



★★★★★

WALLISERHOF

GRAND-HOTEL & SPA  
SAAS-FEE

# GRAND-SPA

GUIDE FOR RELAXATION, BEAUTY AND SPORT



RELAIS &  
CHATEAUX





# TABLE OF CONTENTS

Spa	4
Spa Rituals and Pampering Experiences for Two	6
Massages	8
Peelings and Body Treatments	12
Wellness for our Youngest Guests	16
Cosmetics	18
Beauty Extras	21
Sport and Active	22
Terms and Conditions	26



## SPA

YOUR ALPINE TIME-OUT

On over 2100m<sup>2</sup> an alpine retreat of peace and relaxation awaits you. Various saunas, a steam bath, a whirlpool, a light-flooded relaxation zone and our fitness center awaits you here. Our wellness experts pamper you in several treatment rooms with massages, cosmetic treatments, baths and wraps.



## FACTS & FIGURES

The spacious wellness area invites you to linger. Experience the various possibilities to relax and regenerate in harmony with nature:

- 6 treatment rooms with the latest technology
- Hay bath for packs and peeling's (in connection with a treatment)
- Rasul (in connection with a treatment)
- Heated Hamam lounge for soap foam massage
- Swimming pool
- Whirlpool
- Sauna area with 4 different saunas and a revitalisation bar
- Various resting areas
- exclusive gym with best equipment and a cross fit area

## PAMPERING TIMES

FOR YOUR ALPINE RELAXATION

---

Spa Reception	09:00 – 20:00 o'clock
Treatments	10:00 – 20:00 o'clock
Sauna area	15:00 – 22:00 o'clock / winter 15:00 – 20:00 o'clock / summer (on request also earlier)
Fitness	06:00 – 24:00 o'clock
Pool	07:00 – 22:00 o'clock/ winter 08:00 – 20:00 o'clock / summer

---

Pooltime for everybody until 10 years:  
09:00 – 11:00 & 15:00 – 17:00 o'clock

---

(The sauna zone is a nude zone. For reasons of protection of minors, children and adolescents under the age of 16 do not have access to the sauna area, not even when accompanied by their parents.)

# SPA RITUALS

AND PAMPERING EXPERIENCES FOR TWO

## RASUL - A TRIP TO THE MIDDLE EAST

### Oriental steam bath

A pleasant composition of feel-good care elements. An application that uses various muds to free your skin from toxins. The different peelings prepare your skin ideally for absorbing highly effective care substances.

**Tip:** care for your skin afterwards with a body pack or a feel-good soap foam massage on our heated hamam lounge.

<u>Pampering time</u>		<u>Per person</u>
40 minutes	1 person	CHF 75.00
40 minutes	2 persons	CHF 65.00
40 minutes	3 or 4 persons	CHF 60.00

## ALPINE TIME-OUT

### Herbal footbath - peeling - massage - moisturising fleece mask

We begin with a herbal footbath and at the same time serve you a delicious wellness tea. This is followed by a full-body peeling and then a full-body massage. When you are lying on your back enjoying the massage, we put a moisturising mask on your face. The combination of moisture for the face and our high-quality massage oils is the ultimate pampering for your skin.

**Tip:** our fleece masks for a freshness kick at home – available at the spa desk

<u>Pampering time</u>		<u>CHF 249.00 per person</u>
110 minutes		

## GRAND SPA - RELAX TOGETHER

### Wellness massage

A full-body massage in combination with a head, neck or foot reflex zone massage

<u>Pampering time</u>		<u>CHF 195.00 per person</u>
80 minutes		



## BACKFIT FOR COUPLES

### Honey pack - back massage

The honey pack works true miracles and eases surface muscular tension in the back. A subsequent intensive back massage with honey and ginger oil allows your muscles to relax completely.

**Pampering time** 50 minutes

CHF 125.00 per person

## VIKING RITUAL (ONLY BOOKABLE FOR ONE PERSON)

A ritual from the far north with Finnish birch branches, a full body peeling and a full body massage.

