

SIX SENSES SPA

GSTAAD

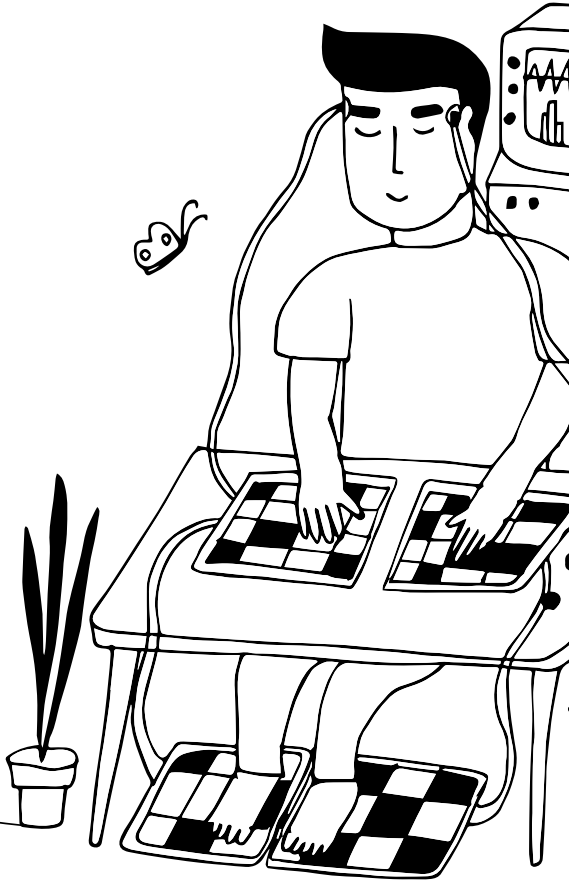
WELLNESS AND SPA MENU

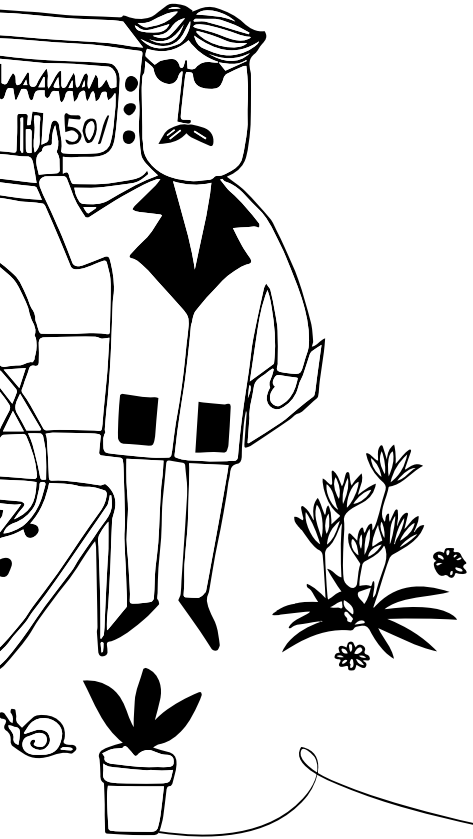
Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.



PERSONALIZED WELLNESS





WELLNESS SCREENING, 45 MINUTES

This non-invasive screening analyses your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

If you are already on your wellness journey, choose one of our wellness programs to support you along the way.

ADVANCED RECOVERY PROGRAM

Restore your body, mind and skin with a thoughtfully curated journey combining advanced wellness technologies with restorative treatments, mindful movement and holistic healing.

YOGA PROGRAM

Immerse yourself in daily hatha yoga to balance body and mind, ease stress, and release stiffness from modern lifestyles. This program blends tailored yoga, breathwork, and meditation with nurturing spa rituals to build strength, focus, and inner calm.

DETOX PROGRAM

Gently cleanse and re-energize with a non-invasive yogic detox that supports digestion, immunity, and mental clarity. Combining light movement, targeted cleansing rituals, and detoxifying treatments, this program helps you feel lighter, clearer, and more vibrant.

SLEEP PROGRAM

Reset your sleep with a tailored blend of yoga nidra, meditation, soothing spa therapies, and expert guidance. This program helps you improve sleep quality, restore energy, and create a sustainable bedtime routine for a clearer, calmer mind.

FITNESS PROGRAM

Boost your fitness with a personalized mix of high and low-intensity training, recovery treatments, and mindful practices. Designed to build stamina, strength, and confidence at your own pace, this program supports long-term, sustainable well-being.

Programs of three, five, seven or more days are available. It depends on how much time you have to invest in your well-being.



BIOHACKING



Unleash your limitless potential for living a healthy, balanced life full of energy. Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.

MUSCLE RECOVERY SYSTEM, 30 MINUTES

Trusted by coaches and trainers around the world to keep their athletes in peak condition, the NormaTec dynamic compression boots help you recover faster between workouts, skiing sessions or after hikes by reducing muscle soreness and improving circulation.

FULL BODY CRYOTHERAPY, 3 MINUTES

A short 3-minute treatment to increase blood flow, enhance hormone release and boost physical performance.

