



# TSCHUGGEN BERGOASE

BY MARIO BOTTA



.....  
SPA MENU



# Moving Mountains Spa Experiences

With the following two signature treatments, our holistic holiday experience Moving Mountains can also be enjoyed in the spa.

In collaboration with Organic Pharmacy and inspired by the surrounding nature we have developed two purely organic treatments for relaxation and revitalization.





**Moving Mountains**  
**Immune Recovery Body Ritual**

75 min. – CHF 205

A full body massage starting with infused salt inhalation deep breathing to clear the respiratory system. Lemon and Eucalyptus are used to reawaken your senses and enriching oils of Juniper and Fennel encourage detoxification. Following an exfoliating dry body brushing, silicone cups are used to lift the connective tissue and improve blood flow to stagnant skin and muscles to relieve pain, stress and boost the immune system.

**Moving Mountains**  
**Immune Recovery Facial**

50 min. – CHF 155

75 min. – CHF 195 (with deep cleaning)

A deeply clearing facial treatment that starts with Himalayan salt inhalation for the lungs and double cleansing for the skin. Over three hundred facial lymph nodes are gently drained with our signature rose crystal massage while a jade massage helps soothe the heart chakra. Gentle cupping then drains all excess fluid from the face and sinuses, revealing bright glowing skin cleared of toxins and puffiness.



# 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 homeopathic principles.

## FACIALS

### ROSE CRYSTAL LYMPHATIC FACIAL

50 min. 145

Our ultimate signature experience

75 min. 185\*

Three masks to decongest and brighten the skin. Lymphatic drainage and acupressure massage firms and reduces puffiness. A massage of feet, hands, arms & scalp leaves you totally relaxed, fresh and glowing.

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL

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

50 min. 145

75 min. 185\*

\* with deep cleansing

# THE ORGANIC PHARMACY

			CHF
FACIALS	<b>HYDRA DIAMOND EXFOLIATION</b>	50 min.	155
	<p>Ideal for sun damaged skin, acnes scars, age spots, wrinkles and dull skin with enlarged pores</p> <p>Densely packed diamonds glide over the skin with the microdermabrasion to exfoliate and remove dead skin. Vitamin infused hydrating water hydrates the skin and a customised mask leaves the skin looking instantly brighter.</p>		
	<b>COLLAGEN BOOSTING DIAMOND NON SURGICAL FACE LIFT</b>	75 min.	225
	<p>For dull tired skin that needs an immediate lift</p> <p>A fruit acid peel followed by diamond exfoliation immediately brightens and hydrates the skin allowing a deeper penetration of collagen boosting actives and sodium hyaluronate with microcurrent to lift and tone the muscles and skin.</p>		

CHF

## FACIAL FOR HIM

### MEN'S CLASSICAL FACIAL

75 min. 160\*

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.

\* with deep cleansing

# SENSAI

## 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

			CHF
	ULTIMATIVE SENSAI TSCHUGGEN FACIAL	100 min.	290*
	The most efficient deluxe anti-aging treatment for fresh, smooth and supple skin.		
	LIFTING	90 min.	240
	Treatment to lift skin around eyes, cheek, mouth and facial contours.		



		CHF
WRINKLE CARE	90 min.	220
Intense treatment to activate the skin's own collagen to fill up fine lines.		
PURIFYING	90 min.	210*
Relaxing deep cleansing treatment to regulate the production of sebum while refining the skin.		
SPARKLING EYES WITH SENSAI	45 min.	95
A special treatment for your eyes: eyelash tinting, eyebrow correction, relaxation massage, intensive eye mask and a final treatment to ensure that winning sparkle.		

\* with deep cleansing

# SENSAI

# COSMETICS

		CHF
Daytime Make-up	45 min.	65
Evening Make-up	50 min.	85
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)	from 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	from 35
	Chest/Abdomen	from 40
	Back	from 40

# NAIL LOUNGE

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

## EXCLUSIVE HAND AND NAIL TREATMENT

CHF

Consisting of a revitalizing hand bath, peeling, anti-ageing serum and a hydrating massage.

60 min. without nail polish 110

75 min. with nail polish 130

90 min. with Gel Color 155

## EXCLUSIVE FOOT AND NAIL TREATMENT

Consisting of a foot bath, soothing peeling and a hydrating mask, followed by a massage.

60 min. without nail polish 110

75 min. with nail polish 130

90 min. with Gel Color 155

## MEDICAL PEDICURE

We need our feet every day, so they are constantly stressed and challenged. Therefore they need special care.

70 min.

105

Relief or elimination of foot complaints and diseases, such as corn and paronychia, are assigned to medical foot care.

		CHF
<b>CLASSIC MANICURE</b>	45 min. without nail polish	80
After analyzing your nails, we will shape your nails into the desired shape.	60 min. with nail polish	100
A cuticle treatment complete the manicure.	75 min. with Gel Color	125
<b>CLASSIC PEDICURE</b>	45 min. without nail polish	80
After a relaxing footbath, we will shape your nails into the desired form and	60 min. with nail polish	100
remove the excess cornea.	75 min. with Gel Color	125
Renew nail polish		35
Renew french polish		40

**LONDONTOWN**

# CELLCOSMET AND CELLMEN

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.

CHF

## **BODY TREATMENTS TIGHTEN- AND PURIFYING**

### **SWISS ANTICELLULITE**

90 min. 220

Tonifying and purifying treatment. Body contours are visibly improved, body tissues, after being purified, have an improved lipid catabolism. Best results are obtained with a cure treatment, ideally in combination with Swiss Body Detox.

