



SIX SENSES SPA

GSTAAD

# WELLNESS AND SPA MENU PRICELIST



## PERSONALIZED WELLNESS

**Wellness Screening**

**DURATION**

30/60

**PRICE/CHF**

110/170

## HOLISTIC ANTI-AGING

Wellness Screening (30 mins)

3 nights

3,750 per person

Colonic Cleansing (60 mins)

6,985 per couple  
sharing a room

2 x Private Fitness Training, Pilates,  
hiking or yoga (60 mins)

2 x Private Meditation or Pranayama (30 mins)

2 x Compression Boots Recovery Session (30 mins)

Personal Consultation (30 mins)

Skin Analysis (30 mins)

Facial: *cleansing, restoring, nourishing* (60 mins)

2 x Facial: *cleansing, restoring, nourishing* (90 mins)

Detox Body Treatment (60 or 90 mins)

Hot Stone Massage (90 mins)

Personalized body treatment (90 mins)

Blue light blocking glasses

Supplementation

Program wrap up with Holistic Anti-Aging  
Ambassador (30 mins)

Group Wellness Activities

3 x Full board

*Prices exclude room rates and include taxes.*

## PERSONALIZED WELLNESS

## DURATION

## PRICE/CHF

### HOLISTIC ANTI-AGING

Wellness Screening (30 mins)

5 nights

6,250 per person

Colonic Cleansing (120 mins)

11,300 per couple  
sharing a room

5 x Private Fitness Training, Pilates,  
hiking or yoga (60 mins)

5 x Private Meditation or Pranayama (30 mins)

4 x Compression Boots Recovery Session (30 mins)

Personal Consultation (30 mins)

Skin Analysis (30 mins)

2 x Facial: *cleansing, restoring, nourishing* (60 mins)

3 x Facial: *cleansing, restoring, nourishing* (90 mins)

Detox Body Treatment (60 or 90 mins)

Hot Stone Massage (90 mins)

3 x Personalized body treatment (90 mins)

Blue light blocking glasses

Supplementation

Program wrap up with Holistic Anti-Aging  
Ambassador (30 mins)

2 x Group Wellness Activities

5 x Full Board

*Prices exclude room rates and include taxes.*





## PERSONALIZED WELLNESS

## DURATION

## PRICE/CHF

### HOLISTIC ANTI-AGING

|  |          |                                     |
|--|----------|-------------------------------------|
| Wellness Screening (30 mins)                                       | 7 nights | 8,300 per person                    |
| Colonic Cleansing (120 mins)                                       |          | 14,995 per couple<br>sharing a room |
| 7 x Private Fitness Training, Pilates,<br>hiking or yoga (60 mins) |          |                                     |
| 7 x Private Meditation or Pranayama (30 mins)                      |          |                                     |
| 5 x Compression Boots Recovery Session (30 mins)                   |          |                                     |
| Personal Consultation (30 mins)                                    |          |                                     |
| Skin Analysis (30 mins)  |          |                                     |
| 3 x Facial: <i>cleansing, restoring, nourishing</i> (60 mins)      |          |                                     |
| 4 x Facial: <i>cleansing, restoring, nourishing</i> (90 mins)      |          |                                     |
| Detox Body Treatment (60 or 90 mins)                               |          |                                     |
| Hot Stone Massage (90 mins)  |          |                                     |
| 5 x Personalized body treatment (90 mins)                          |          |                                     |
| Blue light blocking glasses  |          |                                     |
| Supplementation  |          |                                     |
| Program wrap up with Holistic Anti-Aging<br>Ambassador (30 mins)   |          |                                     |
| 3 x Group Wellness Activities                                      |          |                                     |
| 7 x Full board   |          |                                     |

*Prices exclude room rates and include taxes.*

## PERSONALIZED WELLNESS

### DISCOVER YOGA

### 3 DAYS

### 5 DAYS

Wellness Screening and Yoga Consultation (60 mins)

1

1

Private Yoga (60 mins)

3

5

Pranayama (30 mins)

1

2

Meditation (30 mins)

1

1

Chakra Balancing (30 mins)

