

LENZERHÖRN 

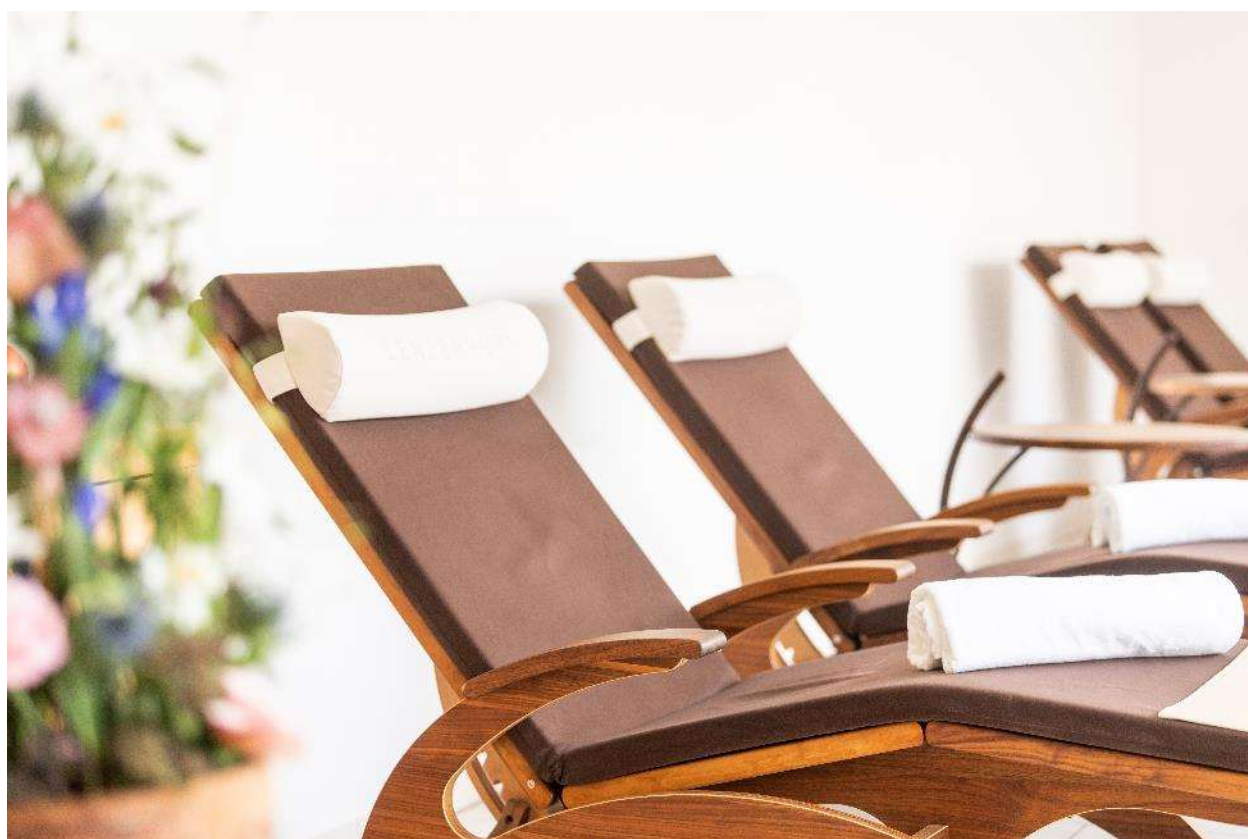
Wellness Brochure



August 2023

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WELCOME!

Dear Lenzerhorn Spa & Wellness guest

Unwind in the outdoor pool under the open sky. Relax in the steam bath. Sweat in the sauna. Relax in the massage room. Fill up with light. Feel good in a relaxed atmosphere. Swim laps in the indoor pool with counter-current. Our spa & wellness oasis offers you all this.

★ HOTEL GUESTS ★

For all guests who have booked a stay at the **Hotel Lenzerhorn**, our Spa & Wellness area is free of charge.

All guests who have booked a stay at **Haus Spescha** enjoy the cosy, small relaxation area with sauna and steam bath at Haus Spescha. We welcome you at any time for massages and cosmetic treatments. On request, you can enjoy our entire wellness area at any time with a discounted wellness entrance fee of CHF 15.00 per person.

★ EXTERNAL GUESTS ★

We welcome our external guests for massages and cosmetic treatments at any time. Other rooms in the Spa & Wellness area are reserved for our hotel guests and are not available to you. Upon request and availability, you can enjoy our entire wellness area with a wellness entrance fee of CHF 35.00 per person.

