



*Wellness,  
SPA  
& Beauty*

**GINASPA**  
WELLNESS & BEAUTY

# GinaSPA im Überblick

## GinaSPA en un coup d'oeil

### GinaSPA overview



#### Obergeschoss Premier étage Upper floor

- 1 Zimmer 311–352 *Chambres 311–352* Room 311–352
- 2 Empfang *Réception* Reception
- 3 Terrasse *Terrasse* Terrace
- 4 Garderobe/Toiletten *Vestiaire/Toilettes* Wardrobe/Restrooms
- 5 Vitaminbar *Bar de vitamines* Vitamin bar
- 6 Ruheraum *Salle de repos* Relaxation room
- 7 Arvenpool 36° C *Piscine aux senteurs de pin* Stone pine pool
- 8 Infinitypool 34° C *Piscine infinie* Infinitypool
- 9 Organic SPA *Organic SPA* Organic SPA
- 10 Bio Sauna *Sauna Bio* Bio Sauna
- 11 Dampfbad *Bain de vapeur* Steam bath
- 12 Eisbrunnen *Fontaine de glace* Ice Fountain
- 13 Finnische Saune *Sauna Finlandais* Finnish Sauna
- 14 Aussenduschk *Douche extérieure* Outdoor shower
- 15 Treppen zum Erdgeschoss *Rez-de-chaussée* Ground floor

## Erdgeschoss Rez-de-chausée Ground floor

- 16 Zimmer 221–254 Chambres 221–254 Room 221–254
- 17 Getränkebar Bar à boissons Beverage bar
- 18 Toiletten Toiletttes Restrooms
- 19 Treppen zum Obergeschoss Premier étage Upper floor
- 20 Treppen zum Untergeschoss Sous-sol Basement
- 21 Dress-On SPA Dress-On SPA Dress-On SPA
- 22 Infrarotsauna Sauna infrarouge Infrared sauna
- 23 Dampfbad Bain de vapeur Steam bath
- 24 Vitalpool 34° C Piscine vitale Vitality pool



## Untergeschoss Sous-sol Basement

- 25 Treppen zum Erdgeschoss Rez-de-chaussée Ground floor
- 26 Garderobe/Toiletten Vestiaire/Toilettes Wardrobe/Restrooms
- 27 Wellnessrezeption Réception bien-être Wellness reception
- 28 Zimmer 111–137 Chambres 111–137 Room 111–137
- 29 Behandlungsraum Salle de soins Treatment room
- 30 Privat SPA SPA privé Private SPA
- 31 Vitaminbar Bar de vitamines Vitamin bar
- 32 Kräuterdampfbad Bain de vapeur aux herbes Herbal steam bath
- 33 Dampfbad Bain de vapeur Steam bath
- 34 Finnische Saune Sauna Finlandais Finnish Sauna
- 35 Innenhof Cour intérieure Inner courtyard
- 36 Ruheraum Salle de repos Relaxation room



## An overview

Suggestions to enhance your enjoyment of our wellness facilities	29
Facial Treatments	30
Facial and body treatments for men	32
Beauty & Coolness for 6- to 17-year-olds	33
Our Royal Bath	34
Massages	35
Body treatments	36
Wellness packages	37
Wellness for two	39

## We love to pamper you!

We are there for you whenever you want to be pampered after an active day in the clear, fresh mountain air.

Enrich and enhance your holiday experience with our wide range of treatments tailored to your needs; relax and enjoy our bathing and sauna facilities.

Your rest and relaxation, your quest for tranquillity and beauty are of the utmost importance to us. Our qualified SPA team will gladly put together an individual programme of treatments and pampering for you.

**We look forward to seeing you!**  
**The Abgottspon-Schell Family and Staff**



# Suggestions to enhance your enjoyment of our wellness facilities

*You can reserve directly via the internal telephone numbers 1070 and 1000.*

**Just say yes!** If you decide in advance which treatments you would like to have – you can already do so when you reserve your room – you can start enjoying yourself even before you arrive. You will already start relaxing in anticipation of your holiday.

## **Being well organised means no stress**

In order to fully enjoy a relaxing treatment we advise you to arrive at the SPA reception in your bathrobe 5 minutes before the treatment is due to start. Please leave your jewellery, valuables and mobile phone in your room. We will do our utmost to start your treatment punctually. If you arrive late, we will unfortunately have to reduce the length of your treatment. We apologise for any inconvenience.

**Please inform us** Certain treatments are not recommended in the case of pregnancy, illness and allergies. We will gladly advise you on matters concerning your health and well-being.