With a peeling on our warm Hamam couch starts the ritual. Afterwards you will be treated with the soaked birch branches in the warmth cabin. After the musculature is well supplied with blood, enjoy another soothing full body massage with honey-ginger oil.

**Pampering time** 90 minutes

CHF 210.00



# MASSAGES

ALPINE PAMPERING

Take a time out for yourself – let our experts at the spa work their magic with their hands. You will find a treatment that is just right for you in our detailed spa menu.



### GRAND SPA - WELLNESS MASSAGE

A full-body massage in combination with a head, neck or foot reflex zone massage

**Pampering time** 80 minutes CHF 195.00

---

### PARTIAL MASSAGE

Depending on the focus of your treatment, the back or the shoulder and neck area is kneaded, pounded and soothed.

**Pampering time** 20 minutes CHF 70.00

---

50 minutes  
with mud pack CHF 125.00

---

50 minutes  
with foot reflex zone massage CHF 130.00

---



### GRAND SPA - FULL-BODY MASSAGE

The finest natural fragrances and oils care for your skin from head to toe. A healthy muscle balance for sport, in your everyday life and for yourself.

**Pampering time** 50 minutes CHF 130.00

---

### INTENSIVE YET RELAXING

A combination of relaxation and intensive massage techniques. We begin with a massage with Valais honey to release adhesions and increase the blood circulation in your tense back muscles. And then St John's wort oil is used, which penetrates deep into the muscles and has a pain-relieving, antibacterial effect.

**Pampering time** 50 minutes CHF 135.00

---

### FOUR WORLDS MASSAGE - GRAND SPA SPECIAL MASSAGE

We invite you on a relaxing trip to discover the world's most popular massages: the Swedish healing massage, the lomi lomi nui massage from Hawaii, the Thai massage and the Ayurvedic massage from India.

**Pampering time**      80 minutes      CHF 200.00

---

### GRAND SPA - CUSTOM MASSAGE

A custom massage where we target your tension areas and address your individual needs using a combination of classical and special techniques.

**Pampering time**    50 minutes      CHF 135.00

---

80 minutes      CHF 200.00

---

### RELAXATION FOR THE FACE, HEAD AND EAR

The ritual starts with an ear candle ceremony, which creates negative pressure in the ear and in so doing has a cleansing effect. The application is also known as a gentle eardrum massage due to the vibrations that are generated. The treatment continues with a relaxing facial and head massage.

**Pampering time**    30 minutes      CHF 85.00

---

### AFTER SPORT MASSAGE

A regenerating leg and foot massage after a strenuous sports day.

**Pampering time**    20 minutes      CHF 70.00

---

50 minutes      CHF 130.00

---



## ALPINE MASSAGE EXPERIENCES

All alpine products are based on production from controlled wild collection. Herbs and plants, as well as fat from the marmot, from their chosen alpine habitat, in which they can achieve their greatest effect. We target the use of the products according to your specific needs:

- spa massage for chronic conditions (marmot oil)
- sport massage before and after sporting activities (mountain arnica)
- relaxing massage for stress, fatigue and anxiety (St John's wort)

**Pampering time** 50 minutes CHF 135.00

---

## LYMPHATIC DRAINAGE

Detoxifying, decongesting, draining. A gentle, harmonising form of massage, which reduces swellings and supports the detoxification process in the body.

**Tip:** an ideal treatment during pregnancy. We are happy to advise you personally

**Pampering time** 50 minutes CHF 135.00

---

80 minutes CHF 200.00

---

## FOOT REFLEX ZONE MASSAGE - NIMBLE FEET

Applying pressure to the individual reflex zones on the foot positively influences and stimulates the associated organs and body parts.

**Pampering time** 50 minutes CHF 135.00

---

with a herbal footbath

## HOT STONE - ALPINE BASALT STONE MASSAGE

A holistic energetic treatment using 65-degree hot basalt stones. Using the hot stones we stimulate the blood circulation and lymphatic flow. This relieves tension and charges your energy system.

