



PEAK HEALTH

SPA Menu

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 8 p.m.

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

PEAK HEALTH SPA

PHILOSOPHY

The Peak Health spa pays homage to the inexhaustible wonders of Alpine nature. It is fully aligned with The Capra Hotel's spirit of luxury and indulgence, while remaining faithful to a philosophy that is rooted in the quest for treatments based on natural, pure products. At Peak Health our goal is to offer you an authentic Swiss experience, inspired by the purity of the Alps, rich in silence and serenity, and tucked away from urban life.

Our spa blends the charm of tradition with luxurious modern design and is home to a variety of thermal facilities such as an Indoor Pool, Outdoor Hydrotherapy Pool, Steam Bath with Eucalyptus, Sauna, Salt sauna and a Rest & Relax Area. For a more intimate and exclusive experience, guests can book the separate Private Spa with jacuzzi, steam room and sauna.

Peak Health spa treatments all reflect our clear and uncompromising concept: to offer you a lasting wellness experience through treatments that are based on organic and plant-based active ingredients. These include propolis, honey, and the purest essential oils for scenting, and are mostly sourced from the mountains that surround us.

Our signature treatments balance traditional Alpine folk medicine with modern natural cosmetics and massage techniques, to create innovative interpretations of a holistic approach to individual beauty and all-round wellness.

Visit Peak Health Spa, absorb the discreet luxury and Alpine spirit, and allow us to propose an exclusively personalised spa journey. Benefit from a balanced sequence of treatments that capture the natural botanical power of fruit and plant ingredients and are tailored to your needs. Enjoy a most memorable mind, soul and body experience to elevate your visit to the Alps.

TREATMENTS

RITUALS

Deep DeTox RiTUAL I Icelandic algae brush massage

This highly effective full body treatment includes face and body peeling, brush massage and care with a regenerative overnight mask. Amber and bamboo crystals stimulate blood circulation and purify the skin while algae initiate rejuvenation. Choose complete face and body detoxification and toning for fine-pored, and smooth skin with a healthy glow.

110 min / 330 CHF

FULL Body ORCaNIC SLIMMING RITUAL

The unique combination of body peeling, brush massage and effects of white mustard, capsaicin and liposomal caffeine concentrate stimulates the release of fatty acids and combats cellulite. A tightening massage, active plant ingredients and slimming techniques firm contours, and lead to a slender silhouette and moisturized skin.

110 min / 310 CHF

FULL Body Herbal Exfoliation AND Private Spa RITUAL - recommended for couples

A luxurious full body exfoliation treatment and wet wellness experience that leaves your skin feeling refreshed and revitalised. Let our skilled therapists exfoliate your body; then, indulge in the ultimate pampering experience in our private spa where you will find a sauna, a steam bath, and a blissful hydrotherapy pool. Let the harmonious combination of private wet facilities with the warm water jets massage away any remaining tension.

Body exfoliation 40 min and Private spa 60 min

In total 105 min/ 280 CHF

FACIAL TREATMENTS

GLOW LIFTINC “Beauty Kick”

An effective plant-based skincare enhanced by an intensive lifting massage that stimulates cell regeneration and collagen production and reduces fine lines. The high-quality oils from avocado, apricot kernels and argan soothe, nourish, and leave the skin silky and radiant.

25 min / 145 CHF

DETOX AND OXYCEN FACIAL

Experience a cleansing and detoxifying treatment with a revitalizing red clay mask, rich in natural plant, algae extracts and oils. Enjoy a detox face care treatment supported with a dry brush and a detox face and décolleté massage which removes dead cells and pollutants. The improved removal of lymph fluid relaxes facial features and ensures a well-balanced skin glow.

55 min / 190 CHF

NATURAL HEALINC HERBAL FACIAL Therapy

This intensive treatment for the face, neck and décolleté, is tailored as an effective natural facelift. Fruit acids, active ingredients and lifting facial massage will visibly firm the skin, strengthen the connective tissue, stimulate blood circulation, and boost hydration and rejuvenation.

55 min / 220 CHF

- Add-on Petro Stones

Natural Healing facial therapy, empowered by a deeply relaxing series of stone movements and massages: “gentle eye lifting”, “deep face muscle activation” and “lymphatic facial massage”, which sustainably improves the skin elasticity, its firmness and texture.