PHOTOBIOMODULATION, 15 TO 20 MINUTES

This simple and effective treatment with a choice of seven specific wavelengths of light to penetrate the cells through the skin and impact the mechanisms of cellular energy production.

HYPERMAX OXYGEN, 10 TO 15 MINUTES

While exercising, breathe higher concentrations of oxygen to fill the body with up to three times the oxygen concentration we normally breathe.

HYPERBARIC OXYGEN CHAMBER, 45/60 MINUTES

The specially designed treatment chamber with an elevated pressure makes it possible to increase the amount of oxygen dissolved in the blood up to 20-fold compared to normal conditions.

PEMF, 10 TO 20 MINUTES

It supports both cell revitalization and metabolism by targeting ion transport to strengthen weakened body functions in a natural way.

PERFORMANCE ACCELERATOR, 45 MINUTES

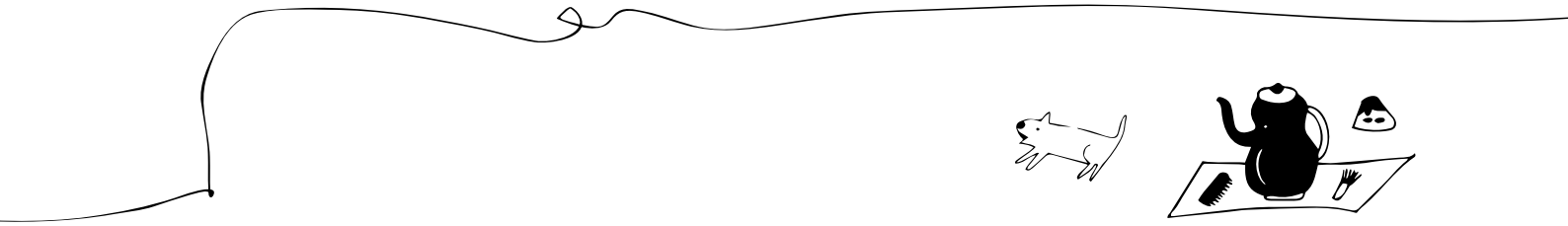
It combines Hypermax Oxygen, PEMF and photobiomodulation.

RED LIGHT FACE THERAPY, 20 MINUTES

Helps boost collagen, improve skin tone, and reveal a radiant, youthful glow.

SMART GOGGLES EXPERIENCE, 15 MINUTES

Deep relaxation with soothing heat, vibration, and compression therapy designed to reduce stress, relieve eye strain and headaches, and promote better sleep and overall well-being.



ALCHEMY EXPERIENCES



THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop.

