

Welcome to the “Go-Well” SPA

A qualified team of masseurs, beauticians and wellness therapists warmly invites you to relax and enjoy yourself in the “Go-Well”. Our wellness oasis covers over 1,000 m² – a real paradise, waiting to be discovered by you. The use of the indoor swimming pool, the sauna complex and the fitness room is included in the price of your room. **Children under 12 years are not permitted to use the sauna and children under 9 years must be accompanied by an adult in the indoor swimming pool.**

Opening times:

07.00 – 21.00	Indoor swimming pool and fitness room
09.00 – 21.00	Sauna complex
09.00 – 20.00	Wellness area with massages, beauty and treatments

To maximise your enjoyment of the SPA

We recommend that you book your desired appointments in advance.

Take your time. It is recommended that you use the sauna, the steam bath or the infrared cabin before having a massage. Warm muscles benefit more from the massage. Avoid rich meals and alcoholic drinks before each treatment. Drink sufficient tea or water before and after the treatments. At the wellness entrance, you can make yourself some fresh tea, and drinking water is available in the relaxation room. Rest after every treatment and avoid activity directly after the treatments.

We recommend you come to the massage in your bathrobe and that you please wear briefs. You will always be covered by a towel. You need to get undressed for all wellness treatments. Disposable briefs are available.

Please inform the SPA staff of your requests and any medical conditions. Our well-trained team will respond to your wishes and reserves the right to carry out a basic assessment of your state of health and the condition of your skin.

Cancellations which are not made 24 hours before the treatment have to be charged in full.

Our team is looking forward to your visit!

Solarium

The solarium does not just make you nice and brown, the sunrays also promote spiritual and physical wellbeing, in measured doses according to your skin type. The tan achieved also acts as a genuine sunblock. Please use the disinfection spray to clean the sunbed after every session.

CHF 5.00 per 5 minutes

Sauna

Our sauna complex is open every day from 09.00 – 21.00. Please take the yellow towel in your wardrobe to lie on. After use, please place it in your bath and our chambermaids will put a new one in your wardrobe.

After every sauna session, you should enjoy at least 20 minutes' rest before another session. Drink sufficient water or tea. All 3 saunas are ideal for muscle pain and ease muscle aches after sport.

Infrared cabin: in temperatures of 40 – 55°C, you can enjoy a sauna session without physical stress. The deep heat is caused by infrared waves; it accelerates the metabolism and boosts the immune system. Perspiration is not drawn from the body, but is released from within. In order to further increase spiritual wellbeing, the light changes into different colours of the rainbow. A whole cycle should last about 30 minutes.

Steam sauna: A visit to the 45°C steam bath humidifies the airways, relieves colds, increases blood circulation and accelerates the metabolism. A steam bath should last about 15 minutes.

Finnish sauna: High-temperature sauna (up to 90°C) with an air humidity of up to 10% stimulates the circulation and accelerates the metabolism. The dry heat opens the skin pores and detoxifies the body through perspiration. By cooling down under the cold shower afterwards, the circulation is stimulated again and the immune system boosted. A sauna session should last 20 minutes and may be repeated up to 3 times.

Baths

Indoor swimming pool: the water in our indoor pool is heated to 29°C and is ideal for swimming. It is open every day from 07.00 – 21.00. Please shower before use and take the white towel with the coloured stripes with you. If you would like a new towel, please place it in your bath and our chambermaids will gladly change it.

Wellness baths in the whirlpool: Nourishing whirlpool with various bath additives. Whether reviving, regenerating or calming – you choose according to your individual needs.

Duration 25 minutes CHF 45.00

Bath for 2 in the large bath 30 minutes CHF 70.00

You can select from the following baths:

Aloe Vera Bath: This bathing experience moisturises and nourishes the skin.

Cleopatra Bath: The apricot-peach bath enhances the appearance of the skin and improves physical wellbeing.

Crystal Bath: Dive into the deep ocean and feel the soothing effect of the algae and the seawater.

Green Algae: Purifies and improves the blood circulation.

White Algae Bath: Relaxes, detoxifies and enhances the skin.

Java Lulur Bath: This bath additive consists of Indonesian flower extracts and smells wonderful. A bath for the senses and for the heart.

Milk bath: This bath from the chocolate line of Secrets of Paradise smells heavenly, caresses the skin and becomes a luxury bath.

Samadhi bath: A completely indescribable feeling awaits you. Your body is simply supported by a 27% solution of brine. Isolated from all stimulation, you enjoy full relaxation. Your muscular and skeletal systems completely relax. There is no temperature difference between body and water, as both are kept stable at 36°C. You decide if you would like music and light. After a Samadhi bath, your body is ideally prepared for further treatments such as massages, softpack or whole-body treatments. This bath is not recommended for sensitive ears.

30 minutes CHF 60.00

30 minutes with subsequent partial massage CHF 100.00

45 minutes CHF 75.00

60 minutes CHF 90.00

Whole-body peeling

Peeling: Select the peeling suited to your skin with your therapist. The body is gently massaged and the dead horny skin cells are removed from the skin surface. The skin feels particularly soft after a peeling and the pores open in order to best absorb the body care products.

