





THE *Sanctum*

A sanctum is a sacred place of retreat, rest and of rediscovering the peace and joy within. Our exquisite Sanctum at Chalet W has been created to offer the perfect space for your mind, body soul to reconnect to its essence and beauty... offering nurturing and nourishment while restoring harmony and beauty.

ilā Purity
Energy
Balance



THE
INNER
SANCTUM

*mind and soul
connection*



CHAKRA WELL BEING

Ila's exquisite Chakra Wellbeing range is tailored to each recipient. Based around seven blends of chakra-balancing essential oils, each bespoke treatment involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye (Shirodhara) to restore and relax every sense.

A personal questionnaire determines which chakra(s) is/are out of balance, and therefore which oil blends are to be used. Each treatment also includes a body scrub or bath treatment – where a specific chakra blend is mixed with Ila's argan and rosehip seed carrier oil – hand, foot and head therapies (to open up the energy fields), an Ananda Facial, Shirodhara and Ila's exclusive chakra-healing music.

120 minutes / 250 €

KUNDALINI BACK TREATMENT WITH GEM POULTICES

A gently nurturing treatment that activates the Kundalini, the dormant energy at the base of the spine, realigning the body's rhythm and restoring a balanced state. A nourishing mix of tourmaline, jade, pearl, sapphire and amethyst gem poultices help remove blockages and strengthen the body's energy fields. Ideal for emotionally exhausted souls and profoundly restorative for both the sympathetic and parasympathetic nervous systems.

75 minutes / 185 €

MANIPURA

Manipura means "beautiful, shining jewel" in Sanskrit. It refers to the solar plexus (naval) chakra, our centre of fire and sun energy that ignites our health and vitality. This treatment starts with a Himalayan salt scrub to purify the physical and subtle bodies; it is followed by a marma massage, lymphatic drainage and the application of Himalayan salt and herb poultices to harness and restore vitality, and facilitate a positive flow of energy.

90 minutes / 215 €

*mind and soul
connection*



ANANDA FACIAL THERAPY

Ananda means “divine bliss” in Sanskrit. This healing and reviving treatment works on the marma points of the face and neck to remove blockages, stimulate the flow of energy and relieve stress and tension. Delicate techniques open the energy centres and work with the body’s blissful higher energy to bring about feelings of deep peace and beautifully glowing skin.

60 minutes / 145 €

SOUL CONNECTIONS

(Couples Connect)

Designed for couples to experience together, this lovely ritual focuses on three specific chakras – sacral, heart and crown – to maximise emotional and sexual connection, love and universal blessing. Exquisite oils of rose (the oil of love), orange blossom (bliss) and jasmine (for stimulating the flow of love, cosmic light and joy) result in a beautiful union of mind, body and spirit.

120 minutes / 495 €

*mind and soul
connection*



THE
OUTER
SANCTUM

*face and body
vitality*

A large, light grey decorative swirl graphic is positioned in the background, starting from the bottom left and curving upwards and to the right, framing the central text.



KARUNA KAYA

Showing compassion to others and ourselves brings an unmistakable lightness of being. This deep tissue massage, performed with compassionate healing intent, uses energy-boosting ingredients to soften the muscular system and stimulate energy flow. With strengthening and restorative shilajit, cedarwood, sandalwood and vetivert oil, it results in a feeling of "lightness" not usually associated with sports-style massages.

90 minutes / 145 €

BIO-RHYTHM TREATMENT

Travelling, particularly flying, disturbs our natural flow of energy, causing an imbalance of positive ions in the body's magnetic energy field. This powerful treatment aims to restore the body's natural biorhythms. An ionizing energy scrub and mud wrap charge and renew the bio-magnetic energy field by emitting healing negative ions. The treatment ends with a Kundalini back massage to balance and relax the nervous system and chakras.

120 minutes / 250 €

FEMININE FLOW TREATMENT

This heavenly experience awakens the feminine spirit and floods the kidneys and reproductive system with energy. Its six therapies flow from a cleansing ritual to a blissful body renewal, followed by a Glowing Radiance bath infused with rose and tuberose. A soothing massage is followed by kidney packs and a wrap to rejuvenate the life-giving energy of the kidneys and adrenal glands.

90 minutes / 145 €

*face and body
vitality*



MASCULINE VIGOR AND VITALITY TREATMENT

This ritual uses powerful indigenous herbs and targeted techniques to strengthen and boost male vigour and virility. Sage smudging is followed by an invigorating scrub, steam and a deep tissue massage, using ginseng infused with strengthening shilajeet, cedarwood, vetivert and sandalwood. Kidney packs and wrap intensify healing blood flow to the body's centre of reproductive control.

