



# TSCHUGGEN BERGOASE

BY MARIO BOTTA



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SPA MENU

# NAIL LOUNGE

		CHF
Nail polish renewal		35
Nail polish during treatment		20
French polish		40
French polish during treatment		30
Classic manicure or classic pedicure, excluding nail polish	45 min.	85
Medical pedicure, excluding nail polish	60 min.	105
<b>SPA MANICURE, EXCLUDING NAIL POLISH</b>	70 min.	110
Professional manicure, including complete beauty and wellness programme for your hands, consisting of revitalizing hand bath, peeling, anti-aging serum and moisturizing massage.		
<b>SPA PEDICURE, EXCLUDING NAIL POLISH</b>	70 min.	110
Professional pedicure, including wellness programme for tired feet, consisting of foot bath, soothing peeling, moisturizing mask and massage.		

**Londontown – the new nail polish:** Vegan, gluten-free, without animal testing

With GelColor, **OPI** has introduced another innovation to let you keep your natural nails and still have a durable, yet soluble colour. GelColor is applied in several layers like a nail varnish and cured under a UV lamp. Tedious waiting for lacquer to dry is a thing of the past. Choose from various fashionable colours.

**OPI Infinite Shine** is a gel effects lacquer system which dries very quickly and last up to 10 days. Soak free removal.

		CHF
GelColor treatment hands or feet	approx. 30 min.	80
GelColor incl. classic manicure	approx. 75 min.	135
GelColor incl. classic pedicure	approx. 75 min.	135
GelColor removal	approx. 30 min.	40

**LONDONTOWN O·P·I**

# NEW – THE ORGANIC PHARMACY

All ingredients at The Organic Pharmacy are certified organic and 100% natural. They are free from artificial colourants, fragrances, petrochemicals and preservatives, with no testing on animals and a respect for the environment and fair trade.

Like the products of The Organic Pharmacy, the spa treatments combine the best of both worlds: nature and science. All products are characterized by their pure and 100% effective formulation, high dosage and the combination of pharmaceutical knowledge with homoeopathic principles.

## FACIALS

			CHF
ROSE CRYSTAL LYMPHATIC FACIAL	50 min.	125	
Our ultimate signature experience	75 min.	175	
Deep cleansing followed by three masks to decongest and brighten the skin. Lymphatic drainage & acupuncture massage firms and reduces puffiness. A massage of feet, hands, arms & scalp leaves you totally relaxed, fresh and glowing.			

		CHF
VITAMIN C AND PAPAYA ENZYME PEEL FACIAL	50 min.	145
Resurface and brighten		
Our high-potency mask targets age spots, pigmentation and uneven skin tone. Using the natural active ingredients of hibiscus, vitamin C, papaya and plant acids, this result-driven peel reveals flawless skin that is brighter, re-oxygenated, nourished, lifted and exceptionally smooth for a visibly younger complexion.		

		CHF
HYDRA DIAMOND EXFOLIATION	50 min.	155
Ideal for sun damaged skin, acne scars, age spots, wrinkles and dull skin with enlarged pores		
Densely packed diamonds glide over the skin with the micro-dermabrasion to exfoliate and remove dead skin. Vitamin infused hydrating water hydrates the skin and a customised mask leaves the skin looking instantly brighter.		

# THE ORGANIC PHARMACY

<b>FACIALS</b>			CHF				CHF
	<b>COLLAGEN BOOSTING HYDRA DIAMOND NON SURGICAL FACE LIFT</b>	75 min.	225	<b>FACIALS FOR HIM</b>	<b>MEN'S CLASSICAL FACIAL</b>	50 min.	120
	For dull tired skin that needs an immediate lift A fruit acid peel followed by hydra diamond exfoliation immediately brightens and hydrates the skin allowing a deeper penetration of collagen boosting actives and sodium hyaluronate with micro-current to lift and tone the muscles and skin.				Tailor-made for your skin Our Men's Classic Facial focuses on deep cleansing, hydration, repair and moisturisation. Packed full of antioxidants, plant extracts and herbs this facial leaves skin looking and feeling renewed.		