85 min / 260 CHF

PERSONALIZED FACIAL TREATMENT

This personalized treatment from the prestigious French brand Biologique Recherche is a wonderful way to give your face an individual treat. It is suitable for all skin types that are prone to dehydration, loss of collagen and elastin or wrinkles and expression lines. We focus either on a replenishing skin treatment to improve elasticity, on moisturizing dehydrated skin or on a powerful anti-aging treatment that helps tighten and densify facial tissues.

60 min / 250 CHF

BIO SENSIBLE FACIAL

This is a skin calming and inflammation reducing facial. A treatment to stabilize particularly sensitive and fragile skin instants. It has a soothing effect on your face, neck and décolleté, giving it an extra glow.

60 min / 250 CHF

Body TReATMENTS

Peak HeALTH SENSE OF PuRITY

This gentle full body scrub treatment is designed to cleanse, regenerate, and energize your whole body. Our scrub will be adapted to your needs with local salt and wonderful, synergetic natural herbs that support the rejuvenation of your skin`s natural balance.

25 min / 145 CHF

PREMIUM FOOT TReATMENT

Experience the foot ritual which offers much more than typical foot care and massage. Foot peeling, stone massage, and energetic points activation, together with body butter, lead to well-nourished and revitalized foot skin. Our innovative care energizes and relaxes your feet and brings complete care and well-being to the whole body.

55 min / 190 CHF

HERBAL CleANSING BoDY TReATMENT

A relaxing body treatment with a focus on natural body purifying, skin hydration and cell regeneration. The soothing body butter, revitalizing oils and multi-effective stone massage support collagen production and enhance well-being, recovery, and skin beauty.

55 min / 260 CHF

NATURAL FIRMIg BoDY TReATMENT

Professional organic fruit acid body care for sustainable skin moisturizing. Natural marine sponges, plant extracts and body butter purify the skin, activate cell metabolism, relax the muscles, and refine the complexion. Firming stone massage improves lymphatic flow and prepares the skin for subsequent care.

55 min / 270 CHF

SignaTure Massage Treatments

Peak Health HOLISTIC ALPINE Massage

Our holistic Alpine massage combines expert manual techniques with gentle trigger point work and various stretching elements to relieve muscle tension. A dynamic, yet relaxing massage to support sore and tired muscles to recover through increased blood circulation and joint mobilization. All elements will be individually applied to you on the day. Choose this effective treatment to accelerate your body's self-regeneration process after dynamic activities like skiing or hiking.

55 min / 200 CHF

85 min / 260 CHF

Peak Health AROMaTherapy Massage

This deeply relaxing massage is inspired by soft techniques which balance and re-align the energy flow within your body. It has the potential to improve your emotional well-being, relax, boost, or balance your mood in any setting. The natural active ingredients of our oils are ethically sourced and thoughtfully blended to give you the healing power of plants. An energising whole-body massage that leaves you completely relaxed, nurtured and radiant.

55 min / 200 CHF

85 min / 260 CHF

CLASSICS

SWISS PINE WOOD VITALITY Massage

This deep massage treatment taps into the power of pine, the Queen of the Alps. The key lies in the different, pre-warmed pine stamps that are moved rhythmically over the body using various techniques from acupressure to tapping. This massage releases tension, trigger points and activates the body's power of self-healing.

55 min / 200 CHF

85 min / 260 CHF

TRADITIONAL HERBAL STAMP Massage

An aromatic, deeply vitalising ritual paired with powerful medicinal herbs. Yellow gentian and hay flowers stimulate the circulation while firming and soothing the skin and anti-aging ingredients like edelweiss, black elder and zeolite regenerate your skin. A treatment that fills you with inner harmony.

55 min / 220 CHF

HOT STONE Massage

This massage brings tranquillity while balancing the flow of energy through heated volcanic stones that are applied to the body. The penetrating heat not only feels amazing but also gives you a much deeper sense of relaxation and tension relief, both physically and emotionally.

55 min / 220 CHF

CLASSICS - TAILOR-Made FOR you

Choose your own massage elements and create your unique experience. Feel free to pick one of our basics and your preferred time. Optionally, you can gift yourself one of our add-on's as well.

BASICS

- Deep Tissue Massage
- Relaxing Massage
- Lymphatic Massage

25 min / 140 CHF or 55 min / 190 CHF or 85 min / 240 CHF

Add-ONS

- Body Scrub
- Facial "Beauty Kick"
- Reflexology
- Trigger Cupping
- Head, Neck & Shoulder Massage

25 min / 60 CHF

Pregnancy Treatments

Pregnancy GLOW Body

A comfortable and gentle maternity treatment designed as a pampering experience of organic skincare and relaxing body massage. Nourishing oil serum, body butter and natural oils improve skin regeneration, elasticity, firmness, and texture. This treatment ensures skin hydration, refined, flawless complexion, and reply to all pregnancy necessities.

