



PEAK HEALTH

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 empower you with a personalized approach to well-being, tailored to your unique needs and goals. Our mission extends beyond relaxation as we focus on lasting, transformative benefits that fit your lifestyle. Backed by a global team of experts, we use the latest research to take a holistic, evidence-based approach to optimizing your health.

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

Detoxification and Nutrition

Fitness and Muscle Recovery

Sleep and Relaxation

Mental Resilience and Rejuvenation

Healthy 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 and Day Spa Packages

Complimentary entry for The Capra Hotel Guests

Half-Day Spa Experience

Entry Fee CHF 85 per person (4 hours)

Available for guests aged 16 and above

For Groups of 4 or more please call the reception

Special Offer

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

Morning Rise Spa Package

CHF 280 per person, CHF 520 per couple Includes

Breakfast at the Capra (07:30 - 11:00 AM)

60-minutes Spa treatment of your choice

4-hour spa entry

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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 is a pioneer in 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 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.

Treatment Philosophy

At Peak Health, your spa experience is a personalized journey, not just a series of treatments. Our flexible approach tailors each session to your unique needs, whether you seek relaxation, better sleep, energy, muscle recovery, or a positive mindset.

Rooted in the Peak Health Method, our holistic treatments honour the connection between body, mind, and spirit. From detox therapies and facials to therapeutic massages and active recovery, every treatment blends expert techniques with nature's healing power for lasting well-being.

We take the time to understand your goals, ensuring a truly customized experience that supports your long-term wellness.

Tailored Experiences and Personal Analysis

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 minutes | CHF 90

30 minutes | CHF 140

60 minutes | CHF 240

90 minutes | CHF 280

120 minutes | CHF 360

150 minutes | 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 minutes | CHF 90

Private Spa

Indulge in an Intimate Wellness Experience 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.

Your experience also includes complimentary detox water, dried fruits, and nuts.

Private Spa Rates for Two Guests:

90 minutes CHF 220 | 120 minutes CHF 260 | Each additional hour 90 CHF

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

Enhance Your Private Spa Experience

Spa Treatments – Enjoy massages, scrubs, wraps, or facials in the privacy of your Private Spa retreat. Choose from our Spa Menu and let our team guide your journey - Price varies by treatment

Private Scrub – Indulge in a luxurious body polish with Lola's Apothecary aromatherapy scrubs. 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

Couple's Escape Spa Package

Celebrate love in a serene, intimate setting—perfect for anniversaries or special moments. Your Experience Includes:

Private Spa 120 minutes – Exclusive access to our steam bath, Finnish sauna, and hydrotherapy pool

Private Body Scrub Ritual – Lola's Apothecary body polish to nourish your skin

60-Minutes Couple Massage – Choose from our Spa Menu and unwind together with your loved one

Canapés & Drinks – Enjoy a fruit platter with smoothies or canapés paired with champagne or fine wine

CHF 720 per couple | 3-hour experience

Treatments

Detoxification - Purify Your Senses

Energizing Detox Cleanse - Signature Ritual

Peak Health

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 minutes | CHF 480

Sense of Herbal Purity - Signature Body Treatment

Lola's Apothecary

A purifying journey to uplift mind, body and spirit with pure herbal essences. Beginning with a oil brush massage to boost circulation and detoxify your skin with a crystal salt polish. 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 minutes | CHF 420

Coffee or Cacao - Body Treatment

Lola's Apothecary

Awaken your senses with a detoxifying salt polish, followed by a choice of either a stimulating coffee wrap to boost metabolism and enhance circulation or an antioxidant-rich cacao wrap to hydrate, firm, stimulate collagen, tighten skin, and improve circulation. After a refreshing rinse, a luxurious body soufflé is massaged in, leaving your skin silky, hydrated, and revitalized.

90 minutes | CHF 280

Algae Slimming - Body Treatment

Biologique Recherche

Perfect after long travel or overindulgence, the Detox Body Wrap uses nutrient-rich algae to detoxify, reduce water retention and boost circulation, while firming the skin.

60 minutes | CHF 240

VIP O2 Oxygen Detox - Facial

Biologique Recherche

Perfect for dull, congested, oily, and tired skin. A treatment designed to detoxify and stimulate the epidermis, reoxygenating the skin for a radiant, glowing complexion. Dull skin is revitalized, leaving it luminous and bursting with radiance.

60 minutes | CHF 240

Purifying Herbal - Facial

ananné

Perfect for sensitive or uneven skin, this herbal facial starts with a ginger exfoliation and dry brush massage. A red clay mask heals inflammation and evens skin tone, while borage seed oil, Irish moss, and chamomile calm and revitalize your complexion.

