

# MASSAGE ART

## THE ESSENTIALS

### Relaxing Body Massage

Calming massage that relaxes muscles tension as well as stress

60 mn Chf 150.-  
1h 30 mn Chf 230.-

### Deep tissues massage

This massage is done with pressure to reach deeper levels of muscles.

60 mn Chf 160.-

### Aroma Massage

A harmonious body massage, using essential oils chosen to suit your particular requirements. This treatment includes an invigorating face and body massage.

60 mn Chf 160.-

### Californian massage

Very relaxing massage with long and fluid movements for the perfect well-being of body and spirit.

1h 15 mn Chf 200.-

### Back Massage

40 mn Chf 110.-

### Head and Neck Massage

20 mn Chf 70.-

## OUR SPECIALS

### Reflexology

Massage applying pressure on specific reflex points of the feet, legs or hands.

30 mn Chf 90.-  
60 mn Chf 170.-  
1h 30 mn Chf 250.-

### Shiatsu

A Japanese massage technique using thumbs, palms and fingers to apply pressure on specific points of the body to promote health and well-being.

50 mn Chf 150.-

### Lymphatic drainage

A slow and rhythmic massage that stimulates the lymphatic system and helps to detoxify the body.

60 mn Chf 170.-

### Slimming Massage

A tonic treatment that eliminates the capitons and slims your body.

40 mn Chf 110.-

### Hot stone massage

Relaxing massage with manual techniques and movements with warm volcanic stones which will help to restore your body and spirit.

60 mn Chf 190.-

# VALMONT

**Valmont is a Swiss cosmetic label famous for being an anti-age specialist. Always at the top of technology, the label uses the best of Swiss heritage and offers ethics and high quality products. DNA and collagen have been associated to natural elements such as glacier's water and plant's extract to provide a visual and durable result.**

<b>Discovery treatment Valmont</b>	<b>40 mn</b>	<b>Chf 130.-</b>
An express treatment which reveals in a minimal amount of time all the benefits of the Valmont line, smoothes the features and refreshes the complexion thanks to the Renewing Pack facial mask.		
<b>Moisturizing and Regenerating Glaciers Vitality treatment</b>	<b>1h 20 mn</b>	<b>Chf 220.-</b>
This technical treatment combines a collagen mask with a densifying nano-emulsion to fight the visible signs of time. The skin recovers its firmness and facial contours appear more shaped. Results are visible and long-lasting.		
<b>Repairing Vitality Treatment</b>	<b>1h 20 mn</b>	<b>Chf 220.-</b>
This treatment is specifically created to repair the deep skin layouts in the shortest period. Your skin will recover softness and energy.		
<b>Peaks of purity anti-ageing treatment</b>	<b>1h 20 mn</b>	<b>Chf 220.-</b>
A genuine rebalancing anti-ageing treatment with all the purity of Glacial Spring Water for thorough skin cleansing and the benefits of the collagen mask. The skin regains freshness and purity while wrinkles and fine lines disappear.		
<b>Intensive brightening Treatment Valmont</b>	<b>1h 20 mn</b>	<b>Chf 220.-</b>
This treatment features all the properties of vitamin C: it illuminates the complexion and smoothes the skin to eliminate dark zones and restore all its sparkle. The results are visible. The complexion appears immediately radiant and uniform.		
<b>Anti-ageing intensive ICCT lifting treatment</b>	<b>1h 20 mn</b>	<b>Chf 220.-</b>
An enhanced treatment thanks to the application of the original medusa tensing collagen and the intensive lifting massage ... At the end, the oval of the face reappears clearly, the wrinkles are smoothed out and the face is visibly lifted, having fully regained density.		
<b>Eye contour lifting intensive treatment</b>	<b>45 mn</b>	<b>Chf 110.-</b>
Thanks to lymphatic drainage, to lifting massage and to reflexology, fine lines and wrinkles are smoothed out, dark circles fade away. The look regains its youthfulness.		
<b>Glaciers Vitality treatment for men</b>	<b>1h 20 mn</b>	<b>Chf 220.-</b>
High tolerance smoothing and regenerating facial treatment for men: this facial eliminates dead cells gently thanks to the benefits of the collagen mask. The skin regains freshness and purity.		

