



Spa Menu

Welcome to the Peak Health Spa at The Capra

Peak Health is a wellness company offering holistic health programs designed in collaboration with a global team of medical and wellness experts. Our aim is to help clients improve overall well-being while developing habits for continuous healthy living. The underlying philosophy centres on five key quadrants considered pillars for sustaining health: Nutrition, Fitness, Mental Resilience, Habits and Sleep.



Peak Health tailors bespoke treatments and programmes around these five areas to help foster positive lifestyle changes. Each of our offerings, treatments and products is based on the latest scientific advances, focusing on intelligent recovery, regeneration and holistic wellness. These are constantly tested and evaluated on strict criteria to provide maximum value to our clients.

Opening hours

Swimming Pool: Daily from 7 a.m. until 9 p.m.

Fitness: Daily from 7 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.

T: 109 / +41 27 958 13 58

E: spa@capra.ch

Facials

Eye Treatment – *Biologique Recherche* 25 min 90 CHF
Lifting eye contour care to reduce puffiness and dark lines to enhance your look.

Mini Facial –
Biologique Recherche & The Organic Pharmacy 25 min 100 CHF
The best active ingredients for your skin in a tiny format for an instant glow.

Personalized Facial – *Biologique Recherche* 50 min 165 CHF
80 min 265 CHF
Relaxing facial for a radiant skin to nourish and oxygenate. Ideal in its longer version for mountain conditions, smoothing, refining and reducing redness for better rejuvenation and lifting effect.

Lift CVS – *Biologique Recherche* 80 min 265 CHF
105 min 345 CHF
Anti-aging booster treatment with active ingredients to refine the skin texture and a remodelling massage to deeply firm and reshape the face contours.

Skin Solutions Acne Facial – *The Organic Pharmacy* 50 min 165 CHF
80 min 265 CHF
Designed to support specific conditions such as acne, eczema and psoriasis with the aim to restore balance, this facial leaves the skin looking fresh, luminous and revitalized.

Nourishing Rose & Vitamin C – *The Organic Pharmacy* 50 min 165 CHF
80 min 265 CHF
105 min 345 CHF

This luxurious facial to smooth body and mind combines gentle and highly effective exfoliation with active massage and refreshing fragrances to revitalize, refine and brighten the skin.

Body Scrubs

Exfoliation – *Biologique Recherche* 25 min 100 CHF

Combination of an acidic peeling with a massage glove to hydrate, balance and rejuvenate the skin, ideal before a massage.

Peeling – *The Organic Pharmacy* 25 min 100 CHF

Stimulating effect of this skin care to deeply detoxify and enhance circulation with targeted movements, ideal before a time in the wellness area.

Dry Peeling - *The Organic Pharmacy* 25 min 100 CHF

Deep relaxing peeling as well as a yogic practise with lymphatic and immune system boosting effects, ideal for pregnancy and before a private class.

Body Wraps

Anti-inflammatory – *Alpienne* 25 min 100 CHF

After-sport and recovery treatment to nourish articulation and intervertebral discs, smoothen pain and improve the body flexibility.

Detox 25 Min – *The Organic Pharmacy* 25 min 100 CHF

Restores the skin's natural equilibrium while deeply nourishing it with vitamins and minerals for a refreshing effect.

Body Treatments

The Infrared Detox Wrap 50 min 95 CHF

Increases core-body temperature to enhance the body's ability to release stored toxins and heavy metals allowing for cleansing from the inside out. Includes a wrap and a head massage.

Light Legs – *Biologique Recherche* 50 min 170 CHF

Skin Exfoliation, taping and massage movements to increase lymph and blood circulations and relieve tensions. This care is suitable for congested legs as well as after exercise.

Lift CVS Body - *Biologique Recherche* 80 min 265 CHF

Anti-aging treatment to beautify the skin, refining the skin's texture with exfoliation and preparing the body for detoxification with resculpting movements.

The Capra – *Alpienne* 80 min 265 CHF

A treatment designed specifically to address muscle recovery after a day on the mountains. Includes a short-session with infrared detox wrap and a massage.

The Peak Health – *Alpienne* 105 min 345 CHF

A treatment that contains the five Peak Health Pillars: Nutrition, Fitness, Mental Resilience, Habits and Sleep. Includes a peeling, a wrap, a massage and a meditation.

Digestion - *The Organic Pharmacy* 50 min 170 CHF

Deep stomach massage to improve digestion and rejuvenate the organs in their functions. Recommended for hormonal and emotional balance as well as a first step for slimming.

Detox Treatment - *The Organic Pharmacy* 80 min 265 CHF

Targeted treatment for the thighs, waist and abdomen, it stimulates the micro-circulation and lymphatic system with the aim of reducing fat. Includes a dry peeling and a massage.

Wellness Experience - *The Organic Pharmacy* 105 min 345 CHF

Intensive and profoundly relaxing body treatment to improve self-healing by cleansing, detoxifying and moisturising. Includes a peeling, a wrap and a massage.

Massages

For our massage therapies, we can use organic oils and herbs including almond and sesame oil. Couples have the option of having massages together in our double treatment room.

