

# LINDNER SPA TREATMENTS - RELAX UNWIND AND FEEL GOOD IN EVERY WAY!

Our Lindner spa treatments are developed exclusively for the Lindner spas and are the same wherever you go, from the far north to the sunny south.

They are based on a soma-aesthetic approach and thus have a positive holistic effect on your **body (in Greek: soma)** and your **awareness/well-being (in ancient Greek: aesthesis)**.

Our soma-aesthetic treatments will help you slow down time, become aware of your own self and take note of what your body needs. They are extremely effective, with different focal points, and have a truly positive impact on both your body and your well-being.

The result: you feel deeply relaxed and good in every way! A unique experience - no matter which Lindner spa you are relaxing in.

## SOMA RELAXATION

... is always the right soma-aesthetic treatment for you if you are looking for an experience that will relax you and help restore inner harmony.

**Lie down and let go ...** with our Lindner Spa welcome ritual.

**Experience and enjoy ...** a massage that stimulates blood flow with pure honey-ginger oil and massage honey, a warming beeswax poultice for your back, a nourishing honey face mask and a muscle-loosening neck stretch during the treatment.

**Come back down to earth ...** with our Lindner Spa final ritual.  

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approx. 60 min. CHF 135,00

## SOMA FREEDOM

... is always the right soma-aesthetic treatment for you if you desire more vitality, vigor and power.

**Lie down and let go ...** with our Lindner Spa welcome ritual.

**Experience and enjoy ...** a lightly scented inhalation to help you breathe more deeply, a muscle-loosening "hot roll" along your auxiliary respiratory muscles, a chest poultice that frees up your breathing, a breath-centric massage according to Bruno Blum using elderberry-bergamot oil, and revitalizing facial acupressure.

**Come back down to earth ...** with our Lindner Spa final ritual.  

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approx. 60 min. CHF 135,00

## SOMA RENEWAL

... is always the right soma-aesthetic treatment for you if you would like to detoxify, nourish and effectively revitalize your skin.

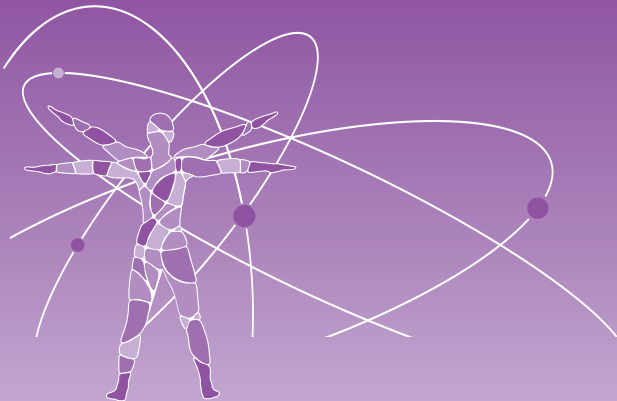
**Lie down and let go ...** with our Lindner Spa welcome ritual.

**Experience and enjoy ...** stretching of the connective tissue and warmth on your back, a massage using birch oil that incorporates techniques for releasing connective tissue, and massage cups that stimulate blood flow.

**Come back down to earth ...** with our Lindner Spa final ritual.  

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approx. 60 min. CHF 135,00  
approx. 80 min. with an additional nourishing poultice for your décolletage and an anti-aging face mask CHF 160,00



# OUR CLASSIC SPA TREATMENTS

## MASSAGES

### SPECIALTIES FROM ALL OVER THE WORLD

Do you want to try out something new?  
Then the massages from all around the world are just the thing for you.

#### INDONESIAN MASSAGE

Soothing combination of pressure point and stroke massage using aromatherapy oils.

approx. 50 min. CHF 120.00

#### SINGING BOWLS

Anti-stress treatment with singing bowls and a partial body massage.

approx. 60 min. CHF 120.00

#### SHIATSU

Relaxing, harmonizing pressure point massage, carried out fully clothed on the massage table.

approx. 70 min. CHF 140.00

#### THAI HERBAL

Relaxing, nourishing, warming. Partial body scrub, herbal poultices and full body massage

approx. 75 min. CHF 145.00

### HOLISTIC AND CLASSIC MASSAGES & TREATMENTS

#### HOT STONE

Relaxing, fragrant and warming massage with basalt stones.

approx. 75 min. CHF 145.00

#### RELAXING FEEL-GOOD MASSAGE

Soothing massage with Clarins Huile Relax and smooth strokes that makes stress and tension disappear into thin air.

approx. 80 min. CHF 160.00  
approx. 60 min. CHF 120.00

#### CLASSIC MASSAGE

Relieves tension, loosens muscles and has a calming effect.

approx. 60 min. (full body) CHF 120.00  
approx. 30 min. (partial body) CHF 65.00

#### FOOT REFLEXOLOGY MASSAGE

Soothing and harmonizing.

approx. 45 min. CHF 90.00

#### LYMPH DRAINAGE

Gentle technique to activate the lymph system. Releases blockages and reduces fluid retention.

approx. 60 min. CHF 120.00



## BODY AND SPECIAL TREATMENTS

### PRO LA METHODE CLARINS LUXURY TREATMENT

Includes skin analysis, exfoliation, relaxation ritual, massage, body mask, skin care. Select one of the following 3 options as the focus of your treatment:

- **Perfect silhouette**  
This deluxe treatment refines, purifies and tones, making your body feel lean and light.
- **Moisture supreme**  
The super-hydrating body treatment for thirsty skin. It deeply moisturizes the skin, making it as smooth as silk.
- **Firm body contours**  
The ultimate regenerative body treatment. For a firm body and smooth, soft skin.