55 min / 240 CHF

Pregnancy GLOW Body & Face

This tender treatment is carefully customized to all pregnancy-specific needs. The gentle face care and mild body massage relax the muscles, improve lymphatic flow, and prepare the skin for numerous maternity challenges. A nourishing mask, regenerative oil serum, natural body butter, and oils promise subsequent care.

85 min / 260 CHF

MORE HOLISTIC EXPERIENCES

ReFLexology

Reflexology is an alternative therapeutic treatment that focuses on specific pressure points on the feet to promote relaxation, balance, and well-being. Our therapists will apply gentle pressure onto specific nerve endings that correlate with certain body parts (as organs, spine, etc.). Thus, they support your whole body in restoring its energy flow. This ancient technique can ease physical ailments and will always be addressed to your individual needs.

55 min / 220 CHF

Peak HeALTH SOUND Healing

In this deeply relaxing sound experience we place singing bowls around you and onto your body. The sound vibrations have a holistic effect on your cellular system, including your muscles, organs, and nerves. The frequency of the bowls synchronises brain waves, which helps you to experience a regulated nervous system and a completely rested body. This treatment feels like a spiralling-massage from within, that guides you into deep states of relaxation.

55 min / 220 CHF

Peak HeALTH Thai Nuad*

This treatment is an ancient form of healing massage which incorporates, among its techniques, a mixture of rhythmical balance, compressions, and tender stretching. The flow of energy in your body will be restored through acupressure and gentle meridian activation. This holistic massage harmonizes body and spirit in a unique way, and it activates your self-healing abilities.

55 min / 220 CHF

85 min / 260 CHF

* Please note that this treatment takes place on a therapeutic futon bed on the floor.
We ask you to come in comfortable clothes which you will keep on during this experience.

PRIVATE CLASSES

Enjoy a variety of our private classes which are highly individualised and tailor-made for your needs and current life circumstances:

STRETCHING & MOBILIZATION

40 min / 95 CHF

Yoga

55 min / 160 CHF

Yoga FOR TWO

40 min / 145 CHF

85 min / 195 CHF

Yoga FOR PREGNANCY

40 min / 95 CHF

Yoga NIDRA

40 min / 95 CHF

MEDITATION

25 min / 65 CHF

BREATHWORK

25 min / 65 CHF

PRIVaTe Spa

The Capra also has a private Spa, an intimate space clad in wood, stone, and slate that includes a steam bath, Finnish sauna, and hydrotherapy pool. The aesthetic of its interior is perfectly aligned with the serene surroundings. Snowflakes fall on the skylights as you soak in the hydrotherapy pool, offering a unique experience to individuals, couples, friends, or families.

A luxurious full body exfoliation treatment that leaves your skin refreshed and revitalised is available at an extra cost and can be combined with a wet wellness experience at our private spa (see our rituals).

A session in the private Spa can be reserved at the front office.

Rates for up to two people:

90 min / 190 CHF

120 min / 250 CHF

Each additional hour is charged at 90 CHF.

Each additional person is charged 35 CHF. The maximum number of people each time is six.



THERMAL FACILITIES

The tranquil setting of the spa creates an inspiring sanctuary, an escape that lends itself to physical rejuvenation as well as mental and emotional regeneration.

To enhance your spa journey and stimulate your senses, we propose our unforgettable aromatherapy experience in the Thermal Facilities. Start with an invigorating wet steam bath or dry sauna and continue with a footbath with herbal ingredients and salts sourced from the Alps. The ideal prelude to your preferred spa treatment, designed to maximise the benefit of any treatments to follow.

The usage of the thermal facilities is free for the hotel guests.

External guests are requested to make a reservation to use the thermal facilities and swimming pools. The maximum duration of stay is 120 min / 85 CHF per person.

STEAM ROOM

The steam room is heated to a pleasant 45°C to increase your core body temperature and promote sweating. The hot steam and high humidity levels help open pores and eliminate toxins. It is also the perfect place to relax, unwind and release muscular tension.

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

DRY SAUNA

The sauna harnesses the power of dry heat. With a dry heat of 85°C and humidity below 20%, the sauna will help eliminate toxins and trigger feelings of well-being thanks to the release of endorphins which will help you sleep and relax. For a truly invigorating experience, follow it up with a cold shower that will close your pores and flush out toxins.

