

EDEN ROC SPA
ASCONA

SPA MENU



2011/2012

GOOD TO KNOW

We aim to make your stay with us a thoroughly enjoyable experience and hope that the following information will be useful:

For your own convenience please arrive 10 minutes prior to your appointment. Please inform us and especially your therapist about any special medical conditions.

For our massages and body treatments we provide single-use briefs. For treatments like Thai massage we provide loose light cotton clothing.

If you arrive late for your appointment and your therapist or the treatment room is booked afterwards, we regret that the treatment will have to be shortened accordingly.

If for personal reasons you will not be able to attend the agreed on appointment notify us at least 24 hours before or we will charge 50% of the price. Should you miss your appointment, we will have to charge the full amount.

Please note that smoking is not permitted in the whole SPA area. We also ask you not to use your mobile phones.

Our aim is to make dreams come true! If the treatment you are looking for is not listed on our SPA menu please contact our SPA reception. We will be happy to arrange an individual treatment or personal coaching of your choice.

Prices are subject to change.

		CHF
TRADITIONAL MANICURE AND PEDICURE	Renew nail polish	30
	Polish nails during treatment	20
	French polish	40
	French polish during treatment	30
	Classic manicure or classic pedicure, excluding nail polish	45 min. 70
	Medical pedicure, excluding nail polish	60 min. 95
SPA MANICURE, EXCLUDING NAIL POLISH		70 min. 100
Professional manicure, including complete beauty and wellness program for your hands, consisting of revitalizing hand bath, peeling, anti-aging serum and moisturizing massage.		
SPA PEDICURE, EXCLUDING NAIL POLISH		70 min. 100
Professional pedicure, including wellness program for exhausted feet, consisting of foot bath, smoothing peeling, moisturizing mask and massage.		

O·P·I

**NEW: AXXIUM SOAK-OFF
GEL LACQUER**

With Axxium Soak-Off Color Gel Lacquer, OPI has done more than just introduce an innovation to the market: at long last, you can retain your natural nails and still have a durable, yet soluble colour. Axxium Soak-off Gel Lacquer is applied in several layers like a nail varnish and cured under a UV lamp. Tedious waiting for lacquer to dry is a thing of the past.

Choose from various fashionable colours. The colours last longer and your hands and feet are always attractive and well cared for, even throughout an active holiday.

		CHF
Soak-off Gel Lacquer treatment hands	approx. 35 min.	70
Soak-off Gel Lacquer treatment feet	approx. 45 min.	70
Soak-off Gel incl. classic manicure	approx. 90 min.	125
Soak-off Gel incl. classic pedicure	approx. 90 min.	125
Repair per nail	approx. 10 min.	15

COSMETICS

			CHF
MAKE-UP	DAYTIME MAKE-UP	approx. 30 min.	50
	EVENING MAKE-UP	approx. 45 min.	80
FACE AND EYES	CLASSIC FACIAL	90 min.	180
	Facial customized for your particular skin type, consisting of cleansing, peeling, steam, deep cleansing, massage, facial mask, finishing treatment and day-time make-up.		
	COLOUR EYELASHES	20 min.	30
	during treatment		25
	COLOUR EYEBROWS	10 min.	25
during treatment		20	
COLOUR EYELASHES AND EYEBROWS	35 min.	50	
during treatment		40	
TWEEZE EYEBROWS (as needed)	starting at 20 min.	25	

CHF

**HAIR REMOVAL
USING WAX**

Upper lip or chin	starting at 20
Bikini line or underarms	starting at 35
Legs, half length	starting at 55
Legs, full length	starting at 90
Legs, incl. bikini line	starting at 120

COSMETICS

SENSAI HARMONISING & CARE

Traditional practices from the Far East and the latest western technical innovations are blended together to perfection. Exclusive Sensai skin care products are used in combination with new massage techniques for a comprehensive program to pamper your body, recharge your mind and energize your skin. Sensai ensures naturally beautiful skin and maximum wellbeing.

