



**Sunstar**

SWISS HOTEL COLLECTION



GRINDELWALD

PRICES

**Wellness & Beauty**

GRINDELWALD

# Your spa packages

## All spa packages inclusive

- Introduction
- Surprise to take away

	HOTEL GUESTS	NON-RESIDENTS*
<b>Day Spa "Mini"</b>	<b>135.-</b>	<b>160.-</b>

A little downtime: feel rested and refreshed after just 75 minutes.

- 1 x aroma massage bath (25 min.)
- 1 x whole body massage (50 min.)

	HOTEL GUESTS	NON-RESIDENTS*
<b>Day Spa "Maxi"</b>	<b>200.-</b>	<b>225.-</b>

Would you like something extra? A bath, a massage, a healthy lunch – and the pleasant feeling of having done something just for you.

- 1 x participation in our rich gourmet breakfast buffet
- 1 x aroma massage bath (25 min.)
- 1 x whole body massage (75 min.)
- 1 x glass of prosecco

	HOTEL GUESTS	NON-RESIDENTS*
<b>"Simply natural"</b>	<b>160.-</b>	<b>185.-</b>

For this package, we rely on the wisdom of Nature. We use specific natural substances and healing methods.

- 1 x whole body peel (15 min.)
- 1 x herbal compress massage (70 min.)

	HOTEL GUESTS	NON-RESIDENTS*
<b>"Feel good"</b>	<b>235.-</b>	<b>260.-</b>

You are not ill, but somehow you feel washed out, tired and dull? Sometimes it doesn't take much to make you feel your normal self again. The important thing is to be aware of what your body needs. Our treatments ensure that you soon feel simply great again.

- 1 x whole body peel (20 min.)
- 1 x evening primrose oil face pack (25 min.)
- 1 x whole body massage (50 min.)
- 1 x facial massage (25 min.)

	HOTEL GUESTS	NON-RESIDENTS*
<b>"Be beautiful"</b>	<b>230.-</b>	<b>255.-</b>

If we feel beautiful, we feel good, too. With this treatment, we restore your beauty – and you'll feel yourself blossom!

- 1 x classic facial treatment (70 min.)
- 1 x manicure without nail polish
- 1 x pedicure without nail polish

	HOTEL GUESTS	NON-RESIDENTS*
<b>"Detox"</b>	<b>250.-</b>	<b>275.-</b>

Poor air quality, microplastics, environmental toxins – our detox helps to counteract them all. We exfoliate dead skin cells, detox using natural algae and give you a facial with deep cleansing and a relaxing massage. Then you're ready for whatever your everyday life throws at you.

- 1 x body peel or soap and brush massage (20 min.)
- 1 x seaweed pack (25 min.)
- 1 x stimulating whole body massage (50 min.)
- 1 x detox seaweed facial treatment

\* The prices for non-residents include a day pass for our Wellness Oasis with use of all the facilities (indoor pool, steam bath, sauna, thermal baths, gym and relaxation room). Access on Saturdays for hotel guests only.

All prices in CHF per person incl. taxes and charges, without overnight stay. Offers subject to availability and change. Where payment is in Euro, the daily exchange rate applies. Admission to the Fitness Centre and the sauna from 16 years. Advance booking recommended.

# Relaxation

## Massages

### Classical massage

Partial-body	25 min.	<b>65.-</b>
Whole-body	50 min.	<b>110.-</b>
Whole-body	75 min.	<b>155.-</b>
Partial-body for kids up to 14 years	25 min.	<b>55.-</b>

### Sports massage

*Deep massage to stimulate the circulation and activate your muscles*

Partial-body	25 min.	<b>75.-</b>
Whole-body	50 min.	<b>130.-</b>

### Foot reflex zone massage

<i>Stimulation of pressure points; to balance energy flow and support the self-healing process</i>	25 min.	<b>65.-</b>
	50 min.	<b>110.-</b>

### Facial massage

<i>Massage of head, neck and décolleté to relaxation and relief from everyday stress</i>	25 min.	<b>60.-</b>
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### Aroma oil massage

<i>Essential oils revitalise or calm the skin and take you into a world of relaxation</i>	25 min.	<b>70.-</b>
	50 min.	<b>115.-</b>

## Special massages

<b>Lomi Lomi</b>	90 min.	<b>185.-</b>
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*Combination of bodywork and massage from Hawaii*

