

LA VAL

SPA services and treatments

Massa S...



MASSAGEN

Full body massage

50 Min.

CHF 120

Recharge yourself with the positive energies of a massage and pamper your body.

St Barth Harmony

60 Min.

CHF 160

PAMPERING BODY MASSAGE

Relaxing, pampering massage with different products, according to desired effect. Has a decongestant and draining effect, stimulates the lymphatic system, improves elasticity of connective tissue, has a smoothing and firming effect on the skin.

Hot Stone Massage

80 Min.

CHF 180

The massage promises a well-being program for your body, mind and soul. It is a combination of energy work, pointed heat effects, together with a full body massage and soothing oils. Not for pregnant.

Aroma oil massage

50 Min.

CHF 130

Full body massage with an aromatic oil of your choice.

Reflexology Massage

40 Min.

CHF 90

This treatment contributes to your health care provision and improvement to your general well-being. Not for pregnant.

St Barth Slimness

30 Min.

CHF 85

SOOTHING MASSAGE FOR HEAVY LEGS

For quick relief by swollen legs e.g., after long walks. Has a decongesting and draining effect, stimulates the lymphatic system, helps firm up the tissue. For slim, smooth legs.

Back & Neck Massage

25 Min.

CHF 70

The neck and back massage is based on the classical medical massage method. It focuses on relaxation and blood circulation of the back and neck muscles.

Cupping treatment with coloured light

50 Min.

CHF 135

Relieves deep seated tension in the muscle tissue.

Extremely effective for painful tension, as well as hardening and poorly perfused tissue. Vacuum, the pressure-free lifting of the tissue, stimulates the blood circulation and the lymph nodes alike.

The vacuum can be finely controlled, this means that it can also be used on sensitive skin areas and scar tissue.

Depending on the type of treatment, a special-coloured light is selected and used at the same time as the cupping treatment. Your therapist will advise you individually

Back treatment with honey

25 Min.

CHF 75

This detoxifying and circulation-promoting treatment with its special technique has a vitalizing and calming effect at the same time.

Breuss Massage

25 Min.

CHF 75

Back treatment with St. John's wort oil. Gentle but specific stroking movements directly on the spine, which stretches and relaxes the spine. Not for pregnant.

Prenatal Massage

25 Min. / 40 Min.

CHF 70 / 95

With a pregnancy massage expectant mothers can not only be pampered, but also alleviate some pregnancy discomforts.

Ayurvedic head massage

45 Min.

CHF 110

It is an intensive and soothing massage for the scalp, head, ears, forehead, neck, and shoulders.

This special massage technique with a lot of warm sesame oil relieves tension and there is a purification and cleaning effect.

This massage is first done while sitting and then lying on your back.

We kindly ask you to come with dry hair and free of hairspray, hair gel etc.

A close-up photograph of a man lying on his stomach, receiving a body peel treatment. A therapist's hands are visible, applying a scrub to the man's back. The man's face is in the foreground, resting on a grey towel. The background is a bright, outdoor setting with a blue sky and a white horizon line, possibly a beach or spa area.

BODY PEELING

St Barth Softness

30 Min.

CHF 95

RELAXING BODY PEELING WITH COCONUT OIL
AND PAPAYA PEELING

A mixture of papaya fruit enzymes and a special sea sand mixture is used to remove dead skin cells. Coconut oil nourishes the skin and pampers it with valuable nutrients. For a soft and smooth skin. The perfect preparation for the body wraps.

BODY WRAP

St Barth After Sun

30 Min.

CHF 115

Body wrap with white clay, Aloe Vera & coconut oil

A refreshing wrap, which treats your skin with plenty of moisturisation. Coconut oil nourishes, while the white clay calms, clears and gently cleans the skin. Aloe-Vera-Gel provides a cooling finish.

St Barth Elasticity

30 Min.

CHF 115

Body wrap with clay, ivy-gel, menthol- & campher-oil

Intensive body wrap to improve appearance of the skin through the usage of minerals and vitamins. The tissue is stimulated and detoxified, the skin looking visibly refined and firmed.

