



TSCHUGGEN BERGOASE

BY MARIO BOTTA



SPA MENU

2017

GOOD TO KNOW

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

For your own convenience please arrive 10 minutes prior to your appointment. Please inform us and especially your therapist about any special medical conditions.

For our massages and body treatments we provide single-use briefs. For treatments like Thai massage we provide loose light cotton clothing.

If you arrive late for your appointment and your therapist or the treatment room is booked afterwards, we regret that the treatment will have to be shortened accordingly.

If for personal reasons you will not be able to attend the agreed appointment notify us at least 24 hours before or we will charge 50% of the price. Should you miss your appointment, we will have to charge the full amount.

Please note that smoking is not permitted in the whole SPA area. We also ask you not to use your mobile phones.

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 be happy to arrange an individual treatment or personal coaching of your choice.

Prices are subject to change.

NAIL LOUNGE

		CHF
Renew nail polish		30
Polish nails during treatment		20
French polish		40
French polish during treatment		30
Classic manicure or classic pedicure, excluding nail polish	45 min.	75
Medical pedicure, excluding nail polish	60 min.	95
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SPA MANICURE, EXCLUDING NAIL POLISH	70 min.	100
Professional manicure, including complete beauty and wellness program for your hands, consisting of revitalizing hand bath, peeling, anti-aging serum and moisturizing massage.		
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SPA PEDICURE, EXCLUDING NAIL POLISH	70 min.	100
Professional pedicure, including wellness program for exhausted feet, consisting of foot bath, smoothing peeling, moisturizing mask and massage.		

SPECIAL NAIL POLISH

With GelColor, OPI has introduced another big 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	approx. 30 min.	70
GelColor treatment feet	approx. 30 min.	70
GelColor incl. classic manicure	approx. 75 min.	125
GelColor incl. classic pedicure	approx. 75 min.	125
GelColor removal	approx. 30 min.	30
Additional charge for polish with Infinite Shine		5

O·P·I

FACIALS

CHF

CLASSIC FACIAL

Facial customized for your particular skin type, consisting of cleansing, peeling, steam, deep cleansing, massage, facial mask, finishing treatment and day-time make-up.

90 min.

190

CLARINS

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.

ULTRA-HYDRATING FACIAL

This treatment has nourishing and stimulating actions which restore the skins natural balance and prevent the appearance of lines.

50 min.

160

CLARINS

		CHF
<hr/> TOTALLY GENTLE FACIAL This treatment is an SOS treatment for sensitive skin. Skin is immediately soothed and repaired.	50 min.	160
<hr/> ANTI AGING FACIAL This treatment is an extra-firming, age-control treatment for a younger-looking skin.	50 min.	160
<hr/> RADIANT AND PURE FACIAL This treatment is a truly matt treatment with skin-matifying, softening and purifying properties.	50 min.	160



FACIALS

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.

CHF

ULTIMATIVE SENSAI TSCHUGGEN FACIAL

100 min.

250

The most efficient deluxe anti-aging treatment for fresh, smooth and supple skin.

		CHF
<hr/> <p>LUMINIZING</p> <p>Intensive treatment for tired and dull skin, to improve circulation, promote regeneration and counter discoloration of the skin caused by light.</p>	90 min.	210
<hr/> <p>LIFTING</p> <p>Lifting treatment to prevent sagging skin around the eyes, cheek, mouth and facial contours.</p>	90 min.	210
<hr/> <p>WRINKLE CARE</p> <p>Intensive treatment for activating the skin's own collagen and filling up fine lines.</p>	90 min.	210
<hr/> <p>PURIFYING</p> <p>Relaxing deep cleansing treatment to regulate the production of sebum and refining the skin.</p>	90 min.	210

DERMALOGICA

DERMALOGICA

All products of this American brand are free of mineral oils, lanolin, alcohols, as well as dyes and fragrances. Dermalogica focuses on every client's personal needs with its "Face Mapping" technique. This is a systematic and comprehensive skin analysis which helps to increase the effectiveness of the treatments and improve home care consultation.

