask you not to use your mobile phones.

Our aim is to make dreams come true! If the treatment you are looking for is not listed on our SPA menu please contact our SPA reception. We will be happy arrange an individual treatment of your choice.

COSMETICS AND BEAUTY

			CHF
MAKE-UP	DAYTIME MAKE-UP	approx. 30 min.	50
	EVENING MAKE-UP	approx. 45 min.	80
FACE AND EYES	COLOUR EYELASHES	20 min.	30
	during treatment		25
	COLOUR EYEBROWS	10 min.	25
	during treatment		20
	COLOUR EYELASHES AND EYEBROWS	35 min.	50
	during treatment		40
	TWEEZE EYEBROWS (as needed)	starting at 20 min.	25
HAIR REMOVAL	Upper lip or chin	starting at 20	
USING WAX	Bikini line or underarms	starting at 35	
	Legs, half length	starting at 55	
	Legs, full length	starting at 90	
	Legs, incl. bikini line	starting at 120	

CHF

FACE AND EYES

CLASSIC FACIAL

90 min.

180

Facial customized for your particular skin type, consisting of cleansing, peeling, steam, deep cleansing, massage, facial mask, finishing treatment and day-time make-up.

CLARINS

CLARINS AROMATICS FACIAL

50 min.

140

The Clarins world of treatments is where plants and hands, humankind's most sensitive and intelligent natural tools, come together. Specific massage techniques and nurturing textures allow precious plant extracts fully to unfold.



COSMETICS AND BEAUTY

SENSAI HARMONISING & CARE

Traditional practices from the Far east and the latest western technical innovations are blended together to perfection. Exclusive Sensai skin care products are used in combination with new massage techniques for a comprehensive program to pamper your body, recharge your mind and energize your skin. Sensai ensures naturally beautiful skin and maximum wellbeing.

CHF

SENSAI BEAUTY PREMIER	FACIAL DELUXE The ultimate anti-aging Sensai Premier line is based on the cell renewal process of the skin.	105 min.	250
SHIRABE	ADVANCED ANTI-AGING FIRMING FACIAL Intensive anti-aging skin treatment to enhance regeneration, firm up, and improve elasticity.	90 min.	200

CHF

ONKAN

ADVANCED LUMINISING FACIAL

90 min.

200

Intensive care for tired and lustreless skin to improve the circulation, activate regeneration and counter lightbased discoloration.

YURAGI

EARLY AGING SILK TOUCH TREATMENT

90 min.

180

A new preventative treatment designed for younger women to activate cells, tighten the skin and protect against free radicals.

SENSAI

COSMETICS AND BEAUTY

DERMALOGICA

All products of this American brand are free of mineral oils, lanolin, alcohols, as well as dyes and fragrances. Dermalogica focuses on every client's personal needs with its "Face Mapping" technique. This is a systematic and comprehensive skin analysis which helps to increase the effectiveness of the treatments and improve home care consultation.

Facial according to the Dermalogica concept,
including Face Mapping:

		CHF
Acne treatment	90 min.	210
Sensitive skin treatment	90 min.	210
Treatment of acquired skin discoloration	90 min.	210
Power regeneration treatment	90 min.	210

MICROZONE TREATMENT	20 min.	75
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A quick zone oriented facial solution.

The selection of the products depends on the zone specific problems such as acne, impurity, age spots and dry skin.

dermalogica®

BEAUTY FOR MEN

			CHF
EYES	Colour eyelashes	20 min.	30
	Correct eyebrows	15 min.	starting at 25
HAIR REMOVAL USING WAX	Underarms	20 min.	35
	Chest/abdomen	20 min.	starting at 40
	Back	30 min.	starting at 40
MANICURE AND PEDICURE	Classic manicure or classic pedicure	45 min.	70
	Spa manicure or spa pedicure	70 min.	100
	Medical pedicure	60 min.	95
BACK TREATMENT	Cleansing, peeling, steam, deep cleansing, pack and treatment	45 min.	90
FACIALS	CLASSIC FACIAL	60 min.	160
	Facial customized for your particular skin type, consisting of cleansing, peeling, steam, deep cleansing, massage, facial mask, finishing treatment		
	Anti-stress facial including head massage	75 min.	175

NAIL

		CHF
TRADITIONAL MANICURE AND PEDICURE	Renew nail polish	30
	Polish nails during treatment	20
	French polish	40
	French polish during treatment	30
	Classic manicure or classic pedicure, excluding nail polish	45 min. 70
	Medical pedicure, excluding nail polish	60 min. 95
<hr/> SPA MANICURE, EXCLUDING NAIL POLISH		70 min. 100
Professional manicure, including complete beauty and wellness program for your hands, consisting of revitalizing hand bath, peeling, anti-aging serum and moisturizing massage.		
<hr/> SPA PEDICURE, EXCLUDING NAIL POLISH		70 min. 100
Professional pedicure, including wellness program for exhausted feet, consisting of foot bath, smoothing peeling, moisturizing mask and massage.		

