

# MASSAGES

## ENTRE PICS & MONTS, Alpeor

A medium pressure massage with Alpeor precious oils providing an intense relaxation 60/90 min 230/320.-

## SPORT MASSAGE

A deep tissue massage that helps to restore the balance of the muscles, tendons and joints after sport. 60/90 min 230/320.-

## DE-STRESS MASSAGE

Our signature massage perfect to enhance your energy and vitality 60/90 min 230/320.-

## ALPINE STRETCH & MASSAGE

A deep tissue massage with stretching will help to reduce discomfort and tension in the muscles 90 min 320.-

## MOTHER TO BE

For women in their second and third trimester of pregnancy. This massage relaxes and relieves tensions 60/90 min 230/320.-

## TAILOR-MADE MASSAGE

Personalize your massage. Choose the areas to treat, the intensity and the pressure 60/90 min 230/320.-

# BODY RITUALS

## LEGS SLIMMING RITUAL

### by Dr. Burgener

The Cryofit wrap based on camphor, menthol and essential oils, helps to burn fats and improves circulation 60 min 220.-

## ANTI-AGING RITUAL

This elixir of youth uses grape pearls, a powerful antioxidants. A scrub is followed by a grape body wrap and a relaxing hydration of the ski (30') 90 min 295.-

## DETOX RITUAL

We start with a scrub using purifying salts from the Swiss Alps to improve blood circulation, followed by a remineralizing wrap with Fucus algae and a relaxing massage with our precious body oil to restore skin balance 120 min 390.-

# FACIALS

## GOLD & GREEN CAVIAR by Dr. Burgener

A regenerating booster that combines ultrasound waves for a deep stimulation of the cells with an intense dose of green caviar and the antioxidant power of gold 90 min 390.-

## LIFTING & FIRMING by Dr. Burgener

The ultrasound waves boost the natural collagen and elastin production. The result is a firmer, smoother, more even complexion with a firming effect 90 min 390.-

## NOURISHING or PURIFYING

### by Dr. Burgener

For skin lacking balance, this treatment eliminates impurities, decongests and tightens pores. If your skin needs hydration, our treatment provides extra vitamins 60 min 260.-

## ANTI-AGING FOR MEN

### by Dr. Burgener

A treatment specially designed for men to purify, treat and stimulate the epidermis. The application of hyaluronic acid helps to restore the skin 60 min 260.-

## RICH MOUNTAINS, Alpeor

This intense care will nourish and will bring immediate comfort to the skin 60 min 230.-

## ULTICELL ANTI-AGING, Alpeor

A premium forming treatment that repairs and stimulates the skin's self-regeneration 90 min 310.-

# ENHANCEMENTS

**HYDRA FILLER MASK** 25.-

**BRIGHTENING MASK, Alpeor** 25.-

**HYDRATING MASK, Alpeor** 25.-

**INSTANT EYE RADIANCE PATCH** 25.-

**CRYOTHERAPY SESSION** 60.-

# FEEL GOOD

## CRYOTHERAPY

The cold is used for therapeutic purposes. The treatment of the whole body at a temperature of -110°C for a period of 1,30 min up to 3 minutes stimulates the autonomic nervous system  
1 Session: 90.- / 10 Sessions: 750.-

## FIT & WET AREAS

Access 3 hours in winter - December to April 90.-  
Access 3 hours in summer - May to November 70.-  
Access included with a 60 min treatment

## YOGA & PILATES

Private class, one hour for one person\* 120.-  
Private class, one hour for two people\* 170.-

## COACH FITNESS

Personal training, one hour session, one person\* 120.-  
Personal training, one hour session, two people\* 170.-  
\*Reservation 48 hours in advance is required

# ADD-ON

Enhance your Spa experience with extra options to your treatment.

## FOOT REFLEXOLOGY

To recover your energy and well-being 30 min 135.-

## EXPRESS FACIAL, Alpeor

This personalized facial is designed exclusively to provide maximum results in minimum time 30 min 135.-

## HYDRA FILLER MASK

The moisturizing effect of hyaluronic acid and collagen rejuvenates the skin. The result is a fresh and soft complexion 30 min 135.-

## BODY EXFOLIATING PERFECT SKIN

Suitable for all skin types, It eliminates impurities, stimulates blood circulation and firms the skin. The polyphenol in grapes fights free radicals 30 min 135.-

## BEAUTIFUL EYES

ACTi flow combined with wazel extract to reduces eye contour fatigue. The eyes are relaxed, with a pleasant sensation of freshness 30 min 135.-

# PACKAGES

## JET LAG

50 min 225.-

Full body cryotherapy session, 3 minutes  
Light legs massage, 45 minutes  
Access to FIT & WET areas

## GLAM by Alpeor

2 hours 415.-

Massage of your choice, 60 minutes  
Alpeor facial, 60 minutes  
Access to FIT & WET areas

## YOU 2

4 hours 795.-

Enjoy this unique treat with your +1  
Massage of your choice, 60 minutes  
Dr. Burgener facial, 60 minutes  
Two glasses of champagne  
Access to FIT & WET areas

## LOOK YOUNGER by Dr. Burgener

Scrub & detox body wrap, 60 minutes 3h30 695.-  
Massage of your choice, 60 minutes  
Gold & Green Caviar facial, 90 minutes  
Detox juice / water  
Access to FIT & WET areas

Using sauna or steam room is recommended prior any ritual or treatment

## SPA ETIQUETTE

**Changing areas.** You are welcome to use dressing rooms either before or after your treatment. Lockers are available for your personal belongings.

**Outfit at Le Spa.** For your comfort, we will provide bathrobe and sleepers. You are requested to wear a swimming suit during your stay at Le Spa. During the treatment, you can either wear your underwear or our therapists will provide disposable underwear.

**Security.** Children under 16 years of age will be accompanied by an adult. For health and safety reasons, access to the sauna, steam baths and jacuzzi are strictly reserved for adults above 16 years of age. It is highly recommended to avoid any alcohol consumption before and during your stay at Le Spa.

## RESERVATIONS

Walk-in appointments are welcome, however guests are encouraged to make arrangements in advance. All reservations must be secured with a credit card. You are kindly requested to inform us about your state of health when making your reservation (pregnancy, high blood pressure, heart conditions, allergies).

## ARRIVAL AND CHECK IN PROCEDURES

We request your arrival at least **30 minutes prior to your treatment** time, providing you with ample time to check-in and prepare for your spa experience.

Should your arrival be delayed, please note that your treatment time will be reduced accordingly so that we may serve the next guest on-time. Late arrival will still result in full charge for your requested service, even though your actual treatment time may be reduced.

We request that you do not bring jewelry or valuables to your spa experience. Le Spa is not responsible for lost, stolen or misplaced items.

## CANCELLATION POLICY

Your reservations require that we schedule a Spa Talent and hold appointment times just for you. As a courtesy and to avoid full charges, we require a 24-hour notice should you need to change or cancel your reservation.

## OPENING HOURS

### Winter

**SPA & WET:** 9:30am - 8:30pm

**FIT:** Open 24 hours with card access

### Summer

**SPA & WET:** Mon to Fri: 11am - 8:30pm

Week-end & public holiday: 9:30am - 8:30pm

**FIT:** Open 24 hours with card access

Prices are in CHF. Tax and service charge are included

Treat your family and friends with a Gift Voucher!

### W VERBIER LE SPA

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W VERBIER

Le Spa

MENU