Facial according to the Dermalogica concept,
including Face Mapping:

CHF

Acne treatment	90 min.	210
Sensitive skin treatment	90 min.	210
Treatment of acquired skin discoloration	90 min.	210
Power regeneration treatment	90 min.	210

dermalogica®

COSMETICS

			CHF
MAKE-UP	DAYTIME MAKE-UP	approx. 30 min.	50
	EVENING MAKE-UP	approx. 45 min.	80
EYES	COLOUR EYELASHES	20 min.	30
	during treatment		25
	COLOUR EYEBROWS	10 min.	25
	during treatment		20
	COLOUR EYELASHES AND EYEBROWS	35 min.	50
during treatment		40	
	TWEEZE EYEBROWS (as needed)	20 min.	25
	SPARKLING EYES WITH SENSAI	45 min.	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.		

HAIR REMOVAL / WAXING

		CHF	
HAIR REMOVAL USING WAX	Upper lip or chin		starting at 20
	Bikini line or underarms		starting at 35
	Legs, half length		starting at 55
	Legs, full length		starting at 90
	Legs, incl. bikini line		starting at 120
ESPECIALLY FOR MEN	Underarms	20 min.	35
	Chest/abdomen	20 min.	starting at 40
	Back	30 min.	starting at 40

BEAUTY FOR MEN

			CHF
EYES	Colour eyelashes	20 min.	30
	Correct eyebrows	15 min.	starting at 25
MANICURE AND PEDICURE	Classic manicure or classic pedicure	45 min.	75
	Spa manicure or spa pedicure	70 min.	100
	Medical pedicure	60 Min.	95
BACK TREATMENT	Cleansing, peeling, steam, pack and treatment	45 min.	90
FACIALS FOR MEN	A personalised treatment with Clarins Men products, specially formulated for men's skin types. Leaves your skin feeling fresh, clear and rejuvenated.	50 min.	160
	Anti-stress facial including head massage	75 min.	175

CELLCOSMET BODY TREATMENTS

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

TIGHTEN-/
PURIFYING

SWISS ANTICELLULITE

90 min.

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 and smoothed. This is an ideal, activating treatment for well-being and an excellent preparation for following treatments and the products involved.

SWISS BODYDETOX

60 Min.

150

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

CELLCOSMET BODY TREATMENTS

			CHF
TIGHTEN-/ PURIFYING	<p>SWISS CONTURE BODY FIRMING</p> <p>Better defined contours and improved elasticity of the skin. This full body treatment optimises the appearance of the skin and enhances body firmness.</p>	90 Min.	220
	<p>SWISS BODY GOMMAGE</p> <p>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 and smoothed. This is an ideal treatment for well-being and an excellent preparation for following treatments and the products involved.</p>	30 min.	90
BUST-/ DÉCOLLETÉ	<p>SWISS BUSTCONTOUR DEFINING</p> <p>For additional firmness of breasts and décolleté. Pro- found improvement of elasticity and firmness and well defined breast contours. This beneficial treatment brings back profile and firmness of the bust.</p>	45 Min.	140

CELLCOSMET BODY TREATMENTS

			CHF
FOR WOMEN AND MEN	SWISS CIRCULATION HEAVY LEGS Relieving leg treatment in the case of circulatory disturbance, water saturation, feeling of fatigue and heaviness of the legs. Ideal before or after sports, long distance flights or long-lasting activity in sitting position.	90 Min.	220
	SWISS BODY RELAX Relaxing and stress relieving massage of the back, combined with an intense aroma therapy and a warming bodypack.	60 Min.	150

MASSAGES AND BODY THERAPIES

			CHF
SPA MASSAGES	CLASSIC FULL BODY MASSAGE	50 min.	140
	To enhance your circulation, stimulate your metabolism and activate muscles and connective tissue. Massages are soothing and relax joints and nerves to achieve a feeling of general wellbeing.		
	SPORTS MASSAGE	50 min.	155
	To regenerate and activate muscles and the locomotor system before and after sports. A refreshing aroma oil mixture of mountain pine and rosemary will also improve your blood circulation.		

