

# Spa menu

## Sunstar Hotel Grindelwald

**Welcome to our Sunstar Spa - your retreat for relaxation,  
regeneration and well-being.**

**We wish you a pleasant stay and a restful time.  
Your Sunstar Spa Team**

**On 1200 square metres you can enjoy our amenities:**

Swimming pool 29°C with steam bath 45°C (with swimwear)

Finnish outdoor sauna 90°C

Caldarium 47°C - herbal steam bath

Odorium 45°C - flower steam bath

Laconium

Kneipp basin

6 treatment rooms

2 rooms with whirlpool bath

Relaxation room with refreshment buffet

Fitness room

**Opening hours:**

Swimming pool 7 a.m. - 8 p.m.

Steam bath by the swimming pool 10 a.m. - 8 p.m.

Sauna area incl. outdoor sauna 2 p.m. - 8 p.m. (from 10 a.m. with reservation or in case of bad weather)

Fitness room 7 a.m. - 8 p.m.

Spa reception 9:30 a.m. - 8 p.m.

Treatments 9:30 a.m. - 8 p.m.

Day Spa 10 a.m. - 2 p.m. & 3 p.m. - 7 p.m.

**Reservation**

**[wellness.grindelwald@sunstar.ch](mailto:wellness.grindelwald@sunstar.ch), 033 655 78 33**

**or directly via QR Code**

book directly via  
QR Code





# Massagen



## **Alpienne partial and full body massage**

Enjoy a classic massage that encompasses the whole body and aims to relieve tension, stimulate circulation and create a general feeling of relaxation. You can choose your own massage milk.

**25 min. CHF 70 | 50 min. CHF 120**

## **Alpienne sports massage**

The sports massage is a particularly intensive form of massage. It helps to loosen adhesions in the muscle tissue and improves your regeneration by promoting the removal of metabolic waste. It is ideal for revitalizing the body and mind. Our therapists use various massage techniques, such as cupping, to cater to your individual needs.

**25 min. CHF 80 | 50 min. CHF 130**

## **Foot reflexology massage**

Relax with a soothing pressure point stimulation on the feet, which begins with a short foot bath. This ancient massage technique can support your self-healing process, help stimulate lymph flow, relieve pain and reduce stress.

**50 min. CHF 125**

## **Aroma oil massage**

Harmonize your body, mind and soul. This deeply relaxing treatment combines essential oils with a soothing massage. Through slow, gentle and flowing massage strokes, the essential oils enter the bloodstream through the skin and have a positive effect on the body. They stimulate the nervous, blood and lymphatic systems and have a refreshing, warming, cooling or relaxing effect.

**25 min. CHF 80 | 50 min. CHF 130**

## **Deep-acting back and neck treatment**

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

**45 min. CHF 105**

## **Rose poem**

Immerse yourself in an oasis of relaxation and renewal with our comprehensive wellness treatment combining a body scrub, back massage, and a soothing bath. High-quality rose oil, pure rose hydrolate, bimolecular hyaluronic acids, and glacier water are used. Your skin will be deeply and lastingly hydrated, firmed, and strengthened.

**80 min CHF 160.-**

## **Facial massage**

Experience a refreshing facial massage with gentle lymphatic drainage techniques that stimulate circulation, reduce puffiness, and relieve tension. Your skin will look visibly fresher, more even, and rejuvenated – for a radiant complexion and pure relaxation.

**25 min CHF 70.-**



# Massagen



## Sensory poem

Our luxurious skin care ritual gives you the opportunity to choose the fragrance you would like to be pampered with. Enjoy the pore-deep cleansing peeling that revitalizes your skin, followed by a gentle full-body massage that gives your complexion a radiant and extremely well-groomed appearance.

**80 min. CHF 160**

## Nature poem

A beauty treatment for your body. Let yourself be pampered with one of our high-quality salt scrubs. We then treat your skin to an energizing body wrap with a wonderful, all-natural cocktail of highly effective plant and mineral active ingredients. Experience how the fragrance of your choice caresses your senses and transports you to a world of relaxation.

**80 min. CHF 160**

## “Kraft der Berge”

A perfect way to revitalize body and mind! Start your relaxation with a refreshing foot bath followed by a foot massage. The subsequent full-body massage helps release blockages and tension. A head and facial massage at the end reduce facial puffiness and fatigue, leaving you looking fresh and radiant.

**90 min CHF 190.-**

## Honey massage

The honey massage is a connective tissue massage with a tradition dating back thousands of years. Its healing and nourishing effect results from the targeted stimulation of certain areas of the skin and the valuable ingredients such as vitamins, minerals and enzymes in honey. To intensify the effect, a back massage with nourishing mountain honey oil follows.

**45 min. CHF 115**

## Summer Freshness – Light Legs After an Active Day

After a long summer day full of hiking, cycling, or sightseeing, your legs often feel heavy and tired. This treatment is designed to relax muscles, boost circulation, and provide recovery. A deep-acting leg and foot massage supports regeneration, while a cooling and refreshing wrap with a special active ingredient blend revitalizes your legs – for a feeling of lightness and freshness.

**45 min CHF 105.-**

## Hot Stone Massage

The hot stone massage provides a deeply relaxing experience, beginning with a foot bath and nourishing foot scrub. Warm basalt stones are placed along your muscles to relieve tension and soothe your senses. In combination with gentle massage techniques, you'll experience complete relaxation and renewed energy.

**80 min CHF 175.-**

book directly  
via  
QR Code





# Massage / Body treatments



## **Herbal stamp massage**

Experience the healing power of nature with our herbal stamp massage. The harmonious combination of warmth, soothingly scented herbs and a full body massage creates a deeply relaxing experience. This treatment supports the detoxification of your body, helps you to reduce stress and improves your skin structure.

**80 min. CHF 175**

## **Swiss pine vitality massage**

Enjoy an intensive alpine massage treatment with warmed Swiss pine sticks that are moved rhythmically over your body to release tension and activate your self-healing powers. The Swiss pine sticks are also used as an acupressure and tapping technique to stimulate acupuncture points and meridian channels, allowing blocked energy to flow again.

**80 min. CHF 175**

## **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 105**

## **Children`s massage**

Discover a massage that is specially tailored to the needs of our young guests (up to 14 years). It can strengthen the immune system and the ability to concentrate.

**20 min. CHF 60**

## **Children`s chocolate massage**

It is the combination of a soothing massage with warm, melt-in-the-mouth and, above all, fragrant chocolate. The cocoa butter it contains moisturizes the skin. Cocoa also stimulates the production of the body's own happiness hormones.

**20 min. CHF 70**

## **Bathing in happiness**

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

**Calendula salt bath:** - anti-inflammatory and soothing ingredients

**Wild rose salt bath:** - harmonizes and relaxes skin, muscles and joints

**Swiss stone pine salt bath:** - soothing hydrotherapy, especially for tense, irritated or itchy skin

**Alkaline bath:** - harmonizes the acid-base balance, supports detoxification of the tissue

**25 min. CHF 50**

## **Body scrub**

Our body scrubs are an excellent way to cleanse, exfoliate and revitalize your skin.

**Rock salt with organic pine & St. John`s wort:** - refining peeling

**Rock salt with Swiss stone pine & honey:** - balancing scrub

**Rock salt with mountain arnica & rosemary:** - revitalizing peeling

**Rose breath salt peeling:** - relaxing peeling

**25 min. CHF 60**