60 minutes | CHF 240

Cellulite Reduction – Massage

ananné

Invigorating lymphatic **algae brushing** detoxifies and reduces water retention, followed by an **anti-cellulite serum** to target fat cells. Gentle **cupping** and fascia release techniques boost circulation, finishing with a soothing **stamp stone massage** to sculpt and revitalize the body.

90 minutes | CHF 280

Herbal Stamp – Massage

Peak Health

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 - Restore and Revitalize

Firm and Sculpt - Signature Ritual

ananné

This sculpting treatment firms and contours both body and face. It begins with a lymphatic **algae brush massage** and **fruit acid exfoliation** to refine skin. Herbal extracts of white mustard, capsaicin, and caffeine target stubborn areas, while a **body butter massage** firms tissue. Finish with a **purifying facial**, leaving you balanced and glowing.

180 minute | CHF 480

Forest Power – Signature Body Treatment

Peak Health

Experience the healing power of the forest with a detoxifying **honey treatment** to soothe joints and muscles. A **lavender scrub** and **honey-pine wrap** nourish the skin, while a **head and foot reflex massage** restore balance. After a warm rinse, finish with a **fascia release massage** using pine wood oil and tools to revitalize body and mind.

150 minutes | CHF 420

Anti-C-Slimming - Body Treatment

Biologique Recherche

With Lipogen AC, this treatment is ideal for **breaking down fat, removing excess water and reducing cellulite**.

60 minutes | CHF 240

Rescue - Facial

ananné

Ideal for sensitive skin and sunburn recovery, this soothing treatment calms and **rejuvenates**. A gentle Peeling is followed by plant-based serums and masks to **repair, hydrate, and restore** balance, leaving your complexion refreshed and glowing.

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 collagen production, leaving you refreshed and glowing.

60 minutes | CHF 240

Sports Recovery - Signature Massage

Lola's Apothecary

Recharge and recover after sports, hiking, or skiing with this targeted treatment. It eases tension, fatigued muscles and reduces soreness for faster recovery. Complemented by our signature blends, it prepares you for your next adventure.

60 minutes | CHF 240 90 minutes | CHF 280

Mobility & Stretch - Massage

Peak Health

Designed to improve posture, relieve stiffness, and restore energy flow, this therapy blends rhythmic compressions with gentle stretches to enhance flexibility, release tension, and improve joint mobility.

60 minutes | CHF 240 90 minutes | CHF 280

Fascia Relief - Massage

Lola's Apothecary

Targeting the fascia, the connective tissue around muscles, to release tension, improve flexibility, and enhance mobility. Using focused pressure and specialized techniques, including wood and stone scrapers, it alleviates pain, reduces stiffness, and restores the body's natural range of motion.

60 minutes | CHF 240 90 minutes | CHF 280

Deep Muscle Tension Release - Massage

Lola's Apothecary

This targeted therapy relieves muscle stiffness, tightness, and discomfort using precise pressure and focused techniques to release trigger points, break up knots, and ease deep tension.

60 minutes | CHF 240 90 minutes | CHF 280

Sleep - Relax and Sooth

Mountain Serenity - Signature Ritual

Peak Health

Experience the healing essence of the Swiss Alps. Begin with a **lavender exfoliation** and a warm **honey wrap** for muscle relief. While cocooned, enjoy a refreshing **facial peel** and calming **head massage**. Finish with an alpine **herbal stamp massage**, followed by a restorative **facial mask** to rejuvenate your senses.

180 minutes | CHF 480

Blush of Blossoms - Signature Body Treatment

Lola's Apothecary

Embark on a blossom-inspired journey of bliss. Begin 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. Conclude with a **relaxing massage** using blossom soufflé, leaving your skin hydrated, scented, and refreshed.

120 minutes | CHF 360

Vernix Regeneration - Facial

Biologique Recherche

Ideal for **dry, aging, or damaged skin**, this facial **deeply hydrates** and revitalizes. Inspired by vernix caseosa, it provides intense hydration, protection, and smoothing for a firmer, youthful appearance. Enriched with hyaluronic acid, silk, and royal jelly for plump, rejuvenated skin.

60 minutes | CHF 240

Toleskin - Facial

Biologique Recherche

Pregnancy-safe

Toleskin was specially **developed** for skin that can no longer tolerate «classic» cosmetics, known as **Intolerant Skin**. This **soothing** and nourishing facial **calms reactive skin** and **reduces sensitivity, itching and redness**.