MASSAGES AND BODY THERAPIES

		CHF
BACK AND NECK MASSAGE	25 min.	80
To relax neck and back muscles and relieve tension, fatigue and stress.		
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BACK AND NECK MASSAGE WITH REFLEXOLOGY	50 min.	140
Combined treatment for best relaxation.		
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AROMA OIL MASSAGE	50 min.	145
Essential oils go more than skin deep. They revitalize and soothe, relax and take you away into a world of wellbeing. Select your own aroma essence.		

CHF

HEAD AND NECK MASSAGE

25 min. 80

Less severe tensions in the head and neck area are alleviated by means of gentle massage movements. The techniques have an extremely relaxing effect on the entire body and soul. Just allow yourself to be pampered.

REFLEXOLOGY, INCLUDING FOOT BATH

50 min. 140

Foot reflex points are massaged for a holistic effect on metabolism and organs.

LYMPHATIC DRAINAGE

50 min. 140

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
TSCHUGGEN SIGNATURE TREATMENTS	TSCHUGGEN MASSAGE “Five in one” – Enjoy this exclusive Tschuggen massage experience. Five different treatments combined in one exclusive massage. And all have the same aim: your relaxation.	75 min.	230
	SKIER/ MOUNTAIN CLIMBER MASSAGE The skier/climber-massage makes tired legs fit: At the beginning a pleasant mountain pine bath refreshes the limply legs, then a relaxing feet and leg massage contributes to a perfect regeneration of the muscles. Now there is nothing blocking the way, for a next beautiful ski and hiking day.	55 min.	145

		CHF	
SPECIAL THERAPIES	THAI MASSAGE	105 min.	250
	This distinctive massage technique is rooted in the Asian philosophy of yoga. The muscles are stretched and kneaded to energize them and keep them supple. The treatment is applied on a futon, while the guest remains clothed.	80 min.	220

MASSAGES AND BODY THERAPIES

		CHF
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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 specialist physiotherapists are happy to advise you. Single tape as a part of a physio-treatment free of charge.</p>		
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LOMI LOMI NUI	90 min.	240
<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 body-oriented treatment.</p>		

		CHF
<hr/> <p>STONE THERAPY</p> <p>This unique massage with warm basalt and cold marble stones stimulates the metabolism. At the same time, this form of bodywork achieves deep muscular and mental relaxation.</p>	75 min.	200
<p>TSCHUGGEN «IPAD-MASSAGE»</p> <p>Who has never suffered from annoying neck or shoulder pains or a nagging headache after spending hours staring at a screen or tablet?</p> <p>Our soothing and relaxing «iPad-Massage» contains massage grips for the upper shoulder region, gentle manual stretching exercises for the cervical spine area and drainage applications for your head.</p>	50 min.	140

MASSAGES AND BODY THERAPIES

AYURVEDA

“Complete knowledge (Ved) of life (ayus)”. Ayurveda medicine is one of the oldest health systems which originated in India. The science of Ayurveda is thousands of years old and based on the understanding that each person is a living being consisting of body, mind and soul. According to Ayurveda, inner harmony and a balance of all powers within the body form the basis for a fulfilled and healthy life. Wonderfully relaxing oil massages provide a comprehensive treatment to enhance health, vitality and enjoyment of life.

CHF

ABHYANGA

90 min.

240

Abhyanga is the ultimate oil massage of Ayurveda. enjoy this massage which has lasting effects on body and soul. Fragrant oils, sweeping strokes and circular motions alternate with pressure massage of specific points to relax your body and bring it into harmony. According to ancient Indian writings, the massage has rejuvenating effects, softens and smoothes the skin and makes it glow.

CHF

PADABHYANGA

50 min. 160

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.

SHIRODARA

60 min. 190

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 as you never have before.

