



Sunstar

SWISS HOTEL COLLECTION

GRINDELWALD

WELLNESS IN GRINDELWALD

**Refresh,
recharge,
revive**



Relax and recuperate under the spell of the Eiger.



W – FOR WELLNESS

Enjoy indulging yourself, letting go, feeling content, breathing deeply, finding an inner balance – with water, warmth, wonderful treatments and our passion for well-being, WELLNESS at Sunstar can be experienced with all your senses.

At the spa here in Grindelwald we focus above all on well-being and beauty.

With Craith LAB, we have care products based on the latest technology and can offer innovative cosmetic treatments.





FLORAL BATH ("ODORIUM")
Aromatherapy steam bath, 39 °C

Relax in a comfortably warm bath and inhale the vaporised pure essential oils and natural herbal blends. It will revitalise and relax you and boost your body's own defences.



TEPIDARIUM
Heated bench with hot and cold pools, 30 – 40°C

Soothing, constant radiated heat strengthens your immune system and relaxes your whole body. Footbaths at different temperatures stimulate your circulation and blood flow.

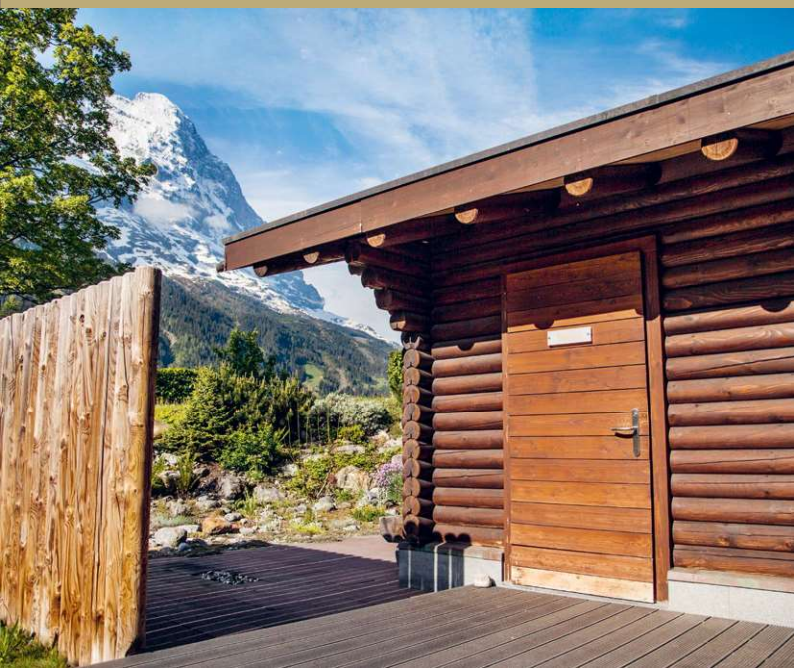
Soothing warmth in the saunas and thermal baths.

At our spa, you'll find not only a **Finnish sauna** in the garden but also **Roman-Irish thermal baths**. That's where two traditional bathing cultures are combined to do your body a world of good. Bathe in Roman style, enveloped in comfortably hot, dry air, and then enjoy a stimulating steam bath in the Irish tradition.

FINNISH SAUNA IN THE GARDEN

Hot and dry sweating room, 80 – 100°C

Detoxes and purifies, cleanses your skin, stimulates your circulation and blood flow and boosts your immune system.



QUIET ROOM WITH BEAUTIFUL PANORAMIC MOUNTAIN VIEWS

In between your sessions in the sauna and thermal baths, soak up the peace and quiet and the stunning mountain views and recharge your batteries.

Massages & beauty – your special pampering time.

We offer a wide range of relaxation and beauty treatments, accompanied by views of the mighty North Face of the Eiger. Our expert wellness team will be happy to give you personalised advice to meet your individual needs.

For full details and prices for our massages and beauty treatments, please see our **WELLNESS PRICE LIST**

MASSAGES

Relaxation from head to toe – a massage not only relaxes your muscles but also soothes your mind. Our experienced specialist team offers a range of pampering massage techniques, tailored to meet your particular needs.



BODY & BEAUTY TREATMENTS

Let our expert beauticians pamper you and make you radiant and beautiful again. Choose from our wide range of beauty treatments for your face, hands, feet or whole body. We use products from Craith LAB.



WELLNESS PACKAGES

Our wellness packages offer carefully thought-through combinations of treatments to meet your personal needs exactly, however much time you have available. They all provide excellent value for money. Our one-day packages make a particularly great gift!



SPA REFRESHMENTS

Free refreshments and fruit are available, to keep you fed and watered during your visit to the spa centre.

Our more than 1200 m² spa centre



- 1 Indoor pool (15×9 m; 28 °C)
- 2 Floral steam bath (45°)
- 3 Spa centre Reception
- 4 Ladies' changing room
- 5 Men's changing room
- 6 Solarium
- 7 Fitness/exercise machine room
- 8 Gym
- 9 Roman baths
- 10 Laconium (slatted bench, dry heat, 50-60°C)
- 11 Caldarium (herbal steam bath, 45 °C)
- 12 Odorium (floral steam bath, 39 °C)
- 13 Frigidarium (hydro-massage showers)
- 14 Tepidarium (heated bench with hot and cold footbaths)
- 15 Soap and brush massages/exfoliation
- 16 Quiet room with beautiful panoramic mountain views
- 17 Beauty salon
- 18 Massage rooms
- 19 Massage baths (Hydroxeur)
- 20 Herb preparation area
- 21 Soft pack treatments
- 22 Pedicures/manicures/special massages
- 23 Sunbathing lawn outside the indoor pool
- 24 Sauna garden
- 25 Finnish sauna in the garden (80 - 90 °C)