Benefits: The heat of the sauna improves muscle recovery, blood circulation, sleep quality and mental resilience. Good circulation in the blood vessels increases heart rate, blood flow, blood pressure, and cardiovascular performance.

BUCKET Shower

Here a bucket of icy water is hanging from the ceiling. By pulling the attached chain, the water is poured suddenly over the body, causing the greatest thermal shock. This constricts blood vessels and stimulates the release of noradrenalin. When used in conjunction with the sauna, it can improve blood circulation and promote healthy skin as well.

Benefits: Strengthens the immune system, improves wellbeing, and increases metabolism.

SALT SAUNA - HALOTHERAPY

The salt sauna balances your energy and is therefore a great place to recharge your batteries. The level of humidity is approximately 20% to 40% and the inhalation of micro-sized salt particles, known as halotherapy, can help break down mucus build-up and congestion, reduce inflammation, cleanse airways, and eliminate bacteria in the sinuses and lungs.

Benefits: Can contribute to improved lung function, increase resistance to respiratory tract diseases, and help control conditions such as asthma and skin disorders including eczema and psoriasis.

AROMATHERAPY FOOTBATH

Footbaths increase your overall body temperature, which in turn can relieve muscle and mental tension, alleviate stress, and increase blood cell activity. Boost your immune system and choose between relaxing, rejuvenating, or detoxifying ingredients, sourced from the Alps, for your overall health and wellbeing.

Benefits: Boosts immune system, alleviates stress, and relieves muscle tension.

EXPERIENCE Shower

With its different water flow settings, the experience shower delivers a multi-sensory encounter as the water touches your body. It is used to help the flow of blood to the skin and internal organs, to flush out toxins and close the pores.

Benefits: Cools the body, stimulates senses, and flushes out toxins.

*Make sure you drink plenty of fluids to rehydrate the body after you use the thermal spa facilities.

PARTNERS

ananné Greek "ananéosis" = regeneration, renewal



A natural, healthy mode of action, made in Switzerland by Prof. Dr. med. Urs Pohlman. This 100% nature and vegan cosmetic line sees itself as a "clean beauty".

ananné spa treatments combine four impulses for a holistic experience. The environment, the active ingredients of ananné cosmetics, natural stones, and movements.



Founded on over 35 years of skincare innovation by the Allouche family, Biologique Recherche has a reputation for unparalleled effectiveness.

Its philosophy is based on a clinical approach to beauty care, using products with a high concentration of botanical, marine and biological extracts that are free from artificial fragrances and colourings.



Welcome to Lola's Apothecary, a couture beauty, spa & wellness brand based in the heart of the English countryside.

Inspired by nature, powered by the earth, our lovingly handmade products are designed with aromatherapy in mind, crafted with only the finest essential oils and natural materials.

ETIQUETTE

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 your treatment.

LATE ARRIVAL

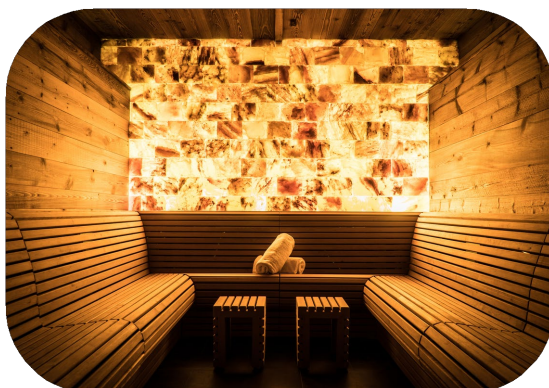
Out of respect for other guests' reservations, please be aware that we may be unable to extend the treatment time in case of a late arrival.

CANCELLATION POLICY

Any treatment can be changed, postponed, or cancelled free of charge 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 after your treatment. To extend your spa experience at home, a variety of products are available at the spa gallery. The spa team can provide personalised recommendations.

CHILDREN

All children under 16 years are allowed to use the swimming pools until 6pm and must be accompanied by an adult. The thermal Spa facilities are not available to children under the age of 16.

FITNESS CENTRE

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

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. External guests for the Spa Day should pay at the front office before using the spa facilities. External guests, who have booked treatments, should leave their credit card details upon arrival at the front office. Their account will be settled after treatment and upon presentation of the after-treatment form at the front office. All treatments include VAT of 7.7 percent.