O·P·I

BATHS

			CHF
RELAXATION IN THE HYDRO TUB	THALASSO – PURIFYING ALGAE BATH	20 min.	60
	Accelerates natural fat burning and purifies.		
	THALASELBAIN – SEA SALT BATH	20 min.	60
	Provides the body with minerals and trace elements, drains excess fluids and elasticizes.		
	TSCHUGGEN BEAUTY BATH	20 min.	60
	Honey-milk-salt bath		
	Milk and honey for soft and supple skin and salt to purify your body.		
	BASIC BATH	20 min.	60
	Detoxifying and purifying whole-body bath, harmo- nising for body, mind and spirit.		

BODY TREATMENTS

			CHF
BODY PEELING CLARINS	CLARINS AROMATICS PEELING Cleansing and soothing fruit enzyme peeling	50 min.	140
BODY SCRUB COMFORT ZONE	FRUITY PEEL BODY SCRUB Nurturing body scrub with fruit extracts, Anti Aging effect for a rejuvenated and silky skin.	30 min.	80
	AROMASOUL RITUAL SCRUB Renewing and nourishing treatment with essential oils. This unique renewing body ritual bestows nourishment, youth and splendour to all types of skin conditions. Select between: “Arabian Coconut Scrub” – for non sensitive skin “Oriental Pearl Scrub” – for mixed skin “Mediterranean Olive Scrub” – for resistant skin “Indian Rice Scrub” – for delicate skin	45 min.	130

COMFORT ZONE

Comfort Zone combines Far eastern wisdom with Italian beauty needs. The premium products and applications offer a unique pampering experience individually tailored to the specific needs of your skin.

CHF

REDUCE – DRAIN

CELLULITE REMODELLER

50 min.

130

Extraordinary efficacy for eliminating fat deposits, due to caffeine and carnitine. The warm-cold treatment contours and firms the tissue at the same time.

NOURISH – TONIFY

D-AGE

50 min.

140

An innovative treatment with tamanu oil and walnut extracts, restoring body elasticity and firmness. Stretch marks will be reduced and the skin will feel smooth and pleasantly scented.

CHF

NOURISH – TONIFY

TRANQUILLITY TREATMENT

50 min. 140

Intensive care & relaxation

Moisturizing care with rosewood, orange and vanilla oil for a silky and relaxed skin. Soft massage techniques will reduce stress and tension.

MATERNITY

NEW LIFE

50 min. 130

Rebalancing treatment during pregnancy.

The combination of hazelnut extracts and mint will relieve and reactivate swollen legs. Soft massage techniques for the back and legs will reduce stress and tension.

NEW MUM

50 min. 140

Toning and firming treatment after pregnancy.

A unique synergy of care products and massage techniques to restore the elasticity of your body.

MASSAGES AND BODY THERAPIES

		CHF
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ORIENTAL RITUAL MASSAGE	50 min.	140
Balancing anti-stress effect through ylang ylang, jasmine and vanilla. Inspired by traditional Chinese medicine, this massage has a relaxing and revitalizing effect. It improves blood flow and relaxes the tendons.		
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MEDITERRANEAN RITUAL MASSAGE	50 min.	140
Detoxifying and relaxing effect through bergamot and basil. Mediterranean warmth and the power of the sea flow into this massage with rippling gentle elements.		

MASSAGES AND BODY THERAPIES

			CHF
SPA MASSAGES	CLASSIC FULL BODY MASSAGE	50 min.	130
	To enhance your circulation, stimulate your metabolism and activate muscles and connective tissue. Massages are soothing and relax joints and nerves to achieve a feeling of general wellbeing.		
	SPORTS MASSAGE	50 min.	150
	To regenerate and activate muscles and the locomotor system before and after sports. A refreshing aroma oil mixture of mountain pine and rosemary will also improve your blood circulation.		

