

Paradisa
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RESORT & SPA SAAS-FEE

PARADIA SPA

Wellness in the Pearl of the Alps



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Stay fit or treat yourself to wonderful relaxation in our «Paradia Spa» offering various saunas, steam baths, whirlpools, a light-filled relaxation area and our fitness centre on over 1'200 sqm. In the treatment rooms, our spa staff will pamper you with a variety of massages, cosmetic treatments, baths and body packs.

In the center of our spa lies the adventure pool with its warm waterfall (31 °C) and rock whirlpool. The Kneipp zone with warm (35 °C) and cold pools (10–15 °C), the Valais quartzite grotto (65 °C), the meditation crystal grotto, sauna, soft sauna

and steam bath, tepidarium, caldarium, laconium and the aroma pavilion await you for a wonderful wellness experience. Hotel guests use the pool and fitness center free of charge.

External guests are always welcome at the Day Spa.

Opening hours:

Sauna area	15.00 – 21.00 Uhr
Fitness	09.00 – 22.00 Uhr
Pool	07.00 – 21.00 Uhr
Pool for children under 16 years	09.00 – 18.00 Uhr



Aromatic Oil Massage Enjoy a personalized massage for body, mind and soul. Special aromatic oils let you relax and forget time and space.

20 minutes	CHF	60.-
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Head and Face Massage This gentle massage relieves tension in the neck area and revitalizes the scalp and facial skin. Manual lymphatic drainage - gentle strokes stimulate lymphatic activity and thus help to remove water accumulations and toxins from the tissue.

50 minutes	CHF	115.-
80 minutes	CHF	180.-

Foot Reflexology Massage This special massage technique reaches all organs via the reflex points, promotes the self-healing process and brings relief and relaxation throughout the body.

50 minutes	CHF	95.-
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Hot Stone Massage Hot Stone Therapy is an ancient shamanistic natural healing method that was rediscovered in America. Lava stones are heated and placed in the energy centers, while you are massaged alternately with warm and cold stones. The therapy has relaxing, toning and loosening effect on hardened muscles.

80 minutes	CHF	160.-
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TREATMENTS WITH ALPIENNE PRODUCTS

The exceptional quality of Alpienne products is based on the fact that only ingredients from controlled collections in the wild are used in their production: Herbs and plants are collected in their very own alpine habitat, in which they have developed their greatest effect.

Alpienne Classic in combination with a foot massage and a full-body relaxation massage (with a skincare cream of your choice).

80 minutes	CHF 195.–
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Alpienne Peeling in combination with a foot massage with honey body peeling containing rock crystal salt and subsequent relaxation massage with nourishing honey cream.

80 minutes	CHF 195.–
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Alpienne Relax & Harmony in combination with a foot massage, head and face massage and a relaxation massage with heated herbal stamps.

80 minutes	CHF 160.–
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WELLNESS FOR KIDS

Attention and experience, both are crucial for the souls of our children. Children enjoy and need affection, especially in our increasingly hectic times, with their sensory overloads and disturbing environmental factors. Increasingly children suffer from physical complaints, such as headaches, sleep disorders and abdominal pain.

Tender Loving Care Children's Massage (back, arms and feet)

20 minutes	CHF 55.–
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Gentle Abdominal Massage (Alleviates abdominal bloating for our little ones)

20 minutes	CHF 55.–
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Gentle Back, Head and Neck Massage

20 minutes	CHF 55.–
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The treatments are carried out exclusively by female therapists. The presence of a parent is desired.

