



Wellness Offerings

Indoor and Outdoor Swimming Pool: 8am to 9pm

Spa Treatments: 10am to 9pm

Wellness Facilities: 10am to 9pm

Private Spa: 8am to 11pm

Fitness: Open 24 hours



Peak Health

Wellness is no longer a luxury but a necessity. At Peak Health, we are committed to empowering you to enhance your well-being through a highly personalized approach. We recognize that every individual has unique needs and goals, which is why our methodology is rooted in a tailored assessment of your specific wellness aspirations.

Our mission goes beyond simply helping you relax and unwind, we are dedicated to fostering long-term, transformational benefits that align with your lifestyle. Peak Health is built on the research and expertise of a global team of medical and wellness specialists. Drawing from the latest scientific and empirical findings, we take a holistic and evidence-based approach to resetting and optimizing your well-being.

The foundation of the Peak Health Philosophy is a focus on five key pillars that are essential to improving your sustainable wellness:

Fitness

Mental resilience

Nutrition

Sleep

Habits

By addressing these fundamental areas in a way that aligns with your personal needs, we help you cultivate a balanced, resilient, and ultimately healthier life.

Spa Entry & Exclusive Offers

Complimentary entry for Capra Hotel Guests

Half-Day Spa Experience

Entry Fee CHF 85 per person (4 hours)

Available for guests aged 16 and above,
as our spa is primarily designed for adults.

Special Offer: Book any spa treatment and enjoy
50% off your spa entry fee.

For Groups of 4 or more please call the reception

Morning Rise Spa Package

CHF 280 per person, CHF 520 per couple

60-minute treatment of choice, 4-hour spa entry, and breakfast at the
Capra (07:30 - 11:00 AM)

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Partners

Our spa partners have been thoughtfully chosen for their commitment to quality, integrity, and the proven effectiveness, ensuring exceptional treatments and outstanding results.



ananné redefines aging as the balance between energy expenditure and rejuvenation, enhancing the body's natural regeneration. This Swiss skincare brand blends botanical ingredients with scientific expertise to create high-performance cosmeceuticals. In partnership with the Capra Spa Team, its luxurious rituals are a deeply restorative and transformative experience.



Biologique Recherche pioneers results-driven skincare that adapts to ever-changing skin needs. Its highly concentrated, raw formula free from artificial fragrances and colouring, restore balance and enhance skin. These high-precision products are crafted for beauty professionals like the Capra team, ensuring unparalleled efficacy through targeted treatments.

LOLA'S
APOTHECARY

Lola's Apothecary blends aromatherapy with the finest natural ingredients to create luxurious, holistic skincare. Ethically sourced and sustainably handcrafted, each product offers a sensory retreat through fragrance and touch. In collaboration with the Capra team, its exclusive techniques elevate your wellness experience, with a deep commitment to nature and self-care.

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Treatment Philosophy

At Peak Health, we believe your spa experience should go beyond a series of treatments, it should be a personalized journey designed around your unique needs. Rather than offering a rigid, prescriptive approach, our spa menu serves as a guide, helping you navigate a tailored path to wellness. Rooted in the Peak Health Method, every treatment is crafted to support your specific goals, whether you seek to relax, improve sleep, boost energy, rejuvenate muscles, or cultivate a positive mindset.

Instead of targeting isolated body areas, the Peak Health Menu embraces a holistic approach, focusing on the outcomes you wish to achieve while honouring the deep connection between body, mind, and spirit. Each treatment is thoughtfully customized, blending expert techniques with the healing power of nature to restore balance and vitality. From muscle recovery and detox therapies to personalized facials, therapeutic massages, and active recovery support, every offering is designed to foster intelligent regeneration and long-term well-being.

To ensure an experience that is truly tailored to you, we welcome the opportunity to discuss your wellness goals in depth. By understanding your individual needs, we can tailor your treatments and overall wellness journey, ensuring every element aligns with what serves you best. At Peak Health, your well-being is our priority, and we are committed to guiding you toward lasting transformation.

Tailored Experiences and Personal Analysis

At Peak Health, we believe in a holistic approach to well-being, tailored to everyone. Your spa experience should be as unique as you are, which is why we offer a personalized treatments rather than a one-size-fits-all approach.

Together, we will curate a path designed to align with your specific goals, preferences, and lifestyle. Whether you seek deep relaxation, improved sleep, enhanced energy, muscle recovery, or a positive mindset, our expert therapists will take the time to understand your needs, ensuring every treatment is customized to support your overall well-being and help you achieve the results you desire.

My Time - A Peak Health Wellness Journey

Immerse yourself in a personalized spa journey tailored to your unique needs. Let us craft a bespoke combination of treatments based on your personal needs and aspirations.