**Shhh!** Peace and quiet are the most essential ingredients of rest and relaxation. Please leave your mobile phone in your room. The time you spend in our Vitality World is your time. Be unavailable to the

outside world and enjoy your time away from the hustle and bustle of everyday life.

**Clothing** It is more pleasant for you and it also saves time if you come for your treatment in your bathrobe and underwear. We also have disposable underwear for your use.

**With / without a swimsuit** Out of consideration for our guests from other cultures as well as for children and young people, access to the saunas in the pool area of our Vitality World is only allowed in swimsuits. On the Vital SPA level, it is a requirement that you use the saunas without swimsuits. Therefore sauna towels are available. The access is allowed for persons 16 years and up.

**Shaving** We recommend men to shave 3 to 4 hours before a facial treatment.

**Bathing rules** Guests using the saunas, pools and other facilities do so at their own risk. Please see our bathing rules.

**Cancellation** If you are unable to keep your appointment, please cancel it 8 hours in advance. If you cancel later, we regret that we will have to charge you the full amount.

**Have a relaxing stay!**

## Supplementary Beauty treatments

### Additional facial treatments

Eyelash tinting

Eyebrow tinting

Eyelash & eyebrow tinting

Eyebrow shaping

Hair removal: upper lip or chin

Masque Modelant for the eyes

### Special eye treatment

Eye «cure» – For tired eyes and the fine skin around the eyes. Reduces puffiness and has a firming effect

3 treatments with immediate effect

## Facial treatments

Maria Galland – beauty care from Paris

### Maria Galland Classic\*

For all skin types, with intensive massage

Herbal compress, eyebrow shaping, face pack, serum and face, head and neck massage

80 min.

### Clean basic\*

For all skin types

Herbal compress, gentle deep cleansing, soothing serum

50 min.

### Pore deep cleansing\*

For skin with impurities

Herbal compress, intensive deep cleansing, basic eyebrow shaping, regenerating serum and face, head and neck massage

80 min.

### Cocoon Therapy\*

Anti-stress treatment

Enveloped in fine foam, this wonderful beauty treatment lets you enjoy an amazing feeling of relaxation.

With pampering massage, ampoule of active ingredients and wonderfully soft cocoon pack

80 min.

\*These treatments consist of skin analysis, cleansing, individual exfoliating scrub and finishing cream



## Supplementary Beauty treatments

### Hair removal with hot wax

Leg up to the knee	25 min.
Whole leg	40 min.
Bikini line, classic	15 min.
Underarm	10 min.

### Hands & Feet

Wellness manicure with exfoliating scrub, paraffin hand bath, massage	50 min.
with nail polish	55 min.
Wellness pedicure with exfoliating scrub, foot pack, massage	50 min.
with nail polish	55 min.
Quick manicure or pedicure	25 min.



### Soin Profilift de Luxe\*

Firming facial treatment with highly effective active ingredients which counteract loss of the skin's moisture in a targeted way. Your skin looks younger and firmer; includes a face, head and neck massage

50 min.

### Masque Modelant\*

Feel-good treatment tailored to your individual needs

The warming, moisturising and soothing Masque Modelant with its exclusive ingredients helps you to achieve new beauty and vitality; includes face massage

50 min.

With herbal compress, deep cleansing, eyebrow shaping, face massage and eye pack

80 min.

### Masque Thalasso cool & fresh\*

For tired, stressed or very dry skin

This ingenious moisturising, firming and soothing treatment using a special ampoule has an immediate effect; includes face massage

50 min.

With herbal compress, deep cleansing, eyebrow shaping, face massage and eye pack

80 min.

### Back & neck care

Special deep cleansing, pack, short massage  
with soothing lotion **50 min.**

### Hair removal with hot wax

Back or chest **35 min.**

Leg up to the knee **35 min.**



## Facial and body treatments for men

### MG Power Face\*

Active, effective and innovative

Herbal compress, basic eyebrow shaping,  
eye pack, nourishing serum,  
face, head and neck massage

With Masque Modelant / Thalasso

**80 min.**

**80 min.**

### MG Face anti-age intensive facelift\*

Slip into a new skin

A targeted systematic treatment for regenerating  
the skin with a sensational firming effect; small wrinkles  
are reduced and the contours of the face are remodelled  
With a special Poudre Collagène mask

**80 min.**

### Fine-tuning for men

Our 2-day programme of pampering

1 cleansing body scrub followed by a water-jet massage bath  
1 foot-wash with feet massage and pack  
1 vitalising full body massage with application of lotion  
1 MG Power Face facial treatment

**4 hours of real relaxation and pampering**

\*Treatments consist of skin analysis, cleansing, exfoliating scrub, pack and finishing treatment