**Pampering time** 80 minutes CHF 200.00

---

## SOAP FOAM MASSAGE IN GRAND SPA STYLE

We begin traditionally as with a hamam application. Starting with cleansing and then going on to a peeling with our special peeling gloves, the ceremony is concluded with a wonderfully fragrant soap foam massage.

**Tip:** one of our body oils provides long-lasting care for your skin.

**Pampering time** 80 minutes CHF 200.00

---



# PEELINGS

AND BODY TREATMENTS

All the body treatments and peelings at the Grand Spa focus on the well-being and care of your skin. We are happy to fulfil your wishes, whether this be for a preparatory peeling, a skin-tightening pack or a firming wrap.

## FULL-BODY PEELING

The mechanical ablation of the uppermost layer of skin, gentle and effective. Ideal for preparing the skin for further care steps or simply for smoothing the skin. The elasticity and firmness of the skin are enhanced and pore size reduced. The depth of wrinkles is reduced and the absorption of active substances by the skin is optimised. The skin's own collagen fibres are also activated.

### Home-made mountain herb salt peeling

Our home-made peeling made from mountain herbs, a cream peel mix and selected essential oils.

### Wine marc full body peeling

A gentle peeling with wine marc slows down the ageing process of the skin, stimulates cell regeneration, promotes blood circulation and strengthens the immune system.

### Sea salt peeling

This promotes blood circulation in the skin and invigorates the complexion.

**Tip:** we recommend having a relaxing massage after peeling treatment to achieve optimal relaxation and care.

**Pampering time** 20 minutes

CHF 75.00





## BODY PACKS

The basis of all full-body packs is the soft-pack lounge. The pack is applied with you lying down and then you are wrapped in a towel so that your skin can absorb the positive effects of the particular pack. The warming blanket is heated to about 39 degrees, which causes the pores to open up quickly. All the packs moisturise and care for your skin. The effects achieved vary widely – from tightening to relaxing – depending on the particular ingredients used.

### Mountain flower meadow

A true speciality among the packs! Lying on a bed of alpine hay, you are covered with an intensive evening primrose oil cream pack. It provides a deep moisturising and nourishing effect, regenerates and also counteracts the ageing process. The fragrant hay allows you to relax really well and you have the feeling that you are lying in a lush green mountain meadow.

### Grand Spa special: Mountain and sea

Base cream mixed with mountain herbs and algae, a home-made pack that is full of effects and fragrances. It also soothes the skin, has disinfectant properties and is anti-inflammatory and detoxifying.



### Cleopatra pack

The last Egyptian Queen is still the epitome of grace and natural beauty today. The Cleopatra pack counteracts the effects of environmental pollution on the skin and helps to restore the natural protective layer of the skin and to counteract dry skin. It is made of goat butter, jojoba oil, vitamin complexes and antioxidants and a few drops of Champagne perfume oil.

**Tip:** a peeling is the ideal preparation for the skin so that it can better absorb the active ingredients of the pack. We are happy to advise you personally.

<b>Pampering time</b>	45 minutes	CHF 90.00
	in combination with a peeling	CHF 135.00



# WELLNESS

FOR OUR YOUNGEST GUESTS

Fairytale dreams that are specially tailored to the needs of children and young people. These are valid up to the age of 14.

## SNOW WHITE

A facial treatment specially designed for young skin with cleanser, tonic and mask, depending on skin type. If you like, we will also varnish your nails.

<b>Pampering time</b>	45 minutes	CHF 80.00
-----------------------	------------	-----------

---

## THE FROG KING

A well-being massage with a foot and gentle head massage.

<b>Pampering time</b>	45 minutes	CHF 80.00
-----------------------	------------	-----------

---

## HANSEL & GRETEL

A 20-minute massage with natural almond oil, making it an ideal introduction to massage.

<b>Pampering time</b>	20 minutes	CHF 55.00
-----------------------	------------	-----------

---



# COSMETICS

## YOUR PERSONAL TREATMENT

Clean mountain air in itself provides only the basis for a radiant appearance, so we take care of the rest. With treatments completely tailored to your individual needs, we support the body's own processes in the care and rejuvenation of your skin. Choose your favourite treatment from our spa menu or have our experts advise you.