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

BATHS

			CHF
RELAXATION IN THE HYDRO TUB	THALASSO – PURIFYING ALGAE BATH Accelerates natural fat burning and purifies.	20 min.	60
	THALASELBAIN – SEA SALT BATH Provides the body with minerals and trace elements, drains excess fluids and elasticizes.	20 min.	60
	TSCHUGGEN BEAUTY BATH Honey-milk-salt bath Milk and honey for soft and supple skin and salt to purify your body.	20 min.	60
	BASIC BATH Detoxifying and purifying whole-body bath, harmon- ising for body, mind and spirit.	20 min.	60

HAIR SALON

LA BIOSTHETIQUE

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. Each of our products is created from carefully and conscientiously blended premium quality raw materials and subjected to the strictest tolerability and efficacy tests.

CHF

LADIES	Shampoo, blow-dry	starting at 55
	Shampoo, set	starting at 70
	Shampoo, cut, blow-dry/set	starting at 120
	Up-styles/evening styling	starting at 60
	Styling	starting at 15

GENTLEMEN	Shampoo, cut, blow-dry	60
	Shaping	30

COLOUR	Colour/bleach	starting at 80
	Mèches	starting at 100
	Dyeing	starting at 60

LA BIOSTHETIQUE®
PARIS

SPA SUITES

MUSCIDA AND 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 are also able to 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 beneath the starry sky.

		CHF
MUSCIDA (70 m ² , iPod docking station)	for 2 hours	300
each additional hour		100
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POLARIS (100 m ² , incl. TV/DVD/iPod docking station)	for 2 hours	400
each additional hour		100

CHF

ARRANGEMENTS

SWEET ROMANCE for 2 persons

3 hours

520

Experience romantic moments for two in our “Polaris” Spa Suite under Arosa’s starlit sky.

Whether in the whirlpool, in the sauna or steam room: Relax your mood while enjoying a bottle of Prosecco and sweet bites, a beautiful film of your choice or your favorite music via iPod.

FOREST COTTAGE for 2 persons

2 hours

330

Wellness in its purest, most private form in our “Muscida” Spa Suite. Experience the Latschenkefer-Footbath and relax by a sauna infusion with mountain herbs.

Fresh Fruits and the sounds of nature from the iPod complete the perfect spa experience.

FITNESS AND EXERCISE

CHF

FITNESS LESSONS

As part of our weekly program we offer various group classes such as Aqua Gym, Pilates, Kinesis, Yoga, Zumba, Sixpack, Stretching, Nordic Walking, etc. at no charge. You can also book one of our personal trainers for any program of your choice.

For one person	50 min.	100
For two persons	50 min.	150

TECHNOGYM® WELLNESS-SYSTEM

The technology of the Technogym® Wellness-System allows to program your personal training schedule with device settings on a microchip.

Introduction for all machines and training with neutral chip	free of charge
Introduction for all machines and programming of an individualized training plan	50

GALILEO® TRAINING

15 min. Galileo® Training (supervised)	40
Subscription of 10 (15 minutes each)	300

RATES FOR EXTERNAL GUESTS

		CHF
MEMBERSHIP	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
SINGLE ENTRANCES	Children under 4 years do not have access to the Tschuggen Bergoase	
	Children from 4 to 15 years	45
	Morning pass 8.30 – 12.00 hrs *	65
	Midday pass 12.00 – 15.00 hrs *	65
	Evening pass 19.00 – 21.00 hrs *	65
	Subscription of 10	500
	Single entrance for 3 hrs following a treatment	35
	Day Spa including a 25-minutes back massage and a light lunch at the Spa Lounge.	200

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 fruits. The participation in the offered lessons is also included.

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

* Different opening times during the summer season

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

7.00 – 21.00 hrs (Winter)

7.00 – 20.00 hrs (Summer)

Treatments and Hair Salon

9.00 – 20.00 hrs

Spa-Réception

8.00 – 21.00 hrs (Winter)

8.00 – 20.00 hrs (Summer)

Reservation and information:

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