15 min CHF 90		30 min CHF 140		60 min CHF 240
90 min CHF 280		120 min CHF 360		150 min CHF 420

Begin Your Transformation with a Bespoke Skin Analysis

Start with an in-depth Skin Analysis for your face or body to assess hydration, elasticity, sensitivity, and signs of aging. Receive a customized skincare and treatment plan designed to renew and elevate your skin routine.

30 min | CHF 90

Note: The above treatments may be enjoyed as a couple in our double treatment room, provided there is sufficient time and availability with the therapists.

Private Spa an Intimate Wellness Experience

Private Spa

Indulge in the tranquillity of our Private Spa, a secluded haven enveloped in warm wood, cool stone, and sleek slate. Immerse yourself in relaxation as you explore our array of amenities, including a rejuvenating steam bath, invigorating Finnish sauna, and soothing hydrotherapy pool. Perfect for individuals, couples, friends, or families seeking an exclusive retreat.

Private Spa Rates for Two Guests:

90 min CHF 220 | 120 min CHF 260 | Each additional hour: 90 CHF

Additional person (up to 4 in total): 35 CHF per person

Enhance Your Private Spa Experience

Unwind, recharge, and escape into your personalized oasis of relaxation. For the ultimate indulgence, elevate your visit with:

- Spa Treatments – Enjoy massages, body scrubs, wraps, or facials, all within the privacy of your exclusive Private Spa retreat. Please select from our Spa Menu and reach out to our Spa Team—they will guide you on a fantastic personal journey. Price dependent on treatment.
- Private Scrub Packages – Pamper yourself and your partner with an exclusive body polish treatment, adding an extra layer of luxury to your private spa experience with our beautiful Lola's Apothecary aromatherapy body polishes. – CHF 50 for two
- Canapés & Drinks – Treat yourself to a healthy fruit platter with fresh smoothies or juices, or savour a selection of canapés paired with champagne or fine wine. – CHF 35 per person.

Couples Escape Spa Package

Create lasting memories in a serene and intimate setting, perfect for anniversaries, special occasions, or simply celebrating love. Indulge in an unforgettable romantic spa experience, designed for couples seeking relaxation, connection, and pure indulgence.

Your Romantic Spa Journey Includes:

- Private Spa Experience (120 minutes). Enjoy exclusive access to our steam bath, Finnish sauna, and hydrotherapy pool in complete privacy.
- Private Body Scrub Ritual – Exfoliate and nourish your skin with your partner in the private spa with our luxurious Lola's Apothecary body polish, leaving you both glowing.
- 60-Minute Couple Massage – Choose from our Spa Menu and unwind together.
- Canapés & Drinks – Treat yourself to a healthy fruit platter with fresh smoothies or juices; or savour a selection of canapés paired with champagne or fine wine.

CHF 720 per couple (3-hour experience)

Treatments

Detoxification

Purify Your Senses

Detoxification enhances overall well-being by eliminating toxins, improving digestion, and boosting energy levels, leaving you feeling lighter, more energized, and revitalized. By strengthening the lymphatic system and promoting efficient waste removal, it supports immune function and reduces the body's toxic load. Detoxification also enhances skin clarity and radiance, flushing out impurities, reducing inflammation, and improving circulation for a healthier, glowing complexion. Additionally, it aids mental clarity and relaxation by balancing hormones, improving sleep, and enhancing cognitive function. By optimizing liver function and nutrient absorption, it supports gut health, reduces bloating, and promotes overall vitality.

Energizing Detox Cleanse - a Signature Peak Health Ritual

The ultimate holistic detoxification experience that cleanses and revitalizes both body and spirit. Start with a purifying steam bath session, including an olive soap body paste, Kessa glove exfoliation, deep cleansing soap massage, and a refreshing herbal oil rinse. Take a mindful 30-minute break with warm herbal tea to restore your energy. Conclude with a Deep Tension Release massage and a purifying facial for radiant skin. Available daily at 10:30am or 11:30am, for one person.

180 min | CHF 480

Sense of Herbal Purity - a Signature Peak Health Body Treatment

Lola's Apothecary

Embark on a purifying journey to uplift mind, body, and spirit with pure herbal essences. Beginning with a dry brush massage to boost circulation and detoxify your skin with a crystal salt polish to smooth. Cocooned in an herbal wrap of peppermint, rosemary, and marjoram, enjoy a restorative head massage and lymphatic facial dry brush. Conclude with an energizing full-body soufflé massage of lemon, geranium, and Vitamin E, leaving your skin nourished and spirit awakened.

