



SIX SENSES SPA

CRANS-MONTANA

WELLNESS AND SPA MENU

Whether high intensity or horizontal, the 2,000-square-meter Six Senses Spa includes everything you need to refresh and recover through a modern take on ancient treatments and therapies with an Alpine twist. The vast indoor pool opens onto a courtyard planted with Birch trees and the suspended timber ceiling has been designed to lead you in one organic movement from the inside out. From snowy winters to sunny delights, the elements become part of your experience.

At the center of the complex are a rooftop swimming pool, Alpine Garden, and an open-air cinema. Our Biohack Recovery Lounge and Alchemy Bar are a must-do too!



THERMAL JOURNEY

Enjoy as part of your stay or before a treatment



The many healing benefits of water and heat therapies have been practiced for centuries to warm the body up before cooling it down. This practice reduces muscle tension, relieves pain and stress, boosts the immune system and encourages detoxification. What is more, the muscles will be relaxed and the mind calmer, creating optimum conditions for achieving the best results and truly enjoying your treatments.

Be sure to attend our special Aufguss ceremonies that promise to stimulate all five senses with the temperature, the smell, the music, and the dance of our skilled Sauna Meisters.



Experience shower - take your senses on a journey ...

Steam room - pause, reflect and take a deeper breath inhaling the natural essences. 45 degrees C

Finnish Sauna - allow the dry deep heat to relax your muscles and cleanse your skin. 70 – 100 degrees C

Rock Sauna - 80 – 100 degrees C

Bio Salt Sauna - a pure rock Himalayan salt crystal known as 'a master healer' to amplify energy, improve concentration and focus. 65 – 70 degrees C

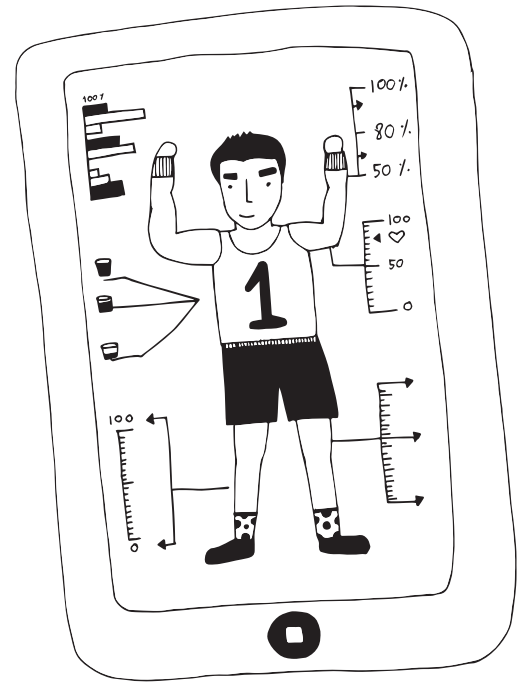
Infrared Sauna - using infrared light to directly heat your body, reducing joint pain and improving cardiovascular health. 40 – 55 degrees C

Cold Plunge Pool - refresh after each heat experience or at the end of the journey. 10 degrees C

Ice Fountain - grab a handful of ice, rub it over the body to stimulate circulation and oxygen uptake, boost the immune system and gently exfoliate the skin.

Temperatures are approximate

BIOHACK RECOVERY LOUNGE



RECOVERY FOR MUSCLES AND MINDS

Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your stay.

Our biohacking bundles are named to address certain concerns and when hacks are used together it makes the most of your time too. You just need to sit back and relax.

ULTIMATE RECOVERY HACK, 30 MINUTES

- Compression boots, red-light LED face mask and binaural beats

PAIN MANAGEMENT HACK, 60 MINUTES

- Compression boots, Venom back belt and binaural beats
- PEMF therapy recovery seat

IMMUNE BOOSTING HACK, 60 MINUTES

- Juvent vibration platform and red-light stand
- PEMF therapy recovery seat

RADIANCE HACK, 30 MINUTES

- Compression boots, red-light LED face mask and binaural beats

MIND RESET HACK, 30 MINUTES

- Therabody lounger with guided meditation and red-light LED face mask



LOCALLY INSPIRED SIGNATURE TREATMENTS





ALCHEMY BAR WORKSHOP, 45 MINUTES

This interactive workshop is not to be missed! Our expert Alchemist will share their in-depth knowledge of the abundant local herbs and produce. Immerse yourself in the varied textures, extraordinary Alpine aromas and create your unique potions and cures to carry on the good work back home.



