



Wellness Guide

Home away from home



Welcome to the Wellness Area at Golfhotel Les Hauts de Gstaad & SPA

Our SPA is a paradise for those who value wellness. It extends over 1000 m². Access and use of all facilities such as indoor pool, sauna park, non-nude sauna and fitness room is included in your room rate.

Reservation

For optimal wellness enjoyment, we recommend that you book your desired appointment from home well in advance. Our team in the SPA, as well as our staff at the reception, will be happy to accommodate your wishes and advise you on our extensive range of offers. Of course, depending on availability, you can also book a treatment during your stay.

Cancellation

Please note that reservations that are cancelled less than 24 hours before the treatment will be charged at 100%. The same applies if you do not show up at the pre-booked appointment.

Treatments

Take plenty of time to relax. It is recommended to take a walk in one of our saunas before the massage. Warm muscles feel more benefits from the massage. Avoid rich meals and alcoholic drinks before any treatment. Drink a sufficient amount of tea or water before and after the treatments. Near the fireplace lounge in the wellness area, you will find a drinking water dispenser for cold and warm water, both sparkling and still. You can also prepare fresh tea there. Rest after each treatment and avoid activities immediately after the treatments.

We recommend that you come to the massage in your bathrobe and please wear underwear. You will always be covered with a cloth. Most of the massages, scrubs and wraps are treatments that are carried out without clothes. For the massages, which are performed with clothing on, and for the beauty treatments, we recommend that you wear comfortable clothing.

Please inform the SPA staff about your wishes and any complaints you may have. Our well-trained team will listen to your wishes and reserves the right to make a basic assessment of your health and skin condition.

Please show consideration for other guests and leave your mobile phone in your room or switch it to silent mode. It is forbidden to take photos in the wellness area.

Children

Children are allowed to use the non-nude sauna, but under 12s are not allowed in the nude sauna park. Children aged 12 and over can use the nude zone when accompanied by an adult. Children up to 10 years of age must be accompanied by an adult in the indoor pool.

We look forward to welcoming you!

Your SPA Team
Maria, Sri, Marine, Nicoletta

Sauna

Our sauna facility is open for you every day. Please note the opening times at the entrance. If the weather is bad, the sauna park will open earlier.

Please ALWAYS place a terry towel on the wooden benches in the various saunas. The towels are ready for you in your wellness basket in your room or in the sauna area.

In the sauna, the body's circulation is stimulated by the alternation between warmth and cold. Sauna sessions also strengthen the body's defences and the immune system. The skin is better supplied with blood, the muscles relax and muscle soreness is reduced after exercise.

After every sauna session, you should allow yourself at least 15 minutes of rest before going into the sauna again. Drink plenty of water or tea before and after the sauna.

Textile-free zone/nude area

Finnish sauna 90 °C

High-temperature sauna with a humidity of 10%. The dry heat opens the skin pores and detoxifies the body.

Hay sauna 70 °C

In the pleasant heat and humidity, you'll be sweating in alpine hut ambience.

Flower and herbal sauna 55 °C

Gentle sweating and refreshing scents stimulate the metabolism.

45 °C steam bath

A visit to the steam sauna moisturises the airways, brings relief from colds, increases blood circulation and speeds up the metabolism.

Ice fountain

Refresh yourself after your sauna session at the ice fountain.

Textile zone

Textile sauna 80 °C

Comfortable sweating with clothing – also open to children.

Pools and tubs

Indoor swimming pool

The water in our indoor pool is 28 °C and ideal for swimming. It is open for you daily from 7 am to 9 pm. Please shower before bathing.

Wellness baths in the hydromassage tub

Nourishing bubble bath with various bath additives. Whether invigorating, regenerating or calming, you choose according to your individual needs.

Duration 25 minutes CHF 55.00

Partner bath in the large tub 30 minutes CHF 80.00

Full-body exfoliation/scrub

Choose the scrub that's right for your skin. The body is massaged with gentle pressure and the keratinised and dead skin cells are removed from the surface of the skin. After a scrub, the skin feels particularly soft and the pores open up to absorb the care products particularly well.

Duration 30 minutes CHF 70.00

Full body wraps

Full body wraps nourish and revitalise the skin and make it glow again. Before the treatment, you can choose the ideal wrap according to your needs. After a cleansing shower, you will receive a nourishing cream.

Duration 45 minutes CHF 85.00

Full body scrub & wrap combination

Duration: 70 minutes CHF 145.00

Anti-cellulite

In this treatment, we use concentrated anti-cellulite ingredients. You will receive a scrub, a wrap and then a firming cream that is massaged in.

Duration: 120 minutes CHF 230.00

Massages

A massage is particularly beneficial and relaxes the muscles. Individual massages are described in more detail below.

