



TSCHUGGEN BERGOASE

BY MARIO BOTTA



.....
SPA MENU

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 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.

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

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.

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 programme 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 programme for tired feet, consisting of foot bath, soothing peeling, moisturizing mask and massage.		

SPECIAL NAIL POLISH

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

CLARINS

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>Intense 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>Treatment to lift skin around eyes, cheek, mouth and facial contours.</p>	90 min.	210
<hr/> <p>WRINKLE CARE</p> <p>Intense treatment to activate the skin's own collagen to fill up fine lines.</p>	90 min.	210
<hr/> <p>PURIFYING</p> <p>Relaxing deep cleansing treatment to regulate the production of sebum while 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, including 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, body wrap 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 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.	90 min.	220
	SWISS BODYDETOX Intense body treatment. This purifying detoxification treatment eliminates tenseness and fatigue. Ideal in combination with the Swiss AntiCellulite Treatment.	60 Min.	150

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. 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, relax joints and nerves to achieve a feeling of general wellbeing.		
	SPORTS MASSAGE	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.		

MASSAGES AND BODY THERAPIES

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

		CHF
<hr/> <p>HEAD AND NECK MASSAGE</p> <p>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.</p>	25 min.	80
<hr/> <p>REFLEXOLOGY, INCLUDING FOOT BATH</p> <p>Foot reflex points are massaged for a holistic effect on metabolism and organs.</p>	50 min.	140
<hr/> <p>LYMPHATIC DRAINAGE</p> <p>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.</p>	50 min.	140

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. All have the same aim: your relaxation.	75 min.	230
	SKIER / MOUNTAIN CLIMBER MASSAGE The skier/climber-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.	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 massaged to energize and keep them supple. The treatment is applied on a futon, while the guest remains clothed.	80 min.	220
	PHYSIOTHERAPY	50 min.	160
	Well educated physiotherapists are at your disposal for your individual therapy.		

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 specialised physiotherapists gladly 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
<hr/> <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 writing, 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.

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 the skin.	20 min.	55
	GINGER AND SEA SALT BATH Ginger relieves tension, energises body and soul, and enhances enjoyment of life.	20 min.	55
	TSCHUGGEN BERGOASE HAY FLOWER BATH Hay flowers boost circulation and metabolism, and have a fortifying and pain-relieving effect.	20 min.	55

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

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 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, iPod docking station)	for 2 hours	300
each additional hour		100
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POLARIS (100 sqm, 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, the sauna or steam room: Relax while enjoying a bottle of champagne with culinary delights, a 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 mountain pine footbath and relax by a sauna infusion with mountain herbs. Fresh fruits and the sounds of nature complete the perfect spa experience.



We are delighted to welcome R1 Sportsclub, the German-language market leader in the personal training segment, to our hotel as a partner.

The R1 Sportsclub offers an integrated concept providing individual support in the form of private personal training covering four areas: movement, nutrition, recovery, and reflection.

Private Personal Fitness Training	60 min.	100
Private Personal Coaching – Nutrition	90 min.	220
Private Personal Yoga	90 min.	150
Private Personal Physio Therapy	50 min.	160

You can obtain further information at the Spa Reception.

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 08:30 – 12:00 *	65
	Midday pass 12:00 – 15:00 *	65
	Evening pass 19:00 – 21:00 *	65
	Subscription of 10	500
	Single entrance for 3 hours 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 fruit. 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

07:00 – 21:00 (Winter)

07:00 – 20:00 (Summer)

Treatments and Hair Salon

09:00 – 20:00

Spa-Réception

08:00 – 21:00 (Winter)

08:00 – 20:00 (Summer)

Reservation and information:

Tel. +41 81 378 95 95

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SWISS DELUXE HOTELS