St Barth Sensation

60 Min.

CHF 145

Opulent body wrap with soothing relaxing massage

Intensely moisturizing body wrap that improves the appearance and elasticity of the skin with a high lipid supply. After a pampering and wonderfully scented massage the skin receives an appearance with a beautiful silky shine



COSMETIC TREATMENTS: CRAITH LAB



Business facial treatment

60 Min.

CHF 135

Intensively cleansing facial treatment without massage.

Facial cleansing, enzyme peeling, deep cleansing, algae hydration or cleansing mask, collagen treatment, concluding care. (This treatment does not include any massage)

Breil facial & décolleté treatment

75 Min.

CHF 165

The treatment for our skin cells through epigenetics. Detoxification of the skin is activated, cellular waste is removed and the cells can absorb active substances even more effectively

Breil Pur facial & décolleté treatment

90 Min.

CHF 195

A successful combination of protection and anti-ageing with the highest possible active ingredients to rejuvenate your skin. Collagen production is stimulated and enhanced with the help of oxygen application, collagen degradation is inhibited over time & skin texture is improved.

Premium facial & décolleté treatment

90 Min.

CHF 225

Collagen is responsible for our skins basic structure and firmness. Also for its elasticity and resilience. Craith Lab Complex contains a 200 times stronger effectiveness than previous collagens. The basis with triple effect is a vegan Bionetic Collagen. This stimulates, aided by oxygen application, the body's own collagen production, slows down cell ageing and visibly reduces expression lines.

Deep cleansing and brow correction on request.

Luxury facial & décolleté treatment

120 Min.

CHF 240

Pure luxury for body and mind! Experience newly defined, visibly firmer skin.

The prelude to this exclusive treatment is a peeling with deep cleansing. Highly efficient concentrates (deep penetration with oxygen), paired with a face, neck and décolleté massage transform your skin. A luxurious special mask accompanied by a hand massage brings the luxury treatment to a harmonious conclusion

COSMETIC TREATMENTS: ST BARTH

Pureness

80 Min.

CHF 185

Facial and décolleté treatment with hand massage

A complete face and neck treatment followed by perfectly tailored skin care products. Cleansing, toning and exfoliating are inspired by the fragrant blossoms and fruits of tropical gardens.

A creamy blend of selected products provides a revitalising massage of the face and décolleté. While the purifying mask takes effect, a soothing massage of the hands prolongs the relaxation.

If desired, a brow correction can be performed.

Flamands

For your face & body

120 Min.

CHF 265

Immerse yourself in Caribbean lightness with the body wrap and aroma massage Sensation as well as the relaxing and rejuvenating facial treatment Freshness.



Freshness

60 Min.

CHF

155

Facial and décolleté treatment with hand massage

A sophisticated face and neck treatment that includes a gentle cleansing and exfoliation, a revitalising massage and a clarifying mask. As soon as the mask, with ingredients from passion fruit and ananas, takes effect, a soothing massage of your hands ensures relaxation.

With the rich and smooth texture of precious oils, lotions and gels, combined with the effective action of tropical fruits, you will feel like you are in the Caribbean.

FROM HEAD TO TOE: PAMPER OR YOUR HANDS & FEET



Shellac

CND Shellac, is a permanent nail polish, which is applied as a normal nail polish. 14 days of a flawless result – no defects, scratches or dull colours anymore!

Removing Shellac

30 Min. CHF 38

We do not remove gel and acrylic varnish.

Manicure: Classic

Filing nails, treating cuticles, small massage, nail oil, nourishing cream

Without nail polish 60 Min. CHF 80

With nail polish 75 Min. CHF 95

With Shellac 90 Min. CHF 110

Manicure: Deluxe

Filing nails, treating cuticles, handpeeling, skin mask, small massage with nourishing cream

Without nail polish 75 Min. CHF 95

With nail polish 90 Min. CHF 110

Pedicure: Classic

Foot bath, cutting & filing nails, treating cuticles, removal of calluses, small massage

Without nail polish 60 Min. CHF 95

With nail polish 75 Min. CHF 110

With Shellac 90 Min. CHF 125

Pedicure: Deluxe

Foot bath, cutting & filing nails, treating cuticles, removal of calluses, mask, small massage