60 minutes | CHF 240

Meditative Aromatherapy - Massage

Lola's Apothecary

Pregnancy-safe

Designed to harmonize, ease stress, and promote inner peace, this treatment 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. A perfect escape from the chaos of daily life, bringing balance, clarity, and tranquillity to your body and spirit.

60 minutes | CHF 240 90 minutes | CHF 280

Candle Melting - Massage

Lola's Apothecary

Pregnancy-safe

This soothing **candle massage** blends healing touch with calming botanical aromas for deep relaxation. It **promotes restful sleep** and **nurtures** your body, leaving you feeling restored. Choose from six fragrances to balance and uplift.

60 minutes | CHF 240 90 minutes | CHF 280

Swiss Pine Wood - Massage

Peak Health

The **Swiss Pine Massage** uses warm wooden tools and **Swiss 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

Mental Resilience - Rejuvenate and Calm

Cloud of Roses - Signature Ritual

Lola's Apothecary

Immerse yourself in the soothing essence of **rose** with a gentle **body wash** and calming **polish**. A pink **clay wrap** brightens and smooths, followed by a **rose soufflé massage** to hydrate. Complete with a **Regenerating Facial** and **cooling ice mask**, leaving your skin refreshed and delicately scented with rose.

180 minute | CHF 480

Butter Milk Romance - Signature Body Treatment

Lola's Apothecary

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.

120 minutes | CHF 360

Mountain Glow - Body Treatment

ananné

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

90 minutes | CHF 280

Rejuvenation - Facial

ananné

A revitalizing treatment combining **detox and hydration**. Start with a red clay mask and dry brush for a **deep cleanse and lymphatic drainage**. Follow with a natural herbal therapy, using fruit acids and **active ingredients** to firm, hydrate, and **rejuvenate the skin**, leaving you with a glowing, youthful complexion.

90 minutes | CHF 280

Plumping & Toning - Facial

Biologique Recherche

Perfect for mature skin. Stimulate your skin with salicylic acid. The Booster MC110 plumping and exfoliating lotion is combined with vibration techniques to **reduce wrinkles, tighten and redefine facial contours.**

60 minutes | CHF 240

Second Skin - Facial

Biologique Recherche

Nourishes, heals and moisturises your skin. This exceptional **anti-ageing** facial treatment is a real **alternative to fillers** and visibly smoothens and treats signs of ageing. Sterile electro spun hyaluronic acid patches 80% are massaged into the skin until fully absorbed.

60 minutes | CHF 320

Hot & Cold River Stone – Massage

Lola's Apothecary

Inspired by alpine rivers, this treatment uses **hot and cold stones** to invigorate and soothe. Warm stones **release tension**, while cold stones **reduce inflammation**, promoting relaxation and revitalization with the natural energy of the Swiss Alps.

60 minutes | CHF 240 90 minutes | CHF 280

Head-to-Toe Harmony - Massage

Biologique Recherche

Receive a P50 Arnica **exfoliation for tired legs and feet**, followed by a soothing **head, neck, and shoulder massage** with a nourishing **serum for the scalp**. Finish with a **light leg massage** to relieve tension, leaving you relaxed and serene.

60 minutes | CHF 240

Energy Balance Acupressure – Massage

Peak Health

A holistic therapy **targeting meridian points** with **dry acupressure** to relieve tension, balance energy, and **promote mental clarity and stress relief.**

60 minutes | CHF 240 90 minutes | CHF 280

Pregnancies and Children

Sacred Blossom - Body Treatment

Lola's Apothecary

Pure Relaxation and Renewal for Mothers-to-Be. Begin with a hydrating **Rose oil wash**, followed by a Sweet Lullaby **body polish** to soften and refresh the skin. A nourishing **buttermilk wrap** deeply hydrates before a blissful **head massage** melts away stress. Finish with a gentle **full-body soufflé massage**, leaving you nurtured, relaxed, ready to embrace the joys of motherhood.

120 minutes | CHF 360

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**, will 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 minutes | CHF 280 (for 2persons)

45 minute | CHF 360 (for 2persons)

Facial Treatment Enhancements

Instant Glow - Facial, *ananné* - Pregnancy-safe

A personalized plant-based facial to **rejuvenate, purify, or relax**. Boosts cell regeneration, collagen, and hydration for silky, radiant skin, your perfect quick glow.

30 minutes | CHF 60 (add-on) | CHF 90 (stand-alone treatment)

Green Caviar Sheet Mask, *Biologique Recherche*

Anti-wrinkle concentrate that helps to restructure, **firm and tighten** the skin.

