

AFTER AN ACTIVE DAY ON THE MOUNTAINS RELAX YOUR MUSCLES AND UNWIND WITH A TREATMENT IN THE LODGE SPA.

## FACE

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### **Le Grand Classique**

**75mins-170CHF**

Yon-ka's exclusive treatment, deep cleansing, restoring and refining. This relaxing facial is tailored to your skin type and need, using a variety of botanical extracts for a healthy and radiant complexion.

### **Éclat Cocoon**

**60 mins – 180CHF**

A treatment of pure decadence and well-being. Two masks and two massages, incorporating hot stones and soft velvety textures provide enhanced radiance and hydration.

### **Hydralesence Visage**

**75mins- 180CHF**

A deeply hydrating facial using plant and fruit extracts to smooth and soften the skin allowing its natural radiance to show through.

### **Optimizer**

**75mins-190CHF**

Anti-aging facial using a series of stimulating and anti-wrinkle techniques for intensive lifting and firming results.

### **Éclat Contour**

**30mins-80CHF**

Specialised eye treatment that will regenerate, drain and firm this delicate and neglected area. For maximum benefit this treatment is best combined with one of the above facials.

## **Aromatherapy Associates Face**

### **Age Repair Facial<sup>AA</sup>**

**90mins-220CHF**

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

### **Essential Rose Facial<sup>AA</sup>**

**60mins-150CHF**

**90mins-220CHF**

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind. The 90 minute option includes a back, neck and shoulder massage using specially pre-blended Aromatherapy oils

## FOR HIM

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### **Sensational Shave**

**45mins- 140CHF**

The ultimate treatment for men: A close shave using hot and cold towels to soften the hair and soothe the skin, followed by a relaxing face and scalp massage.

### **Skin Fitness**

**75mins- 170CHF**

A made to measure deep cleanse and detox facial. The skin cleansing phase is followed with a long relaxing aromatic massage. Ideal for stressed, imbalanced or city skins.

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## BODY

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Aromatherapy Associates are leaders in the world of Aromatherapy using natural ingredients to improve the skin's appearance and bringing the mind and body into balance. To continue the effects of your Aromatherapy treatment at home, we have a selection of Bath and Shower oils to suit your mood.

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## SCRUB AND WRAP TREATMENT

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### **Intensive Nourishment**

**90 min – 200CHF**

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter.

### **Body Refiner**

**75 min – 170CHF**

A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin.

### **Detox and Revive**

**60 min – 150CHF**

Perfect for times of over-indulgence or when you're just feeling a little sluggish, this treatment combines zesty citrus oils to leave you feeling invigorated and full of energy.

### **Rose Hydrator**

**60 min -150CHF**

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

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## MASSAGE

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### **Aromatherapy Massage**

A combination of specialised massage techniques using Aromatherapy Associates pre-blended oils. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

Face and scalp massage

**20 min – 60CHF**

Back, neck and shoulder

**30 min – 80CHF**

Full body massage

**60 min – 160CHF**

Full body, face and scalp massage

**90 min – 200CHF**

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## YONKA BODY

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### **Rose Candle Massage**

**60 min – 170CHF**

A soothing candle massage treatment. A wax-free formulation, the candle contains a blend of shea butter and mango butter, rich in vitamin E to help prevent the skin from ageing. The candle melts into a smooth balm to soften, repair and nourish the surface of the skin. To continue the benefits of the blended butter balm, with every massage you will receive the Ambre candle used for your massage to take with you and enjoy in the comfort of your own home.

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## THERMO-THERAPY

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Massaging with both hot and cool basalt stones has been used in ancient China, India and by Native American Indians for centuries. Alternating the temperatures of the stones will literally melt away any tension and re-energize the mind, body and soul.

### **Original Body**

**75 min – 170CHF**

This is a truly luxurious full body massage using basalt and marble stones to achieve the body's perfect balance. A flowing river of stones gently connects with your energy centres whilst warming and nurturing the soul.

### **Back Bliss**

**45 min – 120CHF**

Loosen up the muscles of the back, neck & shoulders and feel the cold stones melt away the tension in the shoulders and lower back. Includes a spinal layout.

### **Castle Building**

**45 min – 90CHF**

Sometimes simplicity is what is called for. This gently relaxing, oil free treatment uses the medium of stones to envelop the body encouraging the release of blocked energy channels, promoting wellbeing for the mind, body and soul. For total relaxation this treatment can be combined with one of one of our range of facials.