COSMETIC TREATMENTS

Every Monday and Tuesday from 12.30 to 20.00.

TREATMENT APPOINTMENTS

Phone 081 385 86 87

E-Mail wellness@hotel-lenzerhorn.ch

Homepage [book wellness treatment online](#)

SuitePad [book wellness treatment online](#)

WELLNESSE ETIQUETTE

To help you enjoy every minute of your time, we have put together some recommendations for you at the Lenzerhorn Spa & Wellness:

Please arrive at the wellness reception five minutes before your treatment. If you are late, we unfortunately have to deduct this from your treatment time out of consideration for the appointments of other guests.

Please give us notice of any appointment changes or cancellations at least 24 hours in advance, otherwise we will have to charge you for part of the pampering treatment.

The times stated for the treatments always refer to the entire treatment duration. This means that we have already taken into account any rest periods that may be necessary for you.

We kindly ask you to inform us of any pregnancy or other special circumstances when booking so that we can work out an appropriate treatment plan for you.

In our pool area, we ask that you wear appropriate swimwear. Our showers are available before using the pool.

Our saunas and steam baths are "textile-free". Towels are provided for you in our spa area. Please use them as a pad in the sauna and to cover your intimate area outside the sauna area.

For hygiene reasons, food and drinks may not be brought into the entire wellness area. We offer free snacks and water at the wellness buffet in the basement.

For your own relaxation and out of respect for other guests, we kindly ask you to switch off your mobile phones in our spa area and deactivate the vibration. We also ask you to refrain from making phone calls.

Children and teenagers are welcome when accompanied by an adult. The spa area is a place of rest and relaxation, and we ask you to take this into account. The children's swimming pool is in the Hotel Schweizerhof. The indoor swimming pool is for swimmers. There is no lifeguard. Parents are responsible for the supervision of their children. Outside pool is for children and adults from 14 years onward.

We wish you good relaxation!

CARE WITH MY BIOLUXE DEYNIQUE



My bioLUXE from the Hotel Lenzerhorn cosmetics studio:

Gentle aromas, sensual worlds and soothing fragrances make the experience complete: My bioLUXE ethereally stimulates your senses and plays with harmonious floral, fresh fruity and maritime notes. bioLUXE gently evokes moods in your soul, giving you balance, relaxation and soothing serenity. The feeling of a deep connection to pure nature: beautiful and flooded with light, ethereal and atmospheric. The touch of a light breeze with a delicate fragrance. Deynique is a unique synergy principle.

Cosmetic measures, active substances, methods and factors are used that mutually support each other.

You can buy all the products below at our wellness reception. Our beautician will be happy to advise you!

Pure Elderflower – Cleanser	100 ml	45 CHF
Pure Aloe - Tonic	100 ml	45 CHF
Pure Almond – anti – aging - Cream	50 ml	99 CHF
Pure Jojoba - balancing - Cream	50 ml	87 CHF
Pure Elements – 4in1 - Mask	100 ml	77 CHF
Pure Grape Seed – Eye Serum	15 ml	56 CHF
Pure Hyaluron – Face Elixir	30 ml	109 CHF

MASSAGES

Full – Body Massage classic

A soothing full-body massage of legs, arms, back and neck. Blockages and tensions are loosened.

Duration	45 minutes	CHF 110.00
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Duration	60 minutes	CHF 130.00
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Full – Body Massage with aromatic oil

Choose your favourites from a variety of fragrances and we will take you to relaxation with a relaxing full-body massage technique.

Duration	45 minutes	CHF 120.00
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Sports Massage

A sports massage reduces the body's recovery time after a training session and prevents sore muscles. Cramps that develop during sport can be treated with stretching grips. Regular massages can loosen connective tissue adhesions and hardening in the muscles. After sport, the massage is regenerative and loosening. Before sport, the body is prepared for sport performance.

Duration	45 minutes	CHF 135.00
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Duration	20 minutes	CHF 75.00
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«Gua Sha» Massage

The Gua Sha massage provides lasting well-being in a holistic way.

The name "Gua" means scraping and "Sha" means skin reaction. The skin is slowly massaged with various stones, which leads to a deep relaxation of the body and mind.

Duration	20 minutes	CHF 60.00
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Duration	45 minutes	CHF 110.00
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Duration	60 minutes	CHF 130.00
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Partial Body Massage

Classic partial body massage for back, shoulders, neck or optionally legs.

Duration	20 minutes	CHF 60.00
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Back – Neck Massage

The back and the neck are the two parts that are most often tense in humans. Targeted treatment of the back, shoulder, lower back and neck loosens the muscles.