150 min | CHF 420

Boosting Metabolism - a Signature Body Treatment - *Lola's Apothecary*

Awaken your senses with the invigorating power of crystal salts to exfoliate and sweet orange to uplift your mood. Followed by a stimulating coffee wrap that boosts metabolism, tightens the skin, and promotes circulation. After a refreshing rinse, a silky body soufflé is massaged in, leaving your skin soft, hydrated, and rejuvenated.

90 minutes | CHF 280

Oxygen Facial - *Biologique Recherche*

Perfect for dull, congested, oily, and tired skin. The VIP O2 oxygen detox facial purifies and revitalizes with dandelion extract and white clay, targeting congestion and dullness. Innovative skin-boosting techniques enhance microcirculation and stimulate the epidermis. Silk extracts and hyaluronic acid hydrate and illuminate, leaving the skin radiant and refreshed.

60 minutes | CHF 240

Purifying Herbal Facial - *ananné*

Ideal for sensitive or uneven skin, this herbal facial begins with a ginger exfoliation and detoxifying lymphatic brush and Gua Sha stone massage. Whilst the red clay mask heals inflammation, clears congestion, and evens skin tone, borage seed oil, Irish moss, and chamomile support to calm and revitalize your complexion.

60 minutes | CHF 240

Oxygenated Detox Wrap - Body Treatment - *Biologique Recherche*

Perfect after a long travel or overindulgence, the Detox Body Wrap uses nutrient-rich algae to detoxify, reduce water retention, and boost circulation. It firms the skin, revitalizes, and leaves you smooth and refreshed.

60 minutes | CHF 240

Antioxidant Cacao Wrap - Body Treatment - *Lola's Apothecary*

Begin with a citrus-infused body polish to uplift and boost immunity, followed by an antioxidant-rich cacao wrap to hydrate, firm, and stimulate collagen. The wrap enhances circulation, leaving skin smooth and glowing. Finish with an uplifting citrus soufflé application to nourish and restore the skin's smoothness.

60 minutes | CHF 240

Contouring Therapy - Massage - *ananné*

Begin with invigorating lymphatic algae brushing to detoxify and reduce water retention, followed by an anti-cellulite serum to break down fat cells. Gentle cupping and fascia release techniques ease tension and boost circulation. Finish with a soothing stamp stone massage to calm and sculpt the body for a revitalizing finish.

60 minutes | CHF 240

90 minutes | CHF 280

Saas-Fee Herbal Compress - Massage

Steamed warm linen pouches, filled with Swiss alpine herbs release their therapeutic properties through rhythmic, gentle pressure. This massage stimulates circulation, soothing sore muscles and detoxifying the skin with steamed herbs.

60 minutes | CHF 240

90 minutes | CHF 280

Muscle Recovery & Fitness

Muscle recovery is essential for maintaining strength, mobility, and overall well-being. By reducing inflammation, easing tension, and improving circulation, the body can heal more efficiently, alleviating soreness and preventing injuries. Enhanced blood flow and oxygenation deliver essential nutrients to fatigued muscles, accelerating repair and restoring flexibility. Additionally, muscle recovery supports relaxation and stress relief, releasing built-up tension and promoting deeper, more restorative sleep. Regular recovery practices also aid in reducing stiffness, enhancing mobility, and improving overall physical performance.

To support your muscle recovery journey, we have curated a selection of targeted massages and body treatments, designed to relieve tension, restore flexibility, and revitalize your body, leaving you feeling stronger, lighter, and fully recharged.

Firm and Sculpt - a Signature Peak Health Ritual - *ananné*

This sculpting treatment firms and contours body and face. Start with a lymphatic algae brush massage, followed by a fruit acid exfoliation to refine skin. High concentrated herbal extracts of white mustard, capsaicin and liposomal caffeine target stubborn areas and release fatty acids, while a body butter massage firms tissue. Conclude with a purifying facial, leaving you balanced and glowing from head to toe.

180 min | CHF 480

Forest Power – a Signature Peak Health Body Treatment

Unleash the healing power of the forest with a detoxifying honey treatment that soothes joints and muscles. Follow with a lavender-pine scrub and nourishing honey-pine wrap. Whilst cocooned a calming head and foot reflex massage help to restore. After a warm rinse, finish with a fascia release massage using pine wood tools and the stone pine essence to revitalize body and mind.

150 minutes | CHF 420

The Capra Recovery - a Signature Peak Health Body Treatment

Lola's Apothecary

Recharge and recover after sports, hiking or skiing with this targeted treatment for fatigued muscles. It eases tension, improves circulation, and reduces soreness, promoting flexibility and faster recovery. Complemented by our signature blends, this therapy helps you bounce back for your next outdoor adventure.