25 min 90 CHF

50 min 170 CHF

80 min 250 CHF

Optional extras

With *massage products – Alpienne and The Organic Pharmacy* 15 CHF

With *eye patches – Biologique Recherche* 35 CHF

An even deeper relaxing effect with the eye patches to lift, reduce puffy eyes and dark circles.

With a face mask – *Biologique Recherche*

40 CHF

Enjoy your massage while receiving an anti-aging, nourishing and firming leave-on mask.

Massage Treatments

Deep Tissue

Active work on the fascia muscle to release tensions and improve the range of motion.

Head Massage

Precise stimulation of the energetic points that reflect to the whole body to relax and heal.

Herbal Stamps

Integrate the benefits of the herbs to improve circulation and detoxify. *Please inform the Team in advance for preparation.*

Lymphatic

Light touch to stimulate the immune system, decrease water retention and heavy legs.

Pregnancy

Gently relax the back, help leg circulation, prepare breast feeding and calm the mind.

Reflexology

Precise pressure on points that are linked to body, emotions and mind.

Relaxing

Smooth continuous massage to induce a nervous system release that improves the body metabolism.

Hot Stones

Basalt stones that release body tensions, improve circulation and immune system. *Please inform the Team in advance for preparation.*

Cold Stones

Help to increase circulation, rejuvenation and ease veins' pain. Together with Hot Stones. *Please inform the Team in advance for preparation.*

Trigger Points

Focused work on specific muscles knots to free the motion range and release pain.

Spa Etiquette

Fitness centre

Indoor training shoes and sensible workout outfits are requested for the gym.

Children

All children under 16 years must be accompanied by an adult when using swimming pools. Spa facilities are only available for children over the age of 16. For Spa treatments, children under 10 can have a 25 min relaxing massage.

Spa reservations

For Spa enquiries or reservations, please dial 109 on your telephone or call the reception. Advance bookings are recommended to secure your preferred treatment time.

Prior to arrival

We recommend that you leave all jewellery and valuables in your room before visiting the Spa. Male guests are advised to shave one day prior to all facial treatments to ensure maximum results. We recommend using the Peak Health Spa facilities prior to any treatment. This will stimulate the blood and lymphatic systems and enhance treatment benefits.

Arrival

Please arrive 10 minutes prior to the treatment in order to complete a health assessment form.

Late arrivals

Out of respect for other guests' reservations, please be aware that we may be unable to extend the treatment time in case of late arrivals.

Cancellations

Any treatment can be changed, postpone or cancelled until 7pm the day before. Late cancellation and failure to keep your appointment will result in a 100 % treatment charge.

In the Spa

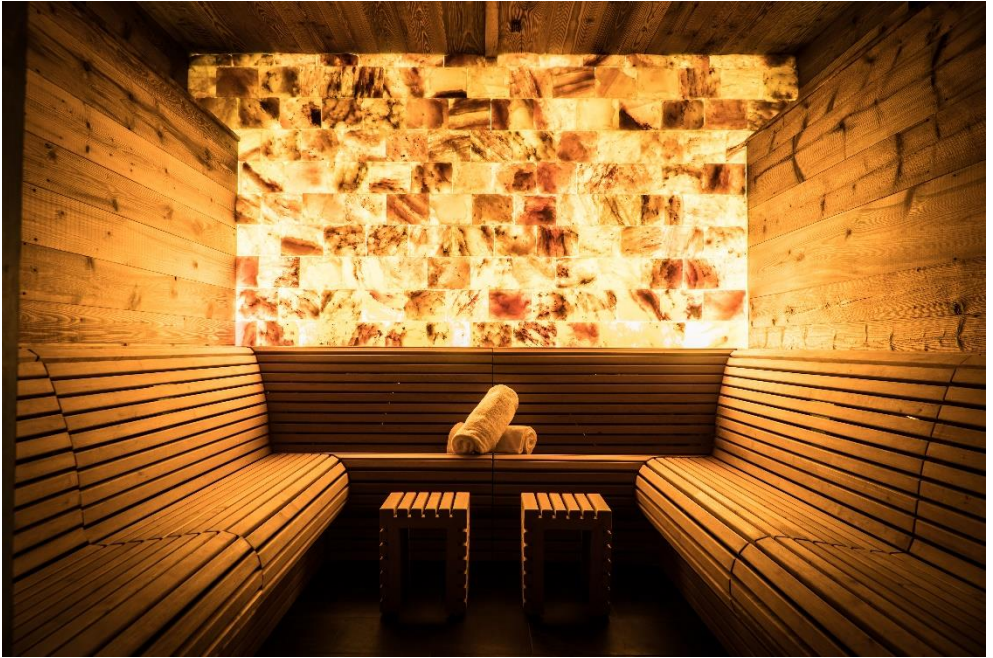
In consideration of other guests, smoking and the use of mobile phones are not permitted in the Spa. Peak Health Spa is a sanctuary of peace and harmony, a soft voice encourages a serene atmosphere and a relaxed mind.

After your treatment

We recommend no sunbathing for at least six hours. To extend your Spa experience at home, a variety of products are available at the Spa Gallery. The Spa Team can provide personalised recommendations.

Payment

For hotel guests, all treatments will be charged to the guest room account and will appear on the invoice at the time of departure from the hotel. Major credit cards or cash are also accepted at the Spa reception. All treatments include VAT of 7.7 percent.



We are looking forward to welcoming you!

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