

A close-up photograph of a young woman with long, dark, wet hair, smiling broadly and looking upwards. She is in a swimming pool, with blue water and light reflections visible in the background. The image is framed by a white border.

·H·O·T·E·L·S·A·R·A·T·Z·

## SPA EXPERIENCES AT THE HOTEL SARATZ

Beauty Treatments, Sarazenen Spa and Massages

## BABOR FACIAL TREATMENTS

**BABOR** is a third-generation family-run company which believes that everyone's beauty and resulting self-confidence can be enhanced. Innovative precision skincare formulas and treatment regimens ensure that you not only feel but also look fantastic. More beauty – more self-confidence.

Treat yourself to the ultimate in pampering experiences – a professional facial. We are happy to tailor our services to your personal requirements

### **BABOR Express Facial** 25 mins CHF 85

A pick-me-up facial treatment that will refresh your complexion in no time. Cleansing, exfoliation, toner, hydro-boost with three ampoules and finishing treatment.

### **BABOR Classic Facial for Her and Him** 75 mins CHF 160

Relax. Unwind. Enjoy. The popular facial treatment that pampers body and soul. Cleansing, exfoliation, toner, massage, mask and finishing treatment.

### **BABOR Anti-Age DeLuxe Pflege** 90 mins CHF 220

A seriously pampering facial treatment to nourish, hydrate and firm your skin. Delivers a tangible boost to skin elasticity and stimulates regeneration. Cleansing, fruit acid peel, special serum, anti-aging mask. Massage and finishing treatment.

### **BABOR Pure Acne Treatment** 50 mins CHF 120

Cosmetic facial treatment tailored to your skin type. Cleansing gel, special peel, ampoule and mask, finishing treatment.

## EYEBROWS AND EYELASHES

Eyebrow shape	15 mins	CHF	<b>20</b>
Eyebrow tint	15 mins	CHF	<b>20</b>
Eyelash tint	25 mins	CHF	<b>25</b>
Eyebrow and eyelash tint	25 mins	CHF	<b>40</b>

## HAAR REMOVAL

### WOMEN

Half leg (below the knee) wax	25 mins	CHF	<b>45</b>
Full leg wax	50 mins	CHF	<b>90</b>
Underarm wax	25 mins	CHF	<b>45</b>
Bikini line wax	25 mins	CHF	<b>45</b>
Upper lip wax	15 mins	CHF	<b>25</b>
Half leg, bikini line and underarm wax	75 mins	CHF	<b>120</b>

### MEN

Back hair wax	50 mins	CHF	<b>75</b>
Chest hair wax	50 mins	CHF	<b>75</b>
Chest and back hair wax	90 mins	CHF	<b>135</b>

## HAND AND FOOT TREATMENTS

Relax and enjoy a pampering manicure or cosmetic pedicure.

### SMALL "Express" Manicure - OPI 50 mins CHF 85

Nail care, hand exfoliation, rejuvenating hand massage, without polish

### Manicure - OPI 75 mins CHF 110

Nail care, hand exfoliation, rejuvenating hand massage, with polish

### Cosmetic "Express" Pedicure 50 mins CHF 90

Foot bath, foot treatment, exfoliation and massage

### Cosmetic Pedicure with Polish 75 mins CHF 120

Foot bath, foot treatment, exfoliation, massage and polish  
(to take away with our compliments)

### Intensive Foot Treatment without Polish 75 mins CHF 115

Foot bath, intensive foot treatment, exfoliation and massage

### Polish only 15 mins CHF 25

to take away with our compliments

Please note that we do not treat gel varnished nails.

Thank you.



## SARAZENEN SPA RHASSOUL AND EXFOLIATION

The Sarazenen Spa is a modern interpretation of the hammam and the renaissance of the classic bathing environment. It combines a sociable atmosphere with wellbeing, strengthening and health benefits.