Without nail polish 75 Min. CHF 110

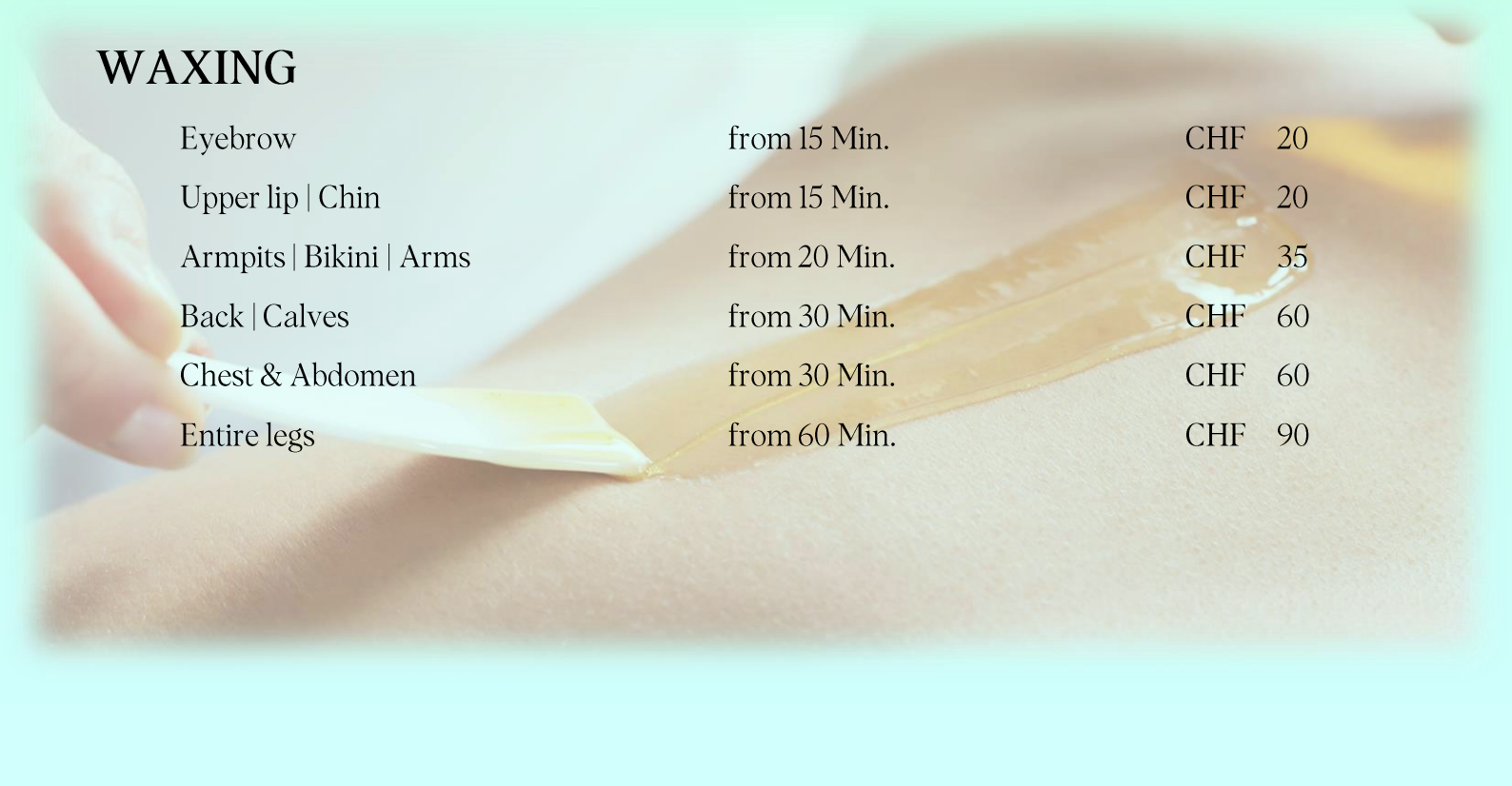
With nail polish 90 Min. CHF 125

FROM HEAD TO TOE: BEAUTIFUL EYES



Eyelash tinting	30 Min.	CHF 40
Eyebrow tinting	20 Min.	CHF 35
Eyelash & Eyebrow tinting	35 Min.	CHF 55
Eyebrow correction	15 Min.	CHF 15
	30 Min.	CHF 30