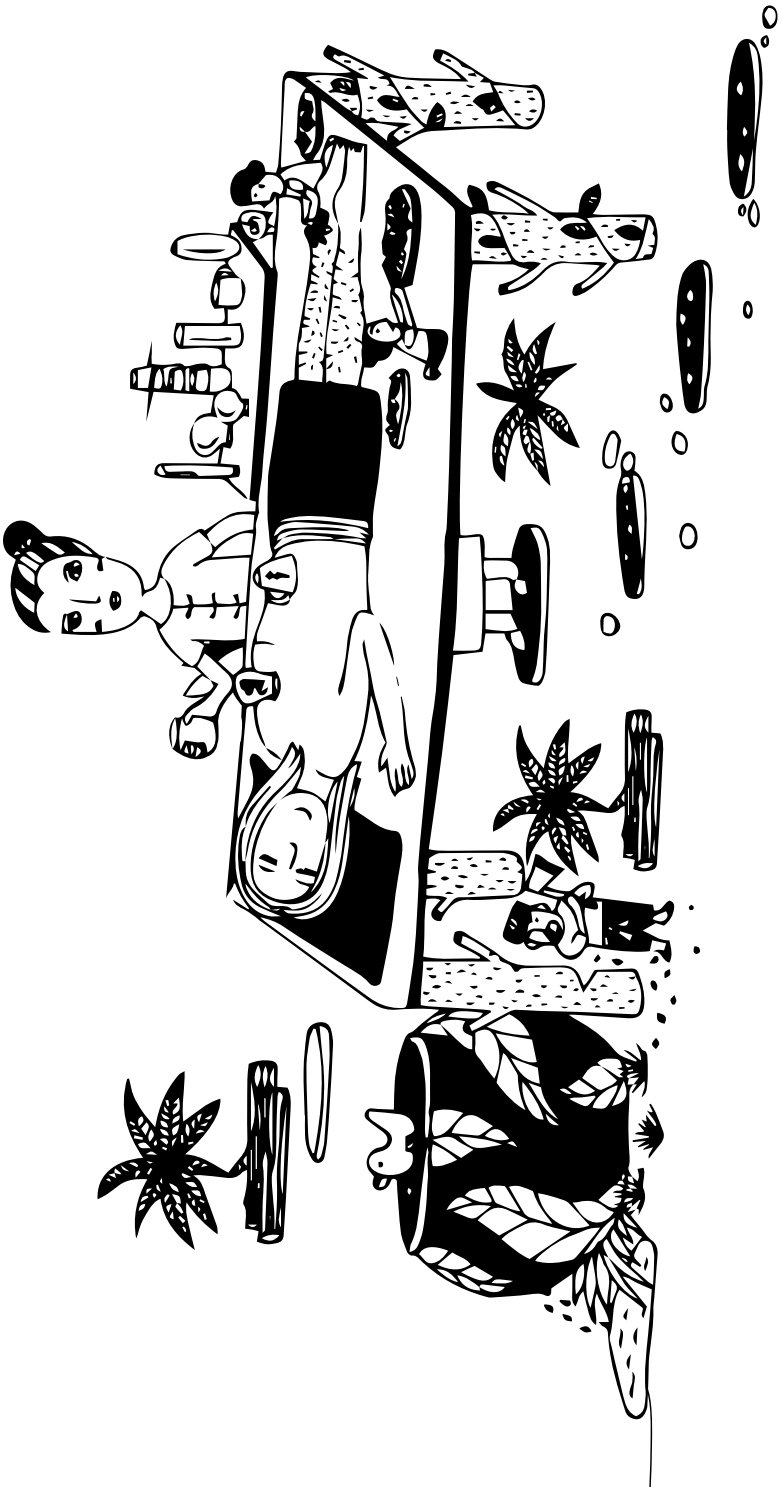
AGE-DEFYING GUA SHA FACIAL, 60 MINUTES

Our expert Alchemist will share their extensive knowledge of the abundant, local herbs and produce for this bespoke facial experience. Immerse yourself in the varied textures and extraordinary aromas of the unique natural products that will be used in your treatment.





MASSAGES



SIX SENSES SIGNATURE MASSAGES:

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

Detox Massage, 60/90 minutes - an energizing full body massage. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

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.

Holistic Massage, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulders massage using therapeutic acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

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

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

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.

Thai-Massage, 60/90 minutes - Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.



FACIALS



ADVANCED FACIALS USING BIOLOGIQUE RECHERCHE

A thorough skin diagnosis is recommended as an add-on in our facials. It's a key part of the Biologique Recherche protocol, so we can personalize your beauty treatment according to your Skin Instant©.

SKIN ANALYSIS WITH SKIN INSTANT ©, 20 MINUTES

The Skin Instant© Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant© Lab, retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matched to your Skin Instant© needs.



PERSONALIZED FACIAL, 60/90 MINUTES

This bespoke facial starts with an in-depth skin analysis and is tailored to suit your skin type and skincare concerns, using a combination of products and techniques to deliver the desired results.

DETOX & GLOW BY VIP02, 60 MINUTES

Booster Vip O2 detoxifies and re-oxygenates the skin. With its innovative micro-massaging foam and skin-rolling technique, it revives radiance, leaving the skin fresh, healthy, and luminous.

SECOND SKIN, 75 MINUTES

A genuine alternative to fillers, this exceptional anti-aging facial visibly lifts and treats the signs of aging, while accelerating the healing process. The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour.

MESOTHERAPY, 90 MINUTES

Face, Neck and Décolleté

This is an intensive treatment that activates collagen production through intra-epidermal micro stimulation and helps fight the signs of premature aging. It uses the cocktail d'Actifs Régénérants, which is packed with 56 active ingredients.

TRIPLE-LIFT-FACIAL, 90 MINUTES

Redefine and plump the contours of the face with this personalized resculpting treatment. It combines two exfoliating, reconditioning and face-lifting boosters with the use of the remodeling face machine.

ADVANCED FACIALS USING DR. BURGENER SWITZERLAND

SKIN ANALYSIS, 30 MINUTES

So that we can create your range of tailor-made products, we assess key skin characteristics to create a personalized skincare experience.

This analysis is recommended twice a year to adapt the formulas of your products to meet your skin's changing needs.

PERSONALIZED FACIAL, 60/90 MINUTES

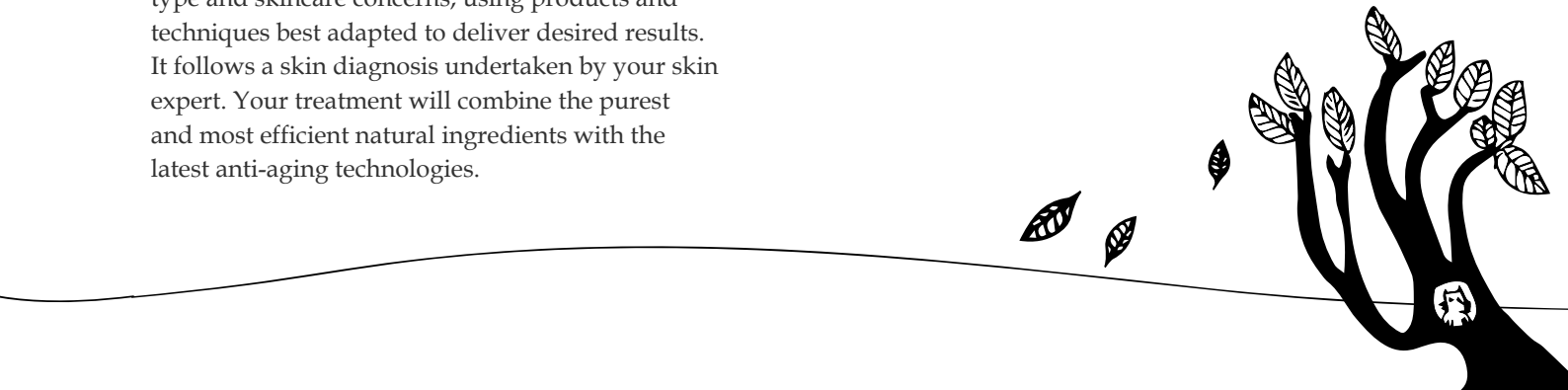
This bespoke facial is designed to suit your skin type and skincare concerns, using products and techniques best adapted to deliver desired results. It follows a skin diagnosis undertaken by your skin expert. Your treatment will combine the purest and most efficient natural ingredients with the latest anti-aging technologies.