Each approx. 60 min.

CHF 125.00

### BEAUTIFUL BACK - BEAUTY SECRETS

Skin analysis, relaxation ritual, exfoliation, massage and skin care for your back. Stretches, strengthens, soothes and relieves muscle tension - all at the same time.

approx. 30 min.

CHF 70.00

### WEIGHTLESS LEGS - BEAUTY SECRETS

Skin analysis, relaxation ritual and scrub, followed by a leg and foot massage that refreshes and revives. For lighter feeling legs.

approx. 30 min.

CHF 70.00

### SMOOTH, FIRM ARMS - BEAUTY SECRETS

A firming treatment for youthful arms - include skin analysis, relaxation ritual, back rejuvenation, massage, mask, skin care. The herbal wrap revives your skin, making it soft and smooth.

approx. 30 min.

CHF 70.00

### ENERGIZED BODY - SCRUB AND SKIN CARE FOR MEN

The energizing skin care treatment (scrub and massage) for a relaxed back and shoulders. The perfect après-sports energy boost.

approx. 30 min.

CHF 70.00

## FACE, HANDS & FEET

CLARINS

### CLARINS - FRAGRANCE EXPERIENCE FROM HEAD TO TOE

The secret of success is the optimum blend of aromatherapy and phytotherapeutic active ingredients together with the unique clarins method. This involves carefully coordinated treatment and massage techniques that have only one aim in mind: your well-being!



## FACIALS WITH CLARINS

### BEAUTIFUL SKIN - BETWEEN FOREST & MEADOW

Skin analysis, relaxation ritual, cleansing, massage, face mask, optimization of results and skin care. Your beautician selects one of the following treatments depending on the needs of your particular skin:

- **De Luxe intensive**

Cell-activating treatment that visibly shapes and refines the contours of your face. Your skin looks younger and firmer - almost like after a facelift.

- **Power regeneration**

This anti-wrinkle treatment is a veritable fountain of youth for your face. It makes your skin incredibly soft and smooth, helps promote firmness and reduces wrinkles.

- **Radiant luminosity**

A revitalizing facial treatment for fresh and radiant skin in next to no time. Your skin glows and looks smoother and firmer.

- **Made-to-Measure Moisture**

Feel-good treatment that provides even the most thirsty of skin with the moisture it needs. Ideally nourished and smooth, your skin shines with new vitality.

- **Extra gentle skin care**

The soothing facial treatment for very sensitive skin. It repairs and restores the natural protective mechanism of the epidermis. Redness is reduced and your complexion evened out.

- **Shine-free radiance**

The ideal treatment for restoring balance to combination or oily skin. The cleansing and mattifying effect reduces shine and gives your skin a smoother, healthier look.

Each approx. 60 min.

CHF 135.00

### ENERGY BOOST WITH A VIEW OF THE "JUNGFRAU"

Express facial - fast freshness boost.

approx. 30 min.

CHF 75.00

### SAY GOODBYE TO STRESS - FACIALS FOR MEN

Skin analysis, relaxation ritual, cleansing, massage, face mask, optimization of results and skin care. Select one of the following treatments:

- **All clear**

This treatment cleanses, clarifies and moisturizes. It firms the contours of your face and soothes the skin after shaving.

- **Anti Age men**

The perfect treatment for firmer skin, like a natural facelift. Signs of tiredness disappear, your neck and the skin around your eyes looks smoother and firmer.

Each approx. 60 min.

CHF 135.00



## OTHER BEAUTY TREATMENTS

### MAKEUP

Daytime makeup	approx. 30 min.	CHF	55.00
Evening makeup	approx. 45 min.	CHF	80.00
Makeup consultation	approx. 60 min.	CHF	95.00
Wedding makeup, incl. trial run	approx. 90 min.	CHF	150.00

### BEAUTIFUL MOMENTS

We offer a CHF 15.00 discount on the following supplementary treatments when combined with another treatment or the purchase of a product:

Eyelash or eyebrow tint	approx. 20 min.	CHF	45.00
Eyelash and eyebrow tint	approx. 25 min.	CHF	50.00
Eyebrow shaping	approx. 10 min.	CHF	25.00

### SMOOTH & BEAUTIFUL

#### Depilation

• Upper lip or eyebrows	approx. 10 min.	from CHF	25.00
• 1/1 leg	approx. 60 min.	CHF	100.00
• 1/2 leg	approx. 25 min.	CHF	50.00
• Bikini zone	approx. 25 min.	from CHF	50.00
• Underarms	approx. 10 min.	from CHF	25.00
• Back	approx. 25 min.	from CHF	50.00

## HANDS & FEET

Our treatments for your hands and feet provide gentle care, a feeling of freshness and well-being.

### SPA MANICURE

Nail filing and shaping, cuticle soaking, softening and tidying, nail care and a relaxing hand massage.

approx. 60 min. (with nail varnish)	CHF 85.00
Without nail varnish	CHF 80.00

### SPA PEDICURE

Nail filing and shaping, foot bath, cuticle softening and tidying, removal of rough skin, nail care and a relaxing foot massage.

approx. 60 min. (with nail varnish)	CHF 85.00
Without nail varnish	CHF 80.00

