

SPA HOTEL ASPEN MENU

Classic Massage

The classic massage helps stimulate blood circulation and metabolism, promotes regeneration, and relaxes tense and tired muscles. It relieves everyday tension and pain.

| | | |
|--------------------|----------------------|----------------------|
| Partial massage: | 25 Min. / CHF 70.00 | |
| Full body massage: | 50 Min. / CHF 120.00 | 80 Min. / CHF 170.00 |

Alpienne massage oils of your choice: Arnica, propolis, St. John's wort, marmot oil

Sports massage

This massage with arnica flowers and rosemary provides a refreshing effect on the skin, muscles, and joints while intensely stimulating blood circulation. The Alpienne sports gel applied afterward supports muscle recovery and prepares you perfectly for your next mountain adventure.

| | | |
|--------------------|----------------------|----------------------|
| Partial massage: | 25 Min. / CHF 80.00 | |
| Full body massage: | 50 Min. / CHF 130.00 | 80 Min. / CHF 180.00 |

Honey massage : back/neck or legs

Honey applied to the skin provides a soothing sensation, softens the fascia, and gently releases tension. The final massage with Alpienne honey oil soothes, relaxes, and moisturizes the skin.

| | |
|------------------|----------------------|
| Partial massage: | 40 Min. / CHF 100.00 |
|------------------|----------------------|

Herbal Pouch Massage : Pinda Sweda

A regenerating and deep massage ritual using alpine herbs. Thanks to the cooling herbal massage lotion and the warmth of Alpienne herbal pouches, you enjoy a unique sensory experience. This combination of heat and massage ensures total relaxation and boosts the immune system.

80 Min. / CHF 190.00

Salt on My Skin : Himalayan Hot Stone Massage

A relaxing and energizing full-body massage with hand-carved pink Himalayan hot salt stones, accompanied by the pleasant scent of Alpienne propolis massage lotion. It helps naturally release muscle tension and restore body balance. The skin is enriched with 8 minerals.

80 Min. / CHF 190.00

Vitalizing Alpine Sports Ritual

A deeply relaxing and revitalizing massage treatment with Alpienne arnica and Swiss pine massage lotion. This therapy utilizes heated rollers made from Stone Pine (Zirbe) wood. The firm continuous pressure of the wooden rollers works deeply into the muscle fibers. The essence of Stone Pine naturally lowers the heart rate and stabilizes the nervous system, providing a rare "deep-sleep" quality of relaxation while repairing tired muscles.

80 Min. / CHF 190.00

FACIAL TREATMENTS

Express "Woodruff" Facial

Dive into the heart of the forest! A symbol of freshness and vitality, this revitalizing facial contains stimulating active ingredients such as sage, rosemary, thyme, and juniper. Give your skin a quick and refreshing boost.

30 Min. / CHF 70.00

30 Min. / CHF 80.00 / with hemp cloth mask

Alpienne "Renewal" Facial (Revitalizing)

This refreshing treatment based on arnica, honey, and organic pine nourishes the face, neck, and décolleté with valuable active ingredients, deeply hydrates, and stimulates cell renewal. The complexion regains a natural, radiant glow.

60 Min. / CHF 150.00

Alpienne "Fountain of Youth" Facial (Anti-Aging)

Rediscover youthful skin. Natural anti-aging substances promote cell renewal and firm the tissues. This treatment combines brewer's yeast extract, green barley, mullein, eyebright, and a beauty cocktail of wild berries. Powerful antioxidants provide the skin with everything it needs for regeneration and vitality.

Your skin looks fresh, regenerated, toned, and visibly rejuvenated. A complete wellness program to illuminate your face.

90 Min. / CHF 180.00