



Wellness

SPA MENU



MASSAGES & BEAUTY



LES BAINS
D'OVRONNAZ

MASSAGE



Traditional Massage (25 minutes)

Relaxing back or leg massage
(available as a duo)

With neutral oils **CHF 60.-**

With essential oils **CHF 65.-**



Massage “let go” (25 minutes)

The cranial massage is a technique that focuses on the head and neck to promote relaxation, relieve headaches, improve blood circulation, and reduce stress.

CHF 65.-



Massage children or babies (25 minutes)

Relaxing massage for children from 6 years old and babies from 4 to 18 months.

(available as a duo)

CHF 55.-

For couple CHF 110.-



Massage traditionnel (50 minutes)

Full-body relaxing massage
(available as a duo)

With neutral oils **CHF 110.-**

With essential oils **CHF 120.-**



Massage “Valaisan” (50 minutes)

Relaxing massage with precious oils from Valais

CHF 120.-



Sports massage (50 minutes)

The sports massage uses specialized techniques to relieve muscle tension, improve flexibility, and enhance blood circulation, tailored for anyone with an active lifestyle.

CHF 130.-



Massage Lomi-lomi (50 minutes)

The Lomi-Lomi massage uses flowing movements inspired by ocean waves to massage the body with hands, forearms, and elbows, promoting deep relaxation and tension release.

CHF 130.-



Foot reflexology (50 minutes)

Foot reflexology is a foot massage based on the principle that specific areas of the feet are connected to organs in the body. By stimulating these areas, it promotes relaxation and overall well-being

CHF 110.-



Massage future mom (50 minutes)

The prenatal massage alleviates back pain, muscle aches, and stress during pregnancy while promoting relaxation and well-being. (Between the 3rd and 8th month of pregnancy)

CHF 120.-



Thai massage (50 minutes)

The Thai massage uses stretches, pressure, and kneading to relax the muscles, relieve tension, and increase body flexibility.

CHF 130.-



Lymphatic Drainage

Lymphatic drainage is a gentle massage that promotes the elimination of toxins by stimulating lymph circulation. It reduces edema, strengthens immunity, and promotes relaxation.

50 minutes for CHF 120.-

75 minutes for CHF 150.-



Carpe-diem Massage (75 minutes)

A personalized relaxing massage tailored to the client's individual needs, with adjusted massage techniques to promote relaxation and relieve muscle tension.

CHF 150.-



Hot Stone Massage (75 minutes)

The hot stone massage is used to relax the muscles and promote relaxation. The stones heat the muscles, improve blood circulation, and reduce tension.

CHF 150.-



Ayurvedic Massage

The Ayurvedic massage is a traditional Indian practice based on Ayurveda, aimed at balancing the mind and body. It uses specific massage techniques to promote relaxation, stimulate circulation, and eliminate toxins.

75 minutes for CHF 160.-

90 minutes for CHF 210.-



Anti-Cellulite Massage (50 minutes)

The anti-cellulite massage targets areas affected by cellulite by improving blood circulation and promoting the breakdown of fat deposits, which can enhance the appearance of the skin.

CHF 130.-

EXFOLIATIONS & BODY WRAPS



Body Peeling (25 minutes)

The body peeling is a cosmetic treatment that uses an exfoliating mixture, based on sugar, to remove dead skin cells, revealing softer and more radiant skin.

CHF 60.-



Seaweed Wrap (25 minutes)

The seaweed wraps use nutrient-rich seaweed to help eliminate toxins from the skin. The seaweed absorbs impurities, promoting detoxification and revitalization of the skin.

CHF 60.-



Body Ritual (50 minutes)

This ritual includes a 25-minutes body peeling or seaweed wrap and a 25-minutes relaxing massage.

CHF 125.-



Complete Ritual (120 minutes)

This ritual includes a 30-minutes body peeling or seaweed wrap, a 30-minutes relaxing massage, and a 60-minutes facial cleansing.

CHF 230.-

BEAUTY & AESTHETIC CARE

“KARIN HERZOG”



Anti-Aging Facial Treatment (75 minutes)

This treatment rejuvenates your skin by removing dead cells and revealing a radiant glow.

CHF 130.-



“Royal” Facial Treatment (75 minutes)

Exceptional Radiance:

Gold pearl powder illuminates the skin, giving it a radiant glow.

Hydration and Anti-Wrinkle:

Active oxygen and hyaluronic acid deeply hydrate, reduce signs of aging, and provide an instant lifting effect for revitalized skin.