Duration	35 minutes	CHF 90.00
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Foot Reflexology Massage

Activation of the individual foot reflex zones for relaxed feet and general well-being. Not suitable for pregnant women.

Duration	20 minutes	CHF 60.00
Duration	45 minutes	CHF 110.00

Combination DUO Massage

Deeply relaxing and specially tailored to your needs. Enjoy a combination of back and foot reflexology or back and head massage.

Duration	45 minutes	CHF 110.00
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Lymphdrainage

The gentle manual full-body massage. It activates the lymph flow and supports the immune system.

Duration	45 minutes	CHF 110.00
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Lymphdrainage for the face

Gentle activation and decongestion of the lymph flow in the face.

Duration	20 minutes	CHF 60.00
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Head - or Facial Massage

Deep relaxation and regeneration - sit back and enjoy. Unwind with a soothing head or facial massage.

Duration	20 minutes	CHF 60.00
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Vietnamese Facial Reflexology Massage – «Vinama»

The facial Vinama massage is a holistic regeneration programme for the face. Your sensory perception becomes more intense and you gain more vitality and quality of life. Vital points and reflex zones are stimulated with the hands and with "Vinama instruments" - by rubbing, pressing, vibrating, tapping, rolling, stroking, warming and cooling.

Duration	45 minutes	CHF 110.00
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Hot-Stone-Massage

Experience the power of hot stones. Warm lava stones pamper the whole body. Tensions are released and pleasant warmth floods the body. The lymph flow is strengthened and the tissue metabolism is increased.

Duration	45 minutes	CHF 120.00
	Back & Back of the legs	

Duration	75 minutes	CHF 150.00
	Full Body	

THERAPEUTIC TREATMENTS

In our wellness range we also offer therapeutic treatments.

We ask you to come with light, sporty clothing.

Dorn-Breuss Massage

This method is a gentle but effective treatment concept. With light pressure, joints, pelvis and spine are brought into their physiological position. All this is done without manipulating or using force on the body. This therapy serves as preventive health care or as a guide to self-help. Finally, you will receive a Breuss massage with St. John's wort oil (20 min). The tissue and the intervertebral discs are to be loosened by the special massage technique and the massaged-in St. John's wort oil, and become elastic and supple again.

Duration	60 minutes	CHF 140.00
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Biodynamic Cranio-Sacral Therapy

Cranio-sacral therapy is a gentle bodywork that addresses the human being in its entirety and is oriented towards the healthy. The body is examined in its entirety. To do this, the cranio-sacral practitioner places his hands on the body and tunes into the cranio-sacral rhythm. Special techniques are always used to treat the head, spine, chest, pelvis, arms and legs individually.

Cranio-sacral therapy is often used for whiplash, chronic pain, headaches and migraines, tinnitus and digestive problems, immune system disorders or when stress interferes with normal body functions.

Duration	60 minutes	CHF 140.00
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WELLNESS WITH AYURVEDA

Abhyanga - Ayurvedic Full Body Massage

The most famous of the Ayurvedic massages. Gentle, sweeping and circular massage strokes, which merge into one another in gliding movements and bring body, mind and soul into harmony and unison. An indescribable feeling of wholeness and fullness arises when every centimetre of the skin is doused with warm sesame oil and then sensitively massaged. Vitality and energy return.

Duration	45 minutes	CHF 130.00
Duration	80 minutes Full body	CHF 180.00

Padabhyanga - Ayurvedic leg and foot Massage

More attention for your feet - they carry you for a lifetime. This massage has a very calming and balancing effect. Your legs and feet are pampered with special grips and warm oil.

Duration	45 minutes	CHF 110.00
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Upanahasveda - Strengthen your back

Is an incredibly soothing, deep-action Ayurvedic back massage that strengthens your back and allows the power to flow along your spine again.

Duration	45 minutes	CHF 110.00
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COSMETICS

My bioLUXE - DEYNIQUE has been tested for compatibility and is NATRUE-certified. Guaranteed 100% vegan, with carefully selected ingredients from controlled organic cultivation. With plant oils that contain valuable active ingredients. Highly effective and highly sustainable. Without genetically modified organisms, silicones, parabens, microplastics, synthetic fragrances and mineral oils. And of course, completely without animal testing. Mindful and sustainable, in the interests of your health, in the interests of nature.

Time for me - freshness boost

My natural beauty therapy. Maximum intensity.

Restoring youthful skin balance - this is finally possible with genuine natural cosmetics at a premium level: My bioLUXE high-performance care regulates your skin condition with the maximum power of pure natural organic active ingredients. In their special biocosmetic system, the precious beauty boosters in the products reinforce each other - to their maximum performance. This combination stimulates the self-healing powers in the best possible way, allowing your skin to regenerate from the inside out.