Clarins aromatic treatments – Exclusive products for maximum effectiveness, 100% manual method with immediate, long-term results. Care treatments from Clarins – an unforgettable skin care experience.

## FACIALS

**CLASSIC FACIAL** 90 min. CHF 190  
 A facial customized for your particular skin type, consisting of cleansing, peeling, steam, deep cleansing, massage, facial mask and finishing treatment.

**ULTRA-HYDRATING FACIAL** 50 min. CHF 160  
 This treatment has nourishing and stimulating actions which restore the skins natural balance and prevent the appearance of lines.

**TOTALLY GENTLE FACIAL** 50 min. CHF 160  
 This treatment is an SOS treatment for sensitive skin. Skin is immediately soothed and repaired.

**ANTI AGING FACIAL** 50 min. CHF 160  
 This treatment is an extra-firming, age-control treatment for a younger-looking skin.

## SENSAI SILKY SKIN FACIAL

These highly effective anti-aging treatments for the face combine specialized massage techniques and care products that hydrate the skin and lend it a youthful glow.

Look forward to a gently exfoliating double cleansing, a firming cream massage followed by a face mask and a hand massage. Finally, we pamper your skin with our double moisturizer and a unique silk powder for your décolleté. A delight for your skin and senses.

## FACIALS

**ULTIMATIVE SENSAI TSCHUGGEN FACIAL** 100 min. CHF 250  
 The most efficient deluxe anti-aging treatment for fresh, smooth and supple skin.

**LIFTING** 90 min. CHF 210

Treatment to lift skin around eyes, cheek, mouth and facial contours.

**WRINKLE CARE** 90 min. CHF 210

Intense treatment to activate the skin's own collagen to fill up fine lines.

**PURIFYING** 90 min. CHF 210

Relaxing deep cleansing treatment to regulate the production of sebum while refining the skin.

**SPARKLING EYES WITH SENSAI** 45 min. CHF 80

A special treatment for your eyes: eyelash tinting, eyebrow correction, relaxation massage, intensive eye mask and a final treatment to ensure that winning sparkle.

## COSMETICS

		CHF
Daytime Make-up	approx. 30 min.	50
Evening Make-up	approx. 45 min.	80
Eyelash colouring	20 min.	30
During treatment		25
Eyebrow colouring	10 min.	25
During treatment		20
Eyelash and Eyebrow colouring	35 min.	50
During treatment		40
Eyebrow shaping (as needed)	20 min.	25

## HAIR REMOVAL

		CHF
<b>FOR HER</b>	Upper lip/chin	from 20
	Bikini line or underarms	from 35
	Legs, half length	from 55
	Legs, full length	from 90
	Legs incl. bikini line	from 120
<b>FOR HIM</b>	Underarms	20 min. 35
	Chest/Abdomen	20 min. from 40
	Back	30 min. from 40

# CELLCOSMET

Cellcosmet – Swiss Cosmetics for her and him.

Preserve the capital of your youthfulness with cosmetic products of the highest quality, containing the best available ingredients of cellular, herbal or marine origin. Used daily, Cellcosmet is the best guarantee to keep a long-lasting youthful appearance of your skin.

## BODY TREATMENTS TIGHTEN- AND PURIFYING

SWISS ANTICELLULITE 90 min. CHF 220

This purifying full body peeling has an activating, as well as an anti-cellulite effect. It stimulates and improves the lipid metabolism. The skin is purified. This is an ideal, activating treatment for well-being and an excellent preparation for following treatments and the products involved.

SWISS BODY DETOX 60 min. CHF 150

Intense body treatment. This purifying detoxification treatment eliminates tenseness and fatigue. Ideal in combination with the Swiss AntiCellulite Treatment.

