



SIX SENSES SPA

CRANS-MONTANA

WELLNESS AND SPA MENU

Find balance in motion or stillness at Six Senses Spa Crans-Montana. Spanning 2,000 square meters, this Alpine sanctuary blends ancient therapies with modern wellness to refresh, recover, and reconnect.

A suspended timber ceiling of 15,000 wooden sticks draws you from the vast indoor pool to the outdoors, where the elements shift with the seasons: from snow-covered tranquility to sun-lit vitality.

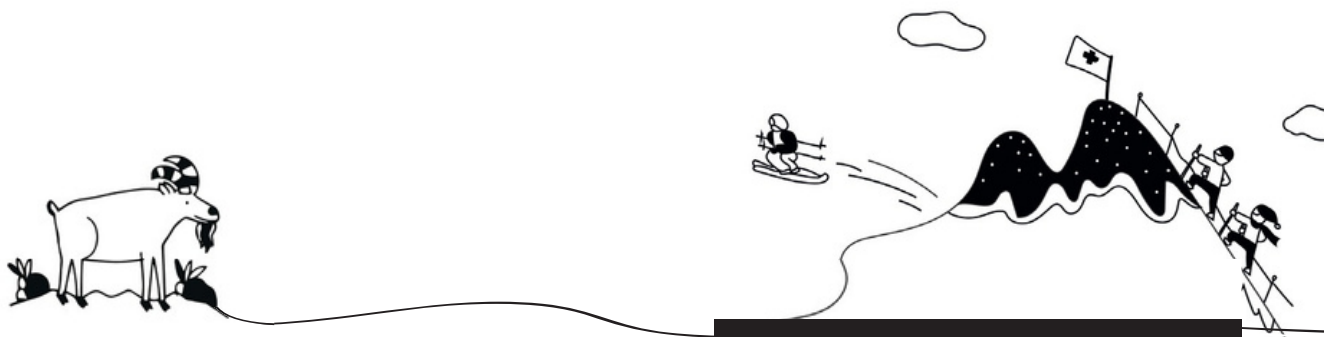
At its heart lies the Ora outdoor pool, a place to pause and breathe in the mountains. Enhance your journey at the Biohack Recovery Lounge, where smart technology meets deep rest, or awaken your senses at the Alchemy Bar with botanicals crafted by hand.

Each moment invites you to reconnect with your senses, your rhythm, yourself.



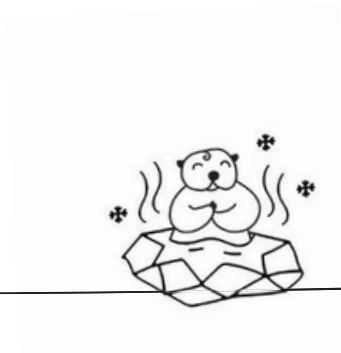
THERMAL JOURNEY

Enjoy as part of your stay or before a treatment



ENJOY AS PART OF YOUR STAY OR BEFORE YOUR 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 optimal conditions for achieving the best results and truly enjoying your treatments.



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

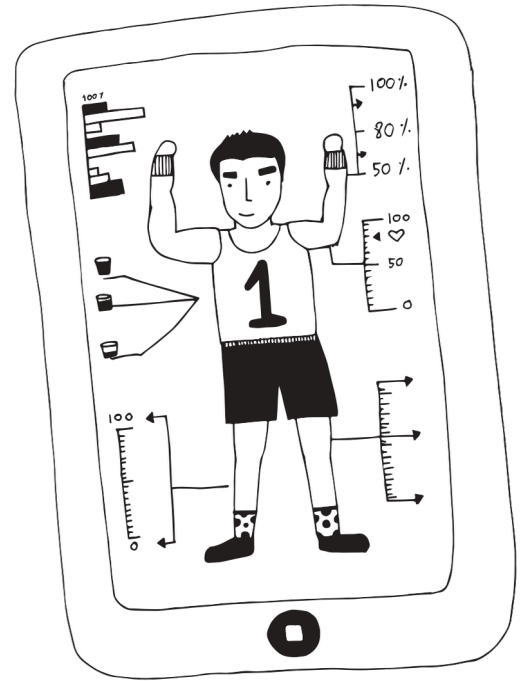
Infrared Sauna - Using infrared light to directly heat your body, reducing joint pain and improving cardiovascular health. 40 - 55 degrees C

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

BIOHACKING 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.

RECOVERY HACK, 60 MINUTES

Experience a powerful trio of therapies; compression, targeted heat, and electromagnetic pulses – to soothe discomfort and speed recovery.

- Compression boots - Venom Back Belt - PEMF recovery seat

LONGEVITY HACK, 60 MINUTES

Step into cutting-edge therapies, from vibration and red-light to oxygen modulation, that recharge cells, boost circulation, and optimize vitality. Reawaken your body's resilience and feel deeply reenergized from the inside out.