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## SKI STONE

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### **Après Ski**

**30min- 80CHF**

Designed to help stretch out the muscles after a day on the slopes using a combination of warm and cool stones. Aimed at removing lactic acid, relaxing the body and preventing the onset of muscle soreness. Treatment can be personalised to work on areas of concern.

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**RELIEF FOR THE HANDS & FEET**

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**Luxury Pedicure**

**60 min-100CHF**

Paradise for the feet... After a long day on your feet, indulge them with some of nature's most soothing botanicals to restore soles with refreshing and re-energising properties.

**Luxury Manicure**

**45 min-90CHF**

A luxurious step to more beautiful hands. Using a system that exfoliates, revitalises, renews and protects the hands.

**Renew**

**30 min-45CHF**

A basic tidy up for the fingers or toes, with your choice of conditioning OPI nail colour to finish.

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**PERFECTSENSE PARAFFIN TREATMENT**

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**Perfect Pedicure**

**75 min-130CHF**

Experience all the wonderful benefit from your luxury pedicure combined with the intensively nourishing foot treatment. Provides exceptional hydration and protection from dryness, cracking, soreness and irritation.

**Perfect Manicure**

**60 min-120CHF**

Your luxury manicure with the warmth of a vitamin filled paraffin to help increase circulation and combat sun damage, whilst providing nutrients vital to a healthy, vibrant skin.

**'The Perfect Partner'**

**Add 15min onto your treatment -CHF 40**

Complement any facial with a perfect sense paraffin wax treatment for the hands or feet to nourish, rejuvenate and soften the skin. Great for poor circulation.

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**ESSENTIALS**

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**Waxing**

Full leg	<b>45 min</b>	<b>80CHF</b>
Half leg	<b>30 min</b>	<b>50CHF</b>
Bikini	<b>15 min</b>	<b>30CHF</b>
Underarm	<b>10 min</b>	<b>25CHF</b>
Facial	<b>15 min</b>	<b>20CHF</b>
Chest or back	<b>30 min</b>	<b>70CHF</b>

**Eyes**

Brow shape	<b>20 min</b>	<b>20CHF</b>	Lash tint	<b>20 min</b>	<b>25CHF</b>
Brow tint	<b>15 min</b>	<b>25CHF</b>	Lash & brow tint	<b>30 min</b>	<b>40CHF</b>

**NB:** Patch tests are required for all eyelash and brow tints at least 24 hours prior to treatment



### GENERAL INFORMATION

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- Please use the hot tub, Jacuzzi and pool at your leisure.
- You can book your treatment before you arrive by contacting Reservations or at The Lodge by speaking to our therapist or any member of staff.
- Treatments are not included in the normal rates and are priced in Swiss Francs. Please note that prices are subject to change without notice.
- If you are unable to make your appointment for any reason please let one of our team members know the day before. A 100% cancellation charge will apply for any appointments cancelled on the same day.
- Treatment times shown indicate total booked time. Your treatment will finish five minutes short of this time so that your therapist can prepare for the next client. Please be on time for your appointment as during busy periods minutes missed due to a late arrival cannot be added to the end of a treatment.



## VIRGIN UNITE

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Virgin Unite is the Virgin Group's charitable arm, engaging in a wide range of projects around the globe. Some of the initiatives include work to improve the conditions of people living locally to The Lodge's sister properties Kasbah Tamadot in Morocco and Ulusaba Private Game Reserve in South Africa. You can find out more by visiting the Virgin Limited Edition blog, [www.virginlimitededition.com/vlog](http://www.virginlimitededition.com/vlog).

In aid of this charity, we have devised a series of treatments whereby 15% of the money raised helps to raise funds for these worth causes. Please ask our spa therapist for details.

### **The Lodge Spa taster**

**60 mins-160CHF**

Indulge yourself and combine a 30 minute bespoke facial with a relaxing back, neck and shoulder massage using Aromatherapy Associates products.

### **Top to toe**

**120 mins-320CHF**

Start with the 60 minute La Stone full body massage and finish with the 60 minute Eclat cocoon YonKa facial or the prescriptive skin fitness facial for men.

### **Total Hydration**

**90 mins-250CHF**

Repair and nourish the full body with the Aromatherapy Associates Intensive Nourishment body wrap and combine with 'The Perfect Partner' to rejuvenate the hands and feet using heated paraffin wax.