90 minutes / 145 €

BODY SCRUB FOR ENERGISING AND DETOXING

Using the ionizing properties of Himalayan Salt Crystals, this Body Scrub is the ideal treatment for cellulite, stress and exhaustion. On a physical level, it stimulates circulation and toxin elimination; on a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

90 minutes / 145 €

BODY SCRUB FOR A BLISSFUL EXPERIENCE

Using the healing properties of Himalayan Salt Crystals, this Body Scrub is ideal for times when special pampering is in order. Nourishing both bodily and emotional wellbeing, it restores and relaxes the nervous system, leaving the skin glowing and the body infused with a sense of enhanced wellbeing.

90 minutes / 145 €

JADE AND PEARL BODY RENEWAL

Fatigue and energy depletion are common 21st century ailments, exacerbated by computers, smartphones, TVs and air travel. The pearl and jasmine in this heavenly full body scrub invoke stillness and harmony. In combination with pure Himalayan salt crystals, their trace elements brighten skin tone and texture while restoring energy, mental clarity, well-being and strength.

90 minutes / 145 €



AMETHYST WRAP WITH JADE CREAM

The amethyst wrap draws deep toxins from the cells and astral body. It revitalises the skin, lymphatic system and bio-energy field and can promote profound healing in the energy body. Jade is especially noted for its emotionally healing properties. It helps to spread compassion, strengthen self worth and ground positively guiding energies via the base chakra.

90 minutes / 145 €

CRYSTAL FACE TREATMENT WITH ELECTRO-CRYSTAL THERAPY

During this gentle, non-invasive treatment, electro-magnetic light frequencies, colour therapy and the subtle energy of crystals combine to release facial tension, rejuvenate the complexion and raise the vibrational energy of the skin. Lymphatic drainage eliminates toxins and reduces puffiness in the face, while marma point massage with warm rose quartz crystals and targeted light therapy deliver energy where it is needed to balance the body and bring forth innate beauty. This facial is completed with a cooling jade mask, helping to reduce the appearance of fine lines and wrinkles.

90 minutes / 145 €

RAINFOREST REJUVENATION FACE TREATMENT

This deeply restorative face therapy uses warm Himalayan salt and herb poultices, lymphatic drainage, Amazonian mud mask and intensely healing rainforest plant extracts to rejuvenate and regenerate skin cells at a deep level. It features an exclusive and sustainable blend of four bio-active Amazonian plant extracts – acmella, pfaffia, marapuama and white lily – blended with naturally organic babassu oil, produced under the guidance, trust and co-operation of the Amazon Rainforest's remote Kayapó tribe. We believe it to be one of nature's purest and most concentrated harvests of health-giving ingredients: the essence of the Rainforest.

90 minutes / 145 €

*face and body
vitality*



Spa Manicure

The agreeable hand bath followed by a peeling allow your skin to slip into a new envelope. The manicure and nail treatment are rounded off by a hand massage.

50 minutes / 60€

Spa Pedicure

An agreeable foot bath and subsequent foot peeling give you a feeling of well-being. The following pedicure and nail treatment are rounded off by a pleasant foot massage.

50 minutes / 60€



Radiant Eyes

Colouring of eyebrows	16€
Colouring of eyelashes	19€
Plucking of eyebrows	16€

Shining Nails

Nail varnish	16€
French varnish	21€

Depilation

Face	15€
Leg to the knee	35€
Entire leg	49€
Back	49€
Bikini area	29€
Armpits	29€



BABOR FACE
DESIGN COLLECTION

Make Up

The Barbor Face Design Collection is a make up line that combines colour with care and, thanks to the "ARA principle", the application technique specially developed by Peter Schmidinger, simply highlights the beauty of every woman.

Alongside optimal compatibility, textures which are easy to use and fashionable basic and trend colours, BABOR make up products give everyone's skin that extra portion of protection, care and regeneration. Natural materials – including a "lifting" complex that was specially developed for the line – protect from free radicals and support the improvement of the skin barriers while offering extra humidity.

With an application technique developed by Peter Schmidinger on the basis of many years of experience, the products are easy to use and highlight the beauty of every woman in just three steps.

A – Aufheller (Brightener)

R – Rouge

A – Augenbrauen (Eyebrows)

DAYTIME MAKE UP

25 minutes / 59€

EVENING MAKE UP

45 minutes / 79€



Hairdresser

LADIES	S	M	L
Wash, dry	48€	55€	69€
Wash, cut, style	89€		
Exclusive perm	85€	104€	135€
Colouring	69€	79€	89€
Streaks			
Crown	79€		
Half head	99€		
Entire head	129€		
Care	11€		

GENTLEMEN	S	M	L
Wash, dry, style	69€		
Care	9€		
Colouring	39€	49€	59€
Combed streaks	29€	39€	49€
Streaks with foil	39€	49€	59€