CHF 58

Radiance Sheet Mask, *Biologique Recherche*

Mask PIGM400 a treatment that **reduces** the appearance of **pigmentation spots** and makes them less visible. Skin is more even and radiant.

CHF43

Contour and Lift, *Biologique Recherche*

A **Chin** and **Jawline Lift** treatment, combined with a **lip contouring** mask and **an eye treatment** to target puffiness and fine lines.

CHF 95

Soothing Mask, *Biologique Recherche* - Pregnancy safe

Ideal for sensitive skin. Toleskin Mask is an indispensable ally against all skin reactions, to **calm redness, soothe** and nourish the skin.

CHF 55

Ice Mask, *Biologique Recherche* - Pregnancy-safe

Perfect for puffy, sensitive skin, the Cold Mask soothes, **hydrates**, and **reduces redness** with algae and green clay.

CHF 52

Detoxifying Oxygen Mask, *Biologique Recherche*

Ideal for dull, oily, or tired skin, Masque VIP O2 **detoxifies, protects**, and restores radiance.

CHF 45

Body Treatment Enhancements

Belly Detox – Massage, *Biologique Recherche*

The **Belly Detox Massage** uses Huile Sous-Ombilicale to detoxify, boost circulation, and **tone the abdomen** while supporting lymphatic drainage and digestion.

15 minute | CHF 60 (add-on) | CHF 90 (stand-alone treatment)

Light Legs – Massage, *Biologique Recherche*

Refresh tired legs with a **lymphatic drainage massage** that reduces swelling and restores lightness. Ideal after traveling or Outdoor activities.

30 minutes | CHF 90 (add-on) | CHF 140 (stand-alone treatment)

Back, Neck & Shoulder – Massage, *Lola's Apothecary* – Pregnancy-Safe

Relieve tension, reduce stress, and improve sleep for a balanced body and mind

15 minutes | CHF 60 (add-on) | CHF 90 (stand-alone treatment)

30 minutes | CHF 90 (add-on) | CHF 140 (stand-alone treatment)

Scalp & Hair Treatment – Massage, *Biologique Recherche* – Pregnancy-Safe

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.

15 minutes | CHF 60 (add-on) | CHF 90 (stand-alone treatment)

Aromatherapy Polish – Body Exfoliation, *Lola's Apothecary* – Pregnancy-safe

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.

30 minutes | CHF 90 (add-on) | CHF 140 (stand-alone treatment)

Body Wrap, *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 minute | CHF 90 (add-on) | CHF 140 (stand-alone treatment)

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 Swimming Pool 27°C

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 35°C

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

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.

Shower Experience

Cools the body, stimulates your senses, and flushes out toxins. Immerse yourself in a multi-sensory shower experience that invigorates the body and mind. A combination of changing water temperatures and pressure settings, creates a refreshing and revitalizing journey. Gentle mist, tropical rain, or invigorating cool bursts awaken the senses, promoting relaxation, circulation, and overall well-being. Perfect for an energizing start or a calming finish to your spa experience.

Footbath

Boosts immune system, alleviates stress, and relieves muscle tension. Footbaths increase your overall body temperature, which in turn can relieve muscle and mental tension, alleviate stress, and increase blood cell activity.

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 45°C

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.

Finnish Sauna 85°C

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 45°C

The wet heat enhances muscle recovery, circulation, sleep quality, and mental resilience. The steam raises your core temperature and promotes sweating, helping to open pores and eliminate toxins. It's the perfect environment to relax, unwind, and release muscle tension.

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

Classes

At the Peak Health Spa, wellness goes beyond relaxation, we offer complimentary group classes **every day at 3pm** and on-demand Private Yoga, Pilates, 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 personalized guidance, focusing on flexibility, strength, and mindfulness at your own pace. With expert **one-on-one support**, you will receive tailored adjustments for a deeper, more effective practice that enhances physical and mental well-being.

Private Yoga or Pilates	60 minutes CHF 160
Private Meditation & Pranayama Breathing Exercises	30 minutes CHF 90

Group Classes

A group class provides a supportive environment to deepen your practice with family, friends, or colleagues. **Guided by our expert instructor**, you will build strength, flexibility, and mindfulness while benefiting from shared motivation and collective energy.

Group Yoga or Pilates:	2-5 persons	60 minutes CHF 180
	6-10 persons	60 minutes CHF 280
Group Meditation & Pranayama Breathing Exercises:		
	2-5 persons	30 minutes CHF 100
	6-10 persons	30 minutes CHF 120

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 and 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.