MEN'S SKIN FITNESS FACIAL, 60 MINUTES

Ideal for combination to oily skin, this facial begins with a scrub to eliminate impurities, leaving the skin smooth and refreshed. Dr. Burgener's Purity Lotion and Intensive Purity Mask tighten dilated pores and balance sebum excess.

LUXURY GREEN CAVIAR ADVANCED FACIAL, 90 MINUTES

Ideal for skin that needs a regenerative boost, this facial uses the VitaSkin ultrasound, an intense dose of green caviar and gold trace elements to repair and boost the complexion.



LIFTING AND FIRMING COLLAGEN FACIAL, 90 MINUTES

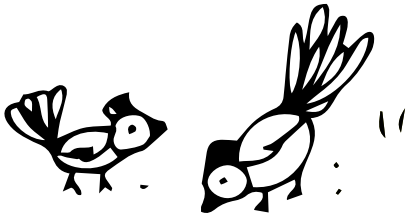
Stimulating the skin from within, ultrasound stimulates the natural production of collagen and elastin, giving the skin tone and vigor. Thanks to the collagen mask which combines the collagen of acacia flowers with 3D collagen fibers, the skin is firmed, plumped and smoothed, the complexion unified.

ANTIOXIDANT FACIAL WITH VITAMIN C, 60 MINUTES

This rejuvenating treatment uses pearls of stabilised Vitamin C and fruit acids to reveal a radiant, moisturized and smooth complexion. A perfect antioxidant to protect your skin, deeply restore and stimulate overall cell regeneration.

NEXT-GENERATION BIO-LONGEVITY FACIAL, 90 MINUTES

Focused on mitochondrial function and cellular energy, this next-generation treatment supports the skin's natural resilience, antioxidant defence, and regenerative processes. It combines Cryotherapy and LED Photobiomodulation with a precision complex of Astaxanthin, Carnosine, and vegan peptides.



HAUTE COUTURE FACIALS USING DR. BURGENER SWITZERLAND

Personalized facial treatment system

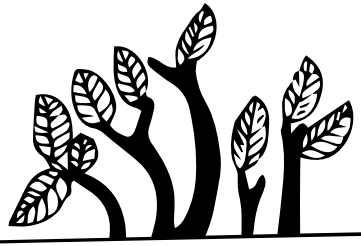
HAUTE COUTURE FACIAL TREATMENT, 120 MINUTES

For immediate and lasting visible results, we use the most advanced technologies: glycolic peeling, cavitation peeling, ultrasound, radiofrequency, diamond microdermabrasion and needleless mesotherapy. 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.

HAUTE COUTURE PERSONALIZED SKINCARE PRODUCTS

Developed specifically based on a comprehensive skin analysis. Our team of scientists in Switzerland analyse 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.



ADVANCED FACIALS WITH JETPEEL™

Experience a non-invasive skin transformation with **JetPeel™**, delivering deep hydration, cleansing, and sculpting without needles. Using high-speed hydroporation, potent **JetCare™ active ingredients** penetrate the skin's deeper layers, revealing a smoother, firmer, and more radiant complexion from the very first session. Regular treatments help maintain long-lasting results and your skin's natural glow.

JETPEEL™ ESSENTIAL, 60 MINUTES

A refreshing treatment focused on deep cleansing and hydration for an instant healthy glow.

JETPEEL™ ADVANCED, 90 MINUTES

An advanced treatment with enhanced exfoliation and serum infusion to improve skin texture firmness, and ultimate glow.



ENHANCEMENT MENU



ENHANCEMENT MENU

Red Light Face Mask
Light therapy treatment that boosts collagen, calms the skin and enhances radiance.

BIOLOGIQUE RECHERCHE

Anti Aging Eye Patches
An intensive eye treatment to smooth, hydrate and iluminate the eye contour.

Liftkiss
An intensive lip treatment to nourish, plump and soften the lips.

Masque Caviar Vert
Bio-cellulose mask to lift, smooth and boost skin radiance.

Masque PIGM 400
A brightening mask to reveal a radiant complexion.