Classic massage

Partial massage (back or legs) ♣	25 minutes	CHF	65.00
Full body massage	50 minutes	CHF	110.00
Deluxe full body massage	70 minutes	CHF	150.00
Sports massage (legs and back)	50 minutes	CHF	115.00
Sports massage (intense – full body)	70 minutes	CHF	150.00
Anti-stress head massage ♣	30 minutes	CHF	70.00

Special massages – try something different

Stone massage	80 minutes	CHF	160.00
Foot reflex zone massage ♣	50 minutes	CHF	115.00
"Temple Style" Lomi Lomi	80 minutes	CHF	155.00
Herbal stamp massage	60 minutes	CHF	140.00
Ayurveda Abhyanga ♣	70 minutes	CHF	150.00
Candle massage	50 minutes	CHF	125.00
Lymph drainage	70 minutes	CHF	150.00
Pregnancy massage	70 minutes	CHF	150.00

The massages marked with a ♣ are suitable for pregnant women from the 4th to 8th month of pregnancy. Please inform us when you make your reservation.

Anti-stress head massage

Gentle head and face massage. Helpful for migraines, headaches, inner restlessness and stress.

Duration approx. 30 minutes CHF 70.00

Sports massage

Sports massages focus on muscles. Through a combination of technique and deep pressure, stretching and trigger point work, blood circulation is improved, and muscle soreness is reduced. It aids faster recovery after sporting activities.

Duration: 50 or 70 minutes CHF 115.00 / 150.00

Stone massage

The fascinating connection between massage, aromatherapy and energy treatment. These therapies have already been used by indigenous peoples in Asia and America. Body and mind are brought back into harmony. The warm stones from our mountain streams, oiled, glide over the body and release deep-seated tension. You will feel harmonized and balanced.

Duration: 80 minutes CHF 160.00

Reflexology foot massage

This special foot massage stimulates all organs and body parts. The feet reveal weak points to the knowledgeable therapist. With special techniques, the therapist removes blockages and relieves tension. Reflex zone therapy on the feet mobilizes the regeneration and self-healing powers within human beings. Hands are also included when selecting the deluxe version. Our therapists will be happy to advise you.

Duration: 50 minutes CHF 115.00

"Temple Style" Lomi Lomi

This energetic stroking massage is performed with oil to beautiful melodic music. Lively and deep, tender and meditative elements alternate and cheer you up. The treatment time includes 10 minutes of resting time.

Duration: 80 minutes CHF 155.00

Herbal stamp massage

The herbal stamp massage is a treatment with Asian origins. The body is massaged with plenty of high-quality oil and hot herbal stamps. The heat penetrates into the deep layers of the skin, causes a special elasticity of the skin and stimulates the metabolism. By stroking the meridians, balance is restored in the body. Experience this absolutely relaxing massage.

Duration: 60 minutes CHF 140.00

Ayurveda Abhyanga

The Ayurvedic full body massage is the queen of oil massages in Ayurveda. Through this massage, the body becomes soft and flexible and comes back to life with new vitality and freshness. An indescribable feeling of wholeness and fullness arises when each centimeter of skin is doused with hot oil and then spread with gentle, sensitive, pampering hands. Abhyanga means deep cleansing of toxins and soothing relaxation.

Duration: 70 minutes CHF 150.00

Candle massage

Due to the warmth of the wax and the stimulation of the blood circulation, the ingredients contained are absorbed particularly quickly by the skin and can, therefore, work particularly well. Your skin is revitalized and a great deal of moisture is restored. Natural extracts and nourishing ingredients help you to relax, provide energy, and increase your sense of well-being.

Duration: 50 minutes CHF 125.00

Lymphatic drainage

Lymphatic drainage affects our lymphatic system. It serves to remove waste products and excess fluid from the tissues. If there are disturbances in the lymphatic system, water retention and oedema will develop. The gentle stroking technique of lymphatic drainage stimulates the lymphatic system and consequently results in drainage.

Duration: 70 minutes CHF 150.00

Pregnancy massage between the 4th and 8th month of pregnancy

A gentle and soothing massage specially designed for expectant mothers. It is recommended during the 4th and 8th months of pregnancy. It helps relieve tension in the back and legs, reduces stress and promotes general well-being during pregnancy.

Duration: 70 minutes CHF 150.00

Wellness experiences

ALGAE – Celtic Thalassotherapy

The concentrated power of the sea mobilizes the metabolism and firms the skin thanks to many important minerals, trace elements and vitamins. The ritual begins with a crystal bath, after which you receive a refreshing scrub that leaves your skin beautifully smooth.

Afterwards, the full-body mask is applied, with which you can relax in our soft wrap. Finally, your skin is pampered with a soothing care emulsion.

Duration 90 minutes CHF 180.00

GREEN TEA – Japanese tea ceremony

Green tea is the elixir of life. Fortify your well-being with this rejuvenating and mood-lifting wellness ritual. First, enjoy an invigorating body cleanse with a refreshing shower gel. The pores are then opened with a scrub before you enjoy a soothing short massage. You then rest for 20 minutes with a full-body mask, and finally, your skin gets its moisture back with a refreshing body lotion.