1

1

Sound Healing (60 mins)

-

1

Six Senses Signature Massage:

Holistic (60 mins)

1

1

Divine Facial (60 mins)

-

1

Biorhythms (120 mins)

-

1

Group Classes (Optional)

-

-

**Price, single occupancy**

**CHF 1,198**

**CHF 2,154**

*Prices exclude room rates and include taxes.*





## PERSONALIZED WELLNESS

### YOGIC DETOX

### 3 DAYS

### 5 DAYS

|  |                  |                  |
|--|------------------|------------------|
| Wellness Screening and Yoga Consultation (60 mins) | 1                | 1                |
| Private Yoga (60 mins)                             | 3                | 5                |
| Pranayama (30 mins)                                | 1                | 1                |
| Meditation (30 mins)                               | 1                | 1                |
| Colonic Cleansing (60 mins)                        | 1                | 1                |
| Detox Massage (60 mins)                            | 1                | 1                |
| Kundalini Massage (60 mins)                        | -                | 1                |
| Energy Healing (60 mins)                           | -                | -                |
| Reiki (60 mins)                                    | -                | -                |
| Ila Divine Facial (60 mins)                        | 1                | 1                |
| Body Scrub (30 mins)                               | -                | 1                |
| Group Classes (Optional)                           | -                | -                |
| <b>Price, single occupancy</b>                     | <b>CHF 1,292</b> | <b>CHF 2,069</b> |

*Prices exclude room rates and include taxes.*

## PERSONALIZED WELLNESS

### YOGIC SLEEP

|  | 3 DAYS           | 5 DAYS           |
|--|------------------|------------------|
| Wellness Screening and Yoga Consultation (60 mins) | 1                | 1                |
| Private Yoga (60 mins)                             | 3                | 5                |
| Pranayama (30 mins)                                | 1                | 1                |
| Yoga Nidra (30 mins)                               | 1                | 1                |
| Hor-Me Therapy (75 mins)                           | 1                | 1                |
| Divine Face (60 mins)                              | -                | 1                |
| Biorhythms (120 mins)                              | 1                | 1                |
| Sound Healing (60 mins)                            | -                | 1                |
| Group Classes (Optional)                           | -                | -                |
| <b>Price, single occupancy</b>                     | <b>CHF 1,355</b> | <b>CHF 2,006</b> |

*Prices exclude room rates and include taxes.*





## TREATMENT

## DURATION/MINUTES

## PRICE/CHF

### MASSAGES

Six Senses Signature Massages:

|                             |       |         |
|-----------------------------|-------|---------|
| <i>Deep Tissue Massage</i>  | 60/90 | 230/320 |
| <i>Detox Massage</i>        | 60/90 | 215/305 |
| <i>Movement Restoration</i> | 90    | 305     |
| <i>Holistic</i>             | 60/90 | 215/305 |
| <i>Tension Soother</i>      | 60    | 215     |
| <i>Head Massage</i>         | 60    | 215     |
| <i>Relaxed Feet</i>         | 60    | 215     |
| <br>                        |       |         |
| Volcanic Glacial            | 90    | 295     |
| Thai Massage                | 60    | 230     |
| Shiatsu                     | 60/90 | 230/320 |

*Prices are inclusive of government tax.*





## TREATMENT

## DURATION/MINUTES

## PRICE/CHF

### FACIALS

|  |    |     |
|--|----|-----|
| Personalized Treatment with Skin Instant Lab | 90 | 315 |
| Triple Lift Facial                           | 90 | 305 |
| Second Skin                                  | 60 | 375 |
| Firming Neck and Face                        | 90 | 305 |
| Micro-Puncture                               | 60 | 355 |

#### *Add to any facial treatments:*

|                                     |    |    |
|-------------------------------------|----|----|
| Anti-Aging Eye Patches              |    | 30 |
| Lip Replumping                      |    | 30 |
| Skin Analysis with Skin Instant Lab | 30 | 75 |
| Remodeling Face                     | 30 | 90 |
| Cocktail of Regenerative Actives    | 30 | 90 |
| Chin and Facial Contour Booster     | 30 | 90 |
| Co-facteurs Biologique Recherche    | 30 | 80 |