# VALMONT

## **Elixir des Glaciers Ultimate Face and Body Treatment**

**2h 00 mn Chf 600.-**

When the quintessence of a formula meets a voluptuous ritual, a complete anti-aging's treatment raises up, very refirming and subliming for face and body. This treatment is dedicated to the most refined ladies. A luxurious and high performance treatment to celebrate the women's beauty.

### **During the mask with collagen we suggest you:**

- Hands massage
- Feet massage

**30 mn Chf 60.-**  
**30 mn Chf 60.-**

## **OPTIONS**

### **Application of a collagen mask for neck and décolleté**

**30 mn Chf 110.-**

### **Application of a collagen mask for hand**

**30 mn Chf 110.-**

### **Intensive Hand Repair Treatment**

**55 mn Chf 200.-**

This softening, regenerating, brightening, hands and nails treatment, includes gentle exfoliation and luxurious calendula hand bath. Cuticles and nails are nourishing, soothed and relaxed, with the very famous Hand Nourishing Cream Valmont while amazing collagen mask is used to regenerate, refine and moisturize the skin.

### **Instant Shine Treatment VALMONT**

**30 mn Chf 120.-**

This treatment stimulates hair growth and provides an incredible degree of well-being in a record time.

## **EXPRESS TREATMENTS - VALMONT**

### **Eyes contour express treatment**

Fine lines and Wrinkles are smoothed out, dark circles fade away. The look regains youthfulness.

**30 mn Chf 75.-**

### **Brightening express treatment**

Wrinkles and fine wrinkles are smoothed, and your skin finds an immediate brightness thanks to acids of fruits.

**30 mn Chf 85.-**

### **«Rounded bush» treatment**

The skin finds flexibility and firmness thanks to a mask re-curve in proteins of milk.

**30 mn Chf 80.-**

## TREATMENTS «THE SPA»

<b>Body Peeling</b> Amazonia	30 mn	Chf 75.-
<b>Body Wraps</b> Cacao / Aloe Vera / Green Tea / Seaweed / Sea Salt / Clay / Sea Essence	20 mn	Chf 75.-
<b>Peeling + Wraps</b>	60 mn	Chf 120.-
<b>Peeling + Wraps + Relaxing body massage (40 mn)</b>	1h 40 mn	Chf 200.-
<b>Peeling + Wraps + Facial treatment THE SPA</b>	1h 30 mn	Chf 200.-

## BEAUTY RITUALS FOR COUPLES

THE SPA invites you to discover the beauty experience in couple and to share the unforgettable moment in a private space.

### LA CULLA DI OLOS

<b>Complice Escape</b> Hammam with eucalyptus oil / Sauna Yunnan Imperial tea ritual / Sunflower's grains peeling with essentials oils Relaxing and filling life with The Spa massage	1h 30 mn	Chf 350.-/pers
<b>Sweet Feelings</b> Hammam with eucalyptus oil / Sauna Relaxation, tea ritual and sweetness of the treatment / Sensual bath with flowers Savoured peeling with aloe vera / Relaxing and filling life with The Spa massage	2h 00 mn	Chf 425.-/pers
<b>Unique Sensation</b> Hammam with eucalyptus oil / Sauna Green Anhui tea ritual / Sensual bath with flowers Savoured peeling with apricot seeds / Relaxing and filling life with The Spa massage Gentle bubbles and sweetness of the treatment	2h 30 mn	Chf 500.-/pers