60 minutes | CHF 240

90 minutes | CHF 280

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Rescue Facial - *ananné*

Perfect for restoring balance to sensitive skin and healing sunburn, this soothing treatment calms and rejuvenates after sun exposure. It starts with a gentle Fruit Acid Peeling, followed by plant-based serums and masks to repair sun damage, and hydrate. The result is a refreshed, glowing complexion with a calm, balanced finish.

60 minutes | CHF 240

Ice Facial - *Biologique Recherche*

Perfect for reducing puffiness, irritation, and tightening, the Ice Facial uses cold mask therapy and Cryo-Sticks to soothe, detoxify, and brighten the skin. It stimulates circulation, leaving you with refreshed, glowing, and smooth skin.

60 minutes | CHF 240

Alpine Silhouette - Body Treatment - *Biologique Recherche*

This treatment promotes lymphatic drainage, reduces bloating, and stimulates fat removal, leaving skin firmer and smoother. It begins with Lotion P50 exfoliation, followed by Liposculpt to reduce cellulite and enhance contours. Booster Minceur accelerates fat breakdown, while Huile Lipogen AC boosts circulation and detoxifies, finishing with Crème Lipogen AC to firm and smooth the skin.

60 minutes | CHF 240

Mobility & Stretch Therapy – Massage - *Peak Health*

Ideal for those looking to improve posture, relieve muscle stiffness, and restore energy flow, this mobility stretch therapy combines targeted rhythmic compressions and gentle movements to enhance flexibility, release tension, and improve joint mobility.

60 minutes | CHF 240

90 minutes | CHF 280

The Capra's Fascia Relief - Massage - *Lola's Apothecary*

This treatment combines sports massage and deep fascia release to promote muscle recovery. Using therapeutic oils and tools like wood, stone scraper to stimulate circulation, eases tight muscles, and improves mobility, leaving you revitalized and ready to perform your best.

60 minutes | CHF 240

90 minutes | CHF 280

Deep Muscle Tension Release - Massage - *Lola's Apothecary*

Experience the powerful benefits of deep muscle tension release, designed to target muscle stiffness, tightness and discomfort. Using precise pressure and focused techniques, this therapy works on trigger points within the muscles, breaking up knots and relieving pain at a deeper level.

60 minutes | CHF 240

90 minutes | CHF 280

Mental Resilience Rejuvenation & Serenity

Mental resilience is key to navigating life's challenges with strength, clarity, and emotional balance. By reducing stress, enhancing focus, and promoting relaxation, the mind becomes more adaptable and better equipped to handle daily pressures. Improved circulation and oxygenation support cognitive function, sharpening mental clarity and boosting energy levels. Additionally, mental resilience fosters emotional well-being and inner calm, helping to regulate mood, improve sleep quality, and cultivate a sense of stability. Strengthening the mind-body connection also enhances self-awareness, mindfulness, and overall mental performance.

To support your mental resilience journey, we have curated a selection of therapeutic treatments, mindful relaxation techniques, and wellness therapies designed to restore balance, reduce stress, and promote clarity—leaving you feeling calm, centred, and mentally refreshed.

Mountain Serenity - a Signature Peak Health Ritual - *Peak Health*

Experience the healing essence of the Swiss Alps. Begin with a lavender exfoliation, followed by a warm Saas-Fee honey wrap for muscle relief. While cocooned, enjoy a refreshing facial peeling and calming head massage, letting you drift away. After a warm rinse, a soothing alpine herbal stamp massage stimulates circulation, finished with a restorative facial mask to relax and rejuvenate your senses.

180 min | CHF 480

Blush of Blossoms - a Signature Peak Health Body Treatment

Lola's Apothecary

Experience a journey of blossom-inspired bliss. Start with a cherry blossom polish to exfoliate and reveal glowing skin, followed by the Sweet Lullaby Wrap of soothing vanilla, sweet orange, and calming lavender. Finish with a relaxing massage using blossom soufflé, leaving your skin hydrated, scented, and refreshed.

120 minutes | CHF 260

Mountain Dew Hydration - Facial - *Biologique Recherche*

Ideal for dry, aging, or damaged skin, the Vernix Facial deeply hydrates and revitalizes. Inspired by the vernix caseosa, it offers intense hydration, barrier protection, and smoothing effects for a firmer, youthful appearance. Enriched with hyaluronic acid, silk, and royal jelly, leaving skin plump and rejuvenated.

60 minutes | CHF 240

Sensitive Skin Repair - Facial - *Biologique Recherche*

Perfect for sensitive skin, the Toleskin Facial calms rosacea, eczema, and inflammation. It soothes, reduces redness, restores hydration, and strengthens the skin's barrier for a balanced, resilient complexion. Ideal for reactive skin, it offers immediate relief and long-term support. Pregnancy Safe.

