



PEAK HEALTH

WELCOME TO THE PEAK HEALTH SPA AT THE CAPRA

Peak Health is a collaboration of medical and wellness experts in Switzerland and across the globe in order to fill the need for a holistic approach to resetting one's health. Over and beyond offering a unique spa experience, Peak Health's mission is to help people gain a new understanding about one's body and its potential while also allowing for sustainable lifestyle changes.

Each of our offerings, treatments and products are based on the latest scientific advances, focusing on intelligent recovery, regeneration and holistic wellness.

Peak Health Spa offers the best products possible paying particular attention to natural ingredients and clean science. We have selected only Swiss-made products that offer efficient, clean, result oriented formulas and protocols. Our curated list includes Nescens Cosmeceuticals, Phyto 5 - Swiss Organic Energetic Skin Care and Jacqueline Piotaz Switzerland - Swiss Plant Stem Cell Collection.

Peak Health believes in constantly evolving our products and services in order to offer the most value to our guests. We therefore continue to seek, test and add product lines that meet our strict criteria and philosophy, bringing our guests the best experience and results.

Our uniquely curated treatments include muscle recovery and detox, customized facials, therapeutic massages and active recovery support, including infrared and salt therapies. The expansive luxury Spa has three treatment rooms, a relaxation area, sauna, steam and salt therapy rooms, an indoor pool, outdoor hydrotherapy pool, fully equipped gym and mind-body studio for classes.

In addition to our luxury Spa, there is a private Spa with a sauna, steam room and hydrotherapy pool that can be booked separately for private use.



THE CAPRA

SAAS-FEE



FACIAL AND SKIN CARE TREATMENTS

SIGNATURE FACIALS

SIGNATURE FACIAL TREATMENT

A skin treatment customized to your skin's health and unique needs. Our signature treatment includes: a deep cleanse, skin analysis, peeling, face massage, mask and day care. We leave time for any other enhancements to boost your results and experience. In our signature facial, our expert therapist will choose the right product for your skin at each stage of the facial.

85 Min

CHF 240

SIGNATURE EXPRESS FACIAL TREATMENT

An express version of our Signature Facial, this is a great refresher, a hydrating boost or quick maintenance. Includes deep cleanse, skin analysis, toning and peeling, face massage, mask and day care.

50 Min

CHF 150

ENHANCEMENTS FOR SIGNATURE FACIALS

Each of the below treatments can be added to your Signature Facial Treatment in order to enhance your experience:

- Extra Head/Neck Massage
- Eye Treatment with Hand Massage

20 Min

CHF 45

DELUXE FACIALS

NESCENS ANTI-AGING REPAIRING CARE TREATMENT

Premium high-performance cosmeceutical formulations and targeted movements are the main focus of this treatment, combining luxury, effectiveness, absolute comfort and deep relaxation. This treatment exclusively uses Nescens' anti-aging repair line and ensures a smooth and fresh skin.

85 Min

CHF 300

JACQUELINE PIOTAZ SWITZERLAND TIMELESS BOOSTER TREATMENT

The JPS Booster treatment is an intensive and innovative treatment for the highest demands on a modern and innovative treatment. In only 75 minutes the tone and texture of the skin looks improved, plumped, firmed and at the same time expression lines and wrinkles appear to be less severe and the facial features look relaxed. For a stressed, tired, and mature skin. For a great lifting effect and for all skin types, which need more radiance and brightness.

75 Min

CHF 240

PHYTO 5 - THE BEAUTY OF EMOTIONS

Relaxed and happy, you radiate - this treatment balances the skin, the energy and your personal emotional state. Live the ultimate Capra quantum experience. The treatment includes a quantum certified home regimen by Phytobiodermie for deeply-felt happiness and visible beauty.

75 Min

CHF 240



MASSAGE AND BODY THERAPIES

BESPOKE, CUSTOMIZED TREATMENTS

Because personalized wellness is at the core of our philosophy, our signature massage and wellbeing treatments are customized to your personal needs. We suggest that you choose the type of massage and our expert therapists will further customize the therapy to your body's unique and specific needs. Each of our massage therapies uses Phyto 5 oils blended with our organic base oil.

THERAPIES

THE CAPRA SIGNATURE - DESIGNED TO RELIEVE STRESS AND TENSION

A customizable massage inspired by Tui Na and Swedish techniques designed to relieve stress and tension in the body and mind.

80 Min	CHF 260
50 Min	CHF 180

THE PEAK HEALTH SIGNATURE - DESIGNED TO ADDRESS DEEP TISSUE AND MUSCLE PAIN

Peak Health's deep tissue massage, while customizable, combines the techniques of fascial stretching and deep tissue therapy to mobilize the body's connective tissue by breaking down muscle restrictions and stored toxins.

80 Min	CHF 260
50 Min	CHF 180

SLEEP WELL RELAXATION - DESIGNED TO ENHANCE RELAXATION AND DEEP SLEEP

Our relaxation massage is designed to melt tension, reduce stress and enhance your wellbeing. This massage promotes deep relaxation and is great for improving sleep.

80 Min	CHF 230
50 Min	CHF 160

FOOT REFLEXOLOGY

Beyond the feel-good effects of the treatment, the practice and purpose to go deeper than the skin and muscles by taking specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body.

50 Min	CHF 140
25 Min	CHF 70

THE DETOX

We offer Infrared Detox Wrap sessions to detoxify the body and add in muscle recover. FAR infrared is a radiant form of natural energy and heat, which safely penetrates the skin to increase your core-body temperature. During a 50 minute session in our infrared wraps, one enhances the body's ability to release stored toxins and heavy metals by cleansing from the inside out.

50 Min	CHF 95
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ENHANCEMENTS FOR THERAPIES

Each of the below treatments can be added to your signature treatment in order to enhance your therapy:

- Migraine/Headache Therapy
- Breuss Massage

25 Min	CHF 70
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PACKAGES, DAY & PRIVATE SPA

PACKAGES

THE PEAK HEALTH HOLISTIC WELLNESS PACKAGE

A combination of the Peak Health 50 Minute Signature Massage with an enhancement of your choice, plus the Peak Health Signature 85 Minute Facial.

160 Min CHF 430

SKIN DETOX PACKAGE

A combination of Infrared Detox Therapy followed by JPS Pollution Defense Facial.

100 Min CHF 240

DAY SPA

Indulge in our Peak Health Spa for a moment of relaxation and wellbeing.

Per day CHF 65

PRIVATE SPA

Enjoy your own private spa area with sauna and steam bath while snowflakes fall on the skylights as you soak in the hydrotherapy pool.

90 Min CHF 90

120 Min CHF 120

Any additional hour CHF 45

SPA & FITNESS MEMBERSHIP

1 Month CHF 250

1 Winter Season CHF 900

As a member of the Peak Health Spa you benefit from a reduction of 20% on all of our treatments.

OPENING HOURS & CONTACT

SWIMMING POOL:	Daily from 8 a.m. until 9 p.m.
FITNESS:	Daily from 8 a.m. until 9 p.m.
SPA TREATMENTS:	Daily from 10 a.m. until 8 p.m.
WELLNESS AREA:	Daily from 3 p.m. until 9 p.m.
CONTACT:	spa@capra.ch