CHF

SENSAI BEAUTY PREMIER	FACIAL DELUXE The ultimate anti-aging Sensai Premier line is based on the cell renewal process of the skin.	105 min.	250
SHIRABE	ADVANCED ANTI-AGING FIRMING FACIAL Intensive anti-aging skin treatment to enhance regeneration, firm up, and improve elasticity.	90 min.	200

CHF

ONKAN

ADVANCED LUMINISING FACIAL

90 min.

200

Intensive care for tired and lustreless skin to improve the circulation, activate regeneration and counter lightbased discoloration.

YURAGI

EARLY AGING SILK TOUCH

90 min.

180

A new preventative treatment designed for younger women to activate cells, tighten the skin and protect against free radicals.

SENSAI

CLARINS

Clarins aromatic treatments – Exclusive products for maximum effectiveness, 100% manual method with immediate, long-term results. Care treatments from Clarins – an unforgettable skin care experience.

CHF

ULTRA-HYDRATING FACIAL

50 min. 160

This treatment has nourishing and stimulating actions which restore the skin's natural balance and prevent the appearance of lines.

TOTALLY GENTLE FACIAL

50 min. 160

This treatment is an SOS treatment for sensitive skin. Skin is immediately soothed and repaired.

ANTI AGING FACIAL

50 min. 160

This treatment is an extra-firming, age-control treatment for a younger-looking skin.

RADIANT AND PURE FACIAL

50 min. 160

This treatment is a truly matt treatment with skin-matifying, softening and purifying properties.

EXFOLIATING BODY TREATMENT

50 min. 160

The “must” treatment. Ideal exfoliation that promotes extremely soft skin and increases its resistance.



COSMETICS

DERMALOGICA

All products of this American brand are free of mineral oils, lanolin, alcohols, as well as dyes and fragrances. Dermalogica focuses on every client's personal needs with its "Face Mapping" technique. This is a systematic and comprehensive skin analysis which helps to increase the effectiveness of the treatments and improve home care consultation.

Facial according to the Dermalogica concept,
including Face Mapping:

		CHF
Acne treatment	90 min.	210
Sensitive skin treatment	90 min.	210
Treatment of acquired skin discoloration	90 min.	210
Power regeneration treatment	90 min.	210

dermalogica[®]

BEAUTY FOR MEN

			CHF
EYES	Colour eyelashes	20 min.	30
	Correct eyebrows	15 min.	starting at 25
HAIR REMOVAL USING WAX	Underarms	20 min.	35
	Chest/abdomen	20 min.	starting at 40
	Back	30 min.	starting at 40
MANICURE AND PEDICURE	Classic manicure or classic pedicure	45 min.	70
	Spa manicure or spa pedicure	70 min.	100
	Medical pedicure	60 min.	95
BACK TREATMENT	Cleansing, peeling, steam, deep cleansing, pack and treatment	45 min.	90
FACIALS FOR MEN	CLASSIC FACIAL A personalised treatment with Clarins Men products, specially formulated for men's skin types. Leaves your skin feeling fresh, clear and rejuvenated.	50 min.	160
	Anti-stress facial including head massage	75 min.	175

BODY TREATMENTS

COMFORT ZONE

Comfort Zone combines Far Eastern wisdom with Italian beauty needs. The premium products and applications offer a unique pampering experience individually tailored to the specific needs of your skin.

CHF

BODY SCRUB

FRUITY PEEL BODY SCRUB	30 min.	80
------------------------	---------	----

Nurturing body scrub with fruit extracts, Anti Aging effect for a rejuvenated and silky skin.

AROMASOUL RITUAL SCRUB	45 min.	130
------------------------	---------	-----

Renewing and nourishing treatment with essential oils. This unique renewing body ritual bestows nourishment, youth and splendour to all types of skin conditions.

