

Massagen



Alpienne partial and full body massage

Enjoy a classic massage where you can choose your massage milk according to your needs:

St John's wort massage milk: Soothing for exhaustion, insomnia and nervous complaints

Arnica massage milk: Cooling, increases performance and promotes muscle regeneration

Propolis massage milk: Skin caring, detoxifying and purifying, ideal for skin problems

25 Min. CHF 70 | 50 Min. CHF 120

Alpienne sport massage

Experience a deep massage with high-quality marmot oil or Alpienne arnica lotion.

Alpienne Arnica Lotion, which promotes blood circulation and relaxes the muscles.

25 Min. CHF 80 | 50 Min. CHF 130

Foot reflexology massage

Relax with soothing pressure point stimulation on the feet, to balance the flow of energy and support the self-healing process.

25 Min. CHF 70 | 50 Min. CHF 120

Aroma oil massage

Experience the revitalising or calming effect of high-quality essential oils from Primavera from Primavera and immerse yourself in a feeling of well-being and relaxation.

25 Min. CHF 75 | 50 Min. CHF 125

Deep-acting back and neck treatment

Enjoy deep muscle relaxation with our combination of massage and mud pack. The peat pack relieves tension and helps to de-acidify, while the massage specifically addresses your needs and increases its effectiveness. Your needs and increases its effectiveness.

45 Min. CHF 105

Facial massage

Enjoy a soothing massage that pampers your face, head, neck and décolleté and helps you to relax. Helps you to reduce everyday stress and experience deep relaxation.

25 Min. CHF 65

“Kraft der Berge”

Start your relaxation with a refreshing foot bath, followed by a soothing foot massage. Blockages and tension are released during the subsequent full-body massage.

90 Min. CHF 190

Hot Stone Massage

Discover the soothing effect of our hot stone massage. Warm basal stones are placed along your placed along your muscles to relieve tension and calm your senses. Combined with gentle massage massage technique, immerse yourself in a feeling of complete relaxation and reenergise.

70 Min. CHF 175

Herbal stamp massage

Experience the healing power of nature with our herbal stamp massage. Warm oil and herbal stamps not only relaxes your muscles, but also revitalises your senses. Tension is released, blood circulation is stimulated and your well-being is enhanced.

70 Min. CHF 175

Swiss stone pine vitality massage

Enjoy the soothing Swiss stone pine vitality massage, in which warmed Swiss stone pine sticks are moved rhythmically over your body are moved rhythmically over your body to relieve tension and activate your self-healing powers. The Swiss stone pine sticks are also used for acupuncture and tapping techniques.

60 Min. CHF 155

Lomi Lomi Massage

Immerse yourself in the traditional Hawaiian massage, a unique combination of bodywork and massage and massage, which is mainly performed with the forearms. The fragrant coconut oil not only nourishes not only cares for the skin, but also revitalises the senses and immerses you in a world of relaxation.

90 Min. CHF 190

Alpienne Detox Treatment

Our detox programme begins with an invigorating foot bath, followed by a shoulder massage with our legendary Alpienne honey oil. In addition, we use special active ingredient pads for the We also use special active ingredient pads for the external treatment and perform a gentle detoxifying massage and a final back massage.

50 Min. CHF 125

Massage for children (up to 14 years)

Discover a massage that is specially tailored to the needs of our young guests (up to 14 years).

20 Min. CHF 60

Massagen



Breuss Massage

Experience a gentle stretching of the spine, which creates more space for the intervertebral discs and encourages them to heal themselves. This massage promotes a profound reduction in tension and helps to relieve pain. It is performed slowly, gently and with minimal pressure.

40 Min. CHF 95

Dorn-Breuss Therapie

Dorn-Breuss therapy combines the gentle Breuss massage with the unique Dorn method, in which vertebral misalignments are felt with the fingers and gently corrected using thumb pressure and movements. In addition, the leg lengths are checked and equalised to achieve a harmonious balance in the body.

75 Min. CHF 160

Body Treatments

Alpienne Relaxation Bath

The relaxing bath loosens the muscles, promotes blood circulation and nourishes the skin with various salt bath additives.

Pure massage bath

25 Min. CHF 40

Pure massage bath including skin care

35 Min. CHF 50

Peeling including massage bath

50 Min. CHF 70

Soap brush massage including massage bath and soap for at home

50 Min. CHF 80

Alpienne Body scrubs and Body wraps

Experience personalised care with our Alpienne body scrubs and wraps. Whether regenerating, clarifying or revitalising, the scrub is tailored to your needs to make dry and rough skin velvety soft. Our body packs, enriched with powerful medicinal plants and natural substances from the Alps, then offer you extra care for your skin.

Body scrub

20 Min. CHF 30

Body scrub including body wrap

60 Min. CHF 65

Soap brush massage including soap for at home

20 Min. CHF 40

Soap brush massage including body wrap and soap for at home

60 Min. CHF 75

Facial Treatments

Craith LAB UNLOCK YOUR BEAUTY - The key to beautiful skin

In our facial treatments at Craith LAB, we rely on oxygen reinforcement. This helps your skin to absorb the active ingredients more effectively and deeply. The result: visibly smooth, radiant and healthy skin.

The facial treatments are specially designed to optimally consider and customise the different skin needs of men and women.

Craith LAB Wetterhorn Behandlung - Maximum effect in a short time

60 Min. CHF 160

Intensive care products detoxify and activate your skin cells. This results in a smooth and smooth and supple complexion. The treatment includes an intensive peeling, an algae mask and collagens which activate, nourish and keep the skin healthy.

Craith LAB Luxury Eiger Behandlung - Facial care with that little bit extra

80 Min. CHF 195

Cell division is activated with care products specially tailored to the skin's needs, the skin is nourished and lifted at the same time. The body's own collagen production is stimulated and the skin structure and the skin structure is improved for a long time. The treatment includes intensive peeling, algae mask, collagens, lifting massage (5-10 min.) and a mask customised to the skin's needs.

Locals receive a 10% discount on all treatments, with the exception of Day SPAs.

Alternatively, you can enquire about our subscriptions at the SPA reception.

Book directly
via the QR
codee