DR. BURGENER SWITZERLAND

Collagen Mask
A collagen infused mask to deeply hydrate and improve skin firmness.

Gold Mask
A gold infused mask to revitalise the skin and enhance its natural glow.

Hydrafiller Mask
An intensive hydrating mask that replenishes, moisturizes and plumps the skinto secure your preferred treatment time.

Instant Eye Radiance Patch

BODY TREATMENTS





BODY LIFT TREATMENT, 60 MINUTES

A rejuvenating skin treatment focused on nourishing, lifting, and toning. Using bamboo powder to exfoliate and renew, and Hyaluronic Acid, Red Algae and Silk extracts to hydrate, smooth, lift and firm by unique Lift CVS booster techniques. *Using Biologique Recherche.*

DETOXIFYING ALGAE BODY WRAP, 60 MINUTES

Detoxify and revive with this slimming and oxygenating treatment. It features an energizing massage and warming wrap, the thermal effect releases marine active ingredients that remineralize. The result is a deep sense of well-being and comfort. *Using Biologique Recherche.*

SWISS SALT CRYSTAL DETOX BODY WRAP, 60 MINUTES

This full body scrub followed by a wrap uses purifying salt crystals extracted from glaciers in the Swiss Alps. In combination with our sweet almond oil, this treatment detoxifies and regenerates your skin.
Using Dr. Burgener Switzerland.

SWISS SALT CRYSTAL SCRUB WITH MASSAGE, 90 MINUTES

This treatment starts with a body scrub using Swiss salt crystals, to help boost circulation and eliminate toxins. It is followed by a relaxing massage for smoother and brighter skin.
Using Dr. Burgener Switzerland.

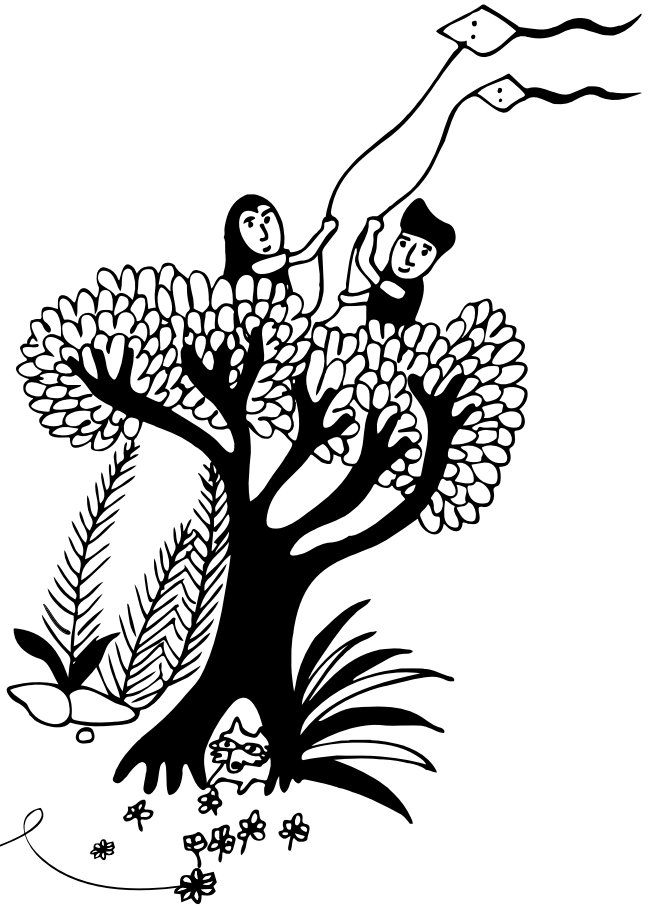
Add to any body treatment:

ANTI-C SLIMMING TREATMENT, 30 MINUTES

Visibly improves the appearance of cellulite and reduces the orange peel effect, leaving skin toned, smoother and firmer.
Using Biologique Recherche.

BELLY DETOX MASSAGE, 30 MINUTES

This massage with essential oils and botanic complexes stimulates circulation and eliminates toxins and fats, while regenerating tissues. Ideal for combating engorgement and water retention.
Using Biologique Recherche.



TIBETAN TREATMENTS AND WELLNESS THERAPIES





This holistic system of Tibetan healing encompasses all areas of life. It believes in the wholeness and interdependence of the body, mind and nature, and that the five elements of earth, fire, water, air and space are the common and fundamental principles shared by the body. Together, they produce three humors – wind, bile and phlegm – and when balanced, they bring harmony to one's health.

PERSONAL CONSULTATION, 30 MINUTES

It is recommended that you start with a personal consultation with a qualified Tibetan Medicine Amchi-Naturopath which includes visual assessment, pulse reading and a questionnaire, enabling the practitioner to identify your body constitution and suggest a selection of treatments and lifestyle adjustments.

SOUND HEALING, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost self. This is a transcendent experience not to be missed. Let the sound and vibration of the singing bowls and different instruments give you the opportunity to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.

ENERGY HEALING, 60 MINUTES

These healing treatments promote physical, emotional, mental and spiritual well-being by releasing tension and energy blockages.

