

SCHLOSS

SPA

SPA MENU

ZERMATT

CBD MESSAGES
ADAPTOGENIC BEAUTY
SPA ETIQUETTE

03 - 11
12 - 17
18 - 19



CBD & ADAPTOGENIC SPA

Recovery in every sense

Leave the world behind, loosen up the body, free the mind.

Everything in the CBD & Adaptogenic Spa is centred around the safe and natural plant extracts of CBD and vital mushrooms. These realign your body's homeostasis (balance) and elicit deeper moments of calm.

Massages will reactivate and regenerate. Facials, manicures and pedicures will get you glowing.

OPENING HOURS

SCHLOSS Pool

06.00 - 22.00 h

SCHLOSS CBD & Adaptogenic Spa

12.00 - 21.00 h

SCHLOSS Sport

06.00 - 22.00 h

A close-up photograph of a woman lying down, her eyes closed in a state of relaxation. Her head is being gently massaged by a pair of hands. She is wearing a white towel around her neck and shoulders. The lighting is soft and warm, creating a serene atmosphere.

CBD Massages

OUR PARTNER

The fascination of hemp kiara™

For thousands of years, the crop plant of hemp has fascinated mankind due to its useful and beneficial health properties. That fascination continues today with pharmaceutical and cosmetic manufacturers discovering a very special ingredient for you: cannabidiol (CBD). Unlike the more well-known THC, CBD is non-intoxicating and completely legal.

Studies have shown that CBD and other cannabinoids possess significant medical and cosmetic potential. This active ingredient is renowned for its relaxing, pain-relieving, anti-inflammatory, and anxiety-reducing effects. Many users have used CBD successfully to help with insomnia, stress, and muscle soreness. They report that CBD oil can enhance the beneficial effects of a massage and promote a particularly deep state of relaxation.

As big believers in CBD, we are the first hotel in Switzerland to develop a well-being concept based on this natural product. To do so, we've partnered with Kiara Naturals: a strong Swiss company that obtains particularly pure and BIO-natural CBD, as well as other powerful plant extracts, to make high-quality products targeted at your needs.

At SCHLOSS, we use CBD oil for massages and incorporate CBD products in our treatments. We also have confidence in the effects of hemp in our herbal sauna and in our teas. Of course, if you prefer, we can provide all our treatments with non-CBD care products.

APRES-SKI / APRES-HIKE SPORTS MASSAGE

Give your body and mind some downtime after an active day in the mountains. This treatment will restore your equilibrium and ease away any symptoms of fatigue and muscle pain. The combination of hot stone massage, back, neck and shoulder massage, followed by a manual hip, leg and foot massage, accelerates the breakdown of toxins in the body and shortens recovery time.


50 min

 150 / * 130

DEEP TISSUE MASSAGE

This massage is designed to target deep body tissue. It relaxes tired, aching muscles and accelerates recovery time. To achieve the desired effect, pressure is exerted on a specific area of the body or a specific group of muscles.

20 min

 95 / * 85

50 min

 150 / * 130

LYMPHATIC DRAINAGE

The complex lymph system carries fluids around the body and plays an important role in our defence mechanisms. A lymphatic drainage massage is rhythmic and gentle; it stimulates lymph flow, helping to cleanse, detoxify and regenerate the body while reducing swelling. The treatment is deeply relaxing.

50 min

 140 / * 120

FOOT REFLEXOLOGY MASSAGE

Your feet deserve some time out! A foot reflexology massage is an effective treatment with a relaxing effect. It stimulates blood circulation, reduces stress and pain, rebalances the body to a healthy equilibrium and improves your general well-being.

20 min

 95 / * 85



NECK, FACE AND HEAD MASSAGE

Tension and stiff muscles in the neck, shoulders, face or scalp can cause pain and fatigue. This massage loosens the muscles, eases pain and ensures that you relax.

50 min

 140 / * 120



must try

Signature Treatment

Curious about CBD? Then let our therapists pamper you with our signature CBD Spa combination routine. Touch, smell, sight, hearing, taste – stimulate every sense with this artfully composed treatment. It takes a full 80 minutes to complete. Choose a relaxing or stimulating treatment – and experience the head-to-toe effects of CBD.

80 min

250

CLASSIC MASSAGE

Using gentle or moderate pressure to relieve pain, release tension, promote blood and lymph circulation and stimulate tissue metabolism, the classic massage relaxes, revitalises and improves overall well-being. Ideal after a hard week at work or after an active day in the mountains.

20 min

✿ 80 / * 70

50 min

✿ 140 / * 120

INNER CALM AROMAOIL MASSAGE

If you are feeling stressed, irritable or overtired, an aromatherapy massage will restore your inner balance and harmony. The gentle massage uses aromatic oils which calm your mind while simultaneously invigorating the rest of your body.

50 min

✿ 150 / * 130

HOT STONE MASSAGE

The use of smooth, heated stones relaxes the muscles, allowing the therapist to apply a lighter touch. If your muscles are particularly tense or stiff, the heated stones offer extra relaxation.

50 min

✿ 150 / * 130

COMPRESS MASSAGE WITH ALPINE HERBS

Powerful Alpine herbs are packed into a heated compress ball that is pressed over your weary muscles and joints. As the warm compress opens the pores, the ball's essential oils (which can include CBD) are absorbed into the body to bring about various benefits including toxin removal and improved muscle tone.

50 min

✿ 150 / * 130

PREGNANCY MASSAGE

Recommended from the third month of pregnancy, this drainage massage is specifically designed for expectant mothers. A combination of precious oils, such as almond and coconut, work to improve your skin's hydration and elasticity while boosting overall well-being.