Select between:

“Arabian Coconut Scrub” – for non sensitive skin

“Oriental Pearl Scrub” – for mixed skin

“Mediterranean Olive Scrub” – for resistant skin

“Indian Rice Scrub” – for delicate skin

REDUCE – DRAIN**CELLULITE REMODELLER**

50 min. 130

Extraordinary efficacy for eliminating fat deposits, due to caffeine and carnitine. The warm – cold treatment contours and firms the tissue at the same time.

**DETOXIFYING MUD THERAPY –
PURIFYING ALGAE TREATMENT**

50 min. 130

Rebalancing and deeply detoxifying for completely eliminating toxins, revitalizing metabolism and providing a reducing action.

VITAL LEG

45 min. 130

Natural extracts and essential oil will improve the circulation of the legs. The result will be a visible reduction of swelling, retrieved lightness and a prolonged fresh feeling.

BODY TREATMENTS

			CHF
NOURISH – TONIFY	D-AGE	50 min.	140
	<p>An innovative treatment with tamanu oil and walnut extracts, restoring body elasticity and firmness. Stretch marks will be reduced and the skin will feel smooth and pleasantly scented.</p>		
	TRANQUILITY TREATMENT	50 min.	140
	<p>Intensive care & relaxation Moisturizing care with rosewood, orange and vanilla oil for a silky and relaxed skin. Soft massage techniques will reduce stress and tension.</p>		
MATERNITY	NEW LIFE	50 min.	130
	<p>Rebalancing treatment during pregnancy The combination of hazelnut extracts and mint will relieve and reactivate swollen legs. Soft massage techniques for the back and legs will reduce stress and tension.</p>		

CHF

ORIENTAL RITUAL MASSAGE

50 min. 140

Balancing anti-stress effect through Ylang Ylang, jasmine and vanilla. Inspired by traditional Chinese medicine, this massage has a relaxing and revitalizing effect. It improves blood flow and relaxes the tendons.

MEDITERRANEAN RITUAL MASSAGE

50 min. 140

Detoxifying and relaxing effect through bergamot and basil. Mediterranean warmth and the power of the sea flow into this massage with rippling gentle elements.

MASSAGES AND BODY THERAPIES

			CHF
SPA MASSAGES	CLASSIC FULL BODY MASSAGE	50 min.	130
	To enhance your circulation, stimulate your metabolism and activate muscles and connective tissue. Massages are soothing and relax joints and nerves to achieve a feeling of general wellbeing.		
	SPORTS MASSAGE	50 min.	150
To regenerate and activate muscles and the locomotor system before and after sports. A refreshing aroma oil mixture of mountain pine and rosemary will also improve your blood circulation.			
	BACK AND NECK MASSAGE	25 min.	75
To relax neck and back muscles and relieve tension, fatigue and stress.			

		CHF
<hr/> <p>BACK AND NECK MASSAGE WITH REFLEXOLOGY Combined treatment for best relaxation</p>	50 min.	130
<hr/> <p>AROMA OIL MASSAGE Essential oils go more than skin deep. They revitalize and soothe, relax and take you away into a world of wellbeing. Select your own aroma essence.</p>	50 min.	140
<hr/> <p>HEAD AND NECK MASSAGE Less severe tensions in the head and neck area are alleviated by means of gentle massage movements. The techniques have an extremely relaxing effect on the entire body and soul. Just allow yourself to be pampered.</p>	25 min.	75

MASSAGES AND BODY THERAPIES

			CHF
	<hr/> FOOT REFLEXOLOGY, INCLUDING FOOT BATH Foot reflex points are massaged for a holistic effect on metabolism and organs.	50 min.	130
SPECIAL MESSAGES AND THERAPIES	LYMPHATIC DRAINAGE Soothing and rhythmic massage strokes activate the lymphatic flow, purify the connective tissue and improve the supply of nutrients to the cells. The treatment drains excess fluids, purifies and unblocks vessels.	50 min.	130
	<hr/> PHYSIOTHERAPY A well educated physiotherapist is at your disposal for your individual therapy and personal needs.	50 min.	150

CHF

LOMI LOMI NUI

90 min. 240

Lomi means “pressing, kneading, rubbing». Nui means “important, unique, great”. It is also called the ultimate massage. “Lomi Lomi Nui” is an ancient massage technique used by the Hawaiians for physical, emotional, mental and spiritual cleansing. Precious oils are massaged into the skin with alternating gentle and powerful strokes for a body-oriented treatment.