## FOR HER AND HIM

SWISS BODY GOMMAGE 30 min. CHF 90

This purifying full body peeling has an activating, as well as an anti-cellulite effect. It stimulates and improves the lipid metabolism. The skin is purified. This is an ideal treatment for well-being and an excellent preparation for following treatments and the products involved.

SWISS BODY RELAX 60 min. CHF 150

Relaxing and stress relieving massage of the back, combined with an intense aroma therapy and a warming bodypack.



# THE ORGANIC PHARMACY

## BODY TREATMENTS FOR HER AND HIM

### GREEN COFFEE BODY SCULPTING

Shape and define your silhouette

Reduce puffiness, bloating and improve circulation for a firmer slimmer silhouette. Focusing on the thighs, waist, tummy and buttocks, this intense treatment begins with dry skin brushing followed by a stimulating deep massage using green coffee and chilli oil to stimulate lymphatic drainage and improve circulation reducing puffiness and water retention.

60 min.

CHF  
150

# HYDROTHERAPY

### THALASSO – PURIFYING ALGAE BATH

Accelerates natural fat burning and purifies the skin.

20 min.

CHF  
55

### GINGER AND SEA SALT BATH

Ginger relieves tension, energises body and soul, and enhances enjoyment of life.

20 min.

55

# MASSAGES AND BODY THERAPIES

			CHF				CHF
<b>SPA MASSAGES</b>	<b>CLASSIC FULL BODY MASSAGE</b>	50 min.	150	<b>HEAD AND NECK MASSAGE</b>	25 min.	90	
	To enhance your circulation, stimulate your metabolism and activate muscles and connective tissue. Massages are soothing, relax joints and nerves to achieve a feeling of general wellbeing.	75 min.	190		Less severe tensions in the head and neck area are alleviated by means of gentle massage movements. The techniques have relaxing effects on body and soul. Allow yourself to be pampered.		
	<b>SPORTS MASSAGE</b>	50 min.	165		<b>AROMA OIL MASSAGE</b>	50 min.	155
	To regenerate and activate muscles before and after sports. A refreshing aroma oil mixture of mountain pine and rosemary will improve your blood circulation.					Essential oils revitalize and soothe, relax and take you away into a world of wellbeing. Select your own aroma essence.	
	<b>BACK AND NECK MASSAGE</b>	25 min.	90			<b>REFLEXOLOGY, INCLUDING FOOT BATH</b>	50 min.
To relax neck and back muscles and relieve tension, fatigue and stress.	50 min.	150	Foot reflex points are massaged for a holistic effect on metabolism and organs.				
<b>BACK AND NECK MASSAGE WITH REFLEXOLOGY</b>	50 min.	150	<b>LYMPHATIC DRAINAGE</b>	50 min.	150		
Combined treatment for best relaxation.				Soothing and rhythmic massage strokes activate the lymphatic flow, purify the connective tissue and improve the supply of nutrients to the cells. The treatment drains excess fluids, purifies and unblocks vessels.			

# MASSAGES AND BODY THERAPIES

			CHF
<b>TSCHUGGEN SIGNATURE TREATMENTS</b>	<b>TSCHUGGEN MASSAGE</b>	75 min.	230
	„Five in one“ – Enjoy this exclusive Tschuggen massage experience. Five different treatments combined in one exclusive massage. All have the same aim: your relaxation.		
	<b>SKIER / MOUNTAIN CLIMBER MASSAGE</b>	55 min.	155
	This massage makes tired legs fit: A pleasant mountain pine bath refreshes tired legs. Then a relaxing foot and leg massage contributes to a perfect regeneration of the muscles.		