Duration 25 minutes CHF 60.00

Select from the following fragrances:

Algae: This peeling stimulates the circulation.

Chocolate: Chocolate stimulates the happy hormones and makes you happy.

Coco: This peeling is made of pure coconut flakes and pure coconut oil.

Green Tea: Green Tea contains pure elixirs and is rejuvenating.

Vino: The grape seed peeling is invigorating, stimulating and rejuvenating.

Bodypacks

Chocolate pack: This calorie free foam pack is smelling heavenly. It stimulates the happy hormones and makes you feel very happy.

Duration 45 minutes CHF 70.00

Green Tea pack: The paste warms the body and is rubbed into the whole body before enjoying the warm softpack which is like a waterbed. This substances is giving the skin valuable building materials.

Duration 45 minutes CHF 70.00

Thalasso pack: This treatment is more intensive than the algae bath. A rich algae pack is rubbed into your whole body. Then you let the valuable substances take effect in the warm softpack, which is like a waterbed.

Duration 45 minutes CHF 70.00

Vino pack: The seeds of the grapes are vitalising you skin while you enjoy the warm softpack which is like a waterbed.

Duration 45 minutes CHF 70.00

Massages

A massage is particularly soothing and relaxes the muscles.

Partial massage (back or leg)	25 minutes	CHF	55.00
Full-body massage	50 minutes	CHF	95.00
Full-body massage deluxe	70 minutes	CHF	135.00
Sports massage (legs and back)	50 minutes	CHF	95.00
Anti-stress back massage	30 minutes	CHF	60.00
Anti-stress head massage	30 minutes	CHF	60.00
Anti-stress head massage intensive	45 minutes	CHF	90.00
Stone massage	80 minutes	CHF	145.00
Head-neck massage	15 minutes	CHF	30.00
Lomilomi Nui	75 minutes	CHF	140.00
Medical partial massage	25 minutes	CHF	65.00
Medical full-body massage	50 minutes	CHF	105.00
Physiotherapy	30 minutes	CHF	60.00
Triggerpoint massage	30 minutes	CHF	60.00

Anti-stress back massage: Helpful for tension in the neck and pains in the back.

Duration 30 minutes CHF 60.00

Anti-stress head massage: Standard: duration ca. 30 minutes CHF 60.00

Intensive: duration ca. 45 minutes CHF 90.00

Lomi Lomi Nui: This Hawaiian Massage is a combination of connective massage and gentle loosening of the joints. Long, slow stroking movements with both hands and lower arms in combination with oil create a well-being treatment. In the 75 minutes 10 minutes relaxing are included.

Duration 75 minutes CHF 140.00

Medical Massage: With this medical full-body or partial massage the therapist is going deeper into the muscles than an ordinary massage.

Duration 25 minutes CHF 65.00 50 minutes CHF 105.00

Physiotherapy: Our physiotherapist, Lenka, is very experienced and would be pleased to create you personal physio program. Please understand that these treatments are not paid by the medical insurance.

Duration 30 minutes CHF 60.00

Stone massage: The fascinating link between massage and energy treatment. These therapies were used by the indigenous peoples of Asia and America. Body and soul are harmonised. Hot stones from our mountain streams and lubricated with oil slide over the body and release deep-seated tension. You feel harmonised and balanced.

Duration 80 minutes CHF 145.00

Triggerpoint therapy: This therapy is a special form of massage which is in reference of pain points. With pressure the therapist is reducing the pain. Already after the first treatment you can feel less pain.

Duration 30 minutes CHF 60.00

Wellness Experiences

Algae – Celtic Thalasso therapy: In this 3-phase treatment, you can select products from a multitude of coordinated preparations. First enjoy a soothing crystal bath. Deep cleansing comes next. A whole-body peeling with algae extracts stimulates the circulation, removes scurf and opens the pores for the third phase. Now comes the Algae body pack which supplies the body with essential minerals and vital substances. A smooth body emulsion is then closing the pores again.

Duration 90 minutes, CHF 180.00

Cocoa - Jewel from Amazonia: Chocolate makes you happy and improves general wellbeing. You start this experience with a luxurious milk bath, preparing your skin and the senses for the next steps. Then your whole body is massaged with a cocoa peeling. A warm chocolate mask is then left on for some 20 minutes. Cocoa body lotion is used at the end to nourish the skin and give an irresistible fragrance.

Duration 90 minutes, CHF 180.00

Green Tea – Japanese Green Tea Ceremony: Green tea contains pure elixirs. This rejuvenating and mood-elevating wellness ritual increases your feeling of wellbeing. First enjoy an invigorating body cleansing using a sponge. The pores are then opened with a green tea peeling, before you enjoy a brief mood-elevating massage. You then relax with a whole-body mask for about 20 minutes and, to finish, your skin is remoisturised with a refreshing body lotion.