- Juvent Vibration Platform - Red Light therapy - Cell Gym

DE-STRESS HACK, 45 MINUTES

Immerse yourself in a calming fusion of vibroacoustic sound, gentle heat, and rhythmic massage designed to dissolve tension. Recentre your mind, restore inner stillness, and awaken calm from within.

- Binaural Beats - Theramind Eyemask - Therabody Lounger

CELL GYM - BREATHE YOUR WAY TO LONGEVITY, 45 MINUTES

Intermittent Hypoxia Training is a revolutionary oxygen therapy that can improve overall performance and conditioning. The result is mitochondrial regeneration, improvement of the metabolism, protection against cardiovascular diseases, enhanced performance in athletes, activation and strengthening of the immune system.



Biohack Boosters

COMPRESSION THERAPY FOR LEGS OR HIPS, 30 MINUTES

Dynamic compression to revitalize muscles, reduce fatigue, and enhance recovery.

EASE LOWER BACK TENSION, 20 MINUTES

Soothe, relax, and recover with the Venom Back Belt, combining heat and targeted vibration therapy to ease muscle tension, improve circulation, and support natural recovery. Ideal after activity or travel, it helps relieve back discomfort and promote deep relaxation in minutes.

FLOTATION INTO WELLBING, 30/60 MINUTES

Drift into deep relaxation as you float effortlessly in warm, mineral-rich water, free from gravity and outside distractions. In the stillness of the flotation pod, your body unwinds, muscles release tension, and your mind settles into a calm, meditative state. The high concentration of magnesium-rich salts soothes the skin, supports recovery, and restores natural balance.

PEMF THERAPY RECOVERY SEAT, 30 MINUTES

Advanced electromagnetic therapy to restore balance, energy, and natural healing.

RED LIGHT THERAPY - RADIANCE FROM WITHIN, 20 MINUTES

Step into a calming glow that works deep beneath the skin. Red light therapy harnesses gentle waves of light to recharge your cells, enhance circulation, and awaken your body's natural healing power. The result? Brighter skin, faster recovery, deeper relaxation, and renewed energy from the inside out (full body or face only).

THERABODY LOUNGER AND BINAURAL BEATS, 20 MINUTES

Experience deep relaxation and recovery as sound, vibration, and frequency merge to restore balance in body and mind. The Therabody Lounger's therapeutic vibrations release muscular tension and stimulate circulation, while binaural beats gently guide the brain into a state of calm and focus.

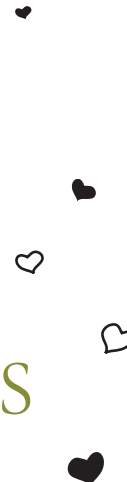
Enhance your treatment with an upgrade:

THERAMIND EYE MASK

LED FACE MASK

HYPERICE MASSAGE GUN

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.



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

ALPINE VITALITY - BODY RITUAL WITH GRAPES
FROM THE VALAIS REGION 90/120 MINUTES

The experience begins with a creamy grape seed exfoliation, rich in natural antioxidants, to gently polish the skin and stimulate microcirculation. A purifying Grape Body Wrap follows, harnessing the detoxifying power of vine extracts to help eliminate toxins, fight free radicals, and promote cellular renewal. The ritual concludes with a deeply restorative massage using a precious oil infused with hemp and local botanicals from the Valais region, leaving the body rebalanced, the skin radiant, and the mind serene.

A revitalizing body ritual designed to detoxify, renew, and restore vitality from within.



WELLNESS



WELLNESS SCREENING, 45 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.

THE ALPINE REBOOT

Recharge your body and renew your vitality with this transformative one-day journey inspired by the pure energy of the Alps.

The Alpine Reboot combines a wellness screening and personalized consultation with a head-to-toe body treatment designed to stimulate detoxification, cellular renewal, and deep relaxation. Through tailored therapies and mindful guidance, this experience restores balance, supports longevity, and leaves you feeling lighter, clearer, and reenergized from within. The perfect reset for body and mind.



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 MASSAGES

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 and 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

HYDRA FILLER MASK

Using Dr. Burgener Switzerland

HYDRA GREEN CAVIAR MASK

Anti-wrinkle concentrate, to help restructure, redensify, and tone.

Using Biologique recherche

COLLAGEN FACE MASK

Using Biologique recherche

Enhance your massage with biohacking boosters:

COMPRESSION BOOTS

MASSAGE DEVICE, 15 MINUTES

HYPERICE MASSAGE GUN

RED LIGHT FACE MASK

THERAMIND EYE MASK



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.

Using Dr. Burgener Switzerland



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.