One or a series of the following treatments are recommended to address your specific concerns:

CUPPING, 30 MINUTES

Tibetan Cupping is called mebum and is practiced with brass, copper, or glass cups placed on the skin for a short period of time to create suction. The cups collect sebum, blood and remove wind, blockages in muscles and opens the energy channels.



MOXIBUSTION, 30 MINUTES

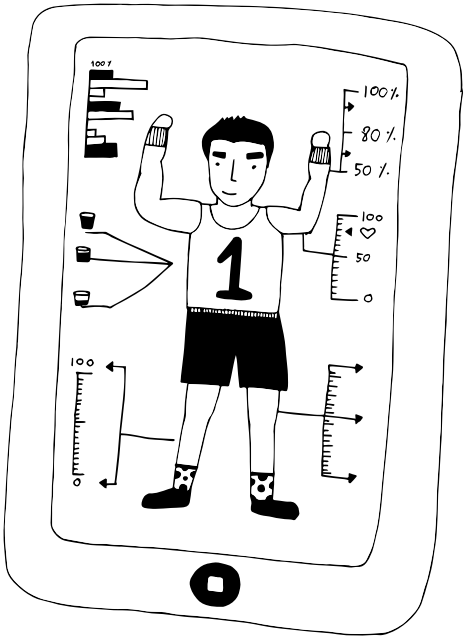
An ancient healing technique that was popular in Tibet for thousands of years. It is based on purified moxa wool produced by Artemisia species dried herb made into a cone or a cigar, lit and held an inch or two over specific body points. Moxa opens the energy blockage of the channels, restores declining energy, calms down the mind and stimulates energy and blood flow.

KU NYE MASSAGE WITH HOR-ME, 90 MINUTES

In this bespoke spa treatment the appropriate approach is chosen on which Humor needs to be restored or taken care of (Wind, Bile, Phlegm) or element (Space, Earth, Water etc). Using tiny poultices filled with powder from cumin seeds and nutmeg warmed in sesame oil and applied on particular energetic points on the head, body and hands and feet. It is an ancient remedy for stress, tiredness and colds.



FITNESS AND MINDFULNESS



PERSONAL FITNESS TRAINING, 60 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.

YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a mixed level environment.

YOGA NIDRA, 60 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

PRANAYAMA, 60 MINUTES

Also known as the extension of the prana (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extroverted tendencies and minimizing the thought process.




1


Hi
TRAINER
TRAINER

SPA ETIQUETTE





SPA OPENING HOURS

Daily: 8:00 am to 8:00 pm
Treatment time 10:00 am to 8:00 pm

EXTERNAL GUESTS AND DAY SPA ADMISSIONS

Daily: 9:00 am to 8:00 pm upon request
and availability.

CHILDREN

Young spa-goers under 16 years old are welcome to use the spa facilities when accompanied by an adult. Access is permitted from 9:00 am to 5:00 pm for external visitors, and from 8:00 am to 8:00 pm for hotel guests.

SPA RESERVATIONS

For spa inquiries or reservations, please dial the spa button as marked on your telephone display or call the spa directly. Advance bookings are recommended to secure your preferred treatment time.

SPA ETIQUETTE

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.

We recommend using Six Senses Spa facilities prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 15 minutes before your treatment to allow time for a consultation and to relax before your experience.

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.

CANCELLATIONS

Please allow 24 hours notice on spa treatments and packages, failure to keep your appointment will result in a 100 percent treatment charge.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

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

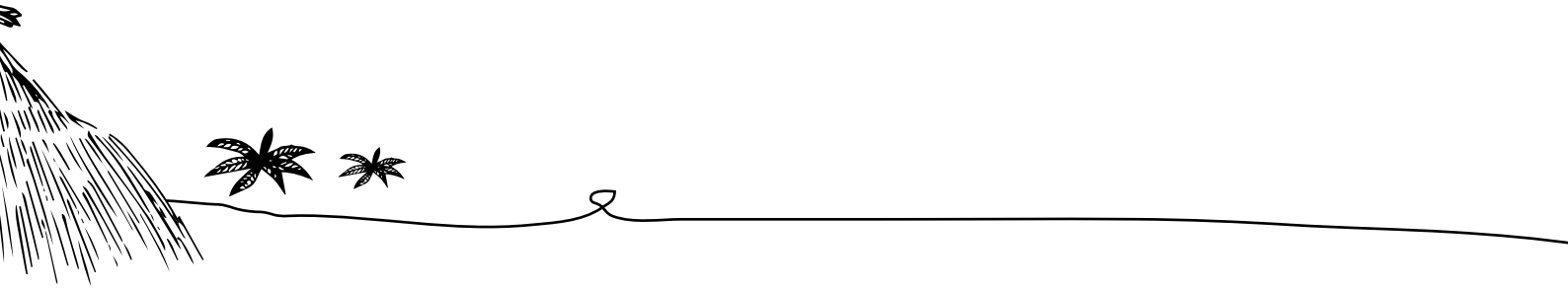
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments will be charged to your guest room folio 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.