INTUITIVE SKIN ALCHEMY, 60/90 MINUTES

FACIAL, 60 MINUTES

FACIAL WITH ABDOMINAL OR BACK MASSAGE AS ADD ON, 90 MINUTES

Immerse in our magical face rituals crafted in collaboration with GROUND Wellbeing and Six Senses Alchemy Bar. Taking a "forward to basics" approach to skin wellness, offering holistic face rituals that prioritize hands-on massage, plant-based aromatherapy, gua sha, and breathwork. Guided by the power of touch, your therapist will curate a personalized face ritual that transcends traditional skincare, incorporating intuitive elements to align your emotional state alongside your skin's needs. The ceremony starts at the Alchemy Bar with purposeful intention-setting. Here, you craft your own bespoke blend of face products, ensuring a truly personalized and deeply restorative experience.

SWISS CHOCOLATE WRAP, 60 MINUTES ✨

This treatment begins with a full body exfoliation using purifying salts drawn from the Swiss Anzeindanz Glacier. Your body is then wrapped in a sweet-scented, pure cocoa body mask. The cacao micronization process, combined with the heating effect, allow for the enhanced penetration of actives into the skin. This decadent experience is ideal to nourish and moisturize dry skin.

Using Dr Burgener Switzerland



ANTI-AGING BODY RITUAL WITH GRAPES FROM THE VALAIS REGION, 90/120 MINUTES

This anti-aging body treatment is a real elixir of youth! We begin with a luxurious, creamy body exfoliant using grape seed pearls and a powerful antioxidant complex. We then continue with the antioxidant rich Grape Body Wrap that will fight free radicals and assist in preventing premature aging. This exquisite journey is completed with a customized massage using a precious oil that is formulated with hemp and botanicals from the Valais region, promising a blissful slumber.

Using Dr Burgener Switzerland

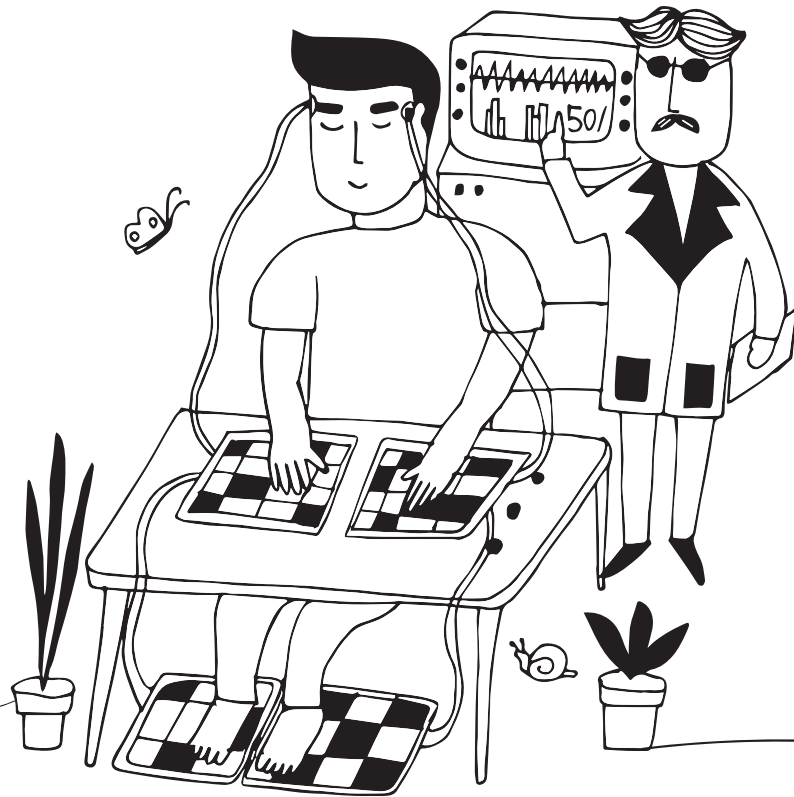
JOURNEY TO RESTORE, 120 MINUTES

Gentle breathwork and stretching start this deeply restorative journey created to invoke a sense of being grounded in your body and reconnected with your soul. Experience the weightlessness of our state-of-the-art flotation pod. Immerse yourself in the therapeutic touch of a balancing full-body massage. Our skilled therapists use warm pillows to perform flowing, meditative massage along the meridians, tapping into your body's ability to self repair and restore. This journey completes under the fortifying influence of Frankincense, Geranium Bourbon and Sweet Orange.