Short, refreshing facial treatment for in-between. Simply drop everything and feel good.

Duration	60 minutes	CHF 120.00
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Organic Face Lift with Aloe Vera

Wrinkle reduction through manual contraction with active-biological lymph activation based on the medicinal plant aloe vera. A firming concept for face, neck and décolleté. A mask mixture of concentrated bio-substances unfolds smoothing effectiveness, draws used fats and deposits out of the pores and activates the lymph. The circulation of blood and moisture is stimulated. Lines, wrinkles and folds are then filled. Depending on the skin condition and age, with hyaluron, collagen, elastin, peptides, aloe vera.

The result: wrinkles are reduced and the overall skin texture is improved, finer and appears plumper.

Duration	60 minutes	CHF 120.00
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Duration	80 minutes	CHF 160.00
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High Skin Anti Age - Intensive Facial Care

This special treatment stimulates blood circulation and has a very smoothing effect. Power against genetic and hormonal skin ageing. For a firm, plump and youthful appearance.

You can expect: cleansing, peeling, steaming, cleansing, eyebrow correction, ampoule, smoothing mask, massage, hand massage, eye care and finishing care.

Duration **80 minutes** **CHF 160.00**

Deep cleansing - blemished skin

Special treatment with micro pulverised algae. The skin is detoxified and purified. Ideal treatment for impure skin to balance, moisturise and clarify.

You can expect: cleansing, peeling, steaming, intensive cleansing, eyebrow correction, individual serum, massage, algae mask, eye and final care.

Duration **60 minutes** **CHF 120.00**

Moisturising care - vibrant freshness

Treat your skin to an exclusive moisturiser. Natural freshness and softness return, rough skin and feelings of tension no longer stand a chance. Your skin shines again in new splendour.

You can expect: cleansing, peeling, steaming, cleansing, eyebrow correction, serum, special mask, massage, hand massage, eye and final care.

Duration **75 minutes** **CHF 140.00**

Facial Treatment «Bergstein Signatur Spa Ritual»

Brightness, radiance, vibrations and energy are gifts from the depths of the earth - the crystals that can be found on mountain hikes to the surrounding mountain peaks.

Already after the first treatment, the complexion is beautifully smoothed, the lost hydration capacity is restored and active minerals and a high concentration of silicon renew the regenerative capacity. The ritual helps the skin maintain firmness and elasticity. The result is beautiful, brightened skin.

You can expect: Slightly warmed gemstones are used during the treatment. The complexion is clarified with rock crystals. A complexion peeling with Moroccan clay mineral earth is performed at the beginning. The facial massage is a composition of a pink crystal, magnesite and aventurine quartz, so that their minerals together with rejuvenating massage oil achieve maximum effect. The subsequent special application of a rejuvenating serum with jadeite - the stone of youth, freshness and brightness - concludes the ritual.

Duration	80 minutes	CHF 160.00
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DECORATIVE COSMETICS

Cosmetics

Eyebrow shaping	ca. 20 minutes	CHF	30.00
Dye eyelashes	ca. 30 minutes	CHF	30.00
Eyebrow colouring	ca. 20 minutes	CHF	30.00
Eyelash & Eyebrow Tinting & barrel	ca. 45 minutes	CHF	60.00
... included in a facial treatment	ca. 45 minutes	CHF	50.00

BEAUTIFUL HAND & FEET

Pampering manicure

Pamper your hands with an exclusive manicure. After a soothing peeling, warming hand bath and mask, your nails are filed, polished and the cuticles removed. The hand massage with a nourishing cream leaves your skin feeling velvety soft.

Cosmetic manicure

Duration	70 minutes	CHF 85.00
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Cosmetic manicure

Duration	35 minutes	CHF 45.00
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Additional bookable services:

Manicure incl. nail lacquer

Duration	+15 minutes	CHF 10.00
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Pampering pedicure

Activate tired feet with a pleasantly warm foot bath and peeling. We will then rid your feet of rough skin, give your nails a shiny finish and pamper you with a foot massage.

Cosmetic pedicure without nail lacquer finish

Duration	60 minutes	CHF 80.00
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Cosmetic pedicure incl. nail lacquer finish

Duration	75 minutes	CHF 90.00
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COSMETICS FOR MEN

Men's hour

This treatment is ideal for discovering! You can expect: cleansing, peeling, steaming, cleansing, eyebrow correction on request, mask and individual final care.

Duration **60 minutes** **CHF 120.00**

