



PRECISE
SPA & WELLNESS

A sense of well-being

High mountains, beautiful lakes, rivers with magnificent waterfalls, unlimited valleys and breath-taking views call you to experience our stunning natural surroundings to be active, to move. After a long day in the Alps, The Bella Vita Spa embraces you with relaxing or activating treatments that will regenerate your strength and rebalance your spirit.

Our innovative wellness approach is grounded on four base elements:

Air - the Alps' health benefits combined with special SPA treatments improve breathing efficiency.

Nature - High-quality natural products, extracted from plants, enhanced with pure essential oils relax and renew energy.

Sound - Therapeutic instruments such as the gong and Tibetan singing bowl improve emotional and physical well-being.

Touch - Massage, the oldest healing tradition, tailored to each individual need.

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Sound journey

ZERO GRAVITY GONG

A unique signature treatment where the sounds and vibrations of the gong envelop you, creating a bath of sounds while your body is resting, suspended in the air, in a position similar to the maternal womb. A new dimension of deep physical, mental, and emotional relaxation.

40 minutes | 110 CHF
40 minutes pair | 150 CHF

Massages

SEEHOF REST

Deeply relaxing massage with gentle, slow strokes and warm oil. Enjoy this massage in a cozy atmosphere and let your thoughts drift away.

30 / 50 minutes | 90 / 150 CHF

POWER OF THE MOUNTAINS

This deep and invigorating full-body massage is performed with a combination of bamboo sticks, hot stones, and elbow techniques - perfect for releasing blockages.

30 / 50 minutes | 90 / 150 CHF

STONE ENERGY

This unique massage combines all the benefits of a classic massage with the warmth of stones. It enhances the blood circulation and energy flow in the body while relaxing muscles and releasing muscle pain.

30 / 50 minutes | 90 / 150 CHF

SPORT REGENERATION

Stretching, pulling, tapping, pressure and other special techniques are applied to harmoniously enhance circulation and reinvigorate your muscular system, promoting peak performance.

30 minutes | 110 CHF

INTENSIVE BACK RELAXATION

Warm compresses help to gently release tension, and are followed by a wonderfully soothing back massage.

40 minutes | 120 CHF

FOR EXPECTANT MOTHERS

A gentle massage for mothers after the 1st trimester to rejuvenate heavy legs and release bodily fatigue. Well-deserved relaxation for mother and baby.

40 minutes | 120 CHF

FOOT MASSAGE

Our feet are the reflection of our body. During this treatment, certain points on the feet are massaged using pressure and kneading techniques. Our foot massage revitalizes heavily stressed feet and contributes to your overall well-being.

30 minutes | 90 CHF

APRES SKI LEGS

This foot and leg treatment particularly relieves swollen feet after long periods of standing or travelling, after sporting activities, or jet lag. A foot scrub is followed by a leg massage and the application of cold compresses and warm oil for a stimulating effect.

40 minutes | 120 CHF

Peeling

DOLCE VITA SCRUB

This full-body scrub moisturises the skin and makes it soft and supple. The full-body peeling is also great in combination with a massage, to improve absorption of the oil in the skin.

- self service in the steam bath

Per person | 30 CHF
With 40-minute massage | 135 CHF

Cosmetics

INTENSIVE FACIAL TREATMENT

Facial treatment specially tailored to you, including peeling, cleansing, mask and intensive massage, as well as eyebrow shaping and eyelash tinting. Enjoy a hand or head massage while the face mask is working.

80 minutes | 180 CHF

WELLNESS COSMETICS

Individual treatment tailored to your needs, including peeling, cleansing and mask.

50 minutes | 140 CHF

VITALITY FOR MEN

Firming and moisturising facial treatment specially tailored to men's skin, starting with a back and neck massage, followed by a facial peel with mask and facial massage.

50 minutes | 140 CHF

Manicure & pedicure

SPA MANICURE

Our manicure treatment includes gentle exfoliation, nail filing and shaping and cuticle care.

60 minutes | 95 CHF

incl. nail painting and nail polish to take home

75 minutes | 120 CHF

SPA PEDICURE

Relaxing treatment for the feet including a very soothing foot scrub with cuticle care and nail filing, finished by a relaxing and moisturising foot massage.

60 minutes | 95 CHF

incl. nail painting and nail polish to take home

75 minutes | 120 CHF

Wellness for kids

MASSAGE FOR CHILDREN

Light and relaxing massages allowing children to experience and enjoy the wellness area as well. Optionally, parents with children can enjoy massages together in the same room at the same time.

30 minutes | 80 CHF

PRINCESS MANICURE OR PRINCESS PEDICURE

Nail filing and painting of the nails with a short massage of the hand or feet.

30 minutes | 45 CHF

FITNESS ROOM

24 h

TREATMENTS

9 am to 8 pm | as well as by appointment

WELLNESS

12 pm to 5 pm - Family sauna time (with swimsuit)

5:30 pm to 9:00 pm - Silent sauna time (nude/swimsuit zone adults only)

- Whirlpool (34° C) | Finnish sauna (85° C) | Bio sauna (60° C) | Steam bath (45° C)

Footbaths | Ice station | Experience showers | Relaxation room with fireplace

RESERVATIONS

Please contact our spa reception to book an appointment with us: +41 81 417 06 40. We recommend booking treatments well in advance of arrival, as appointments are in high demand, especially on weekends.

We kindly ask you to arrive at the spa reception 10 minutes before your booked treatment. If you are late, we reserve the right to adjust the treatment time according to the booking situation and charge you the full amount.

DELAYS

In the event of a delay, please inform the spa reception. Please understand that your reservation will be shortened accordingly in case of delay. The full price will still be charged. No refunds will be made for missed appointments.

CANCELLATIONS

If you are unable to attend your appointment, please allow us to make the appointment available for another guest. We will be happy to cancel your booking free of charge up to 24 hours before the start of your treatment. After that, we charge 80% of the treatment price.

REST AND RELAXATION

The entire wellness area is a quiet area, so please refrain from using your mobile phones, loud conversations or similar activities in consideration of others.

Please do not take any valuables into the wellness area. The hotel accepts no liability for lost valuables.

WELLNESS TIPS

We recommend that expectant mothers and guests with high blood pressure, cardiovascular complaints, diabetes or other medical conditions consult a doctor before spa treatments and use of the spa and wellness facilities. Kindly inform the spa staff at the time of booking.





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