		CHF
<hr/> BACK AND NECK MASSAGE To relax neck and back muscles and relieve tension, fatigue and stress.	25 min.	75
<hr/> BACK AND NECK MASSAGE WITH REFLEXOLOGY Combined treatment for best relaxation.	50 min.	130
<hr/> AROMA OIL MASSAGE Essential oils go more than skin deep. They re- vitalize and soothe, relax and take you away into a world of wellbeing. Select your own aroma essence.	50 min.	140

MASSAGES AND BODY THERAPIES

		CHF
<hr/> HEAD AND NECK MASSAGE	25 min.	75
Less severe tensions in the head and neck area are alleviated by means of gentle massage movements. The techniques have an extremely relaxing effect on the entire body and soul. Just allow yourself to be pampered.		
<hr/> REFLEXOLOGY, INCLUDING FOOT BATH	50 min.	130
Foot reflex points are massaged for a holistic effect on metabolism and organs.		
<hr/> LYMPHATIC DRAINAGE	50 min.	130
Soothing and rhythmic massage strokes activate the lymphatic flow, purify the connective tissue and improve the supply of nutrients to the cells. The treatment drains excess fluids, purifies and unblocks vessels.		

CHF

**SPECIAL MESSAGES
AND THERAPIES**

PHYSIOTHERAPY

Well educated physiotherapists are at your disposal for your individual therapy and personal needs.

50 min. 150

TSCHUGGEN MASSAGE

“Five in one” – enjoy this exclusive Tschuggen massage experience. Five different treatments combined in one exclusive massage. And all have the same aim: your relaxation.

75 min. 230

THAI MASSAGE

This distinctive massage technique is rooted in the Asian philosophy of yoga. The muscles are stretched and kneaded to energize them and keep them supple. The treatment is applied on a futon, while the guest remains clothed.

105 min. 250

MASSAGES AND BODY THERAPIES

		CHF
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LOMI LOMI NUI	90 min.	240
<p>Lomi means “pressing, kneading, rubbing». Nui means “important, unique, great”. It is also called the ultimate massage. “Lomi Lomi Nui” is an ancient massage technique used by the Hawaiians for physical, emotional, mental and spiritual cleansing. Precious oils are massaged into the skin with alternating gentle and powerful strokes for a body-oriented treatment.</p>		
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STONE THERAPY	75 min.	200
<p>This unique massage with warm basalt stones and cool marble stimulates the metabolism. At the same time, this form of bodywork achieves deep muscular and mental relaxation. All our massage therapists are certified for the Stone Therapy method.</p>		

CHF

BREUSS MASSAGE

25 min. 85

The Breuss Massage is a gentle, energizing back massage that releases mental and physical tensions. The spine will be gently stretched by special attention of the meridians and followed by the application of tissue paper. The use of St. John's wort oil helps to stimulate the regeneration of undernourished spinal disc. It is also a preparation for the application of the Dorn-Breuss treatment.

DORN-BREUSS TREATMENT

75 min. 190

A holistic, gentle and effective way to alleviate spinal pain while also performing a preventative function. Pain is relieved using a specific pressure technique with thumbs and body movements.

MASSAGES AND BODY THERAPIES

AYURVEDA

“Complete knowledge (Ved) of life (ayus).” Ayurveda medicine is one of the oldest health systems which originated in India. The science of Ayurveda is thousands of years old and based on the understanding that each person is a living being consisting of body, mind and soul. According to Ayurveda, inner harmony and a balance of all powers within the body form the basis for a fulfilled and healthy life. Wonderfully relaxing oil massages provide a comprehensive treatment to enhance health, vitality and enjoyment of life.

CHF

ABHYANGA

90 min. 240

Abhyanga is the ultimate oil massage of Ayurveda. enjoy this massage which has lasting effects on body and soul. Fragrant oils, sweeping strokes and circular motions alternate with pressure massage of specific points to relax your body and bring it into harmony. According to ancient Indian writings, the massage has rejuvenating effects, softens and smoothes the skin and makes it glow.

CHF

PADABHYANGA

50 min. 155

Our feet carry us through life.

Padabhyanga is also an excellent starting point for Ayurveda. Warm herbal oils are used to harmonize and revitalize your feet. Padabhyanga has a balancing effect if you suffer from headaches, nervousness, sleep disorders or chills. Marma points are activated to reawaken the flow of energy.

SHIRODARA

60 min. 190

Come and explore new worlds. A stream of warm oil flowing over your forehead accompanied by a head massage restores harmony and relaxes the central nervous system. While warm sesame oil is gently poured over your forehead, you will fully relax as you never have before.

Some treatments are not available on a daily basis as they are practiced by therapists with specialized training. We appreciate your understanding.

HAIR SALON

LA BIOSTHETIQUE

For over 50 years LA BIOSTHETIQUE Paris brand has stood for a clear profile, quality, products, innovations, exclusive services, the development of international hair and beauty trends. Each of our products is created from carefully and conscientiously blended premium quality raw materials and subjected to the strictest tolerability and efficacy tests.