Using GROUND Wellbeing.



WELLNESS



WELLNESS SCREENING, 60 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being, our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived.

REST AND RECOVER

This is a program to reboot, where we press the reset button, restart, and boost you with mitochondrial stimulating experiences to fast track you on a path to recovery. We start with a biomarker screening to understand exactly where recovery is needed and then design a program around nature, treatments, hiking and yoga, sleep and biohacking in our Recovery lounge. Get ready to feel like a better version of yourself.



DISCOVER YOGA

For beginners and improvers, as there is a yogi in us all. Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

FITNESS

Our expert personal trainers will assess your fitness level and blend high and low intensity training with soothing treatments, as fitness is all about balance! Recover with deep tension release massage and stretching to improve range of motion. Learn new workouts to take home and input into your routine to achieve your goals. A fitness journey never ends. We can discover new ways of getting results at each stage of our lives.

SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Ayurvedic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.



DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps and facials, as well as personalized wellness activities. A top to toe cleanse. This program is most effective when followed over 7 consecutive days.





MASSAGES



Six Senses has partnered with Subtle Energies for our premium massage oils. Backed by over 25 years of clinical research, Subtle Energies creates results-based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.



SIX SENSES SIGNATURE MESSAGES:

Deep Tissue, 60/90 minutes - release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses might enhance this treatment.

Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes - combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Pregnancy Massage 60/90 minutes - a full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet.

FIRE & ICE THERAPEUTIC MASSAGE, 90 MINUTES

Induce deep relaxation with hot stones while cold stones stimulate, increasing the body's metabolism, muscle tone and ability to flush out toxins.

Healing crystals are placed on the body to bring about balance and harmony.



Enhance your massage with an upgrade:

CBD BALM TO TREAT TIGHT MUSCLES

CBD OIL FOR DEEP RELAXATION

PERCUSSION MASSAGE DEVICE, 15 MINUTES

HYDRA FILLER MASK

using Dr. Burgener Switzerland



FACIALS





Since 1955, the expertise of Dr Burgener Switzerland, a local family-run clinic, has committed to continuous research on the best formulas and protocols, and linked to a rigorous selection of innovative ingredients, has allowed them to create products that generate visible and immediate results.

REPAIRING GOLD AND CAVIAR FACIAL, 90 MINUTES

Antioxidant, repairs cell damage, improves signs of aging.

This facial particularly suits skin in need of a regenerative boost. The ultrasound waves penetrate on a cellular level with an intense dose of the green caviar, the extracted pearls from Okinawa Island finely combined with the antioxidant power of the gold trace elements, help to repair, and revamp the skin.



LIFTING AND FIRMING COLLAGEN FACIAL, 90 MINUTES

Volumizing, soothing, smoothing, firming, lifting

Stimulating the skin from the inside out, the ultrasound waves will boost the natural collagen and elastin production. A firmer, smoother, and more uniform complexion is then obtained through the repairing effect of the Collagen Mask, made by biotechnology, as well as the firming effect of the acacia collagen cream.

BALANCING FACIAL, 60 MINUTES

A customized facial depending on the needs of your skin

Following a skin analysis, you will either be treated with our Black Pearl exfoliant and Rejuvenating Royal Mask with royal jelly extracted directly from the hives from the Swiss Alps to nourish and hydrate the skin. Alternatively, our Glacier Face Peeling, Alpine Purity Mask and Hydra Balance Face Cream to deeply cleanse, decongest and tighten your pores.

HAUTE COUTURE FACIAL MENU

A personalized facial treatment system

Using Dr Burgener Switzerland

HAUTE COUTURE PERSONALIZED SKINCARE PRODUCTS

Developed specifically based on a comprehensive skin analysis. Our team of scientists in Switzerland analyze the results and work with our laboratory to create your complete range of products for two to three months use: vector cream, booster cream, masks, serum, eye cream, lip balm, cleansing milk. The combination of high-performance ingredients such as peptides, amino acids, stem cells and hyaluronic acid, stimulate cell renewal, promote synthesis of collagen, contribute to face lifting and reduce pigmentation.