FITNESS CENTER

Guests must be older than 16 years to use the gym.



THE ALPINA
GSTAAD

Six Senses Spa at The Alpina Gstaad
T: +41 33 888 98 98 - E: spa@thealpinagstaad.ch - www.sixsenses.com



SIX SENSES SPA

GSTAAD

WELLNESS AND SPA MENU
PRICE LIST



PERSONALIZED WELLNESS	DURATION	PRICE/CHF PER PERSON
Wellness Screening	45 minutes	180

ADVANCED RECOVERY PROGRAM	5 DAYS	7 DAYS
Wellness Screening (30 minutes)	2	2
Technogym Checkup (15 minutes)	2	2
Skin Analysis with Skin Instant Lab (20 minutes)	2	2
Hyperbaric Oxygen Therapy (HBOT) (30 minutes)	2	4
Photobiomodulation (20 minutes)	2	4
Cryotherapy (3 minutes)	3	5
JetPeel Essential (60 minutes)	1	2
Second Skin (75 minutes)	1	1
Luxury Green Caviar Advance Facial (90 minutes)	0	1
Swiss Salt Crystal Detox Body Wrap (60 minutes)	1	1
Movement Restoration (90 minutes)	1	1
Deep Tissue / Detox Massage (60 minutes)	1	2
Sound Healing / Energy Healing (60 minutes)	1	2
Ku Nye Massage with Hor-Me Therapy (90 minutes)	1	1
Personal Training / Yoga (60 minutes)	2	3
Daily Access to the Spa Facilities		
Program Wrap-up		
Total Price in CHF	3,789	5,994

All prices are in Swiss francs, include VAT and exclude room rates.



PERSONALIZED WELLNESS

YOGA PROGRAM	3 DAYS	5 DAYS	7 DAYS
Yoga Consultation (30 minutes)	1	1	1
Personalized Hatha Yoga (60 minutes)	2	3	4
Trataka Meditation (20 minutes)	1	1	2
Gratitude Meditation or Yoga Nidra (45 minutes)	1	2	3
Yogic Breathwork (60 minutes)	1	2	2
Neti: Yogic Nasal Cleansing (30 minutes)	1	1	2
Yogic Intestinal Cleansing (60 minutes)	0	1	1
Holistic Massage (60 minutes)	2	2	3
Sound Healing (60 minutes)	0	1	1
Welcome bag with Yoga Amenities			
Daily Group Fitness & Wellness Activities			
Daily Thermal Journey			
Program Wrap-up			
Price/CHF Per Person	1,780	2,715	3,470
Price/CHF Per Couple	3,380	5,160	6,590

All prices are in Swiss francs, include VAT and exclude room rates.



PERSONALIZED WELLNESS

DETOX PROGRAM	3 DAYS	5 DAYS	7 DAYS
Wellness Screening with Personalized Consultation (45 minutes)	1	1	1
Private Fitness Training or Pilates or Yoga (60 minutes)	2	2	3
Pranayama (60 minutes)	1	2	2
Neti: Yogic Nasal Cleansing (30 minutes)	1	1	1
Detox Massage (60 minutes)	2	3	4
Holistic Massage (60 minutes)	0	1	1
Swiss Salt Crystal Detox Wrap by Dr. Burgener (60 minutes)	1	1	1
Yogic Intestinal Cleanse (75 minutes)	0	1	1
Sound Healing (60 minutes)	0	1	1
Biohacks Recovery	3	5	7
Hypermax Oxygen (15 minutes)			
PEMF (20 minutes)			
Full Body Cryotherapy (3 minutes)			
Daily Group Fitness & Wellness Activities			
Daily Thermal Journey			
Program Wrap-up			
Price/CHF Per Person	2,445	4,055	4,960
Price/CHF Per Couple	4,645	7,700	9,420

All prices are in Swiss francs, include VAT and exclude room rates.



PERSONALIZED WELLNESS

SLEEP PROGRAM	3 DAYS	5 DAYS	7 DAYS
Wellness Screening with Personalized Consultation (45 minutes)	1	1	1
Personalized Yoga / Fitness (60 minutes)	1	2	3
Yoga Nidra/Trataka: Candle Meditation (60 minutes)	1	2	3
Pranayama (60 minutes)	1	1	1
Neti: Yogic Nasal Cleansing (30 minutes)	0	1	1
Holistic Massage (60 minutes)	2	3	4
Swiss Salt Crystal Detox Wrap *Dr. Burgener* (60 minutes)	1	1	1
Sound Healing (60 minutes)	0	1	1
Biohacks Recovery Compression Therapy (30 minutes) Red Light Face Mask *at the same time* (20 minutes)	3	5	7
Welcome Bag with Sleep Amenities			
Daily Group Fitness & Wellness Activities			
Daily Thermal Journey			
Program Wrap-up			
Price/CHF Per Person	2,290	3,580	4,550
Price/CHF Per Couple	4,350	6,800	8,645

All prices are in Swiss francs, include VAT and exclude room rates.