# Beauty & Coolness for 6- to 17-year-olds

## Face

### Beauty for teenagers

Facial treatment including personal consultation, skin analysis, intensive cleansing, skin-clarifying mask, active serum, low-fat 24-hour cream

**50 min.**

## Hand and foot care

Hand or foot care with nail care advice

**25 min.**

## Massages

Face massage with mask

**25 min.**

Small chocolate massage with chocolate kiss

**25 min.**

Big chocolate massage with chocolate kiss

**40 min.**

## Specially for you and your child

### Mum is your best friend

Relax with your child in a warm, aromatic **orange oil steam bath** and enjoy a special time for just the two of you, mother and child. Then step into our **luxurious jacuzzi** together and enjoy a glass of **orange juice**. Then you can enjoy a delightful **feel-good massage** with fragrant orange oil. You can finally cuddle together in our four-poster waterbed.

**80 min.**



## The perfect end to a day's skiing or hiking

### **Thalasso jacuzzi bath & partial body massage**

Makes you feel good after an active day. A warm water-jet massage bath with Thalasso oil gently restores your inner balance. The massage which follows it gives you fresh vitality **50 min.**



## Our Royal Bath – relaxing and invigorating

Bubbles of gently swirling air and water jets

### **Baths**

Plant extracts and Dead Sea salt

with marigold oil – nourishing, regenerating, for sensitive skin

with spruce – to relieve tense muscles, has an antiseptic effect

with hay flowers – has a therapeutic and relaxing effect, stimulates the circulation

with lavender oil – calms the nerves and alleviates sleep disorders

with milk & honey – an exquisite bath which leaves your skin as soft as silk

with orange blossom – a pick-me-up, regenerating and relaxing

with rose petals – harmonising for the body, mind and soul

Relaxing water-jet massage in our Thalasso bath

**20 min.**

### **Beer mash bath & partial body massage**

With a nourishing and soothing effect

Malt, brewing barley and hops contain valuable vitamins and minerals which stimulate the metabolism.

Relieves skin irritation and rheumatic complaints

**1st phase:** beer mash bath in the jacuzzi

**2nd phase:** partial body massage with arnica oil

**50 min.**

# Massages – from the classical to the exotic

## Massages and more

Anti-stress massage	<b>80 min.</b>
Combined massage: head, neck and foot reflex zone	<b>50 min.</b>
Full body massage with aromatic oil	<b>50 min.</b>
Hot chocolate massage	<b>50 min.</b>

## Our alpine suggestion

**Alpine herb stamp massage** – a type of heat treatment with highly effective alpine flowers and alpine herbs. Releases blockages, vitalises and has a regenerating effect on the respiratory system **50 min.**

## Pleasant stones

Hot stone massage: full body	<b>50 min.</b>
Hot stone massage and head massage	<b>80 min.</b>
<b>Rose quartz massage:</b> face, neck and shoulders – a therapeutic, energetic massage with fine rose oil and warm rose quartz stones. Invigorating and vitalising	<b>35 min.</b>

## Classical massages

Full body massage	<b>50 min.</b>
Partial body massage	<b>25 min.</b>
Foot reflex zone massage	<b>25 min.</b> <b>50 min.</b>
Sport massage with application of lotion	<b>25 min.</b> <b>50 min.</b>

## Specials

Special neck massage with heat pack	<b>50 min.</b>
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## Our recommendation for tired legs

Relieving leg massage with application of lotion ideally after sports in the mountains – We free your tensions on point, relieve the texture with tender expunctions and finally refresh your legs with a cooling and toning orange application **25 min.**

## Our special recommendation

A cleansing body scrub gives your whole body a new silky feeling.

## Body treatments – good things come in small packages

### **Thalasso aroma scrub**

For silky smooth skin. A popular full body salt massage scrub with a fine bath oil. Stimulates the metabolism and removes skin impurities

**25 min.**

Including a refreshing jacuzzi bath

**55 min.**

### **Soap brush massage**

Soap lather heaven! – this lovely soap lather massage removes dry areas of skin, sometimes gently, sometimes vigorously, and has a vitalising effect

**25 min.**



## Body packs in our dry flotation waterbed

You lie on a surface at a perfect temperature,  
rocking gently as you float

### **Body packs in our dry flotation waterbed**

Your have a choice of the following:

**Seeweed** – detoxifying, firming and moisturising

**Alpine spruce** – refreshing, has an acid-alkali neutralising effect

**Cleopatra** – moisturising cream pack with milk and honey

**Orange and cinnamon** – greatly stimulates the blood supply and invigorates tired skin

**Schokoloko** – enjoyment without a guilty conscience, sensuously sweet and nourishing for the skin

**Zermatt hay brew** – relieves joint pain and arthrosis

**25 min.**

### **Our recommendation for sensitive skin**

Evening primrose oil cream pack – has a soothing and cell-regenerating effect on very dry, irritated (neurodermatitis) and sensitive skin

**25 min.**

### **A good combination achieves results – our recommendation**

A body scrub followed by a Thalasso seaweed detoxifying pack in the dry flotation waterbed produces even better results in combination with a cellulite treatment.