60 minutes | CHF 240

Meditative Aromatherapy Massage - *Lola's Apothecary*

Designed to harmonize, ease stress and promote inner peace, this journey nurtures both body and mind. Gentle, rhythmic massage techniques release tension and unblock energy pathways, while the soothing tones of a singing bowl deepen your sense of calm and tranquility. This treatment offers a perfect escape from the chaos of daily life, bringing balance, clarity and a deep sense of calm to both your body and spirit. Pregnancy safe.

60 minutes | CHF 240

90 minutes | CHF 280

Candle Melting Massage - *Lola's Apothecary*

This warm candle massage combines healing touch with soothing botanical aromas for deep relaxation. It promotes restful sleep and leaves you feeling nurtured. Choose from six fragrances to balance, uplift, and restore. Pregnancy Safe.

60 minutes | CHF 240

90 minutes | CHF 280

Swiss Stone Pine Massage - *Peak Health*

The Swiss Stone Pine Massage uses warm wooden tools and Swiss Stone Pine oil to release tension, relax muscles, and improve circulation. Rich in therapeutic terpenes, the pine aroma reduces stress, enhances clarity, and promotes balance. The oil's antibacterial, antioxidant, and anti-inflammatory properties support immunity, lung health, and metabolism.

60 minutes | CHF 240

90 minutes | CHF 280

Sleep Relax & Sooth

Quality sleep is essential for overall well-being, allowing the body and mind to rest, recover, and rejuvenate. By reducing stress, promoting relaxation, and balancing circadian rhythms, deep, restorative sleep becomes more attainable. Improved circulation and oxygen flow support cellular regeneration, enhancing energy levels and cognitive function. Additionally, quality sleep strengthens the immune system, regulates hormones, and improves mood, fostering emotional stability and resilience. Establishing a healthy sleep routine also aids in reducing fatigue, enhancing focus, and promoting long-term wellness.

To support your sleep journey, we have curated a selection of therapeutic treatments, relaxation techniques, and wellness therapies designed to calm the mind, release tension, and improve sleep quality—leaving you feeling rested, restored, and fully recharged.

Cloud of Roses - a Signature Peak Health Ritual - *Lola's Apothecary*

Indulge in the soothing essence of a rose petal body wash, followed by a gentle Body Polish to calm inflammation and rejuvenate the skin. A pink clay wrap brightens the complexion and smooths fine lines. After a refreshing rinse, enjoy a rose-scented soufflé massage to soften and hydrate the skin. Complete your experience with a Mountain Dew Hydrating Facial and cooling ice mask, leaving you refreshed with the scent of rose.

150 min | CHF 420

Butter Milk Romance - a Signature Body Peak Health Treatment

Lola's Apothecary (delicate romance)

A pure aromatic buttermilk wrap leaves your skin soft, bright, and deeply nourished. Begin with a purifying crystal salt polish, followed by A blend of buttermilk, rose, and geranium to refine skin texture and uplift your senses. After a refreshing rinse, finish with a buttery melting body soufflé massage infused with rose, citrus, and warm spices.

90 minutes | CHF 280

Re-plumping Glass Skin Facial - *Biologique Recherche*

Perfect for mature skin, the Re-plumping M110 Facial restores volume, hydration, and smoothness. Using hyaluronic acid and peptides, it boosts elasticity, reduces fine lines, and enhances skin density for a rejuvenated, fuller complexion.

60 minutes | CHF 240

Ultimate Rejuvenation Facial - *Biologique Recherche*

The Second Skin Facial boosts collagen, reduces fine lines, and rejuvenates mature skin. Using hyaluronic acid patches, it deeply nourishes, hydrates, and smooths, offering a powerful alternative to fillers for a firmer, youthful appearance.

60 minutes | CHF 320

Swiss Essence Facial - *ananné*

This advanced facial tightens, detoxifies, and hydrates using cosmeceutical formulas and natural active molecules. It includes a dry brush massage, AHA exfoliation, firming massage, and nourishing eye mask for radiant, balanced, and hydrated skin.

90 minutes | CHF 280

Mountain Glow - Body Treatment - *ananné*

This luxurious body treatment exfoliates, stimulates collagen production, and promotes a revitalized glow. An algae brush massage boosts lymphatic flow, while AHA peeling smooths and purifies the skin. A nourishing body butter mask and soothing massage leave your skin deeply hydrated, radiant, and refreshed.

90 minutes | CHF 280

Hot & Cold River Stone Therapy - Massage - *Lola's Apothecary*

Inspired by alpine rivers, this treatment uses hot and cold stones to invigorate the body and soothe the mind. Warm stones release tension and improve circulation, while cold stones reduce inflammation and refresh the skin. This therapy promotes relaxation and revitalization, connecting you to the natural energy of the Swiss Alps.