Duration 90 minutes CHF 180.00

GRAPE – Vinotherapy

There is beauty in wine. Plump grapes are also a treat for the skin. This wellness ritual contains anti-ageing substances that make the skin feel firmer and smoother. It is vitalizing, stimulating, and rejuvenating. The treatment begins with a citrus fruit body cleansing. Then the skin is massaged with a scrub. The mini-massage is enhanced by a refreshing lemon massage oil and then the invigorating full-body mask made from grape extracts is applied. After an exposure time of 20 minutes, a refreshing, aromatic gel perks up 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

Romantic suite for couples

Treat yourself to a romantic pampering program for two.

First, enjoy a soak in the large hydromassage tub and toast a relaxing treatment with a glass of Prosecco and fresh fruit. Afterwards, we will pamper you with a full-body scrub and a 50-minute relaxing massage.

Duration 130 min CHF 380.00 for 2 people incl. Prosecco

Facial treatments

Beauty Express 30 minutes

During this short facial, your skin will be gently cleansed with cleansing milk and then woken up with a scrub. The icing on the cake is the facial massage for your relaxation.

CHF 70.00

Beauty Standard 60 minutes

Your skin will be cleaned and pampered with a scrub. Afterwards, a small cleansing is performed, and the brows are corrected. You choose between the quick impact treatment with a face mask or the relaxation treatment with a corresponding relaxation massage.

CHF 120.00

Beauty Classic 90 minutes

The skin is cleansed, exfoliated, cleansed and the brows are corrected. Then enjoy a facial massage and a mask that matches your skin type. This session includes a light day make-up after the final treatment.

CHF 180.00

Beauty Deluxe 120 minutes

The relaxing facial: we start with an aromatic neck massage. The skin is then cleansed and given a clarifying scrub. After cleansing and brow correction, your face will be pampered with a vial of product specially selected for your skin needs. If desired, the eyelashes can be coloured. The subsequent massage will thoroughly relax you. During the face mask, your hands and arms will receive their share of attention. The treatment includes intensive eye and lip care. This session includes a light day make-up after the final treatment.

CHF 240.00

Facial treatment extras

In addition to your facial treatments, you can book the following two treatments. **Please note that these cannot be booked without a facial. These two additional treatments are already included in the 120-minute Beauty Deluxe treatment.**

Anti-wrinkle/anti-puffiness for the eyes

The lines and wrinkles around the eyes are reduced using active ingredients and special massage. This treatment has a refreshing, decongestant and firming effect. A good way to relax overtired eyes.

Duration 15 minutes CHF 25.00

Lips

Our sensitive lips are constantly exposed to external influences. This lip module was developed to provide special care and pampering for the delicate lip area.

Duration 15 minutes CHF 25.00

Beauty à la carte:

Manicure:

Choose between polish or semi-permanent gel

Filing with polish	CHF	60.00	30 minutes
Classic manicure without polish	CHF	90.00	60 minutes
Classic manicure with polish	CHF	110.00	70 minutes
French manicure	CHF	120.00	80 minutes
Semi-permanent gel removal	CHF	60.00	30 minutes

Pedicure:

Pedicure without polish	CHF	80.00	50 minutes
Pedicure with polish or French manicure	CHF	110.00	70 minutes

Face:

Brow plucking	CHF	40.00	20 minutes
Eyebrow and eyelash tinting	CHF	65.00	30 minutes
Brow tinting	CHF	30.00	15 minutes
Eyelash tinting	CHF	40.00	20 minutes

Wax depilation:

Upper lip/chin depilation	CHF	30.00	15 minutes
Whole leg depilation	CHF	100.00	50 minutes
Whole leg depilation including side bikini area	CHF	120.00	60 minutes
Leg depilation to the knees	CHF	60.00	30 minutes
Side bikini area depilation	CHF	60.00	30 minutes
Armpit depilation	CHF	40.00	20 minutes

Male back depilation:

For men with little hair	CHF	60.00	30 minutes
For men with lots of hair	CHF	120.00	60 minutes

Male chest depilation:

For men with little hair	CHF	60.00	30 minutes
For men with lots of hair	CHF	120.00	60 minutes

Treatments for children aged up to 14 years

Cinderella facial

With a face mask, followed by a facial massage and a small braid in your hair.

Duration 40 minutes CHF 70.00

Dino massage

A soothing back massage

Duration 20 minutes CHF 40.00

Smilie massage

A soothing head massage

Duration 20 minutes CHF 40.00

Chocolate paradise combo

Chocolate scrub with a small massage on the back, followed by a milk bath and a chocolate surprise

Duration 50 minutes CHF 100.00

Bubbling volcano

A relaxing bubble tub for children

Duration 20 minutes CHF 40.00