### SARAZENEN SPA RITUAL

with peshtemal (towel) and kese (exfoliating mitten)

Warm up in the steam room (42°C)	10 – 15 mins
Use the kese to exfoliate your skin in the Rhassoul bath	5 – 10 mins
Take a shower or splash yourself with water from the hammam bowls	5 – 10 mins
The skin's pores open in the 42°C steam room	10 – 15 mins

If indicated, apply Propolis body lotion or book an oil massage  
Relax in the quiet room.

### PEELINGS

Rhassoul mud – deep cleansing for the whole body	CHF	<b>25</b>
Honey peel – honey body cream and essential oils	CHF	<b>25</b>
Soap peel – special soap containing essential oils	CHF	<b>10</b>
Propolis body lotion	CHF	<b>19/29</b>

## SARATZ SPECIAL MESSAGES

Massage is probably the oldest therapeutic treatment known to mankind. It is the archetypal treatment form for all kinds of physical complaints and is often administered without any thought given to massage itself. Painful areas of the body are intuitively pressed or stroked with the hands in order to alleviate discomfort. Our massage therapists work with top-quality PINIOL massage oils and 100% pure and natural essential oils.

### SARATZ Ibex Massage 50 mins CHF 110

Head, neck and back massage with soothing Swiss pine oil. Special massage techniques relax and loosen the muscles of the head and neck area.

### DETOX Massage 50 mins CHF 110

This massage combines cupping and massage techniques. It relieves tension, strengthens the connective tissue, loosens adhesions (anti-cellulite), stimulates the circulatory system and promotes detoxification.

### LOMILOMI Massage 50 mins CHF 110 80 mins CHF 170

Warm oil is applied during this uniquely relaxing full-body massage with origins in Hawaii. Intuitive massage is performed with the forearms and hands to provide a treatment that pairs extensive stroking with kneading and stretching movements.

### HOT STONE Massage 50 mins CHF 110 80 mins CHF 170

Heated and oiled basalt stones glide smoothly over the body, inducing a state of deep relaxation. Combined with a well-balanced massage, this treatment can help release the most deep-lying tensions.

### BABOR Body Exfoliation 50 mins CHF 120

Experience a skin-refining full-body exfoliation which sloughs away dead skin, stimulates cell renewal, makes your skin more receptive to active ingredients and leaves it feeling velvety-soft. This is followed by a body treatment with nourishing active ingredients and a final effleurage.

### PREGNANCY Massage 50 mins CHF 110

The recipient of this massage lies in a well-supported and comfortable position on her side or back. Mindful touch, gentle stroking movements and targeted massage techniques provide relaxation and relief for the mother-to-be.

### BOYS & GIRLS Massage 25 mins CHF 50

... for children up to 12 years of age.  
A taster massage to test and enjoy!

## CLASSIC MASSAGES

<b>SWEDISH Massage</b>	25 mins	CHF	60
	50 mins	CHF	110
	80 mins	CHF	170

This massage is designed to relax and loosen the muscles. Other beneficial effects include improved blood circulation, regeneration support and metabolic stimulation.

<b>SPORT Massage</b>	25 mins	CHF	60
	50 mins	CHF	110
	80 mins	CHF	170

This massage delivers targeted relief to the most stressed muscles, relaxes them and shortens the muscular recovery period. It stimulates the removal of metabolic toxins, is beneficial to injury prevention and promotes flexibility.

<b>FOOT REFLEXOLOGY Massage</b>	25 mins	CHF	60
	50 mins	CHF	110

The reflex areas on the sole and bridge of the foot correspond to different areas of the body. Targeted stimuli activate self-healing powers, which leads to relaxation and an increase in general wellbeing.

<b>HEADACHE &amp; MIGRAINE Massage</b>	25 mins	CHF	60
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This massage works by activating specific points and via the energy pathways in the neck, head and chest area. This allows us to achieve a normalisation of blood circulation and better energy flow.

<b>DORN Method Massage</b>	25 mins	CHF	60
	50 mins	CHF	110

The Dorn Method can provide relief from back and joint problems. Misaligned spinal vertebrae are palpated and gently realigned through targeted pressure while you perform slow rhythmic movements. A period of rest is essential after this treatment. Drinking plenty of tap water is also recommended.

