



SchlossHotel

ZERMATT

SCHLOSSSPA

## Spa Menu



*Stay active. Stay well.*

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*Book online!*



## WELCOME

# First CBD Spa in Switzerland

Our new SchlossSpa, covering an area of 630 m<sup>2</sup>, is a recovery area in every sense. Since wellbeing and balance are closely knit, we opened the first CBD Spa in Switzerland, in which both the transforming power of relaxation and natural products are trusted. In our Spa area with sauna classics, steam baths, the special CBD herbal sauna and a caldarium, letting go has never been easier.

## OPENING HOURS

POOL	6.00 – 22.00 H
SCHLOSSSPA	12.00 – 21.00 H
SCHLOSSSPORT	6.00 – 22.00 H

1 Book in advance.  
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2 Leave electronic devices  
in your room or locker.



3 Please do not eat before  
your treatment.  
⌚ 60 MIN

4 Enjoy a mild sauna or steam room and relax.  
OPEN 12.00 – 21.00 H



5 Please do not forget:  
take a shower, use the  
WC and register at the  
Spa Reception.  
⌚ 10-15 MIN



6 Fill out the health questionnaire.



8 Relax and drink plenty of water or tea.



7 Enjoy your treatment.





A modern spa lounge featuring a wall of stacked, irregular stone tiles in warm tones of yellow, orange, and brown. The wall is illuminated from below, creating a soft glow. In the foreground, there are several cream-colored leather armchairs with dark piping. A small, round, dark wooden table in front of the chairs holds a dark blue book and a single green apple. The floor is made of light-colored tiles. The overall atmosphere is warm and sophisticated.

SchlossSpa  
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## Relax with ease



## 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 SchlossSpa 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.

**APRÈS-SKI / APRÈS-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.

25 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.

50 MIN | ✨ 140 | \* 120

**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



HIGHLIGHT

JUST CHILL

## 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



REGENERATING MESSAGES

CHF

### 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.

25 MIN | ✳ 80 | \* 70

50 MIN | ✳ 140 | \* 120

### INNER CALM AROMATHERAPY 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

**CBD PEELING & BODY NURTURING CBD WRAP**

A deep cleansing routine using salt, mountain herbs and cell-regenerating CBD scrub for soft, smooth and well-nourished skin. This is followed by a nourishing CBD body wrap with CBD oil on the Nuvola floatation bed.

50 MIN | ✨ 160

**REMINERALISING MARINE PEELING | BODY MOISTURISING WRAP**

A peeling treatment to cleanse and restore the texture and suppleness of the skin, giving it a healthy, natural glow. The gentle Marine Body Scrub and the mineral wrap soften the skin while infusing it with precious trace elements, mineral salts and moisture. The aromatic body wrap on the Nuvola floatation bed has a relaxing effect, while the skin-conditioning ingredients ensure a healthy balance to the skin.

50 MIN | \* 160

**SWEET & SALTY PEELING & MARINE MUD | BODY PURIFYING WRAP**

A sweet and salty body scrub, followed by a detox wrap on the Nuvola floatation bed, stimulates the metabolism and restores balance to the body. The treatment leaves you feeling invigorated and refreshed.

50 MIN | \* 160

## THE NUVOLA DRY FLOATING EXPERIENCE

## We waft you on a cloud

Do you sometimes dream about floating and having a feeling of weightlessness? When you undergo any of our body treatments or body wraps our Nuvola Dry Floating Bed will envelop and cradle you into a state of deepest relaxation and utter ease. A primordial experience for body and mind.

**CBD SPORT RECHARGE**

Herbal CBD back peeling followed by a back, foot and leg massage. This combination of treatments revives your energy and gives you strength and vitality for the coming day.

80 MIN | ✨ 210

**CBD RESTORATIVE BODY**

Herbal CBD peeling, moisturising wrap and Inner Calm CBD aromatherapy massage. Calming, yet invigorating.

110 MIN | ✨ 240

**BODY RECOVERY**

This is a sweet and salty peeling and marine mud wrap with revitalising foot reflexology massage for a soothed, radiant and invigorated feeling.

110 MIN | \* 230

**HOLISTIC BODY**

Remineralising marine peeling, conditioning moisturising wrap for the body, and a refreshing facial treatment. This holistic treatment revitalises the body and mind, leaving you with a beautiful glow.

110 MIN | \* 240



**QUICK FIX FACIAL**

For a quick booster to the skin. We customise the products we use to your personal needs. The treatment includes a facial cleansing, a serum face mask and moisturiser.

25 MIN | \* 80

25 MIN | ✱ 90

**DEEP CLEANSING FACIAL**

Extra-moisturising and more radiance. Particularly suitable for sensitive and blemished skin. The treatment for glowingly clean, fresh and soft skin.

50 MIN | \* 130

**ANTI-AGEING FACIAL**

A revitalising boost to impart radiance to mature skin. This treatment firms, smooths, nourishes and regenerates, while also energising the skin.

50 MIN | \* 130

**SENSITIVE SKIN FACIAL**

For sensitive skin. The gentle treatment, which uses products containing soothing ingredients, is perfect for skin damaged by the effects of the environment, for example.

50 MIN | \* 130

**EYEBROW COLOURING**

25 MIN | 45

**EYEBROW CORRECTION**

25 MIN | 45

**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

# Be active

Strength, posture, toned figure. Are these just dreams or are you doing something about them? Our new SchlossSport helps you to tone your body with strength training on our techno-gym equipment, or in the main gym area with traditional body-forming techniques, TRX training and endurance sport. In the new yoga room, using slow or more intense modules, our experienced trainers gently guide you towards a balance of body, mind, and soul. Our varied programme of courses motivates you to achieve your training goals. Our fitness and yoga classes are available to hotel guests and non-residents.

**FITNESS & YOGA CLASSES**

Hotel guests

for free

Non-resident guests

30

**PERSONAL TRAINING**

50 MIN | 120

**FITNESS**

Daily admission

35

1-month membership subscription

185

5-month membership subscription

550

Free access for hotel guests .

**OPENING HOURS SCHLOSSSPORT**

6.00 – 22.00 H

*Book online!*

Reserve your course place online

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## Good to know for your stay

### ACCESS

The SchlossSpa 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 for the spa treatment chosen.

### CALM

The SchlossSpa 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 SchlossSpa 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](http://www.spazermatt.ch), or by telephone on +41 (0) 27 966 44 00, by email to [info@schlosshotelzermatt.ch](mailto:info@schlosshotelzermatt.ch), 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 SchlossSpa 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 SchlossSpa 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.

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