*Prices are inclusive of government tax.*

## TREATMENT

## DURATION/MINUTES

## PRICE/CHF

### FACIALS

|                                    |       |         |
|------------------------------------|-------|---------|
| Men's Skin Fitness Facial          | 60    | 250     |
| Luxury Green Caviar Advance Facial | 90    | 345     |
| The Ultimate Facial                | 90    | 345     |
| Personalized Facial                | 60/90 | 250/320 |

### *Add on to the above facials:*

|                        |    |     |
|------------------------|----|-----|
| VitaSkin Ultrasound    | 30 | 90  |
| Dermabrasion           | 20 | 90  |
| Ocular Illumination    | 30 | 90  |
| Anti-Aging Eye Patches |    | 30  |
| Divine Face            | 60 | 215 |

*Prices are inclusive of government tax.*





| TREATMENT | DURATION/MINUTES | PRICE/CHF |
|-----------|------------------|-----------|
|-----------|------------------|-----------|

### BODY TREATMENTS

|                                       |       |        |
|---------------------------------------|-------|--------|
| Lifting Body Treatment                | 90    | 305    |
| Slimming Booster                      | 90    | 305    |
| Detoxifying Treatment with Seaweed    | 90    | 305    |
| Upper arms and Bust treatment         | 30/60 | 90/170 |
| VelaShape                             | 45    | 195    |
| Swiss Salt Crystal Detox Wrap         | 60    | 255    |
| Swiss Salt Crystal Scrub with Massage | 90    | 305    |
| Anti-aging Damascus Rose Wrap         | 60    | 255    |
| Hydrating Swiss Milk Wrap             | 60    | 255    |
| Amethyst Wrap                         | 90    | 305    |
| Biorhythms                            | 120   | 480    |
| Instantly Detoxifying Scrub           | 30    | 145    |
| Manipura Body Treatment               | 90    | 305    |
| Karuna Kaya Deep Tissue Treatment     | 90    | 305    |

***Add to any body treatments:***

|                         |    |    |
|-------------------------|----|----|
| Anti-C with Magic Glove | 20 | 85 |
| Belly Detox Massage     | 20 | 85 |
| Legs Ritual             | 10 | 30 |

*Book a course of eight facial or body treatments and receive an extra treatment complimentary.*

*Prices are inclusive of government tax.*

**TREATMENT****DURATION/MINUTES****PRICE/CHF****WELLNESS THERAPIES****Tibetan Healing**

|                                 |     |     |
|---------------------------------|-----|-----|
| Personal Consultation           | 30  | 110 |
| Cupping or Moxibustion          | 30  | 110 |
| Hor-Me Therapy                  | 75  | 275 |
| Ku Nye Massage                  | 75  | 260 |
| Absolute Wellness with Crystals | 90  | 295 |
| Reiki/Energy Healing            | 60  | 210 |
| Sound Healing                   | 60  | 230 |
| Colonic Cleansing               | 60  | 260 |
| Colonic Rejuvenation            | 120 | 415 |
| Signature Hammam                | 90  | 295 |

*Prices are inclusive of government tax.*





| TREATMENT               | DURATION/MINUTES | PRICE/CHF |
|-------------------------|------------------|-----------|
| <b>BEAUTY</b>           |                  |           |
| Manicure                | 60               | 180       |
| Nail Polish Application | 30               | 100       |
| Pedicure                | 60               | 180       |
| <b>FITNESS</b>          |                  |           |
| Muscle Recovery System  | 30               | 70        |
| Muscle Recovery System  | 5 sessions       | 310       |
| Slimming Belt           | 45               | 110       |
| Slimming Belt           | 5 sessions       | 490       |
| Personal Training       | 60               | 160       |
| Traditional Yoga        | 60               | 160       |
| Yoga Nidra              | 60               | 160       |
| Pranayama               | 60               | 160       |
| Paddle                  | 60               | 160       |

*Prices are inclusive of government tax.*

For more information about Six Senses Spa at The Alpina Gstaad  
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