You can use your products at home as well as during facials.

HAUTE COUTURE SKIN ANALYSIS, 45 MINUTES

So that we can create your range of tailor-made products, we carry out a complete analysis of your skin by measuring the depth of wrinkles, photoaging, pores, elasticity of the skin, sebum secretion, hydration, pigmentation, and blood melanin. This analysis is necessary twice a year to adapt the formulas of your products to meet your skin's changing needs.

HEAVY METALS AND TRACE ELEMENTS ANALYSIS WITH SUPPLEMENTS

A sample of your hair will be sent to our Laboratory in Switzerland for a complete screening of minerals, trace elements and heavy metals. Personalized nutritional supplements will be developed based on the results to help you cleanse and balance your body.

HAUTE COUTURE FACIAL TREATMENT, 120 MINUTES

For immediate and lasting visible results, we use the most advanced anti-aging technologies: glycolic peeling, cavitation peeling, ultrasound, radiofrequency, diamond microdermabrasion, needleless mesotherapy, endermology and other technologies adapted to the needs of your skin. The anti-aging performance of the facial lies in the reduction of the depth of wrinkles, the improvement of firmness and tone, the lifting of the oval of the face, a better radiance, a refinement of the complexion and of skin texture.



BODY TREATMENTS



FULL BODY EXFOLIATION, 30 MINUTES

Purifying Swiss Alps salts - rich in minerals, cleansing and increase blood circulation OR Grape seed pearls with antioxidant complex - suitable for all skin types, even the most sensitive ones.

Using Dr Burgener Switzerland

VITALITY ALGAE WRAP, 60 MINUTES

Slimming, remineralizing

We begin with a full body exfoliation using our purifying salts drawn from the Swiss Aletsch glacier, which is rich in therapeutic minerals, reducing water retention and improving blood circulation. A detoxifying and purifying Fucus Algae Remineralizing Wrap follows, providing effective drainage, remineralization and vitality of the body.

Using Dr Burgener Switzerland

DETOX SWISS SALT RITUAL, 90/120 MINUTES

Detoxifying, draining, slimming

Our purifying salts drawn from the Swiss Anzeindanz glacier, are extremely rich in therapeutic minerals which prevent water retention by increasing blood circulation. The synergy between products will purify, help to eliminate toxins and restore balance to the skin.

Using Dr Burgener Switzerland

Add-on of your choice:

Gold repairing face mask

Eyes anti-puffiness and dark circles



RECONNECTION



SOUND JOURNEY, 60 MINUTES ✨

Allow the sacred sounds to reverberate in your innermost self. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.



FLOATATION POD, 30/60 MINUTES

Float weightless in the dark silence of our sensory deprivation tank. Studies suggest time spent floating offers benefits, such as muscle relaxation, better sleep, a decrease in pain, and decreased stress and anxiety. Enhanced creativity is an added bonus.

BREATHWORK, 45 MINUTES

Breathing techniques to remove blockages in energy channels, strengthen the respiratory system and calm the mind by minimizing thought process.

MEDITATION, 45 MINUTES

We will guide you through the meditation that you need on the day. This could include chakra balancing, yoga nidra or loving kindness.





PERSONAL TRAINING, 60 MINUTES

YOGA, 60 MINUTES

PILATES, 60 MINUTES

RECOVERY ✨

Roll it out with Vyper Go Roll

An advanced vibrating fitness roller. To assist in warming up and recovering faster. Features three speeds of vibration, with a dual zone smooth and grooved exterior.

Assisted Stretching, 60 minutes

For skiers, hikers, golfers, and anyone that wants to feel a little bit taller. We use a combination of movements including dynamic stretching and static passive along with the Hypervolt massage gun to lengthen and elongate muscle and soft tissue.

BEAUTY



MANICURE, 30/60 MINUTES

PEDICURE, 30/90 MINUTES

SHELLAC APPLICATION, 30 MINUTES

WAXING

Full waxing service are available; please inquire for more information.



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 9:00 am to 9:00 pm

SPA RESERVATIONS

For inquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 30 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

LATE ARRIVALS

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

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer treatments with children below 16 years, we recommend that the parent or guardian be present in the room at the time of service. Children are welcome to come and make a splash from 9:00 am to 11:00 am and again from 2:00 pm to 4:00 pm. The spa thermal and wet areas are not permitted to kids under 15 years old.