MASSAGES AND BODY THERAPIES

		CHF
<hr/> THAI MASSAGE	105 min.	250
<p>This distinctive massage technique is rooted in the Asian philosophy of yoga. The muscles are stretched and kneaded to energize them and keep them supple. The treatment is applied on a futon, while the guest remains clothed.</p>		
<hr/> STONE THERAPY	75 min.	200
<p>This unique massage with warm basalt stones and cool marble stimulates the metabolism. At the same time, this form of bodywork achieves deep muscular and mental relaxation. All our massage therapists are certified for the Stone Therapy method.</p>		

AYURVEDA

“Complete knowledge (Ved) of life (ayus).” Ayurveda medicine is one of the oldest health systems which originated in India. The science of Ayurveda is thousands of years old and based on the understanding that each person is a living being consisting of body, mind and soul. According to Ayurveda, inner harmony and a balance of all powers within the body form the basis for a fulfilled and healthy life. Wonderfully relaxing oil massages provide a comprehensive treatment to enhance health, vitality and enjoyment of life.

CHF

ABHYANGA

90 min. 240

Abhyanga is the ultimate oil massage of Ayurveda. Enjoy this massage which has lasting effects on body and soul. Fragrant oils, sweeping strokes and circular motions alternate with pressure massage of specific points to relax your body and bring it into harmony. According to ancient Indian writings, the massage has rejuvenating effects, softens and smoothes the skin and makes it glow.

MASSAGES AND BODY THERAPIES

		CHF
<hr/> PADABHYANGA	50 min.	155
<p>Our feet carry us through life. Padabhyanga is also an excellent starting point for Ayurveda. Warm herbal oils are used to harmonize and revitalize your feet. Padabhyanga has a balancing effect if you suffer from headaches, nervousness, sleep disorders or chills. Marma points are activated to reawaken the flow of energy.</p>		
<hr/> SHIRODARA	60 min.	190
<p>Come and explore new worlds. A stream of warm oil flowing over your forehead accompanied by a head massage restores harmony and relaxes the central nervous system. While warm sesame oil is gently poured over your forehead, you will fully relax as you never have before.</p>		

CHF

CRANIOSACRAL THERAPY

50 min. 140

The Craniosacral therapy is a holistic form of body work which involves inner pulsation and movements of the spinal fluid. Through delicate work and gentle pressure in the area of skull and sacrum, blockages and tissue adhesions will be released. Comfortable clothing is required.

INDIVIDUAL THERAPY BY NATUROPATH

50 min. 160

80 min. 240

Let us determine our experienced Naturopath and medical massage therapist Corinna Markau the best therapy for you. Based on a conversation about your health, the treatment is determined. This may include a combination of various massage and healing techniques. Our therapist designs your personal relaxation hour. Finally, you will also receive valuable tips for supportive measures for the home.

MASSAGES AND BODY THERAPIES

		CHF
<hr/> BREUSS MASSAGE	25 min.	90
<p>The Breuss Massage is a gentle, energizing back massage that releases mental and physical tensions. The spine will be gently stretched by special attention of the meridians and followed by the application of tissue paper. The use of St. John's wort oil helps to stimulate the regeneration of undernourished spinal disc. It is also a preparation for the application of the Dorn-Breuss treatment.</p>		
<hr/> DORN-BREUSS TREATMENT	75 min.	210
<p>A holistic, gentle and effective way to alleviate spinal pain while also performing a preventative function. Pain is relieved using a specific pressure technique with thumbs and body movements.</p>		

CHF

**SIGNATURE TREAT-
MENTS**

EDEN ROC DELUXE

50 min. 280

The four-hands massage is a unique experience. Enjoy a soothing 50-minute massage with warm essential oils applied by two therapists. The synchronised massaging technique induces a deep, complete relaxation. And the intensity built up during the massage helps ease all the tension, allowing your life energy to flow freely again.