			CHF
<b>SPECIAL THERAPIES</b>	<b>THAI-MASSAGE</b>	105 min.	250
	This distinctive massage technique is rooted in the Asian philosophy of yoga. The muscles are stretched and massaged to energize and keep them supple. The treatment is applied on a futon, while the guest remains clothed.	80 min.	220
	<b>PHYSIOTHERAPY</b>	50 min.	165
	Highly professional physiotherapists are at your disposal for your individual therapy.		

# MASSAGES AND BODY THERAPIES

		CHF			CHF
TAPING – MAKING YOU STRAPPINGLY FIT	per 10 min.	25		STONE THERAPY	75 min. 200
<p>Taping has a soothing, pain-relieving effect on many different acute and chronic ailments and assists with the healing process. The treatment consists of applying elastic cotton-based adhesive tapes directly to the skin. The tapes are then left in place for several days to a fortnight. Our specialised physiotherapists gladly advise you. Single tape as a part of a physio-treatment free of charge.</p>				<p>This unique massage with warm basalt and cold marble stones stimulates the metabolism. At the same time, this form of body-work achieves deep muscular and mental relaxation.</p>	
LOMI LOMI NUI	90 min.	240		FULLY INDIVIDUAL	50 min. 150
<p>Lomi means „pressing, kneading, rubbing“. Nui means „important, unique, great“. It is also called the ultimate massage. „Lomi Lomi Nui“ is an ancient massage technique used by the Hawaiians for physical, emotional, mental and spiritual cleansing. Precious oils are massaged into the skin with alternating gentle and powerful strokes for a bodyoriented treatment.</p>				<p>Choose the focus, region, intensity and duration of your treatment in order to relieve pain and achieve relaxation. Our therapists employ techniques from various training courses which are selected flexibly and combined to form a unique treatment precisely tailored to your needs.</p>	

# MASSAGES AND BODY THERAPIES

## AYURVEDA

„Complete knowledge (Ved) of life (ayus)“. Ayurvedic medicine is one of the most ancient health systems and has its origins in India. The science of Ayurveda is thousands of years old and is based on the understanding that we are entities consisting of body, mind and soul. According to Ayurvedic teachings, a fulfilled and healthy life require inner harmony and a balance of all the body's forces. Wonderfully relaxing oil massages provide a holistic treatment aimed at enhancing health, vitality and enjoyment of life.

## ABHYANGA

Abhyanga is the ultimate Ayurvedic oil massage. Enjoy this massage with its lasting effects on body and soul. Using fragrant oils, sweeping and circular massage motions alternate with pressure applied to specific points to relax the body and bring it into harmony. According to ancient Indian writings, the massage has rejuvenating effects, softens and smoothes the skin and restores its radiance.

90 min.

CHF

240

## PADABHYANGA

Our feet carry us through life. Padabhyanga is also an excellent starting point for Ayurveda. Warm herbal oils are used to harmonize and revitalize your feet. Padabhyanga has a balancing effect if you suffer from headaches, nervousness, sleep disorders or chills. Marma points are activated to reawaken the flow of energy.

50 min.

CHF

160

## SHIRODARA

Come and explore new worlds. A stream of warm oil flowing over your forehead accompanied by a head massage restores harmony and relaxes the central nervous system. While warm sesame oil is gently poured over your forehead, you will fully relax.

60 min.

190

Some treatments are not available on a daily basis as they are practiced by therapists with specialized training. We appreciate your understanding.

# SPA SUITES

## MUSCIDA UND POLARIS

Our Spa Suites „Muscida“ and „Polaris“ offer you entirely private and memorable luxury, for two or more hours. In addition to the whirlpool, steam bath and sauna, guests may also book individual beauty or massage treatments. We are pleased to fulfil personal food and beverage wishes, permitting you to completely relax and enjoy the beautiful ambiance.

		CHF
MUSCIDA (70 sqm)	for 2 hours	300
	each additional hour	100
POLARIS (100 sqm, incl. TV with Netflix)	for 2 hours	400
	each additional hour	100

## SPECIALS

### SWEET ROMANCE FOR 2 PERSONS

Experience romantic moments for two in one of our spacious Spa Suites under Arosa's starlit sky. You indulge in culinary delights paired with a bottle of champagne.