WAXING



Eyebrow	from 15 Min.	CHF 20
Upper lip Chin	from 15 Min.	CHF 20
Armpits Bikini Arms	from 20 Min.	CHF 35
Back Calves	from 30 Min.	CHF 60
Chest & Abdomen	from 30 Min.	CHF 60
Entire legs	from 60 Min.	CHF 90

SPA ETIQUETTE AND CANCELLATION POLICY

TREATMENTS

We kindly ask you to come to the Spa Reception 5 minutes before your treatment. This will give you enough time to enjoy some refreshments and, if necessary, to fill in our medical history form. For the treatments, we recommend that you come to the spa directly from your room in your bathrobe and slippers. Please bear in mind that arriving late for your treatment will shorten your appointment. If you have a medical condition, please inform us when booking your treatment.

CANCELLATIONS

Should you need to cancel or postpone a treatment, please notify reception in good time. Please note that appointments can be cancelled free of charge up to 24 hours before the treatment. In the event of a no-show, we reserve the right to charge you for the cost of the booked appointment.

ATMOSPHERE

We ask that you switch off mobile phones and other electronic devices throughout the spa so as not to disturb the tranquil atmosphere.

SAUNA

The entire sauna area is a nude zone and only available from 16 years.

HYGIENE

It is compulsory to use the shower before stepping into the pools or saunas.

CHILDREN

Access to the spa pool is permitted under parental supervision. Children may play in the plunge pool from 4 to 5 pm daily. Outside of this "splash and play" hour we respectfully request guests to remember that the Spa is a place for quiet relaxation and to keep the noise levels appropriate. We kindly ask guests to not leave their children unattended. Unfortunately, we cannot provide swim nappies for babies.

SAFETY

There is a red emergency button next to the entrance door in each sauna cabin. When pressed, the reception desk is alerted and can rush to the rescue.

Please note that the pool area is under video surveillance for security reasons.

However, the spa area is generally not supervised - parents are responsible for their children.

Please deposit your valuables in your room safe. We do not accept any liability for valuables left in the room.

Thank you for your understanding!

SPA EQUIPMENT AND PRODUCTS

AUSSTATTUNG

Indoor pool with various features, Finnish sauna, herbal sauna, caldarium, eucalyptus steam bath, Ice fountain, Rain-forest shower, foot baths, sun terrace, relaxation room, private sauna, 4 treatment rooms, changing rooms with lockers

CRAITH LAB

The key to a beautiful skin.

Craith LAB is based on the latest research in science and medical technology. Through treatments with Craith LAB, we can positively influence our skin on a daily basis. The result is healthy, radiant skin through a functioning metabolism that is able to regenerate itself.

Damage that has already occurred is treated at its source in the cell nucleus so that a healthier daughter cell can form. Thus, the cause and not the symptom is always treated.

Craith LAB works without silicones, parabens and boosters.

LIGNE ST BARTH

Immerse yourself in the abundance of the tropical plant world: enjoy the naturalness and sophistication of a care range inspired by fragrant blossoms, exotic fruits and Caribbean lightness.

For more than three decades, Ligne St Barth has combined traditional knowledge of herbal medicine with new research to create incomparable formulas - as innovative as they are timeless, always carefully attuned to the needs of the skin and our modern lives.

Before each treatment we take you on a fragrance journey and the relaxation ritual "OUANALAO SERENITY".

LAVAL

Opening times:

Pool

08:00 AM - 08:00 PM

Sauna Summer:

02:00 PM - 08:00 PM

Sauna Winter:

10:00 AM - 08:00 PM

Via Palius 18 | 7165 Brigels | Schweiz | T+41 81 929 26 26 hotel@laval.ch