CHF

## DETOXIFYING

### SWISS BODY DETOX

50 min. 150

This purifying desintoxicating treatment for back or stomach eliminates tenseness, fatigue and tissue intoxication. Ideal in addition to the Swiss AntiCellulite Treatment.

### SWISS BODY GOMMAGE

35 min. 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.

## FOR HER AND HIM

### SWISS BODY RELAX

50 min. 150

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

# THE ORGANIC PHARMACY

## BODY TREATMENT 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.

CHF  
50 min. 145



# HYDROTHERAPY

		CHF
THALASSO – PURIFYING ALGAE BATH	20 min.	55
Accelerates natural fat burning and purifies the skin.		
GINGER AND SEA SALT BATH	20 min.	55
Ginger relieves tension, energises body and soul, and enhances enjoyment of life.		

# MASSAGES AND BODY THERAPIES

		CHF
SWEDISH FULL BODY MASSAGE	50 min.	150
Enhances your circulation, stimulates your metabolism and activates muscles and connective tissue. The massage soothes and relaxes joints and nerves to achieve a general feeling of well-being.	75 min.	205
	90 min.	240
SPORTS MASSAGE	50 min.	165
Loosens and reinvigorates muscles and the locomotor system before and after sports. A refreshing blend of herbal oils improves the blood circulation.	75 min.	215
	90 min.	255
HEAD AND NECK MASSAGE	25 min.	90
Gentle massage movements help alleviate slight tensions in the head and neck area. The techniques have a relaxing effect on both body and soul.		

		CHF
BACK AND NECK MASSAGE	25 min.	90
Relaxes neck and back muscles and relieves tension, fatigue and stress.	50 min.	150
BACK AND NECK MASSAGE WITH REFLEXOLOGY	50 min.	150
AROMA OIL MASSAGE	50 min.	155
The essential oils used reach beneath the skin. They revitalise and soothe, relax and promote well-being. Select your preferred aroma essence.	75 min.	215

# MASSAGES AND BODY THERAPIES

		CHF
REFLEXOLOGY	25 min.	90
The therapist uses his or her thumbs to massage the food reflex points for a holistic effect on both metabolism and organs.	50 min.	150*
*including foot bath		
LYMPHATIC DRAINAGE	25 min.	90
Soothing and rhythmic massage strokes activate the lymphatic flow, detoxify the connective tissue and improve the supply of nutrients to the cells. The treatment helps eliminate excess fluids and purifies and unblocks vessels.	50 min.	150

**TSCHUGGEN  
SIGNATURE  
TREATMENTS**

**TSCHUGGEN-MASSAGE**

Five in one – Enjoy this exclusive Tschuggen massage experience. Five different applications combine to form one exclusive massage with the aim of fostering complete relaxation.

75 min. 230 CHF

**SKIER / MOUNTAIN CLIMBER MASSAGE**

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.

50 min. 155 CHF

**SPECIAL  
THERAPIES**

**NUI THAI MASSAGE**

This distinctive massage technique is rooted in the Asian philosophy of yoga. The muscles are elongated, stretched and kneaded to energise them and keep them supple. The treatment is applied on a futon and the guest remains clothed.

50 min.

CHF

170

90 min.

225

**STONE THERAPY**

This unique massage featuring hot basalt stones stimulates the metabolism. At the same time, this form of bodywork promotes deep muscular and mental relaxation.

75 min.

185

CHF

### LOMI LOMI NUI

75 min. 205

Lomi means pressing, kneading, rubbing, while Nui means important, unique, great. Also called the queen of massages, Lomi Lomi Nui is an ancient Hawaiian massage technique that promotes physical, emotional, mental and spiritual cleansing. Precious oils are massaged into the skin using an alternating sequence of gentle and hard massage strokes. A highly physical treatment.

90 min. 225

### FULLY INDIVIDUAL

50 min. 160

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.

75 min. 240

90 min. 260

# MASSAGES AND BODY THERAPIES

		CHF
PHYSIOTHERAPY	50 min.	170
<p>Highly professional physiotherapists are at your disposal for your individual therapy.</p>		
TAPING – MAKING YOU STRAPPINGLY FIT	per 10 min.	25
<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>		



# 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.

CHF

## ABHYANGA

90 min. 240

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.

# 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

CHF

## SPECIALS

### SWEET ROMANCE FOR 2 PERSONS

3 hours 480

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.

### BÜNDNER COTTAGE FOR 2 PERSONS

3 hours 560

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.

# 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 60
	Shampoo, set	from 75
	Shampoo, cut, blow-dry/set	from 125
	Up-styles/evening styling	from 85
	Styling	from 40
<b>GENTLEMEN</b>	Shampoo, cut, blow-dry	65
	Shaping	35
<b>COLOUR</b>	Colour/bleach	from 85
	Mèches	from 105
	Dyeing	from 65

# 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 20.00 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 20.00 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)

**TSCHUGGEN GRAND HOTEL – Tschuggentorweg 1 – 7050 Arosa – Switzerland**  
**Tel. +41 81 378 99 99 – [info@tschuggen.ch](mailto:info@tschuggen.ch) – [www.tschuggen.ch](http://www.tschuggen.ch)**  
**Member of Tschuggen Hotel Group**



A MEMBER OF  
**THE LEADING HOTELS**  
OF THE WORLD



SWISS DELUXE HOTELS

**Traveller Made<sup>®</sup>**  
*Hotel Partner*