60 minutes | CHF 240

90 minutes | CHF 280

Head-to-Toe Harmony - Massage - *Biologique Recherche*

This treatment promotes relaxation and harmony, starting with a P50 Arnica exfoliation for tired legs and feet. A soothing head, neck, and shoulder massage follows, with a nourishing serum for the scalp. A massage releasing tension and leaving you serene.

60 minutes | CHF 240

Energy Balance Acupressure Therapy - Massage - *Peak Health*

Experience dry deep acupressure therapy with targeted meridian points along the body's energy pathways. This treatment relieves tension, balances energy, and boosts circulation, promoting flexibility and mental clarity. A holistic therapy designed to reduce stress and restore harmony.

60 minutes | CHF 240

90 minutes | CHF 280

Pregnancies & Children

Sacred Blossom - Body Treatment - *Lola's Apothecary*

Pure Relaxation and Renewal for Mothers-to-Be. Begin your nurturing journey with a hydrating botanical oil wash that gently cleanses and invigorates your senses. Continue with a rejuvenating Body Polish of pink crystal salt, infused with calming floral notes, to leave your skin soft, hydrated, and glowing. Enjoy a blissful head massage that releases tension and melts away stress before a refreshing rinse reveals your revitalized skin. Complete the ritual with a full-body massage using a silky, buttery soufflé, leaving you nurtured, relaxed, and radiant—ready to embrace the joys of motherhood.

90 minutes | CHF 280

Luminous Maternity Glow - Massage & Facial - *ananné*

This thoughtful, customized ritual is designed to honour the unique needs of pregnancy. Through a gentle facial care and a soothing body massage, we help relax the muscles, enhance lymphatic flow, and prepare the skin for the beautiful journey of maternity. A nourishing mask, regenerative oil serum, and rich body butter provide lasting care and deep nourishment to feel supported, balanced, and beautifully nurtured.

90 minutes | CHF 280

Nurturing Touch - Massage - *ananné*

This soothing full-body massage nurtures both mum and baby, relieving tension with a blend of borage seed, evening primrose, and rosehip oils for skin regeneration and elasticity. A rich body butter with meadowfoam herb and apricot kernel oils deeply hydrates, promoting cell renewal for soft, revitalized skin.

60 minutes | CHF 240

Parent & Child Massage - *Lola's Apothecary*

A soothing experience for child (6-12 years) and parent in a double room. This gentle treatment promotes relaxation and bonding, with a calming massage for your child and a tailored partial body massage for you. A perfect way to unwind, connect, and create cherished memories together.

30 min | CHF 280 (for 2persons) 45 min | CHF 360 (for 2persons)

Facial Treatment Enhancements

Enhancing your facial with targeted treatments such as a sheet mask or lifting therapy amplifies the benefits by addressing specific skin concerns like hydration, brightening, or firming for more visible and lasting results. These add-ons work synergistically with your treatment, boosting nourishment, improving skin texture, and leaving you with a radiant, refreshed complexion.

Instant Glow Facial by ananné. Enjoy a personalized facial to rejuvenate, purify, or relax in no time. This plant-based treatment boosts cell regeneration, collagen production, and hydration, leaving skin silky, radiant, and revitalized—the perfect quick skin boost. Pregnancy safe. - 30 minutes | CHF 140

Green Caviar Sheet Face Mask by Biologique Recherche. Perfect for dehydrated skin, this mask boosts elasticity, firms, and smooths wrinkles. Infused with Green Caviar and Collagen, it tightens, plumps, and enhances skin structure with an instant anti-aging effect. - CHF 58

Brightening Sheet Face Mask by Biologique Recherche. Mask PIGM400 Brightens, evens skin tone and targets dark spots. Infused with antioxidants, its Lyocell mask boosts radiance for a luminous complexion. - CHF 43

Plumping and Lifting by Biologique Recherche. A Chin and Jawline Lift treatment, with a lip contouring mask and an eye treatment to target puffiness and fine lines. - CHF 75

Calming Reconditioning Face Mask by Biologique Recherche. Ideal for sensitive skin, Toleskin [M] calms redness, inflammation, and repairs the skin barrier. Enriched with Balloon Plant Extract and fatty acids, it hydrates, strengthens, and promotes healing. Pregnancy safe. - CHF 55

Ice Face Mask by Biologique Recherche. Ideal for puffy, sensitive skin, the Cold Mask calms, hydrates, and revitalizes with algae and green clay, reducing redness and soothing irritation effect. Pregnancy safe - CHF 52

Detoxifying Oxygen Face Mask by Biologique Recherche. Perfect for dull, oily, and tired skin, Masque VIP O2 neutralizes pollutants, eliminates cellular waste, and protects from environmental stressors, leaving skin cleansed, fortified, and radiant. - CHF 45

Body Treatment Enhancements

Improve your body treatment with targeted enhancement for deeper hydration, detoxification, and relaxation. Pair the Belly Detox Massage with Body Polish Aromatherapy for circulation and renewal or combine Leg Recovery Massage with Foot Reflexology for relief. These enhancements boost skin texture, muscle relaxation, and overall well-being.

