



Spa Menu

Opening hours

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 12 a.m. until 9 p.m. Wellness

Area: Daily from 9 p.m. until 9 p.m.

Telephone: 109 / +41 27 958 13 58

E-mail: spa@capra.ch

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.

Our products offerings are based on natural, organic ingredients and clean science. Our curated list includes Ananné – Swiss Brand inspired by nature, Lola's Apothecary – Luxurious UK Organic Brand and Alpenne – Austrian Organic Plants from the Alps.

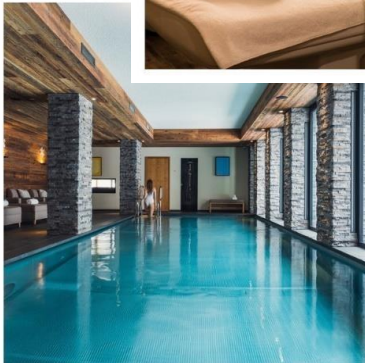
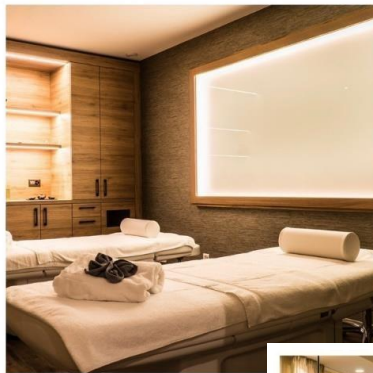
Our Personalised Philosophy

Peak Health believes in a holistic approach to well-being tailored to the individual.

With this in mind, we created a bespoke offering of spa treatments, private classes and products built to address every guest's specific health goals. Books supporting self-learning are available at the Spa's library and the Peak Health Spa team welcomes all inquiries around health and enhancing the quality of life.

We pride ourselves on the use of eco-friendly products and we provide complimentary organic fruits and nuts in the Spa.

Every day the Spa also offers complimentary classes for the hotel guests. Please ask for the schedule upon your arrival.



Massages

For our massage therapies, we can use organic oils and herbs including almond and sesame oil.

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|--------|-----|-----|
| 25 min | 90 | CHF |
| 50 min | 170 | CHF |
| 80 min | 250 | CHF |

Deep Tissue - *Alpienne*

Active work on the fascial 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 – *Lola's Apothecary*

Integrate the benefits of the herbs to improve circulation and detoxify.

Please inform the Team in advance for preparation.

Reflexology – *Lola's Apothecary*

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

Relaxing - *Lola's Apothecary*

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

Massage Physical Pain & Sport - *Lola's Apothecary*

Pain as aches, cramps, tiredness and soreness are all indicators that our body is recovering from a strenuous effort. These massages and techniques help enhance and further encourage muscle repair.

Hot Stones - *Lola's Apothecary*

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 - *Lola's Apothecary*

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

Private Classes

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|--------|---------|
| 45 min | 95 CHF |
| 75 min | 140 CHF |

Yoga

Specific postures with breathing and stretching to rejuvenate, relax and detoxify.

Yoga Nidra

Mind relaxation to improve focus, relaxation and sleep.

On the floor with comfortable clothes.

Breathing Pranayama

Improves oxygen intake, clears and trains the mind and rejuvenates the body.

Guided Meditation

Helps the mind to improve concentration, healing and cognitive abilities.

Slow Stretching

To help melt tensions and improve muscle recovery and flexibility.

Facials

Facial Treatment – *Ananné*

| | |
|--------|---------|
| 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.

Please inform the Team in advance for preparation.

Body Wraps

Anti-inflammatory – *Alpienne*

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|--------|---------|
| 25 min | 100 CHF |
|--------|---------|

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

The Peak Health Spa Facilities

Wellness facilities make the body detoxify and dehydrate. We recommend to drink plenty of water and in case of dizziness to intake something sugary. In any body conditions like pregnancy, cardiovascular needs, sickness or body pain, please refer to your doctor or our Spa team to use the facilities for the best of your health.

Finnish Sauna – 80° C or 175° F

A heated room that causes an increase in core body temperature to promote sweating.

Benefits: The dry heat improves muscle recovery, blood circulation, sleep quality and mental resilience.

Bucket Shower

A bucket of icy water is hung from the ceiling. By pulling the attached chain, the water is poured suddenly over the body.

Benefits: The icy water promotes blood circulation to internal organs and improves metabolism and mental resilience.

Active Salt Cave – Salt Therapy (Halotherapy) - 60°C or 140°F

A room with a controlled air medium that simulates a natural salt cave microclimate.

Benefits: The natural salt cave improves the lungs functions, mental clarity, brain function and dry skin conditions.

Steam Room - 35 °C or 95°F

A heated room that causes an increase in core body temperature to promote sweating.

Benefits: The wet heat improves muscle recovery, blood circulation, sleep quality and mental resilience.

Hydrotherapy Pools

The indoor pool can be used for exercising and the warm water outdoor pool has water jets and water fountain for relaxing.

Benefits: The aquatic facilities improve overall fitness, muscle recovery, blood circulation and relax the mind.

The Peak Health Spa Facilities – Wellness Path

Enter the Spa and discover a journey to reinforce body strength, detox and unwind. Hydrotherapy and Wellness facilities are carefully combined in a Spa Ritual time to boost recovery, mental resilience and sleeping.

Hydrotherapy Pools

Inside Pool: Active swimming and swimming against the tide 20 Minutes

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Outside Pool: Bubbles, Water Jets and Fountain in warm water 10 Minutes

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Inside Pool: Passive swimming, stretching and back swimming 10 Minutes

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Warm Detox Tea

Wellness Area

Steam Bath with Eucalyptus: Conscious breathing while seated 10 - 15 Minutes

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Cold Detox Water

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Salt Cave with Salt Mist: Breathing while seated with feet up 20 - 30 Minutes

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Cold Bucket of Water: Once on the head and Once on the legs

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Finnish Sauna: lie wrapped in a linen cloth 10 - 20 Minutes

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Purple Shower: Once Rain, Once Tropic, Once Fresh and repeat

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Dry the body

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Footbath: Warm relieving activation 10 Minutes

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Warm Detox Tea

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Glass Ball: Focusing on the light's patterns 10 - 15 Minutes

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Relaxing Room: Resting time for rebalancing the body 15 Minutes

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 room 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 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

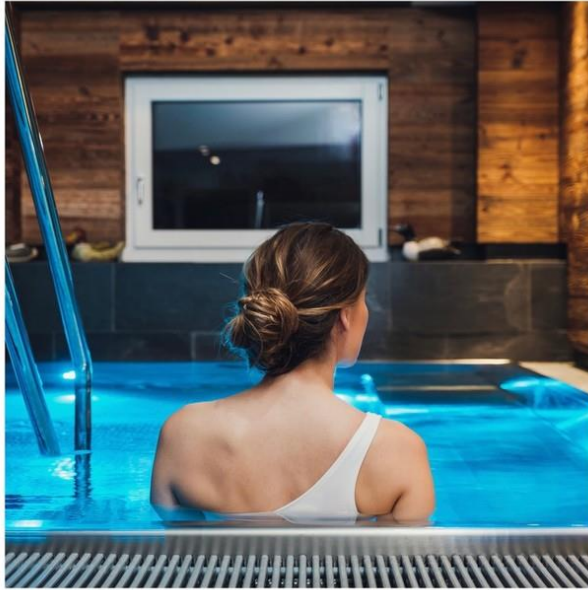
Any treatment can be changed, postpone or cancelled until 7pm the day before. Late cancellation and failure to keep your appointment will result in a 100 % treatment charge.

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.



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