PERSONALIZED WELLNESS

FITNESS PROGRAM	3 DAYS	5 DAYS	7 DAYS
Wellness Screening with Personalized Consultation (45 minutes)	1	1	1
Fitness Assessment (30 minutes)	1	1	1
Hyperbaric Oxygen Chamber or Performance Accelerator (45 minutes)	1	1	1
Private Fitness Training (60 minutes)	2	4	6
Breathwork (60 minutes)	1	2	3
Deep Tissue Massage (60 minutes)	1	3	4
Biohacks Recovery	3	5	7
Compression Boots (15 minutes)			
PEMF (20 minutes)			
Full Body Cryotherapy (3 minutes)			
Daily Group Fitness & Wellness Activities			
Daily Thermal Journey			
Program Wrap-up			
Price/CHF Per Person	2,310	4,010	5,450
Price/CHF Per Couple	4,380	7,620	10,355

All prices are in Swiss francs, include VAT and exclude room rates.



TREATMENT	DURATION/MINUTES	PRICE/CHF
BIOHACKING		
Muscle Recovery System	30	80
Full Body Cryotherapy	3	80
Photobiomodulation	15 to 20	130
Hypermax Oxygen	10 to 15	90
Hyperbaric Oxygen Chamber	45/60	290/360
PEMF	10 to 20	80
Performance Accelerator	45	250
Red Light Face Therapy	20	60
Smart Goggles Experience	15	60
ALCHEMY EXPERIENCES		
The Alchemy Bar Workshop	45	190
Age-Defying Gua Sha Facial	60	290

All prices are in Swiss francs and include VAT.

TREATMENT	DURATION/MINUTES	PRICE/CHF
MASSAGES		
Six Senses Signature Massages:		
Deep Tissue Massage	60/90	295/395
Detox Massage	60/90	290/390
Movement Restoration	90	395
Holistic Massage	60/90	290/390
Tension Soother	30/60	150/290
Head Massage	30/60	150/290
Relaxed Feet	30/60	150/290
Pregnancy Massage	60/90	290/390
Thai Massage	60/90	320/420

All prices are in Swiss francs and include VAT.



TREATMENT	DURATION/MINUTES	PRICE/CHF
FACIALS		
Advanced Facials using Biologique Recherche:		
Skin Analysis	30	60
Personalized Facial	60/90	325/385
Detox & Glow by Vip02	60	325
Second Skin	75	430
Mesotherapy (Face, Neck & Décolleté)	90	430
Triple Lift Facial	90	430
Advanced Facials using Dr. Burgener Switzerland:		
Skin Analysis	30	60
Personalized Facial	60/90	325/385
Men's Skin Fitness Facial	60	325
Luxury Green Caviar Advance Facial	90	490
Lifting and Firming Collagen Facial	90	490
Antioxidant Facial with Vitamin C	60	375
Next-Generation Bio-Longevity Facial	90	490
Haute Couture Facial using Dr. Burgener Switzerland:		
Haute Couture Facial Treatment	120	1,190

All prices are in Swiss francs and include VAT.

TREATMENT	DURATION/MINUTES	PRICE/CHF
Advanced Facials with JetPeel™:		
JetPeel™ Essential	60	380
JetPeel™ Advance	90	490
ENHANCEMENT MENU		
Red Light Face Mask		60
Biologique Recherche		
Anti-Aging Eye Patches		55
Liftkiss		45
Masque Caviar Vert		70
Masque PIGM 400		60
Dr. Burgener Switzerland		
Collagen Mask		120
Gold Mask		120
Hydrafiller Mask		100
Instant Eye Radiance Patch		55
Add to any body treatments:		
Anti-C Slimming Treatment	30	140
Belly Detox Massage	30	140

All prices are in Swiss francs and include VAT.



TREATMENT	DURATION/MINUTES	PRICE/CHF
BODY TREATMENTS		
Using Biologique Recherche:		
Body Lift Treatment	60	320
Detoxifying Algae Body Wrap	60	320
Using Dr. Burgener Switzerland:		
Swiss Salt Crystal Detox Wrap	60	320
Salt Crystal Scrub with Massage	90	430
TIBETAN TREATMENTS AND WELLNESS THERAPIES		
Personal Consultation	30	130
Sound Healing	60	240
Energy Healing	60	240
Cupping or Moxibustion	30	140
Ku Nye Massage with Hor-Me Therapy	90	380

All prices are in Swiss francs and include VAT.



TREATMENT	DURATION/MINUTES	PRICE/CHF
FITNESS		
ONE TO ONE SESSIONS		
Personal Fitness Training	60	190
YOGA AND MINDFULNESS		
ONE TO ONE SESSIONS		
Yoga	60	190
Yoga Nidra	60	190
Pranayama	60	190
BEAUTY		
Waxing		

Full waxing services are available. For more information, please visit the spa.

DAY SPA

Monday - Thursday	200 per person
Friday - Sunday	250 per person

From 9. a.m. to 8 p.m.

All prices are in Swiss francs and include VAT.

Six Senses Spa at The Alpina Gstaad
T: +41 33 888 98 98 - E: spa@thealpinagstaad.ch - www.sixsenses.com