50 min * 130

KIDS MASSAGE

This relaxing massage is made for our youngest guests aged between 3-14. Whether they've been running around town, the mountains or your bedroom, gentle and deep strokes will aid immediate physical recovery.

20 min * 80



Nuvola *dry-floating* experience

Put your body and mind into a state of total weightlessness and ease. As you lie on the Nuvola dry floatation bed, water fills the bed to envelop your body and create a zero-gravity feeling that brings about deep relaxation. You can add this experience after any treatment.

25 min

45



Adaptogenic Beauty

OUR PARTNER

The power of adaptogens *Herbar*

Adaptogens are an organic superpower.

Rich in antioxidants, they're the new-but-old must-try skincare product. Here's why...

In the words of Catarina Oliveira, co-founder at our partners Herbar: "Adaptogens are a group of non-toxic and non-harm plants and plant-based extracts that adapt the body to physical, biological and chemical stressors, rebalancing our body's cortisol hormone levels and HPA axis. HPA is a Hypothalamic, Pituitary and Adrenal Gland communication that allows our body to have a better response to stress."

We rely on the proven herbal powerhouses from Herbar for our facial and beauty treatments. Adaptogens are completely safe, have no adverse physical response, and generate an ideal restorative treatment. Through our use of Herbar's time-proven plant powerhouses, bodies expand, transform and uplift. Both inside and out.

MAKE ME GLOW

Despite our best efforts, some days our skin is more dehydrated and our overall radiance is not up to par. Enter Make me Glow, a preventative service to recover, brighten and revitalise your complexion through deep exfoliation and hydration. Goodbye dullness, hello dewy skin.

50 min	180
80 min	240

DETOX & GO

Designed to purify and rejuvenate the skin by removing impurities, toxins and pollutants. It involves a combination of cleansing, exfoliating and nourishing techniques to promote clearer, healthier-looking skin with none of those annoying acne flare-ups. It'll leave the skin feeling refreshed, revitalised, calm, soothed and deeply cleansed.

25 min	90
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LIFT & SCULPT

Best described as a ‘natural’ face lift, our facial combines techniques including acupressure, lymphatic drainage, and a targeted, deep-tissue massage. These methods work in tandem to help lift, tighten and tone the skin. This treatment will help stimulate collagen production and engage the face’s muscles, leaving you looking contoured, awake and de-puffed.

50 min	160
80 min	220



Body & Face
360 Combo

Consisting of three parts, our signature adaptogen treatment covers you from head to toe. You start with our Make Me Glow facial (detailed to the left), continue with a foot bath and reflexology massage, and finish with Chinese tea and Skin Pearls*.

80 min	250
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*An adaptogenic potion that hones in on radiant skin and a radiant you. Packed with adaptogenic and fungi extracts plus vitamin B3, B12 and C.



EYEBROW CORRECTION

EYEBROW COLOURING

25 min	45
25 min	45

MANICURE & PEDICURE

Manicure	50 min	90
Pedicure	50 min	90

DEPILATION

Whole leg	50 min	80
Lower leg	25 min	60
Armpit	25 min	45
Bikini zone	25 min	45
Full body (eyebrow, upperlip, bikini, armpit, full arms, full legs)	80 min	215

Good to know before your visit

SPA ACCESS

The SCHLOSS CBD & Adaptogenic Spa is available to our hotel guests free of charge. You must be at least 16 years of age to enter the spa area, while children accompanied by an adult are very welcome to use the family area (the pool and fabric sauna). Non-residents may use the SCHLOSS Spa on payment of a supplement CHF 20 extra for the spa treatment chosen.

WHAT TO WEAR

Please only enter the SCHLOSS Spa dressed in the bathrobe and slippers provided. Swimwear must be worn in the family area (the pool and fabric sauna). For hygiene reasons, the sauna is a textile free zone. Instead of your swimsuit, wrap yourself in a hammam towel, which you will find in the spa area.

CALM

The SCHLOSS Spa is a place of calm. Please be considerate to other guests by speaking quietly and behaving respectfully. Mobile phones are not allowed in the spa area so please leave yours in your room or your locker. Normal conversation is of course acceptable in the family area.

RECOMMENDATIONS & ADVICE

We have guidelines for the use of our therapies. However we ask you to pay attention to your state of health and, if necessary, ask your doctor to make sure which stimulation and heat therapies, massages or treatments are suitable for you. Pregnancy, varicose veins, high blood pressure, the use of certain medicines, infections such as colds and flu, fever or even sensitive skin and allergies are all factors that may restrict the use of saunas, steam baths or stimulating therapies.



BOOKING AN APPOINTMENT

Book online at www.spazermatt.ch, or by telephone on +41 (0)27 966 44 00, by email to spa@schlosszermatt.swiss, or in person at reception.

ARRIVAL

To ensure you have enough time to familiarise yourself with the spa ambience we recommend that you arrive at the SCHLOSS Spa 45–60 minutes before your appointment and enjoy a gentle sauna or steam bath. The sauna area opens at 12 noon. Please be at the spa reception at least 10 minutes before your appointment time.

PRIVACY & CLOTHING

Most of the full-body treatments in the SCHLOSS Spa can be enjoyed unclothed. Before the treatment, remove your clothes and wait in your bathrobe. Any parts of the body not included in the treatment are covered by towels. You will also be supplied with a pair of disposable briefs.

CANCELLATIONS & LATE ARRIVALS

Changes or booking cancellations must be made at least 24 hours in advance. Appointments not cancelled in time will be charged in full. If you are late for your appointment, your treatment time will be reduced accordingly.

SCHLOSS

ZERMATT

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