3 hours 480

### BÜNDNER COTTAGE FOR 2 PERSONS

Enjoy a private wellness experience in one of our Spa Suites. Relax after a hike or a day of skiing with a 25 minutes massage using mountain pine oil and lean back in the sauna or steam afterwards. A composition of Grisons' specialities with cheese and typical cold meat, as well as a bottle of Pinot Noir create a well rounded experience.

3 hours 560

## HAIR SALON

For over 50 years LA BIOSTHETIQUE Paris brand has stood for a clear profile, quality products, innovations, exclusive services, the development of international hair and beauty trends.

		CHF
<b>LADIES</b>	Shampoo, blow-dry	from 55
	Shampoo, set	from 70
	Shampoo, cut, blow-dry/set	from 120
	Up-styles/evening styling	from 80
	Styling	from 35
<b>GENTLEMEN</b>	Shampoo, cut, blow-dry	60
	Shaping	30
<b>COLOUR</b>	Colour/bleach	from 80
	Mèches	from 100
	Dyeing	from 60

**LA BIOSTHETIQUE®**  
PARIS

## RATES FOR EXTERNAL GUESTS

		CHF
<b>SINGLE ENTRANCES</b>	Children from 4 to 15 years	45
	Morning pass 8.30 to 12 o'clock	65
	Midday pass 12 to 15 o'clock	65
	Evening pass 19 to 21 o'clock*	65
	Single entrance for 3 hours following a treatment	35
	Day Spa including a 25-minutes back massage and a light lunch	200
<b>SUBSCRIPTION</b>	Ten admissions	500
<b>MEMBERSHIP</b>	1 month	400
	Summer and winter season	2200
	Winter season (End of November – April)	1500
	Summer season (July – September)	1000
	Winter season (without Saturday and Sunday)	1250

All only by appointment and upon availability.

The rates include free use of the whole Bergoase Spa with fitness centre, sauna and steam bath area, relaxation rooms and water world, as well as bathrobe & slippers, towels, refreshments and fruit.

The participation in the offered lessons is also included.

Children under 4 years do not have access to the Tschuggen Bergoase.

The Bergoase member card is personal and non-transferable. The number of members is limited.

\* Different opening times during the summer season

## GOOD TO KNOW

We aim to make your stay with us a thoroughly enjoyable experience and hope that the following information will be useful:

If you arrive late for your appointment and your therapist or the treatment room is booked afterwards, we regret to inform you that the treatment will be shortened accordingly. If you will not be able to attend the agreed appointment kindly notify us at least 24 hours before or 50% of the treatment price will be charged. Should you miss your appointment, the full amount will be charged.

Prices are subject to change.

Please note that smoking is not permitted in the entire SPA area. We further kindly ask you not to use your mobile phone. Animals are not allowed on the premises.

Our aim is to make dreams come true! If the treatment you are looking for is not listed on our SPA menu please contact our SPA reception. We will gladly arrange the individual treatment or personal coaching of your choice.

### VOUCHER

#### GIFT CERTIFICATES

We offer gift certificates for the present of your choice.  
Also as print@home.

### OPENING HOURS

Open daily

### WATER WORLD, SAUNA AND FITNESS

07.00 to 21.00 o'clock (Winter)  
07.00 to 20.00 o'clock (Summer)

### TREATMENTS AND HAIR SALON

09.00 to 20.00 o'clock

### SPA-RECEPTION DESK

08.00 to 21.00 o'clock (Winter)  
08.00 to 20.00 o'clock (Summer)

### CONTACT

#### RESERVATION AND INFORMATION

Phone +41 81 378 95 95 or [bergoase@tschuggen.ch](mailto:bergoase@tschuggen.ch)



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SWISS DELUXE HOTELS

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