Reharmonizing Belly Detox Massage by Biologique Recherche. The Belly Detox Massage uses Huile Sous-Ombilicale, a blend of cedar, juniper, pine, and clove oils, to detoxify, improve circulation, and strengthen pelvic muscles. This treatment tones, firms, and rejuvenates the abdominal area while promoting lymphatic drainage and digestive balance. - 15 min CHF 90

Leg Recovery Massage by Biologique Recherche. Revitalize tired legs with this recovery massage, designed to stimulate circulation, reduce swelling, and restore lightness and energy—perfect for post-travel, long days, or physical activities.- 30 minutes | CHF 140

Back, Neck & Shoulder Massage by Lola's Apothecary. Reduce stress, ease headaches, release tension and improve sleep quality. Perfect for restoring balance and a calm mind. Pregnancy Safe. - 15 minutes | CHF 90 30 minutes | CHF 140

Scalp & Hair Treatment by Biologique Recherche. Restore your scalp and hair with this powerful duo. Complexe Cegaba + Bioproline strengthens and stimulates hair follicles, promoting fuller hair. Huile Fondamentale nourishes with essential oils, leaving the scalp soft and hair shiny, vibrant, and balanced. Pregnancy Safe. 15 minutes | CHF 90

Body Polish Aromatherapy by Lola's Apothecary. Rescue dry, cracked skin with a luxurious body polish of a choice from seven fragrances. Pink crystal salt and raw sugar exfoliate, while a buttery soufflé deeply hydrates and softens. Each fragrance offers unique aromatherapy benefits to uplift, energize, detoxify, or promote relaxation. Let your senses guide you. Pregnancy safe. - 30 minutes | CHF 140

Body Wrap by Lola's Apothecary. Enhance your treatment with a nourishing wrap, tailored by the Peak Health Spa Team to boost metabolism, hydration, relaxation, and rejuvenation for soft, radiant skin .- 30 min | CHF 140

Wellness Facilities

Use the Peak Health Wellness Facilities before and after treatments to stimulate circulation, relax muscles, and enhance benefits. Heat therapies prepare your body, hydrotherapy relieves tension, and post-treatment relaxation amplifies results. This holistic approach boosts detoxification, relaxation, and rejuvenation for a truly transformative spa experience.

Indoor and Outdoor Pool Area

Indoor Pool. Equipped with a powerful tide jet, provides the perfect setting for both leisurely swims and resistance training. Designed for an invigorating experience, it allows you to swim continuously against the current, enhancing endurance, strength, and overall well-being.

Outdoor Hydrotherapy Pool: Relaxation and muscle relief, it enhances circulation, eases tension. Our outdoor hydrotherapy pool offers a rejuvenating experience with soothing warm water, invigorating bubbles, massaging water jets, and a gentle fountain. Designed for relaxation and muscle relief, it enhances circulation, eases tension and provides a tranquil escape while immersing you in the refreshing outdoor ambiance.

Thermal Wellness Area

Aromatherapy Foot bath: Boosts immune system, alleviates stress, and relieves muscle tension. Foot baths 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.

Bucket Shower: Strengthens the immune system, improves wellbeing, and increases metabolism. A hanging bucket of icy water delivers an instant thermal shock when pulled, constricting blood vessels and boosting noradrenaline. Used after the sauna, it enhances circulation, invigorates the body, and promotes healthy skin, leaving you refreshed and energized.

Experience Shower: Cools the body, stimulates your senses, and flushes out toxins. With its different water flow settings, the experience shower delivers a multisensory 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.

Relaxation Rooms. Our relaxation rooms serene spaces invite you to unwind, recharge, and melt away stress. Breathe in the calming aroma of our lavender wallpaper and let soothing

music and dim lighting transport you to a state of deep relaxation. Whether you are sipping herbal tea, meditating, or simply embracing the peaceful atmosphere, our spa relaxation room offers the perfect retreat for mind, body, and spirit.

Salt Sauna – Halotherapy: 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. 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.

Sauna. 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. At 85°C with low humidity, the sauna detoxifies, boosts endorphins, and promotes relaxation and better sleep. For an invigorating finish, continue with a cold shower to close pores and flush out toxins, leaving you refreshed and revitalized.