Using Dr. Burgener Switzerland

BALANCING FACIAL, 60 MINUTES

A customized facial tailored to 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.

Using Dr. Burgener Switzerland

HYDRA SOOTHING CRYO FACIAL, 60 MINUTES

Experience deep hydration and soothing touch as hyaluronic acid, silk, and royal jelly work together to smooth, sculpt, and calm your skin. The Booster Restructurant & Lissant with Cryo-Sticks is the ideal regenerating ritual after ski or sun exposure.

Using Biologique Recherche

ADVANCED FACIAL SECOND SKIN, 75 MINUTES

Second Skin is a world first in professional aesthetic care. This regenerative and lifting treatment features an electrospun mask with 80 percent pharmaceutical grade hyaluronic acid. It will lift while accelerating the healing process. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour. For an immediate and visible result.

Using Biologique Recherche

Enhance your facial with an upgrade:

GOLD MASK

Using Dr. Burgener Switzerland

EYE PATCH

Using Dr. Burgener Switzerland

HYDRA FILLER MASK

Using Dr. Burgener Switzerland

GREEN CAVIAR MASK

Anti-wrinkle concentrate, to help restructure, redensify and tone.

Using Biologique recherche

COLLAGEN FACE MASK

Using Biologique recherche



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

ANTI-C SLIMMING TREATMENT, 60 /90 MINUTES

Powered by Lipogen AC, this targeted treatment helps break down fat deposits, eliminate excess water, and visibly reduce cellulite. The result is a smoother, more refined silhouette.

Using Biologique Recherche

DETOX SWISS SALT RITUAL, 90 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

Green Caviar Mask

(Anti-wrinkle concentrate, to help restructure, redensify and tone.)

Collagen Facial Mask



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.



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.

FITNESS





PERSONAL TRAINING, 60 MINUTES

YOGA, 60 MINUTES

PILATES, 60 MINUTES ✨

BEAUTY



MANICURE, 30/60 MINUTES

PEDICURE, 30/90 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, wellness is for the whole family, including our youngest guests. Children's treatments are offered as private, one-on-one sessions for all guests under 15, with a parent or guardian present. A couple's massage allows families to share a relaxing moment together. Guests aged 16 and above enjoy full access to all spa and fitness facilities, while children under 16 may use the pools when accompanied by a parent or guardian. Dedicated swimming hours for children under 12 are 9-11 a.m. and 2-4 p.m., ensuring safe and joyful water play.



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

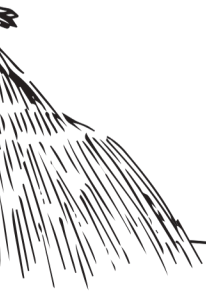
In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

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

DETOX PROGRAM

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening & Consultation (60 mins)	1	1	1
Customized Private Movement (60 mins)	1	2	4
Private Activity Session (45 mins)	1	1	2
Recovery Hack (60 mins)	1	2	2
Cell Gym (45 mins)	1	1	2
Fire and Ice Massage (90 mins)	-	1	1
Detox Massage (60 mins)	1	2	2
Flotation Pod (30 mins)	-	1	1
Biologique Recherche Anti-C Slimming (60 mins)	1	1	2
Yogic Intestinal Cleanse (45 mins)	-	1	1
Neti Pot Cleanse with Breathwork (45 mins)	1	1	1
Neti Pot Take Away	1	1	1
Daily Thermal Journey			
Program Wrap-Up (15 mins)	1	1	1
Price per person	CHF 1,233	CHF 2,223	CHF 2,993

All prices exclude government taxes.



WELLNESS PROGRAMS

SLEEP PROGRAM

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening & Consultation (60 mins)	1	1	1
Customized Private Movement (60 mins)	1	2	3
Private Activity Session (45 mins)	1	2	2
Yoga Nidra (45 mins)	1	1	2
Cell Gym (45 mins)	1	2	2
De-Stress Hack (45 mins)	1	1	2
Holistic Massage (60 mins)	1	2	3
Swiss Chocolate Wrap (60 mins)	1	1	1
Flotation Pod (30 mins)	1	1	2
Sleep Ring/Tracker	1	1	1
Sleep Amenities	1	1	1
Daily Thermal Journey			
Program Wrap-Up & WS Check-in (15 mins)	1	1	1
Price per person	CHF 1,395	CHF 1,984	CHF 2,637

All prices exclude government taxes.



WELLNESS PROGRAMS

DISCOVER YOGA

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening & Consultation (60 mins)	1	1	1
Private Yoga Session (60 mins)	2	4	6
Breathwork (45 mins)	1	2	2
Meditation (45 mins)	-	1	2
Holistic Massage (60 mins)	1	2	3
Mala and Mantra Creation (75 mins)	1	1	1
Cell Gym (45 mins)	1	1	2
Sound Healing (60 mins)	-	1	1
Yoga Nidra (45 mins)	1	1	1
Daily Thermal Journey			
Program Wrap-Up & WS Check-in (15 mins)	1	1	1
Price per person	CHF 1,152	CHF 2,016	CHF 2,763

All prices exclude government taxes.