TREATMENTS FOR TWO

Relax and get spoiled together during one of our couples treatments:

Love Dream

- Relaxing massage (20 minutes)
- Love bath (45 minutes)
- 1 glass of champagne

65 minutes, per person CHF 150.–

Aroma Dream

- Salt peeling with aromatic oil (20 minutes)
- Aromatic oil massage (50 minutes)
- Aromatic oil bath (45 minutes)
- Fruit cocktail

115 minutes, per person CHF 220.–

Alpienne Honey Dream

- Honey peeling (20 minutes)
- Honey massage (50 minutes)
- Honey pine bath (45 minutes)
- Tea with honey

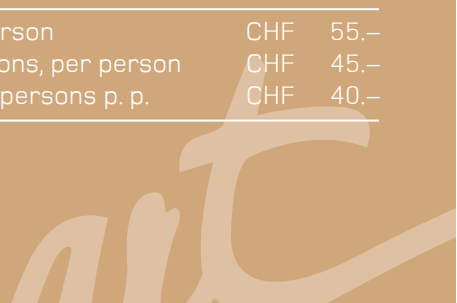
115 minutes, per person CHF 220.–

RASUL

An intimate atmosphere in the steam of the hammam amid romantic Middle Eastern architecture. Let yourself be tempted by a new experience from an old tradition.

The Rhassoul or Ghassoul is a healing earth extracted in Morocco. Due to the unique properties of the sludge, pollutants and slag are removed from the skin and the peeling defect prepares the surface of the skin for the absorption of nourishing substances. This treatment is one of the best ways to promote the regeneration of skin cells. As in a clay mask, the Rhassoul absorbs impurities from the skin, without destroying the natural hydrolipid film (which protects against external influences). To give the whole a gentle fragrance, do not hesitate to ask the Spa Personal if they add a few drops of an essential oil of your choice.

40 minutes, one person	CHF	55.–
40 minutes, 2 persons, per person	CHF	45.–
40 minutes, 3 ou 4 persons p. p.	CHF	40.–







DEPILATION

Before each warm wax treatment the skin is cleaned and prepared. After the wax treatment, a soothing and moisturizing aloe vera gel is applied.

Eyebrows outside facial care

15 minutes CHF 20.–

Eyebrows during facial care

15 minutes CHF 15.–

Upper lip

15 minutes CHF 15.–

Cheeks

15 minutes CHF 15.–

Chin

15 minutes CHF 20.–

Underarms or arms

20 minutes CHF 35.–

Legs complete

45 minutes CHF 85.–

Half legs, back or upper body

20 minutes CHF 60.–

Bikini Area

Classic 25 minutes CHF 30.–

Extended 25 minutes CHF 50.–

Brazilian 25 minutes CHF 40.–



BEAUTY BY MARIA GALLAND

The company «Maria Galland Paris» is a specialist for face and body care products and stands world-wide for effective beauty and spa treatments. Maria Galland products are used in the following of our beauty treatments:

Basic Facial Treatment Peeling, deep cleansing, mask and massage

60 minutes CHF 130.–

Soin Masque Modelant Yeux An invigorating and cooling algae mask especially for the delicate skin around the eyes. As an optimal anti-wrinkle treatment, a retinol concentrate is used under the mask. Experience how the traces of stress and fatigue disappear and how swelling and circles around the eyes are significantly reduced. The treatment can be easily combined with any other spa treatment (surcharge CHF 32.–)

40 minutes CHF 75.–

Soin Thalasso Visage A pleasantly cooling power mask with seaweed for an extra portion of moisture. Experience a unique feeling of invigorating freshness and maximum care and well-being. Extracts of Breton brown algae cells free the skin from negative environmental influences and ensure intensive hydration of the skin. Micro-algae stimulate the blood circulation and activate the metabolism. A perfect short holiday for your skin.

75 minutes CHF 140.–

Soin Cocon An exclusive feel-good treatment for every skin type. In a cocoon of gauze and foam, beauty is brought back to life and the skin feels reborn. The treatment combines state-of-the-art high-tech preparations with a perfect anti-stress treatment in which every step is accompanied by a stimulating massage ritual.

80 minutes CHF 160.–



BODY PACKS

The basis of our applications is the Soft Pack Couch. Enjoy a body pack of your choice floating in this special waterbed. The pack is applied to the body while you are lying down and then wrapped in thin foil so that your skin can optimally absorb the positive effects of the product. The Soft Pack blanket is heated to a pleasant 39 °C, which causes a rapid opening of the pores.