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

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

Classes

At The Peak Spa, wellness goes beyond relaxation, we offer complimentary group classes *every day at 3pm* and on-demand Yoga, Pilates, Private Meditation and Pranayama Breathing Exercises classes, open for all levels.

Yoga promotes relaxation, flexibility, reduces stress, and enhances mindfulness, making it the perfect complement to your spa experience.

Pilates provides a low impact yet highly effective workout. Pilates focuses on core stability, muscle tone, and overall body alignment and posture, helping to enhance flexibility and prevent injuries.

Meditation fosters deep relaxation, mental clarity, and emotional balance, helping to reduce stress and enhance mindfulness. It is the perfect complement to your spa experience, allowing you to fully unwind and restore inner harmony.

Pranayama enhances relaxation, improves breath control, reduces stress, and promotes mindfulness, making it the perfect complement to your spa experience.

Private Classes

A private class offers a personalized experience tailored to your individual needs, allowing you to focus on flexibility, strength, and mindfulness at your own pace. With one-on-one guidance from our expert instructor, you will receive customized adjustments and support, ensuring a deeper, more effective practice that enhances both physical and mental well-being.

Private Yoga or Pilates
60 minutes | CHF 160

Private Meditation & Pranayama Breathing Exercises
30 minutes | CHF 90 60 minutes | CHF 160

Group Classes

A group class offers a supportive and energizing environment where you can deepen your practice alongside your family, friends, or colleagues. Guided by our expert instructor, you'll build strength, flexibility, and mindfulness while benefiting from shared motivation and collective energy. Whether you're a beginner or experienced, our group sessions foster connection and well-being, making your practice both engaging and rewarding.

Private Yoga or Pilates
2-5 persons: 60 minutes | CHF 180
6-10 persons: 60 minutes | CHF 280

Private Meditation & Pranayama Breathing Exercises
2-5 persons: 30 minutes | CHF 100 60 minutes | CHF 160
6-10 persons: 30 minutes | CHF 120 60 minutes | CHF 210

Retreats

At Peak Health, we offer immersive wellness retreats designed to elevate your well-being through a holistic, science-backed approach. Rooted in the Peak Health Method, our retreats focus on optimizing physical, mental, and emotional health, providing a rejuvenating escape from daily stress while equipping you with the tools for lasting transformation.

Set against the breath-taking backdrop of the Swiss Alps, Peak Health Retreats offer the perfect environment to reset, recharge, and reconnect with yourself. Daily activities are designed to promote circulation, energy restoration, and stress reduction, helping you build sustainable habits that extend beyond your stay. Enjoy therapeutic spa treatments, invigorating hikes, restorative yoga, and nourishing cuisine, all thoughtfully crafted to enhance your overall well-being.

More than just a retreat, Peak Health is a transformative experience that empowers you to redefine your approach to health and longevity. With the support of expert practitioners, cutting-edge wellness practices, and a serene, inspiring setting, you will leave feeling stronger, more balanced, and deeply revitalized, equipped with the knowledge and confidence to maintain a healthier, more fulfilling lifestyle long after your journey ends.

We would welcome the opportunity to provide you with more information about our Peak Health Retreats.

Etiquette & Rules

For the comfort, safety, and undisturbed relaxation of all our guests, please always respect the following guidelines:

Spa reservations. For spa enquiries or reservations, please dial 109 on your telephone or call the reception on 100. Advance bookings are recommended to secure your preferred treatment time.

Children. Children under 16 years may use the swimming pools only if they are accompanied by an adult. Spa facilities are only available for children over the age of 16.

Fitness centre. Please wear indoor training shoes and sensible workout outfits in the gym.

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 optimum results. We recommend using the Peak Health Wellness Thermal Area prior to any treatment. This will stimulate the blood and lymphatic systems and enhance treatment benefits.

Upon arrival. All guests must complete a wellness registration form upon arrival. Please arrive 10 minutes earlier than your scheduled appointment and shower before using wet facilities, as well as between sauna and steam room visits, ensuring a clean and refreshing experience.

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

Cancellations. Any treatment can be changed, postponed, or cancelled 24 hours in advance of your appointment. Late cancellation and failure to keep your appointment will result in a 100% treatment charge.

In the spa. Out of consideration for other guests, smoking and the use of mobile phones are not permitted in the spa. Peak Health is a sanctuary of peace and harmony, so speaking softly will help maintain a serene atmosphere and a relaxed mind.

- Swimwear is compulsory in the pool areas.
- In the sauna and steam room, a towel must always be placed between your body and the bench.
- During treatments, please let your therapist know if you are uncomfortable, too warm, or too cold, or if their pressure is too light or too firm. Your comfort and care are our greatest concern and priority.

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 offer 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.