CHF 130.-

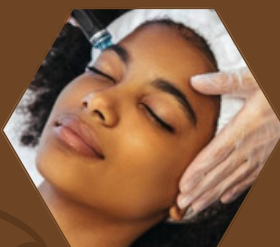


Facial Treatment “Oxygen” (60 minutes)

Give your skin a breath of fresh air with the “Oxygen Tradition” facial treatment by “Karin Herzog.”

Designed to be performed once a month, this exclusive treatment embodies purification and oxygenation, leaving your skin visibly revitalized without any post-treatment redness.

CHF 120.-



“Quick & Belle” (25 minutes)

This treatment is perfect for a beauty break.

Specially designed to avoid eye makeup removal, it allows you to leave immediately after with radiant, plumped, and refreshed skin.

CHF 70.-



HANDS AND FEET

Hand Beauty CHF 50.-

Hand Beauty & Semi-Permanent CHF 70.-

Foot Beauty CHF 60.-

Foot Beauty & Semi-Permanent CHF 80.-

HAIR REMOVAL

Underarms or Arms CHF 18.-

Classic Bikini CHF 25.-

Full Bikini CHF 45.-

Half Legs CHF 42.-

Full Legs CHF 62.-

Back or Chest CHF 28.-

Face CHF 25.-

Eyebrows CHF 15.-





ALTERNATIVE TREATMENTS AND ACTIVITIES



Pressotherapy (20 minutes)

Pressotherapy is a treatment that applies intermittent pressure on the legs using special equipment, promoting blood and lymphatic circulation in the area.
CHF 45.-



Hydrotherapy (20 minutes)

This treatment technique combines both a bath and hydro massage. It involves immersing the body in warm water (between 36° and 37°), containing bath salts with essential oils, and treating different parts of the body with massages and pressure from jets and bubbles. The warm water causes the pores of the skin to dilate, relaxes the muscles, and provides perfect relaxation.

CHF 55.-



Aquafacia

Aquafacia is a gentle psychocorporeal technique practiced in water. It helps release tensions and blockages, allowing for a restoration of bodily fluidity and mental calm.

CHF 120.-



Aquagym

Aquagym is a water-based exercise that includes cardiovascular sessions, muscle strengthening, and stretching. It improves strength, endurance, and flexibility, with less pressure on the joints.

**MONDAY-WEDNESDAY-FRIDAY-SUNDAY
FREE**



OUR DAY PACKAGES

Surprise someone special or
treat yourself to an
unforgettable experience.
A true pleasure for the body
and the senses.



"Back to Basics" Day

- 1 Hydrotherapy 25'
- 1 Body Peeling 25'
- 1 Oil Massage 50'
- 1 Entrance to Baths & SPA
- 1 Daily Dish

All services must be used on the same day.

CHF 260.-

"Relaxation" Day

- 1 Back Massage 25'
- 1 Body Peeling Treatment 25'
- Entrance to Baths & SPA
- 1 Spa Juice Cocktail
- 1 Welcome Gift

All services must be used on the same day.

CHF 140.-

"Soft Moment" Day

- Entrance to Baths & SPA
- 1 Daily Dish
- 1 Traditional Massage 50'

All services must be used on the same day.

CHF 140.-



"Me & You" Day

2 Entrance to Baths & SPA
2 Daily Dishes
25' Essential Oils Massage for Two

CHF 186.-



"Me & You Plus" Day

2 Entrance to Baths & SPA
2 Daily Dishes
50' Essential Oils Massage for Two

CHF 290.-



"The Summit of Relaxation" for Two

Entrance to Baths & SPA
2 Daily Dishes
2 Glasses of Champagne
50' Traditional Massage for Two
One Welcome Gift

All services must be used on the same day

CHF 319.-



"FOR YOUR INFORMATION"

When booking an appointment, please note that it is important to inquire about the availability of an ASCA-certified therapist to perform your massage.

CANCELLATIONS

We remind you that for any cancellation, it is necessary to contact us no later than the day before your appointment. Massages, treatments, and day packages that are not cancelled at least 24 hours in advance will be charged 100% of their value. Late arrivals will automatically result in a reduction of treatment time. Our prices are in Swiss Francs. Taxes and service included.

Opening hours: Monday to Sunday, 10:00 AM - 7:00 PM



For your reservation, please contact us at:

Wellness : 027 305 11 20
wellness@bains-ovronnaz.ch