EDEN ROC MASSAGE

75 min. 230

“Five in one” – Enjoy this exclusive Eden Roc massage experience. Five different treatments combined in one exclusive massage. And all have the same aim: your relaxation.

Some treatments are not available on a daily basis as they are practiced by therapists with specialized training. We appreciate your understanding.

HAIRSALON

LA BIOSTHETIQUE – JUST NICE HAIR

For over 50 years LA BIOSTHETIQUE PARIS brand has stood for a clear profile, quality products, innovations, exclusive services, the development of international Hair and Beauty Trends.

Each of our products is created from carefully and conscientiously blended premium quality raw materials and subjected to the strictest tolerability and efficacy tests at German University Clinics.

CHF

LADIES

Shampoo, blow-dry/styling	starting at 70
Shampoo, cut, blow-dry/styling	starting at 120
Up-styles/evening styling	starting at 30
Styling	starting at 15

GENTLEMEN

Shampoo, cut	65
Shaping	30

CHF

COLOUR	Colour	starting at 80
	Mèches	starting at 100
	Dyeing	starting at 60

CARE	Lotion with massage	20
	Hair pack	starting at 15
	Intensive Care “Action 2 Phase”	starting at 30
	Scalp scrub with lotion	starting at 40

CHILDREN	Cut (up to 12 years)	30–50
-----------------	----------------------	-------

Prices are subject to change!

LA BIOSTHETIQUE®
PARIS

BATHS

			CHF
RELAXATION IN THE HYDRO TUB	THALASSO – PURIFYING ALGAE BATH Accelerates natural fat burning and purifies.	20 min.	60
	THALASELBAIN – SEA SALT BATH Provides the body with minerals and trace elements, drains excess fluids and elasticizes.	20 min.	60
	EDEN ROC BEAUTY BATH (Honey-milk-salt bath) Milk and honey for soft and supple skin and salt to purify your body.	20 min.	60
	TRANQUILLITY BATH Milk & essential oils of rosewood, orange and Vanilla bestows a silky and smooth skin.	20 min.	60

RATES FOR EXTERNAL GUESTS

		CHF	
MEMBERSHIP	1 month	350	
	4 months	1200	
	8 months winter offer	2200	
	10 entrances pass	400	
	These offers are not valid during June, July and August.		
SINGLE ENTRANCES	“Buongiorno”	8.30 – 12.00 hrs	50
	“Buonasera”	18.00 – 20.00 hrs	50
	Day Spa light	4 hours during daytime	80
	Day Spa		200
	Including a 25-minutes back massage and a light lunch with non alcoholic drinks at Restaurant Eden Roc. Only by appointment and upon availability.		

The rates include free use of the whole Eden Roc Spa with fitness centre, sauna and steam bath area, relaxation rooms and water world, as well as bathrobe & slippers, towels, refreshments and fruits. The participation in the offered Aqua gym lessons is also included. Children do have access from the age of 16.

VOUCHER

GIFT CERTIFICATES

We offer gift certificates for the present of your choice.

Opening hours

Water world/Sauna/Fitness	7.00 – 21.00 hrs	(winter)
	7.00 – 20.00 hrs	(summer)
Treatment and Coiffeur	9.00 – 20.00 hrs	
Spa Reception	8.30 – 21.00 hrs	(winter)
	8.30 – 20.00 hrs	(summer)

Reservation and information:

HOTEL EDEN ROC — Via Albarelle 16 — 6612 Ascona — Switzerland
Tel. +41 (0)91 785 71 17 — Fax +41 (0)91 785 71 43
edenrospa@edenroc.ch — www.edenroc.ch — Member of Tschuggen Hotel Group

.....