WELLNESS PROGRAMS

FITNESS PROGRAM

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening & Consultation (60 mins)	1	1	1
Private Movement (60 mins)	2	4	6
Private Activity Session (45 mins)	1	2	2
Cell Gym (45 mins)	1	2	2
Recovery Hack (60 mins)	1	1	2
Movement Restoration Massage (90 mins)	-	1	2
Deep Tissue Massage (60 mins)	1	1	2
Flotation Pod (30 mins)	1	1	2
Daily Thermal Journey			
Program Wrap-Up & WS Check-in (15 mins)	1	1	1
Price per person	CHF 1,103	CHF 1,940	CHF 3,015

All prices exclude government taxes.



WELLNESS PROGRAMS

THE ALPINE REBOOT

	DAY
Wellness Screening & Consultation (60 mins)	1
Longevity Hack (60 mins)	1
Alpine Vitality Anti-aging body ritual (90 mins)	1
Compression boots (30 mins)	1
Daily Thermal Journey	
Program Wrap-Up & WS Check-in (15 mins)	1
Price per person	CHF 637

All prices exclude government taxes.



TREATMENTS

DURATION/MINUTES

PRICE/CHF

BIOHACK RECOVERY

Recovery Hack	60	130
Longevity Hack	60	130
De-Stress Hack	45	105
Cell Gym	45	130

BIOHACK BOOSTERS

Compression Therapy	30	75
Ease Lower Back Tension	20	75
Red Light Therapy	20	75
PEMF Therapy	30	75
Therabody Lounger and Binaural Beats	20	75
Flotation into Wellbeing	30/60	95/150

Enhance your biohacking experience

Theramind Eye Mask		30
LED Face Mask		30
Hyperice Massage Gun		30

All prices exclude government taxes.



TREATMENTS

DURATION/MINUTES

PRICE/CHF

LOCALLY INSPIRED

SIGNATURE TREATMENTS

Alchemy Bar Workshop	45	100
Swiss Chocolate Wrap	60	220
Alpine Vitality	90/120	320/420

WELLNESS

Wellness Screening	45	150
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BODY TREATMENTS

Dr Burgener Switzerland

Detox Swiss Salt Ritual	90	350
Full Body Exfoliation	30	125

Biologique Recherche

Anti-C Slimming Treatment	60/90	275/350
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Enhance your body treatment

Dr Burgener Switzerland

Gold Repairing Mask		55
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Biologique Recherche

Green Caviar Mask		50
Collagen Facial Mask		55

All prices exclude government taxes.





TREATMENTS

DURATION/MINUTES

PRICE/CHF

MASSAGE

Six Senses Signature Massages:

Deep Tissue	60/90	270/380
Detox	60/90	260/370
Holistic	60/90	250/360
Movement Restoration	90	350
Pregnancy Massage	60/90	240/335
Tension Soother	30/60	130/240
Head Massage	30/60	130/240
Relaxed Feet	30/60	130/240
Fire & Ice Therapeutic Massage	90	340

Enhance your massage

CBD Balm		30
CBD Oil		30
Percussion Massage Device		30
Hydra Filler Mask		40
Green Caviar Mask		50
Collagen Face Mask		55
Compression Boots		40
Hyperice Massage Gun		30
Red Light Face Mask		40
Theramind Eye Mask		30

All prices exclude government taxes.

TREATMENTS

DURATION/MINUTES

PRICE/CHF

FACIALS

Dr. Burgener Switzerland

Repairing Gold and Caviar	90	455
Facial Lifting and Firming Collagen Facial	90	440
Balancing Facial	60	275

Biologique Recherche

Hydra Soothing Cryo Facial	60	275
Advanced Facial Second Skin	75	455

Enhance your facial

Using Dr. Burgener Switzerland

Gold Mask		55
Hydra Filler Mask		40
Eye Patch		30

Using Biologique Recherche

Green Caviar Mask		50
Collagen Mask		55

All prices exclude government taxes.





TREATMENTS

DURATION/MINUTES

PRICE/CHF

RECONNECTION

Sound Journey	60	160
Breathwork	45	100
Meditation	45	100

FITNESS

Personal Training	60	175
Yoga	60	175
Pilates	60	175

BEAUTY

Manicure	30/60	100/170
Pedicure	30/60	100/190
Waxing	15/45	50/120

All prices exclude government taxes.



SIX SENSES SPA CRANS-MONTANA

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