



SIX SENSES SPA

GSTAAD

WELLNESS AND SPA MENU  
PRICELIST



## PERSONALIZED WELLNESS

## DURATION

## PRICE/CHF

**Wellness Screening**

30/60

110/170

## HOLISTIC ANTI-AGING

Wellness Screening (30 mins)

3 nights

3,300 per person

Colonic Cleansing (60 mins)

6,550 per couple  
sharing a room

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

2 x Private Meditation or Pranayama (30 mins)

1 x Compression Boots Recovery Session (30 mins)

Personal Consultation (30 mins)

Skin Analysis (30 mins)

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

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

Detox Massage (60 mins)

Volcanic Glacial (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

4,950 per person

Colonic Rejuvenation (120 mins)

9,990 per couple  
sharing a room

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

5 x Private Meditation or Pranayama (30 mins)

3 x Compression Boots Recovery Session (30 mins)

Personal Consultation (30 mins)

Skin Analysis (30 mins)

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

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

Detox Massage (60 mins)

Volcanic Glacial (90 mins)

1 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

2 x Wellness Screening (30 mins)

7 nights

6,500 per person

Colonic Rejuvenation (120 mins)

12,500 per couple  
sharing a room

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

7 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)

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

Detox Massage (60 mins)

Volcanic Glacial (90 mins)

2 x Personalized body treatment (90 mins)

Blue light blocking glasses

Supplementation

Program wrap up with Holistic Anti-Aging  
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
Alchemy Facial (90 mins)	-	1
Thai Massage (120 mins)	-	1
Group Classes (Optional)	-	-
<b>Price, single occupancy</b>	<b>CHF 1,100</b>	<b>CHF 2,170</b>

*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
Holistic Massage (60 mins)	-	1
Alchemy Facial (60 mins)	1	1
Body Scrub (30 mins)	-	1
Group Classes (Optional)	-	-
<b>Price, single occupancy</b>	<b>CHF 1,450</b>	<b>CHF 2,100</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 (60 mins)	1	1
Hor-Me Therapy (75 mins)	1	1
Alchemy Facial (90 mins)	-	1
Holistic Massage (120 mins)	1	1
Sound Healing (60 mins)	-	1
Group Classes (Optional)	-	-
<b>Price, single occupancy</b>	<b>CHF 1,360</b>	<b>CHF 2,150</b>

*Prices exclude room rates and include taxes.*





## TREATMENT

## DURATION

## PRICE/CHF

### BIOHACKING

VelaShape	45	195
Muscle Recovery System	30	70
Muscle Recovery System	5 sessions	310
Slimming Belt	45 mins	110
Slimming Belt	5 sessions	490

### ALCHEMY EXPERIENCES

The Alchemy Bar Workshop	60	195
The Alchemist's Facial	90	260

*Prices are inclusive of government tax.*



**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	215/310
<i>Movement Restoration</i>	90	305
<i>Holistic</i>	60/90	215/305
<i>Tension Soother</i>	30/60	120/215
<i>Head Massage</i>	30/60	120/215
<i>Relaxed Feet</i>	30/60	120/215
<i>Pregnancy Massage</i>	60/90	215/305
<b>Volcanic Glacial</b>	90	295
<b>Thai Massage</b>	60/90	230/320
<b>Shiatsu</b>	60/90	230/320

Prices are inclusive of government tax.





## TREATMENT

## DURATION/MINUTES

## PRICE/CHF

### FACIALS

#### **Advanced Facials Using Biologique Recherche**

Personalized Treatment with Skin Instant Lab	60/90	255/320
Triple Lift Facial	90	320
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	55
Remodeling Face	30	90
Cocktail of Regenerative Actives	30	90
Chin and Facial Contour Booster	30	90
Co-facteurs Biologique Recherche	30	90

*Prices are inclusive of government tax.*

**TREATMENT****DURATION/MINUTES****PRICE/CHF****FACIALS****Advance Facial Using Dr. Burgener Switzerland**

Men's Skin Fitness Facial	60	255
Luxury Green Caviar Advance Facial	90	390
The Ultimate Facial	90	350
Personalized Facial	60/90	255/320

*Add on to the above facials:*

VitaSkin Ultrasound	30	90
Dermabrasion	20	90
Ocular Illumination	30	90

*Prices are inclusive of government tax.*





## TREATMENT

## DURATION/MINUTES

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### BODY TREATMENTS

Slimming Booster	90	305
Detoxifying Treatment with Seaweed	90	305
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

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

Anti-C with Magic Glove	20	85
Belly Detox Massage	20	85
Legs Ritual	10	90

*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	265
Colonic Rejuvenation	120	415
Signature Hammam	90	295

*Prices are inclusive of government tax.*





## TREATMENT

## DURATION/MINUTES

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### BEAUTY

Manicure	30/60	100/180
Nail Polish Application	30	100
Pedicure	30/60	100/180
Waxing		

*Full waxing service are available. Please visit the salon for more information.*

### FITNESS

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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