### We work with natural products at our Grand Spa

All products are free from silicones, parabens and animal raw materials. You can choose from the following treatments:

- C Pure – a vitamin bomb
- A Classic – mature skin
- Hyaluronic – a freshness kick
- Men – a hangover treatment

Our spa experts create your personal treatment plan with you, based on your wishes and skin-type requirements, whether for blemishes, sensitivity, mature skin or moisture.

<b>Pampering time</b>	50 minutes	CHF 135.00
	80 minutes	CHF 210.00

**Tip:** we will be happy to provide you with advice on caring for your skin at home.



## ENCHANTING DÉCOLLETÉ.

A firming and nourishing treatment for face and décolleté. A gentle peeling and a firming clay pack cares for your décolleté. While the pack is taking effect, we will pamper you with a short facial cleansing (lotion or gel) and tonic as well as a facial massage.

<b>Pampering time</b>	30 minutes	CHF 85.00
-----------------------	------------	-----------



## CHANGE OF SCENE - JETPEEL - APPARATIVE COSMETICS

**"Medical and cosmetic care for deep treatment with a glow effect."**

JetPeel is a gentle alternative to microdermabrasion. Using a technique from the aerospace industry, a medical water and gas mixture is applied painlessly with high pressure to the surface of the skin to remove redundant and aged skin cells. This is followed by a JetPeel lymphatic drainage, which gently removes retained water and toxins from the face. The skin becomes more

absorbent through this, so that the active ingredient – serum or hyaluronic acid – goes directly where it is needed. The effect is immediately noticeable.

### **Used for:**

acne, age spots, anti-ageing, rings under the eyes, couperose, wrinkles, improved skin appearance for tired, pallid skin, skin smoothing and tightening.

- JetPeel promotes collagen production
- helps in the treatment of acne
- improves the appearance of scars

The skin feels fresher and much more plump already after the first treatment. A lasting effect is achieved after five to six treatments.

**Pampering time** 90 minutes with 4 ingredients

---

1st application CHF 250.00

---

2nd application 20%

---

3rd application 40%

---



## BEAUTY EXTRAS

---

Eyelash dyeing		CHF 30.00
Eyebrow dyeing		CHF 35.00
Eyebrow correction		CHF 30.00
Eyebrow and Eyelash dyeing		CHF 45.00
Nail polish change	20 minutes	CHF 30.00
Manicure classic*	60 minutes	CHF 75.00
Manicure de luxe*	80 minutes	CHF 140.00
Pedicure classic*	60 minutes	CHF 90.00
Pedicure de luxe*	80 minutes	CHF 140.00

---

**Classic:** nail care, skin care & short massage

**De luxe:** nail care, skin care, peeling & pampering massage

\* Nail polish is included on request. Without nail polish  
CHF 10.00 discount

## SKIN AS SMOOTH AS VELVET

---

Hot wax hair removal and care

---

Upper lip	15 minutes	CHF 25.00
Chin	15 minutes	CHF 25.00
Back, upper body, half legs	20 minutes	CHF 65.00
Legs complete	45 minutes	CHF 85.00
Underarm	20 minutes	CHF 35.00
Bikini area classic	25 minutes	CHF 50.00

---

**Tip:** We are happy to recommend the appropriate care product for irritated skin.





## SPORT AND ACTIVE

In the newly designed Fit & Fun area you can train under expert guidance on the latest equipment from Technogym and gym80. You are also welcome to take part in our various group fitness courses for top sporting performances with a high fun factor.

Whether you want to improve or maintain your athletic form or dare to start a more active lifestyle - our fitness experts are there to motivate you.

## GYM

### GET FIT AND STAY FIT

Our fitness center is fully equipped with professional equipment for strength and endurance training of all kinds. The fitness centre is available to our hotel guests free of charge.

**Opening hours:** daily from 06:00 to 24:00

## GROUP COURSES

### HIGH-INTENSITY / CARDIO TRAININGS

FIT CIRCLE, HIIT, AND MORE...

