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WALLISERHOF

GRAND-HOTEL & SPA
SAAS-FEE

GRAND-SPA

GUIDE FOR RELAXATION, BEAUTY AND SPORT





TABLE OF CONTENTS

Spa	4
Spa Rituals and Pampering Experiences for Two	6
Massages	10
Peelings and Body Treatments	14
Wellness for our Youngest Guests	18
Cosmetics	20
Beauty Extras	23
Sport and Active	24
Terms and Conditions	26

our partners: Klapp, Alpienne, Puralpina & Sothys



SPA

YOUR ALPINE TIME-OUT

On over 2100m² 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 lounger for soap foam massage
- Swimming pool
- Whirlpool
- Sauna area with 4 different saunas and a laconium
- resting area
- 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	every afternoon
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 & 14:00 – 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 ALONE OR 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 lounger.

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

RASUL DE LUXE

Oriental steam bath - peeling stone - oriental full body massage

An extraordinary spa experience inspired by ancient oriental rites. The ritual begins in the steam bath for two, where you will rub yourself with different muds that will rid your skin of waste products. After that we will take you to our couple treatment room where we will rub the body with an oriental syrup and then exfoliate with a terracotta stone. After a short shower, we will start with a full body oriental massage. The warm and fragrant massage oil will make you relax and feel good. The scent of myrrh and amber leaves an unforgettable memory. You will receive the scrub stone as a gift for home.

Pampering time	120 minutes	CHF 289.00 per person
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GRAND SPA - RELAX TOGETHER

Wellness massage

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

Pampering time	80 minutes	CHF 195.00 per person
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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

Pampering time	110 minutes	CHF 249.00 per person
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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
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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

INDONESIE ANCESTRALE™

An innovative treatment concept inspired by ancient indonesian beauty rituals

The energy balance is restored and body and mind are brought into harmony. This extraordinary treatment combines a holistic body massage with a breathing ritual for the client and the practitioner. An aromatic journey to Indonesia with sandalwood and jasmine that you can also take home with you.

Pampering time 60 minutes CHF 155.00 per person

JAPANISCHE INSPIRATION

Hanakasumi

The care ritual is inspired by the Japanese bathing tradition: the ritual begins with an enzymatic full body peeling as well as a glove peeling. The focus of this ritual is on the feet and the spring delicate scents of cherry blossom and lotus. The reflex zones and the musculature are activated and loosened. Experience an exclusive Sothys body treatment that guarantees complete relaxation.

Pampering time 60 minutes CHF 155.00 per person





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 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



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
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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
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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
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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
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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
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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
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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
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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.

Hay flower pack

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.

Swiss pine pack

Another speciality among the packs! Lying on a bed of swiss pine, 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.



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.

Pampering time	45 minutes	CHF 90.00
	50 minutes 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 fingernails.

Pampering time	45 minutes	CHF 80.00
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THE FROG KING

A feel good full body massage.

Pampering time	45 minutes	CHF 80.00
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HANSEL & GRETEL

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

Pampering time	20 minutes	CHF 55.00
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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.

We work with Klapp products at our Grand Spa

All products are free from silicones, parabens and animal raw materials.

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.

Pampering time	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.

Pampering time	30 minutes	CHF 85.00
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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 (no gel varnish). Without nail polish CHF 10.00 discount.

Please note that only natural nails can be treated.

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.

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!”





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