

AFTER AN ACTIVE DAY ON THE MOUNTAINS RELAX YOUR MUSCLES AND UNWIND WITH A TREATMENT IN THE LODGE SPA.

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in enhancing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.



AROMATHERAPY ASSOCIATES FACE

ULTIMATE FACIAL

30 mins - CHF 90

60 mins - CHF 175

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

AGE REPAIR FACIAL

60 mins - CHF 175

90 mins - CHF 205

An intensive treatment to reduce the signs of ageing. The skin is cleansed, exfoliated and massaged before applying a unique dual layer mask, to firm and plump. Delivers instantly visible results.

MEN'S TREATMENTS

THE REFINERY ESSENTIAL FACIAL

30 mins - CHF 85

60 mins - CHF 165

This deep cleansing and brightening facial for men, will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

THE REFINERY SHAVE

30 mins - CHF 60

This is a safety shave and comprises of hot mitts, exfoliation, application of shave cream, shave and moisturise

MASSAGE

THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Carefully applied pressures stimulate the nervous system using Swedish and neuromuscular techniques to relieve muscular tension and lymphatic drainage to help encourage healthy circulation. Stresses and strains are dissolved away.

Back, neck and shoulder

30 mins - CHF 85

Full body massage

60 mins - CHF 165

Full body, face and scalp massage

90 mins - CHF 195

INTENSE MUSCLE RELEASE

30 mins - CHF 95

60 mins - CHF 180

An intensive deep massage that soothes tight, tired and aching muscles, to instantly release pain and tension.

IMMUNE RECOVERY

45 mins - CHF 140

Cleansing, clearing and decongesting, this upper body massage treatment helps clear the mind and support the immune system. Focusing on the back, neck, shoulder and scalp.

LASTONE THERMO-THERAPY

Massaging with both hot and cool basalt stones has been used in ancient China, India, and by Native American Indians for centuries. Alternating the temperatures of the stones will literally melt away any tension and re-energise the mind, body and soul.

ORIGINAL BODY

60 mins - CHF 175

90 mins - CHF 205

Full body treatment using the alternating temperatures of heated basalt and cooled marble. Placement stones balance mind, body and spirit while the massage stones melt tension and stress from the muscles.

BACK BLISS

45 mins - CHF 110

Loosen up the muscles of the back, neck and shoulders and feel the cool stones melt away the tension.

LASTONE THERAPEUTIC DEEP STONE

APRÈS SKI

30 mins - CHF 85

Designed by LaStone exclusively for The Lodge to help after a day of skiing or walking. This treatment will help relax specific problem areas. Theroutine uses deeper LaStone techniques with cool marble stones.

LASTONE SOLE

30 mins - CHF 70

Ideal treatment after skiing and walking to maintain flexibility in the feet and ankles. *Can be added to any treatment, or as a stand-alone treatment.

LASTONE GEOTHERMAL EAR CANDLING
30 mins - CHF 50

Ear candles are used to aid many conditions. This treatment is great after flying as it will ease sinus congestion and also works well after being on the mountain skiing all day to balance atmospheric changes.

*Can be added to any treatment, or as a stand-alone treatment.

SCRUB AND WRAP

DETOX AND REVIVE
60 mins - CHF 165

Perfect for times of over indulgence or when you're just feeling a little sluggish, this treatment combines zesty citrus oils to leave you feeling invigorated and full of energy. The treatment begins with an exfoliation, followed by an application of revive serum and oil which is then massaged in, finished by a scalp massage and assisted stretches.

ROSE HYDRATOR
60 mins - CHF 165

This intensely hydrating treatment includes a body polish and the layering of rich rose serum, oil and cream. Leaves your skin feeling radiant, soft and smooth and your spirits bright and uplifted.



HAIR AND MAKEUP IN CHALET SERVICE

Blow-Dry

Hair must be washed before arrival of your stylist

Up to 45 mins - CHF 105

Blow-Dry and Styling - Tonging, Pin Curls or Rollers

Hair must be washed before the arrival of your stylist

Up to 60 mins - CHF 140

Hair Up (on dry hair)

Up to 60 mins - 140CHF

Ladies Haircut and Blow-dry

Up to 60 mins - 140CHF

Gents Haircut and Blow-dry

Up to 45 mins - 105CHF

Makeup Application

Up to 60 mins - 140CHF

All cancellations must be made with a minimum of 24 hours' notice. A full payment charge will apply for all cancellations with less than 24 hours' notice. Please be ready for your appointment time. It is not always possible for stylists to stay longer than the allocated time due to other appointments. There may be an additional CHF 35 charge for going over your appointment time. If you are late you will still be charged for your allocated time.