Alpine Hay Pack Enjoy the natural perfume of organic hay from Upper Valais. The hay pack has an invigorating and strongly purifying effect and also relieves tension.

Cleopatra Pack Experience a silky soft skin feeling and a royal delight made of skincare oils and goat's milk. The high-quality oils hydrate the skin, have a balancing and slightly moisturising effect. Vitamins and minerals pamper your skin and make it velvety soft.

Heida Wine Marc Pack This very effective fruit acid treatment removes dead skin cells, refines the skin and promotes blood circulation.

each pack 40 minutes for CHF 65.–

Mud Pack The valuable ingredients of the natural peat mud in combination with gentle heat help with rheumatic complaints, arthrosis and tension. In addition, this therapy has anti-inflammatory effects, activates the metabolism, relaxes muscles and relaxes cramps.

Chocolate Pack The flavanols contained in dark chocolate make the chocolate pack an optimal scavenger of free radicals, which accelerate the aging process of the skin. In addition, the cocoa bean has antidepressive and antirheumatic properties. The chocolate pack also has a strong moisturising effect and is therefore particularly suitable for dry skin. Pleasant side effect: The skin smells pleasantly of chocolate hours after the bath.

Thalasso Pack This vitalizing and detoxifying pack made of algae stimulates the metabolism, refines the skin's appearance and stimulates lymph flow.

each pack 40 minutes for CHF 75.–







WELLNESS PACKAGES

Salt Therapy Package Salt peeling on the hammam couch followed by a nourishing evening primrose oil pack in the warm softpack couch.

60 minutes CHF 115.–

Time Out

- Rasul
- Relaxing massage
- Evening primrose oil pack
- Fruit cocktail

100 minutes CHF 155.–

Relax days (minimum stay of 5 nights)

- 2x classic full body massage (50 minutes)
- Cleopatra pack
- relaxation massage
- Fruit cocktail

CHF 325.–

Energy-Kick

- Rasul
- Classic full body massage (50 minutes)
- Fruit cocktail

90 minutes CHF 180.–

Beauty Day (minimum stay of 2 nights)

- Salt peeling
- Classic full body massage (50 minutes)
- Cleopatra pack
- Basic facial treatment
- Fruit cocktail

CHF 305.–

Pure beauty (reservation on demand) (minimum stay of 5 nights)

- Basic facial treatment
- Manicure, pedicure
- Classic full body massage (50 minutes)
- Salt peeling
- Cleopatra pack
- Aromatic oil massage
- Fruit cocktail

CHF 545.–

DAY SPA

Beauty Day SPA

- Basic facial treatment
- Cleopatra pack in the soft pack couch
- One fruit cocktail
- One fitness salad with chicken breast strips
- One fruit platter

CHF 229.–

«Easy» ½ Day SPA

- Back, head and neck massage 40 minutes
- Admission to the spa area between 8:00-14:00
- One fruit cocktail
- One fitness salad with chicken breast strips

CHF 140.–

Relax Day SPA

- Rasul bath
- Cleopatra pack in the soft pack couch
- Partial massage 20 minutes
- One fruit cocktail
- One fitness salad with chicken breast strips
- One fruit platter

CHF 215.–

Classic Day Spa

- Full body massage (50 minutes)
- Evening primrose oil pack in the softpack bed
- One fruit cocktail
- One fitness salad with chicken breast strips
- One fruit platter

CHF 215.–

Alpienne Day SPA

- Alpienne honey scrub
- Alpienne classic massage
- One fruit cocktail
- One fitness salad with chicken breast strips
- One fruit platter

CHF 215.–

including cosy bathrobe, slippers, towel and admission to the spa area.

Stay fit Our fitness center is fully furnished with professional equipment for strength, endurance and cardiovascular training of all kinds. The fitness centre is available to our hotel guest free of charge. Children under 16 years are allowed only under adult supervision.





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