<b>BREUSS Massage</b>	25 mins	CHF	60
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This gentle spinal massage can release energetic and physical blockages. St. John's Wort oil is used, which is particularly effective in accessing the intervertebral discs through application to the skin. **Combine the Breuss massage with the Dorn Method for maximum benefits.**

<b>Manual LYMPHATIC DRAINAGE</b>	50 mins	CHF	110
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A gentle massage technique stimulates lymphatic circulation, reduces fluid accumulation in the tissues and promotes detoxification. **Alternative treatment:** Foot reflexology lymphatic drainage.

### **TRIGGER POINT Massage**

This method is used in tandem with classic massage techniques. It targets deep-lying sensitive spots and tight areas in the muscle tissue, loosens and stretches.

## CLASSIC MASSAGES

### KINESIO Taping

additional CHF 10

Kinesio Taping is applied in combination with a massage. The elastic tapes support and facilitate the body's natural healing processes, stimulate muscle and joint movement and have a beneficial effect on the circulatory system.

### AROMA OIL Massage

additional CHF 5

If desired, each massage can be enhanced with the application of an essential oil chosen to match your specific concerns.

<b>Pine</b>	strengthening, revitalizing, for cough relief
<b>Lavender</b>	harmonizing, calming and relaxing, for headache and migraine relief
<b>Eucalyptus</b>	refreshing, invigorating, cold remedy
<b>Bergamot</b>	harmonizing, uplifting, encouraging
<b>Cajeput</b>	invigorating, promotes concentration, for muscle and joint pain relief
<b>Orange</b>	refreshing, purifying
<b>Lemon</b>	activating, anti-inflammatory effect
<b>Swiss Pine</b>	calming, warming, strengthening

On request and depending on the massage therapist (Myrta Damaso, Evi Dietrich), medical massages / foot reflexology treatments are covered by Swiss health insurance providers (supplementary insurance plans).

Please inform us prior to your treatment of any allergies, illnesses, surgical procedures, pregnancy etc.

**Thank you.**



## SPA FACILITIES, OPENING TIMES & PRICES

550-square-metre spa area with the Sarazenen Spa bath, indoor pool (30.6°C), saunas, steam rooms and multi-sensory showers, massage and beauty treatments. 35,000-square-metre hotel park with heated outdoor pool and Bagnera Café.

### OPENING TIMES

#### SWIMMING AREA

Indoor pool: from 8:00 to 20:00 hrs

Outdoor pool: from 8:00 to 19:30 hrs

#### SPA AERA WITH SARAZENEN SPA BATH

Winter (Nov-Mar) from 12:00 to 20:00 hrs

Summer (June-Oct) from 14:00 to 20:00 hrs

We are delighted to take your booking for a massage, beauty treatment or rhassoul mud treatment at the Sarazenen Spa reception (phone 619) or at the hotel reception (phone 111).

**Please take note of the Saratz annual closing period.**

Cancellations up to 24 hours in advance are free of charge. Short notice cancellations will incur a charge of 50% of the booked service.

Thank you for your consideration.

### PRICES

#### Included for hotel guests

<b>Single admission</b> to the spa area	CHF	35
children 3-12 years	CHF	10
<b>10-admission subscription</b> to the spa area	CHF	300
children 3-12 years	CHF	80
<b>Single admission, gym only</b>	CHF	15
<b>10-admission subscription</b> to the gym	CHF	130

Admission to the spa area is included in the price if you book a one-hour massage or beauty treatment.

#### DAY SPA Special CHF 44

Single admission to the spa area, followed by an aperitif in the hotel lobby.

**Price includes:** use of swimming pool, gym, Sarazenen Spa bath, slippers, bathrobe and bath towel, tea and fruit.

#### BAGNERA Freibad (July to September) CHF 15

children 3-12 years CHF 5

**Price includes:** use of outdoor pool, bath towel

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