# FOR A SILKY SKIN

## WAXING

Lips		Chf 25.-
Eyebrows		Chf 25.-
Underarms		Chf 30.-
Half-arms		Chf 35.-
Arms		Chf 45.-
Half-legs		Chf 60.-
Complete legs		Chf 80.-
Classic bikini		Chf 30.-
Complete bikini		Chf 65.-

## PERFECTION CARES

Eyelash tint	20 mn	Chf 50.-
Eyebrow tint	20 mn	Chf 50.-
Eyelash and eyebrow tint	30 mn	Chf 85.-

## NAILS BEAUTY TREATMENTS

Manicure without nail polish	Chf 60.-
Manicure with paraffin gloves	Chf 80.-
Nail polish hands or feet	Chf 25.-
French manicure	Chf 30.-
Pedicure	Chf 85.-
Thalasso pedicure	Chf 100.-

## TANNING TREATMENT

Solarium	7 mn	Chf 20.-
	14 mn	Chf 35.-

## FOR THE SHAPE

Includes fitness, swimming pool, sauna and hammam.

Day (Outside Guests)	Chf 50.-
Day (Hotel Guests)	Chf 30.-
Week	Chf 200.-
14 days	Chf 300.-
1 month	Chf 400.-
Season	Chf 500.-

### SPORT

Fitness Trainer's personal lessons	30 mn	Chf 80.-
	60 mn	Chf 120.-

### NATATION

Babies	Chf 70.-
Pregnant women	Chf 80.-
Aquaphobie	Chf 100.-
- 5 lessons : Chf 400.-	
Aquagym (group)	Chf 70.-
- 2 lessons / week : Chf 100.-	
- 3 lessons / week : Chf 150.-	

All lessons are adapted by a professional swimmer / professional fitness trainer.  
Seasonal fitness member benefit of **50% discount** for sport and natation lessons.

# CARITA FACE CARE

The Carita face cares are proposed in 2 different versions: MYTHICS (1h treat.) and SUPREME (from 1h15 to 1h45 treat.)

## Lagoon hydration

*Refreshing replenishing care - Dehydrated skin*

*(without ideal pro lift)*

**1h 30 mn Chf 180.-**

**60 mn Chf 120.-**

Bathe your skin in Polynesian lagoon water! Benefit from a combination of powerful moisturizing cares, rich in lagoon water, and massage techniques (Ideal PRO-LIFT and renovator) that promote the absorption of active ingredients. Emerge from this refreshing bath with plumped-up skin and a radiant face!

## Cotton softness

*Tender smoothing care – Sensitive skin*

*(without ideal pro lift)*

**1h 30 mn Chf 180.-**

**60 mn Chf 120.-**

Entrust your skin to the gentle hands of the beauty therapist, whose soft touch immediately soothes and comforts. Designated for the most sensitive skin, this treatment combines gentle massages (Ideal PRO-LIFT and renovator) and products rich in soothing and restructuring ingredients. Let yourself be pampered by this cocooning treatment, a genuine source of soothing and comfort that evens out the complexion.

## Rice milk nourishment

*Delicious nourishing care – Dry skin*

*(without ideal pro lift)*

**1h 30 mn Chf 180.-**

**60 mn Chf 120.-**

Offer your skin the nutrients it needs to maintain its vitality and balance with this treatment designated for dry, tight-feeling skin. Spend a delicious moment basking in relaxation as your face is wrapped in a blend of rice milk cream and warm rice balm.

## Papaya purity

*Balancing matifying care – Combination to oily skin*

*(without ideal pro lift)*

**1h 30 mn Chf 180.-**

**60 mn Chf 120.-**

Designed to meet the needs of combination to oily skin, this treatment purifies the skin and restores its balance. Give your skin all the benefits of a “deep” cleansing with a professional purifying serum and Ideal PRO-LIFT. Rediscover the beauty of a glowing matte complexion.