CANCELLATIONS

Credit card information is required to confirm any reservation. If you want to reschedule or cancel your reservation please be advised that 12 hours notice is required in order for us to accommodate your request. No show or last minute cancellations will incur a 100 percent charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

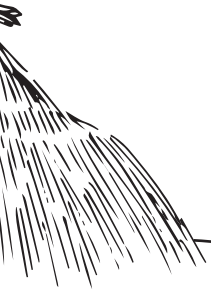
AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours.

To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.



SIX SENSES SPA CRANS-MONTANA

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SIX SENSES SPA

CRANS-MONTANA

WELLNESS AND SPA PRICELIST

WELLNESS PROGRAMS

REST AND RECOVER

	1 DAY	2 DAYS	3 DAYS
Wellness Screening with Personalized Consultation (60 mins)	1	1	1
Ultimate Recovery Hack (30 mins)	1	1	1
Immune Boosting Hack (60 mins)	1	1	1
Vitality Algae Wrap (60 mins)	1	1	1
Tension Soother Massage (30 mins)	1	-	1
Holistic Massage (60 mins)	-	1	1
Movement Restoration Massage (90 mins)	-	-	1
Morning Walk - <i>Recharge and Reset Your Circadian Rhythm</i> (45 mins)	-	1	1
Breathwork (45 mins)	-	1	1
Cell Gym (45 mins)	-	1	2
Flotation Pod (30 mins)	-	1	1
Personalized Yoga (60 mins)	-	-	1
Guided Meditation & Sound Journey (50 mins)	-	-	1
Daily Thermal Journey	√	√	√
Program wrap-up	1	1	1
Price per person	CHF 560	CHF 955	CHF 1,695
Price per couple	CHF 1,115	CHF 1,905	CHF 3,385

You're welcome to enhance your wellness experience with our Wellness Cuisine, on a full board basis, available for an additional fee.

All prices include government taxes.





WELLNESS PROGRAMS

DETOX

Wellness Screening
with Personalized Consultation (60 mins)

1

1

1

Private activity: *Fitness Training,
Pilates or Yoga* (60 mins)

2

3

5

Morning Walk - *Recharge and Reset
Your Circadian Rhythm* (45 mins)

1

2

3

Private activity: *Meditation or Breathwork* (45 mins)

1

2

2

Detox Massage (90 mins)

1

3

4

Tension Soother Massage (60 mins)

1

2

3

Yogic Intestinal Cleanse (45 mins)

1

1

1

Vitality Algae Wrap (60 mins)

1

1

1

Immune Boosting Hack (60 mins)

1

1

1

Cell Gym (45 mins)

1

2

3

Daily Thermal Journey

✓

✓

✓

Program Wrap Up

1

1

1

Price per person

CHF 1,455

CHF 2,605

CHF 3,510

Price per couple

CHF 2,740

CHF 4,895

CHF 6,610

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WELLNESS PROGRAMS

SLEEP

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening with Personalized Consultation (60 mins)	1	1	1
Daily Sleep tracking	√	√	√
Private activity: <i>Fitness Training, Pilates or Yoga</i> (60 mins)	1	2	3
Private activity: <i>Meditation or Breathwork</i> (45 mins)	2	3	3
Yoga Nidra (45 mins)	1	1	2
Floatation Pod (30 mins)	1	2	4
Holistic Massage (60 mins)	2	3	2
Mind Reset Hack (30 mins)	1	2	3
Morning Walk - <i>Recharge and Reset Your Circadian Rhythm</i> (45 mins)	1	2	2
Cell Gym (45 mins)	1	2	3
Mantra and Mala Creation (60 mins)	1	1	1
Daily Thermal Journey	√	√	√
Program Wrap Up	1	1	1
Price per person	CHF 1,265	CHF 1,965	CHF 2,320
Price per couple	CHF 2,385	CHF 3,695	CHF 4,360