CHF

LADIES

Shampoo, blow-dry/styling		starting at 70
Shampoo, cut, blow-dry/styling		100–120
Up-styles/evening styling	per 20 min.	starting at 30
Styling		starting at 15

GENTLEMEN

Shampoo, cut, blow-dry		65
Shampoo, cut, blow-dry incl. lotion and massage		85
Shaping		30

CHF

COLOUR	Colour/bleach	starting at 80
	Mèches	starting at 100
	Dyeing	starting at 60

CARE	Lotion with massage	20
	Hair pack	starting at 15
	Intensive care “Action 2 phase”	starting at 30
	Scalp peeling with lotion	40

CHILDREN	Dry cut (up to 12 years)	30–50
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SPA SUITES

MUSCIDA AND POLARIS

Our Spa Suites “Muscida” and “Polaris” offer you entirely private and memorable luxury, for two or more hours. In addition to the whirlpool, steam bath and sauna, guests are also able to book individual beauty or massage treatments. We are pleased to fulfil personal food and beverage wishes, permitting you to completely relax and enjoy the beautiful ambiance beneath the starry sky.

CHF

MUSCIDA (70 m ²)	for 2 hours	300
each additional hour		100
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POLARIS (100 m ²)	for 2 hours	400
each additional hour		100

CHF

SWEET ROMANCE for 2 persons

3 hrs 630

Experience unforgettable moments for two, sipping a glass of champagne in the whirlpool of our “Polaris” Spa Suite under Arosa’s star-lit sky. Drift away to a world of ultimate wellbeing with a relaxing aroma oil massage for two (25 minutes, with individual aroma essences). Immerse yourself in the fragrant scent of roses in our sauna, then enjoy the refreshing and invigorating experience of our eucalyptus steam bath.

MOUNTAIN COTTAGE for 2 persons

2 hrs 330

Wellness in its purest form in our “Muscida” Spa Suite. The soothing essences of mountain herbs in our whirlpool. Nourish and purify your skin with a mountain honey & salt peeling in our steam bath, then experience the refreshing ice-mint combination in a sauna session. Our selection of tea specialties rounds off a perfect stay.

FITNESS AND EXERCISE

As part of our weekly program we offer various group classes such as Aqua Gym, Pilates, Yoga, Stretching, Snowshoe hiking, etc. at no charge. You can also book one of our personal trainers for any program of your choice.

			CHF
PERSONAL TRAINING	For one person	50 min.	100
	For two persons	50 min.	150

CHF

TECHNOGYM®	Introduction for all machines and training with neutral chip	free of charge	
WELLNESS SYSTEM	Introduction for all machines and programming of an individualized training plan		50

	SOLARIUM iBED		
	Tokens for the solarium are available at the spa desk.	4 min.	6

ARRANGEMENTS

		CHF
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RELAX TO THE MAX!	125 min.	330
For absolute relaxation		
– Basic bath		
– Body Scrub		
– Tschuggen massage		
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MEN'S BIZZ	175 min.	380
Balance for body and soul		
– Anti-stress facial including head massage		
– Sports massage		
– 1 Personal training of your choice		
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LUCKY LADY	170 min.	320
With pleasure even more beautiful		
– Cellulite Remodeller – strengthens and firms the skin		
– Clarins Aromatics facial		
– Hairdresser's appointment for shampooing/blow-drying/styling		

RATES FOR EXTERNAL GUESTS

		CHF
MEMBERSHIP	1 month	400
	10 months	2500
	Winter season (December – April)	1500
	Summer season (June – November)	1300
	Summer or winter season (without Saturday and Sunday)	1250

The rates include free use of the whole Bergoase Spa with fitness centre, sauna and steam bath area, relaxation rooms and water world, as well as bathrobe & slippers, towels, refreshments and fruits. The participation in the offered lessons is also included. Children do have access from the age of 16. Prices are subject to change.

SINGLE ENTRANCES	Morning pass 8.30 – 12.00 hrs	65
	Evening pass 19.00 – 21.00 hrs	65
	Day Spa including a 25-minutes back massage and a light lunch at the Spa Lounge.	200

All only by appointment and upon availability.

VOUCHER

GIFT CERTIFICATES

We offer gift certificates for the present
of your choice.

Opening hours:

Water world/Sauna/Fitness	7.00 – 21.00 hrs
Treatment and Hair Salon	9.00 – 20.00 hrs

Reservation and information:

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