Duration 90 minutes, CHF 180.00

Grape - Vino therapy: In vino venustas – plump wine grapes are also an indulgence for the skin. This wellness ritual contains anti-aging substances which make the skin tighter and smoother. It is invigorating, stimulating, rejuvenating. In this treatment, you start with a body cleansing of citrus fruit and then a grape seed peeling is massaged into the skin. A refreshing lemon massage oil is used for the brief massage and then a whole-body mask of grape extract is applied. After 20 minutes, a refreshing, aromatic gel stimulates the skin again.

Duration 90 minutes, CHF 180.00

TROPICAL – exotic Relaxation of face and body: This experience with organic certified coconut products is a head to toe program. You can choose between 3 different fragrances your preferred oil. First a coconut peeling prepares your skin. After you relax with a coconut-cream face mask and peeling. If you would like you can also have a hair pack. The treatment ends with a smooth and long stroke massage.

Duration 90 minutes, CHF 180.00 incl. hair pack 110 minutes, CHF 200.00

Facial beauty for HER

Beauty Express 30 minutes

With this short facial treatment, your skin is gently cleaned and then pampered with a soothing peeling. A facial massage is the climax of this effective treatment.

CHF 50.00 Juvena of Switzerland

CHF 60.00 Janssen Cosmeceutical

Beauty Standard 60 minutes

Your skin is cleaned and pampered with a peeling. Then a brief deep cleansing is carried out and the eyebrows are corrected. You choose between a facial mask treatment or a relaxation treatment with corresponding relax massage.

CHF 80.00 Juvena of Switzerland (with creamy mask)

CHF 90.00 Janssen Cosmeceutical (with special mask)

Beauty Classic 90 minutes

The skin is cleaned, peeled, deep-cleansed and the eyebrows corrected. You then enjoy a facial massage and a mask to suit your skin type. Finally, this treatment also includes a light day make-up.

CHF 125.00 Juvena of Switzerland (with creamy mask)

CHF 135.00 Janssen Cosmeceutical (with special mask)

Beauty Deluxe 120 minutes

The relaxing facial treatment. We begin with a relaxing aroma neck massage, then the skin is cleaned and a peeling carried out. After deep-cleansing and eyebrow correction, your skin is pampered using an ampoule in combination with a massage. Your eyelashes are tinted if desired. During the facial mask, your hands and arms are pampered. Finally, this treatment includes a light day make-up.

CHF 165.00 Juvena of Switzerland (with creamy mask)

CHF 180.00 Janssen Cosmeceutical (with special mask)

Caviar Luxury 90 minutes:

The queen among facial treatments. Your skin is pampered with the active ingredients of caviar from the Janssen cosmetic range. Relax and wait and see what happens.

CHF 160.00 Janssen Cosmeceutical

Facial beauty for HIM

Energy Booster for HIM 60 minutes:

Care for stressed male skin. Has a vitalising effect, building up the skin and lending a fresh appearance.

Duration ca. 60 minutes CHF 75.00

Luxus Booster for HIM 90 minutes:

The king among facial treatments for men. Your skin is pampered with the active ingredients from the Janssen range. Simply relax and wait and see what happens.

Duration ca. 90 minutes CHF 135.00

Beauty for the body

Bust care

Tightening and nourishing care for the bust. This pampering treatment includes cleansing, peeling, active ingredients, massage and a mask.

Duration 60 min. CHF 90.00

Adds for facial treatments

In addition to your facial treatments, the following treatments (specifically massages and active ingredients) can be booked. **Please note that the modules cannot be booked without a facial treatment.**

Eyes Anti-wrinkle / Anti-puff

The lines and wrinkles in the eye area are reduced using active ingredients and a special massage. Good relaxation for overtired eyes.

Duration 15 min. CHF 20.00

Lips

Sensitive lips are constantly exposed to external influences. This lip module was developed to particularly nourish and pamper the tender lip area.

Duration 15 min. CHF 20.00

Beauty à la carte:

Eyebrow shaping CHF 25.00 - CHF 35.00 (depending on time and effort)

Eyebrow and eyelash tinting CHF 45.00

Eyebrow tinting CHF 25.00

Eyelash tinting CHF 35.00

Wax depilation:

Upper lip depilation CHF 20.00

Chin depilation CHF 20.00

Whole leg depilation CHF 80.00

Whole leg depilation incl. bikini CHF 95.00

Leg depilation up to the knee CHF 55.00

Bikini depilation CHF 30.00

Underarm depilation CHF 30.00

Male back depilation CHF 115.00

Male upper body depilation CHF 90.00

Sugar depilation:

Whole leg depilation CHF 115.00

Whole leg depilation incl. bikini CHF 135.00

Leg depilation up to the knee CHF 60.00

Bikini depilation CHF 45.00

Bikini depilation complete CHF 120.00

Underarm depilation CHF 35.00

Male back depilation CHF 115.00

Male upper body depilation CHF 90.00

Manicure:

with varnish CHF 75.00

with varnish and hand massage CHF 90.00

without varnish CHF 60.00

without varnish and hand massage CHF 75.00

French manicure CHF 90.00

Manicure deluxe with hand paraffin CHF 130.00

Pedicure:

Pedicure CHF 70.00

Pedicure with varnish CHF 85.00

French pedicure CHF 100.00

30 minutes make-up CHF 45.00