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WELLNESS PROGRAMS

FITNESS

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening with Personalized Consultation (60 mins)	1	1	1
Private activity: <i>Fitness Training, Pilates or Yoga</i> (60 mins)	3	4	5
Private activity: <i>Meditation or Breathwork</i> (45 mins)	3	4	5
Floatation Pod (30 mins)	1	1	2
Movement Restoration Massage (90 mins)	1	2	3
Ultimate Recovery Hack (30 mins)	1	2	3
Pain Management/Immune Boosting Hack (60 mins)	1	2	3
Cell Gym (45 mins)	1	2	3
Morning Walk - <i>Recharge and Reset Your Circadian Rhythm</i> (45 mins)	1	2	3
Daily Thermal Journey	√	√	√
Program Wrap Up	1	1	1
Price per person	CHF 1,405	CHF 2,200	CHF 3,075
Price per couple	CHF 2,805	CHF 4,395	CHF 6,145

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WELLNESS PROGRAMS

DISCOVER YOGA

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening with Yoga Lifestyle Consultation (60 mins)	1	1	1
Personalized Yoga (60 mins)	2	5	7
Yoga Nidra (60 mins)	1	1	2
Holistic Massage (60 mins)	1	1	2
Breathwork (45 mins)	1	2	3
Guided Meditation & Sound Journey (50 mins)	1	2	3
Cell Gym (45 mins)	1	1	1
Mantra and Mala Creation (60 mins)	1	2	2
Daily Thermal Journey	√	√	√
Program Wrap Up	1	1	1
Price per person	CHF 1,140	CHF 1,890	CHF 2,695
Price per couple	CHF 2,280	CHF 3,775	CHF 5,390

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All prices include government taxes.

TREATMENTS

DURATION/MINUTES

PRICE/CHF

BIOHACK RECOVERY LOUNGE

Ultimate Recovery Hack	30	75
Pain Management Hack	60	120
Immune Boosting Hack	60	120
Radiance Hack	30	75
Mind Reset Hack	30	75

Cell Gym

45 120

Package of 3 sessions 325

Package of 5 sessions 530

Package of 10 sessions 995

LOCALLY INSPIRED

Alchemy Bar Workshop	45	100
Intuitive Skin Alchemy	60/90	250/370
Swiss Chocolate Wrap	60	220
Anti-aging Body Ritual	90/120	320/420
Journey To Restore	120	420

WELLNESS

Wellness Screening	60	120
Adult Spa Day Access (Weekday)	One day	155
Adult Spa Day Access (Weekend)	One day	185
Kids Spa Day Pass (up to 8 years old)	One day	80

All prices include government taxes.





TREATMENTS

DURATION/MINUTES

PRICE/CHF

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue/Detox</i>	60/90	250/350
<i>Holistic</i>	60/90	220/310
<i>Movement Restoration Massage</i>	90	310
<i>Pregnancy Massage</i>	60/90	220/310
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	120/220
<i>Therapeutic Fire & Ice Massage</i>	90	310

Add on to above massages:

<i>CBD Balm</i>	-	25
<i>CBD Oil</i>	-	30
<i>Percussion Massage Device</i>	15	30
<i>Hydra Filler Mask by Dr Burgener</i>		40

All prices include government taxes.

TREATMENTS

DURATION/MINUTES

PRICE/CHF

FACIALS

Advance Facial Using Dr. Burgener Switzerland

Repairing Gold and Caviar Facial	90	from 455
Lifting and Firming Collagen Facial	90	from 440
Balancing Facial	60	from 270

Haute Couture Facial Menu Using Dr. Burgener Switzerland

Haute Couture Personalized Skincare Products	-	from 4,500
Haute Couture Skin Analysis	45	from 1,300
Haute Couture Facial Treatments	120	from 1,100
Heavy Metals and Trace Elements Analysis with Supplements	-	from 700

BODY TREATMENTS

Full Body Exfoliation	30	120
Vitality Algae Wrap	60	220
Detox Swiss Salt Ritual	90	320

Enhance your body treatment:

Gold Repairing Mask		40
Eyes Anti-puffiness and Dark Circles		30

All prices include government taxes.





TREATMENTS

DURATION/MINUTES

PRICE/CHF

RECONNECTION

Sound Journey	60	130
Floatation Pod	30/60	95/150
Breathwork	45	90
Meditation	45	90

FITNESS

Personal Training	60	160
Yoga	60	160
Pilates	60	160
Assisted Stretching	60	160

BEAUTY

Manicure	30/60	100/170
Pedicure	30/90	100/220
Shellac Application	30	50
Waxing	15/45	50/120

All prices include government taxes.

SIX SENSES SPA CRANS-MONTANA

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