# Wellness packages – from pure and natural to deluxe

## Swiss Alpine

Enjoy this intensive, invigorating beauty treatment with carefully selected Swiss herbs

1st phase: full body scrub with camomile

2nd phase: remoisturising oil bath with mountain herbs

3rd phase: full body massage with arnica oil

4th phase: pack with mountain herb extract

**80 min.**

## Balance

Acid-alkali balance body treatment

Neutralises over-acidity in the body; with the fresh smell of spruce

1st phase: spruce oil bath with alkaline salt

2nd phase: full body scrub with spruce oil

3rd phase: massage with spruce oil

4th phase: spruce and medicinal chalk pack

**80 min.**

## Zermatter Relax Pack

Relaxation & skin care with Alps hay of Findeln

The health promoting effect of the Alps hay is already known for centuries and lead back to the variety of grasses, herbs and hay flowers. The ingredients act detoxifying and relaxing to the body

1st phase: body peeling with salt of the Alps and hay flowers

2nd phase: hay bath of Findeln

3rd phase: stamps therapy with Findelns hay

4th phase: massage with marmots oil

**85 min.**

## Deluxe Body Care

Soap brush massage & Cleopatra bath

Enjoy a relaxing body treatment as you lie warm and softly cocooned in the dry flotation waterbed

1st phase: a warm, relaxing soap brush massage

2nd phase: a soothing and moisturising body pack

**50 min.**

## A very special treat

### **Thalasso oil bath, energetic massage & aromatic pack**

A jacuzzi bath and an energetic harmonising massage invigorates you and puts you in top form. A relaxing, cleansing body pack quickly dispels fatigue and relaxes the body, mind and soul

**85 min.**

## Thalasso – the power of the sea

### **Thalasso\***

Firming body treatment which stimulates the metabolism

**1st phase:** body scrub with seaweed

**2nd phase:** Thalasso bath

**3rd phase:** seaweed body pack

**4th phase:** body massage with seaweed cream

**80 min.**

### **Royal beauty package**

«Because I'm worth it»

**1st phase:** pleasant full-body scrub

**2nd phase:** milk & honey dreambath in the royal bathtub

**3rd phase:** Maria Galland facial treatment with massage of face and neck

**4th phase:** hand pack

**5th phase:** manicure or pedicure

**160 min.**

### **Anti-stress for Him or Her**

Our popular 3-day programme

A wellness concept for people who want to shake off the stress of everyday life, are looking for relaxation and harmony, and quickly want to regain top form

**1st day – total relaxation:** body scrub, body pack and relaxing back massage

**2nd day – harmony:** soap brush massage and nourishing body pack in the dry flotation waterbed and Shiatsu head and neck massage

**3rd day – total invigoration:** jacuzzi bath in the Royal Bath and full body invigorating massage with an elixir

**3 days, 90 min. per day**

# Wellness for two

Enjoy a wonderful, relaxing time together  
in a beautifully romantic atmosphere

## A luxurious bath for two in our Private SPA

Enjoy pure bliss in a bath for two

Choose your bath-oil and step in with a sparkling glass of prosecco in your hand, then relax in our heavenly four-poster waterbed

**50 min.**

## A dream massage for two

Enjoy a very special kind of treatment

1st phase: The jacuzzi bath in the luxury bathtub will let you forget everyday life

2nd phase: Feel-good massage

**90 min.**

## Wellness and love

Enter the land of sweet dreams and be charmed by its fragrant scents

1st phase: relaxing aromatic steam bath

2nd phase: soothing full body scrub with an exotic flair

3rd phase: tingling, luxurious bath with a glass of champagne

4th phase: partial body massage with warm, fragrant aromatic oil

5th phase: enjoy private together in the four-poster waterbed

**120 min.**

## Chocolate and cream – a feast for the senses

Enjoy chocolate and cream without a guilty conscience!

1st phase: warm aromatic steam shower

2nd phase: relaxing feel-good massage

3rd phase: exfoliating scrub with the scent of freshly-ground coffee beans

4th phase: enjoy chocolate & champagne during a sensuous milk and cream bath together

5th phase: applying aromatic chocolate mousse body cream on each other on the warm four-poster waterbed

**150 min. chocolate and cream**



# GINASPA

WELLNESS & BEAUTY

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