## Lift firming

*Toning revitalizing care – Sagging skin*

*(without ideal pro lift)*

**1h 45 mn Chf 235.-**

**60 mn Chf 120.-**

Combining high-performance anti-ageing products, manual and specific massage techniques with Ideal PRO-LIFT, this firming treatment has an immediate smoothing effect on the skin. Patches specially formulated for the eyes and lips help redefine these fragile areas. The skin is firmed and toned, and wrinkles are smoothed out.

## Sculpting gold perfection

*Expert ultra-firming care – Demanding skin*

**1h 45 mn Chf 264.-**

An unforgettable experience combining effectiveness, performance and pleasure of the senses. A specific massage with the new Ideal PRO-LIFT device, targeting facial contours, complements the remarkable effectiveness of this treatment. The contours are visibly toned. The skin recaptures youthfulness, vitality and radiance.

**Intensive program SCULPTING GOLD PERFECTION:** 1 TREATMENT Sculpting gold perfection (1h45) and 4 sessions Ideal Pro-lift (1h) price : CHF 1000.-

## CARITA FACE CARE

### **A moment for him – Carita's experience for men**

A special moment just for him, easy to fit despite an over-booked time-table! A regenerating treatment to escape from the daily stress and get a strong well-being.

Effects are instantly visible on skin for an optimal wellness.

<b>Relax treatment «fresh and pure»</b>	<b>60 mn</b>	<b>Chf 120.-</b>
<b>Relax treatment «smooth and lift»</b>	<b>75 mn</b>	<b>Chf 140.-</b>

## CARITA BODY CARE

<b>Satin skin</b>	<b>1h 15 mn</b>	<b>Chf 180.-</b>
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*Massage, exfoliation, body wraps*

Developed by the Carita sisters, this toning treatment offers a draining, an all-over body scrub to eliminate dead skin cells, followed by a massage to moisturize the skin and give it a radiant glow.

Revel in the beauty of satiny skin...

<b>Intense refining contour</b>	<b>1h 30 mn</b>	<b>Chf 200.-</b>
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*Streamlining and detoxifying care*

Reshape and refine your body with treatment combining a renovator scrub, a wrap in a foam rich in refining active ingredients, draining care, toning and firming massages. This complete treatment offers visible results after the very first session. For best results, a course of 10 treatments is recommended.

**Intensive program INTENSE REFINING CONTOUR:** 2 treatments intense refining contour 1h30 (Chf 200.-) + 8 sessions Idéal Pro-lift 1h (145.- Chf). You will benefit 10% reduction with this program for a total of Chf 1404.- instead of Chf 1560.-.

<b>Perfect Body</b>	<b>1h 30 mn</b>	<b>Chf 230.-</b>
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*Firming and sculpting care*

Treat your body to the benefits of an exceptional treatment offering anti-ageing efficacy and total relaxation. Refine your contours and tone your body thanks to a unique massage technique that combines Ideal PRO-LIFT with "concentré parfait corps" a professional serum ultra-rich in firming ingredients. For best results, a course of five treatments is recommended.

**Program BODY PERFECT intensive:** 1 treatment body perfect 1h30 (Chf 230.-) + 4 sessions Ideal Pro-Lift 1h (Chf 160.-). You will benefit 10% reduction with this program for a total of Chf 783.- instead of Chf 870.-.

# HAIR CARES

## **L'Essentiel Hair \***

**30 mn Chf 70.-**

After careful brushing of the hair, CARITRIX and REVITALISING SCRUB FOR THE SCALP are applied for a scalp massage. The treatment is completed with the application of the shampoo and mask suited to your hair type. In just 30 minutes,

## **Le Mythique Hair \***

**60 mn Chf 140.-**

This hair and scalp treatment begins with an exfoliation of the scalp using Rénovateur to stimulates the microcirculation creating a sensation of calm and relaxation. The shampoo and mask suited to your hair type are then applied. A manual massage on the neck and shoulders with FLUIDE DE BEAUTÉ 14 extends this moment of well-being.

## **\* Brushing**

**Chf 80.-**