



# Wellness Area with 33 °C Saltwater Pool



SCHWEIZERHOF  
SILS-MARIA

Welcome to our world of relaxation: Indoor saltwater pool at 33 °C (6 × 14 m) with underwater massage jets, whirlpool (2 × 2 m), outdoor fresh-water pool at 26 °C (6 × 12 m), barrel sauna on the sun terrace, massages.

**MASSAGES** Our massages bring calm and deep relaxation to both body and mind.

Full body massage	50 Min.	CHF 115.-	Leave everyday life behind and recharge your batteries.
Sports massage	50 Min.	CHF 115.-	Relaxation for body, mind, and soul. Muscles are loosened, tension is released, and blood circulation and metabolism are stimulated. The sports massage is more vigorous, tailored to your musculature.
Full body scrub	25 Min.	CHF 70.-	A scrub with nutrient-rich extracts gives the skin elasticity and suppleness. The valuable minerals activate cell production, restore the skin's balance, and ensure fine, soft skin.
Soglio-Aroma-Öl Massage	50 Min	CHF 115.-	In addition to the beneficial effects of the massage, the individual scents of the essential oils will relax you and free you from all stress.
back massage	25 Min.	CHF 70.-	Adhesions and tension in the back muscles are released or loosened.
Hot Stone Massage	50 Min. 80 Min.	CHF 115.- CHF 170.-	A soothing relaxation massage using warm marble stones. The stones are placed on the body's energy points. The subsequent massage with the stones leads to deep relaxation.
California massage	50 Min.	CHF 115.-	This type of massage is characterized by gentle touch, flowing movements, and deep relaxation. It was developed to release both physical and emotional tension, strengthen the immune system, and promote a sense of inner peace and well-being.
Ayurveda Basic Massage	50 Min. 80 Min.	CHF 115.- CHF 170.-	The Ayurvedic basic massage is a traditional Indian technique that balances body, mind, and spirit. It uses warm oils and slow, enveloping movements to promote blood circulation, remove toxins, and induce deep relaxation. Ideal for anyone seeking inner harmony and physical well-being.

MASSAGES

Our massages have a calming and relaxing effect on body and mind.

Hawaiian massage (Lomi Lomi)	50 Min.	CHF 115.-	Hawaiian massage, also known as Lomi Lomi, is based on the Polynesian philosophy of balance and love. It is performed with wide, rhythmic, and flowing movements, often using the forearms, to release tension, promote energy flow, and bestow a deep sense of peace and regeneration.
Kobido Gesichtsmassage	50 Min 25 Min	CHF 115.- CHF 70.-	Kobido is an ancient Japanese facial massage, also known as a "natural facelift." Techniques such as acupressure, stroking, and tapping stimulate microcirculation and muscle tone, improve skin elasticity, and reduce signs of aging. It imparts radiance and a visibly relaxed appearance.
Lymphatic drainage "Vodder"	50 Min	CHF 115.-	Vodder lymphatic drainage is a gentle manual technique that stimulates the lymphatic system to remove excess fluids and toxins. It is ideal for treating swelling, water retention, cellulite, and improving lymphatic circulation. It is also helpful after surgery and in cases of lymphatic fatigue.
Foot reflexology massage	50 Min	CHF 115.-	Foot reflexology is an ancient practice in which specific points on the foot are stimulated, points that are energetically connected to organs and body systems. Through targeted pressure, it helps to balance bodily functions, relieve stress and tension, and promote overall well-being. It supports relaxation and can improve chronic conditions.
Elastic taping (kinesio taping)	50 Min	CHF 115.-	Elastic taping uses elastic adhesive strips applied to the skin to support muscles and joints, improve blood and lymph circulation, reduce pain, and promote rehabilitation. It is particularly suitable for athletes, especially during the recovery phase after activities such as skiing, cycling, running, or other high-impact sports. It supports natural movement without restricting mobility.

WELLNESS AREA DAY GUESTS

PRICES FOR DAY GUESTS	ADULTS CHF 30.-	CHILDREN (4 - 16 years)
Single entry Winter	CHF 140.-	C CHF 26.-
5er Abonnement Winter	CHF 280.-	CHF 120.-
10th Winter Season	CHF 410.-	CHF 240.-
Subscription		CHF 330.-

Included

Saltwater bath, outdoor bath, barrel sauna, indoor sauna, bath towel

For day visitors

Bathrobe: CHF 12.-, slippers: CHF 2.-

Not recommended for children under 4 years old; children under 12 years old must be accompanied by an adult.

Opening hours

Swimming pool area: 7:00 AM – 8:00 PM

Sauna: 2:00 PM – 8:00 PM

Last admission 7:00 PM

Schweizerhof Sils Maria

info@schweizerhof-silsmaria.ch |

schweizerhof-silsmaria.ch | T +41 81 838 58 58

Renovation: Renewal starting Easter 2026. Closed until the summer season of 2027 - fully usable until then.