<b>Hot Stone</b>	70 min.	<b>175.-</b>
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*Whole-body massage with hot basalt stones. It relaxes the muscles and restores balance to the soul.*

<b>Herbal ball massage</b>	70 min.	<b>175.-</b>
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*The body is oiled with warm plant oil and massaged with scented herbal balls. This has a both physical and mental cleansing effect. A true journey for the senses.*

<b>Breuss-Massage</b>	40 min.	<b>95.-</b>
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*This treatment stretches the spine to give the intervertebral discs more space and stimulates them to heal themselves. It has a deep effect, releasing tension and reducing pain. This massage is slow, gentle and applied with only a little pressure.*

<b>Dorn-Breuss-therapy</b>	75 min.	<b>160.-</b>
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*After the preparatory Breuss massage, misalignments of the spine are detected using the Dorn method. Pressure is then applied with the thumbs and the guest is moved in order to correct the alignment. The length of the legs is checked and corrected.*

## Body treatments

### Brush massages/peeling

<b>Body peeling</b>	20 min.	<b>30.-</b>
• with skin care	35 min.	<b>60.-</b>
<b>Soap brush massage</b>	20 min.	<b>30.-</b>
• with skin care	35 min.	<b>60.-</b>

### Softpack

*Deep relaxation in the floating water bed*

<b>Cleopatra pack</b>	25 min.	<b>65.-</b>
<i>Skin conditioning and moisturising</i>		
• with Peeling	40 min.	<b>85.-</b>
<b>Evening primrose oil pack</b>	25 min.	<b>65.-</b>
<i>For cell stimulation and deep moisturising</i>		
• with Peeling	40 min.	<b>58.-</b>
<b>Seaweed detox pack</b>	30 min.	<b>65.-</b>
<i>Removes blockages and toxins</i>		
• with peeling and skin care	50 min.	<b>100.-</b>

### Massage bath with 172 jets (Hydroxeur)

*Relaxes muscles, improves circulation, conditions the skin; various bath products such as Alpine herb, rosemary, mint,...*

<b>Massage bath pur</b>	25 min.	<b>40.-</b>
• with skin care	40 min.	<b>62.-</b>
<b>Massage bath with peeling</b>	40 min.	<b>62.-</b>
• with skin care	55 min.	<b>77.-</b>
<b>Massage bath with soap brush massage</b>	40 min.	<b>62.-</b>
• with skin care	55 min.	<b>73.-</b>

### Anti-Aging Body

<i>Stop Cellulite Wrap, Leg peeling and anti cellulite massage</i>	80 min.	<b>160.-</b>
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# Beauty

## Facial treatments

**Classic facial treatment** 70 min. **140.-**

*Nourishing facial treatment with cleansing, brow correction, massage including ampoule concentrate and mask*

• Optional: special mask **15.-**

**HSR Lifting facial treatment** 90 min. **190.-**

*Beauty with class. Superior care products give deep smoothness and elasticity. The results are moisture, regeneration and protection against skin aging. Includes cleansing, active ingredient boost, massage and mask.*

**Dr. Babor facials** 60 min. **145.-**

*Intensive facial treatment with fruit acid peeling and special mask with immediate effect. For a smooth, pore-fine and even complexion.*

## Beauty

Eyelash colouring 20 min. **35.-**

Eyebrow colouring 10 min. **25.-**

Eyelash & eyebrow colouring 30 min. **55.-**

Eyebrow shaping 15 min. **25.-**

## Hands and feet

Manicure classic 45 min. **60.-**

Manicure with nail polish 60 min. **75.-**

Pedicure classic 45 min. **70.-**

Pedicure with nail polish 60 min. **85.-**

Nail polish 10 min. **21.-**

Medical pedicure without nail polish 55 min. **90.-**

## Depilation with warm wax

Whole legs 45 min. **80.-**

Half legs 30 min. **60.-**

Armpits or bikini area 25 min. **35.-**

Back 35 min. **47.-**

Upper lip 10 min. **21.-**

Chin 10 min. **21.-**

Upper lip and chin 15 min. **37.-**

## Our wellness products

We use natural products from Babor, winner of the award "Best Facial Treatment" and Haslauer-Kurland, winner of the award "Best technical product innovation" and "Best Signature Treatment", both prize-winners at the European Health Spa Awards in Zell/See.

**BABOR**

**KURLAND**  
*Mit der Kraft der Natur*