Short and intense workouts that improve your endurance and strength and boost your metabolism. Use your own weight as training resistance.

### FULL BODY TRAINING

PILATES, BBP, BODY FORMING, BACK FIT, AND MORE...

Gentle but effective whole body training. Strengthen your muscles, improve your posture and mobilise your whole body with targeted exercises.

### RELAXATION ACTIVITIES

STRETCH & RELAX, MEDITATION, BLACK ROLL, AND MORE...

Slow down and actively promote the regeneration of your body. With different relaxation techniques you can release tension in your muscles but also let go of stress and overstrain. Feel completely recovered.

### WATER ACTIVITIES

AQUA GYM, AQUA ZUMBA, FLOAT YOGA, FLOAT PILATES, AND MORE...

We offer you various fun and joint-gentle activities in or on the water. With the resistance of the water or the floating underlay you will promote strength, endurance, coordination and overall well-being.

### DANCE & MOVEMENT TO MUSIC

SALSA, STEP AEROBIC, AEROBIC, PILOXING, AND MORE...

Fitness has never been so much fun! Dance yourself fit and activate your brain activity at the same time.





## PERSONAL TRAINING

### Would you like to achieve your personal fitness goal?

Our personal trainers will support you to reach your goals faster. Whether you want to lose weight, become stronger or more flexible, we will be happy to meet your needs and tailor the training concept to your individual needs. Are you ready for a better quality of life? We look forward to giving you a new sense of well-being.

**Price for personal training CHF 160.00 / hour**

## CROSSFIT

### THE FIRST CROSSFIT BOX IN SAAS-FEE

Our philosophy is at the same time the recipe for success: Training together - regardless of your fitness level! Due to the functionality of the training, all exercises can be adapted to the personal level.

Train smart - with us you not only get stronger and fitter, but also healthier. We attach great importance to the quality of movement - this, together with a good atmosphere, is always the focus. Although the training takes place in a group, we respond individually to each person.

Locals, tourists and sports teams benefit from our broad knowledge in CrossFit and Olympic weightlifting - where we are among the top Swiss coaches and athletes.



We are a young, dynamic and well-rehearsed team of four enthusiastic athletes.

Sport and health shape our lives and our lifestyle. Together we have a huge field of experience in various sports: gymnastics, alpine skiing, handball, basketball, volleyball, football, olympic weightlifting and CrossFit.

We are all certified CrossFit Level 1 or even Level 2 trainers. The owners and head coaches have been active in group and personal training for more than 5 years.

With all this experience and our know-how, we offer Saas-Fee a long-awaited training centre for everyone. In addition to the group classes, you can also train individually and alone in the 24h/7 Open Gym. In personal trainings we respond to personal wishes and goals.

## TERMS AND CONDITIONS

We ask that you book your treatment with us before your arrival or in advance at the reception. You may cancel your appointment 24 hours prior to the treatment free of charge.

Should you cancel after this point or fail to make your appointment, you will be charged the complete amount for the service. The duration specified for each of the treatments is a rough indication. Consultations and recommendations given by our SPA employees are included in the treatment. Please report to the reception in the spa-area 5 minutes before your appointment in order to fully benefit from the treatment being given. If the treatment begins later, you will not be compensated for the time lost.

In the event that a treatment is cancelled by the hotel (e.g. in the case of illness), there is no guarantee that this can be re-scheduled.

Our services may of course be booked by external guests too, subject to availability.

**Therapists:** We have male and female therapists in our team. We can only take your preferences into account if you inform us about them at the time of booking. Otherwise we will assign you an available therapist.

**“Do more of what makes you happy!”**







**WALLISERHOF GRAND-HOTEL & SPA SAAS-FEE**

Dorfweg 1 | CH-3906 Saas-Fee

T +41 27 958 19 00

[info@walliserhof-saasfee.ch](mailto:info@walliserhof-saasfee.ch) | [walliserhof-saasfee.ch](http://walliserhof-saasfee.ch)



**RELAIS &  
CHATEAUX**