

SCHLOSS

SPA

SPA MENU

ZERMATT

CBD MESSAGES

ADAPTOGENIC BEAUTY

SPA ETIQUETTE

03 - 09

10 - 13

14 - 15

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 illicit deeper moments of calm.

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



OPENING HOURS

POOL

06.00 - 22.00 h

SCHLOSS Spa

12.00 - 21.00 h

SCHLOSS Sport

06.00 - 22.00 h

CBD Massages



OUR PARTNER

The fascination of hemp kiara™

For thousands of years, hemp has fascinated mankind as a crop plant and for its useful and beneficial healthy properties. And still today – because now pharmaceuticals and cosmetics manufacturers have discovered a very special ingredient for you. It is cannabidiol (CBD), a substance which, unlike the more well-known THC, is non-intoxicating and is completely legal.

Studies have shown that CBD and other cannabinoids have major medical and cosmetic potential. The active ingredient has a reputation 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 encourage a particularly deep state of relaxation.

Since we ourselves are convinced by CBD, we are the first hotel in Switzerland to develop a well-being concept based on this natural product. To do so, we have placed our trust in a strong Swiss partner – Kiara Naturals. This company 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 Spa we use CBD oil for massages and apply CBD care 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 also 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 the deep body tissue. It relaxes tired, aching muscles and accelerates recovery time. To obtain 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 lymph system is a complex system which carries fluids around the body, and it plays an important role in our defence mechanisms. A lymphatic drainage massage is rhythmic and gentle; it stimulates lymph flow, helping it 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 on your body.

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

Essential oils possess regenerating characteristics to relax both body and mind. If you are feeling stressed, irritable or overtired, the aromatherapy massage will restore your inner balance and harmony. The gentle massage using aromatic oils will calm your mind yet at the same time invigorate your body.

50 min ✦ 150 / * 130

HOT STONE MASSAGE

The hot stone massage involves the use of smooth, heated stones. The heat relaxes the muscles, allowing the therapist to work with a lighter touch. If your muscles are extremely tense or stiff, the heated stones provide extra relaxation.

50 min ✦ 150 / * 130



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... "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. In the words of Catarina Oliveira, co-founder at our partners Herbar: "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 & 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 revitalize your complexion through deep exfoliation and hydration. Goodbye dullness, hello dewly 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. Say goodbye to those annoying acne flare-ups. It'll leave the skin feeling refreshed, revitalized, calm, soothed and deeply cleansed.

25 min	90
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LIFT & SCULPT

Best described as a "natural" face lift, our facial combines a multitude of techniques such as acupressure, lymphatic drainage, and a targeted, deep tissue massage that all work in tandem to help lift, tighten and tone the skin. This treatment will help stimulate the skin's collagen and work the face's muscles, leaving you looking contoured, awake and de-puffed.

50 min	160
80 min	220

EYEBROW CORRECTION	25 min	45
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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



360 combo

The do-it-all facial. This treatment combines deep hydration, exfoliation, lifting, sculpting, and acupressure techniques, including extractions and skin detoxification. Get ready to experience a glow up, while nourishing your skin's deepest levels, soothing and calming irritation, eradicating acne flare ups, toning and sculpting your face.

80 min	260
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Good to know before your stay

LIFT & SCULPT

The SCHLOSS 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 SCHLOSSSPA on payment of a supplement CHF 20 extra for the spa treatment chosen.

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.

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.

RECOMMENDATIONS AND 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.

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.

PRIVACY AND 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.

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.

SCHLOSS ZERMATT

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