GENERAL INFORMATION

- Please use the Jacuzzis and pool at your leisure.
- You can book your treatment before you arrive by contacting our reservations team or when you arrive at The Lodge by speaking to our therapist or any member of staff.
- Treatments are not included in the normal rates and are priced in Swiss Francs. Please note that prices are subject to change without notice.
- If you are unable to make your appointment for any reason please let one of our team members know the day before. A 100% cancellation charge will apply for any appointments cancelled on the same day.
- Treatment times shown indicate total booked time. Your treatment will finish 5 minutes short of this time so that your therapist can prepare for the next client.
- Please be on time for your appointment as during busy periods minutes missed due to a late arrival cannot be added to the end of a treatment.

HANDS & FEET

LUXURY PEDICURE

60 mins - CHF 85

Paradise for the feet... After a long day on your feet, indulge with some of nature's most soothing botanicals, restoring your soles with refreshing and re-energising properties.

LUXURY MANICURE

45 mins - CHF 75

A luxurious step to more beautiful hands. Using a system that exfoliates, revitalises, renews and protects, hands are left feeling soft and nourished.

INTENSELY NOURISHING HAND OR FOOT TREATMENT

30 mins - CHF 50

A deeply restorative treatment for dry, hardworking hands or feet, skin is left feeling supple and velvety to the touch. The perfect addition to the luxury manicure or pedicure.

RENEW

30 mins - CHF 45

A basic tidy up for the fingers or toes, with your choice of conditioning OPI nail colour to finish.

SHELLAC MANICURE

45 mins - CHF 80

SHELLAC PEDICURE

60 mins - CHF 90

SHELLAC REMOVAL

CHF 15

CND Shellac polish lasts up to 14 days with no chips.

TREATMENT ENHANCEMENTS

The following can be added to any of your treatments.

15 mins - CHF 45

'THE PERFECT PARTNER'

Complement any treatment with a perfect sense paraffin wax treatment for the hands or feet to nourish, rejuvenate and soften the skin. Great for poor circulation.

LASTONE ROSE QUARTZ FACE THERAPY

Using heated and cooled rose quartz this specialised facial treatment increases circulation and brings nutrients, leaving the skin refreshed and revitalised. Rose quartz is the heart crystal, making this treatment very nurturing.

BODY REFINER

Prepare the skin for your massage treatment by exfoliating away dead skin cells and increasing the circulation resulting in better penetration of your chosen oil.

ESSENTIALS

Waxing

Full leg	45 mins	CHF 80
Half leg	30 mins	CHF 50
Bikini	15 mins	CHF 30
Underarm	10 mins	CHF 25
Facial	15 mins	CHF 20
Chest or back	30 mins	CHF 65

Eyes

Brow shape	15 mins	CHF 20
Brow tint	15 mins	CHF 25
Lash tint	20 mins	CHF 25
Lash & brow tint	30 mins	CHF 40

MAKE A WISH



The Make-A-Wish Foundation exists for one reason: to grant magical wishes to enrich the lives of children and young people fighting life-threatening conditions. Whether it's starring in their own films, walking with dinosaurs, going on an amazing holiday, meeting a celebrity hero, or having a life-changing bedroom makeover; our wishes are varied, personal and, most importantly, magical. The foundation goes above and beyond to grant very special wishes to very special children; their dreams made a reality at a time when they need it most. A child's life shouldn't be about illness, hospitals and diagnosis – it should be about wonder, joy and hope. www.makeawish.ch

In aid of this charity, we have devised a series of treatments whereby 15% of the money raised helps to raise funds for these worthy causes. Please ask our spa therapist for details.

THE LODGE SPA TASTER

60 mins - CHF 165

Indulge yourself and combine a 30 minute bespoke facial with a relaxing back, neck and shoulder massage using Aromatherapy Associates products.

INNER STRENGTH

60 mins - CHF 180

A deeply comforting back of body, face and scalp treatment, including a paraffin wax application, hot stone placement and massage techniques that will deeply comfort, nurture and support.