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# SPA- AND WELLNESS \*\*\*\*\*

Spa Menu



#### BEAUTY EXCELLENCE

#### GLOW TREATMENT മ

Your BABOR facial treatment, tailor-made for you. This treatment consists of a deep cleansing, exfoliation, specially selected concentrate and intensive massage for decolleté, neck and face, a mask, eye care and daily skin care.

( 80' | CHF 185

### **REVERSIVE PRO** YOUTH FACIAL – FOR YOUR YOUTHFULNESS

A treatment for alleviating tension with long-lasting effect. This treatment consists of an intensive cleanse, an AHA fruit acid exfoliation, lymph activation with rose quartz massage stones, eye and lip care and a lifting touch massage, a mask and finishing care.

( 95' | CHF 265

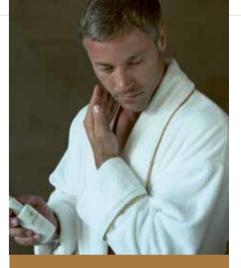
# SOTHYS FACIAL -MOISTURE AND HYALURONIC ACID

A highly effective intensive care product with a delicate feel. With restructuring active substances and a moisture-filling complex derived from various hyaluronic acids that restore the moisture balance of the skin. Treatment steps: Cleansing, exfoliation, eyebrow correction, serum and deep massage of face, neck and decolleté, a lifting mask and daily skin care.





#### ( 80' | CHF 185



## BABOR MEN -CARE FOR MEN

thanks to innovative textures and the energising Taurec active ingredient complex. This treatment combats fatigue concentrate and eye care, followed by a



#### **BEAUTY CLASSIC**

### SIGNATURE FACIAL (M/F)

A true facelift using the jade roller – a natural anti-aging booster for greater radiance and a fresher look.

This treatment with BABOR care products consists of cleansing, eyebrow correction, exfoliation, serum and massage with jade roller, eye care and day cream.

( 50' | CHF 120

# CLASSIC FACIAL (M/F)

Skin examination, deep cleansing, exfoliation, eyebrow correction, ampoules, with intensive massage for decolleté, neck, nape and face, a mask and moisturising daily skin care. Treatment with «SOTHYS» cosmetics.

( 80' | CHF 185

### COMBI OPTIONS FOR CLASSIC FACIAL

with manicure. (L) + 35' | CHF 55 with polish upon request

(L) + 35' | CHF 65 with pedicure, with polish upon request

# EYES

() 15' | CHF 30/20\* Eyebrow tinting () 15' | CHF 25/15\* Eyebrow correction () 15' | CHF 30/20\* Eyelash tinting

Eyelash and

evebrow tinting

\*for facial treatment bookings

Upper lip and chin

B

└ 25' | CHF 45/35\*

# Manicure (incl. nail polish) (50' | CHF 80 Manicure (excl. nail polish)

HANDS – SPA MANICURE

# FFFT -SPA PEDICURE Pedicure including exfoliation and hand bath

( 50' | CHF 90 Pedicure (incl. nail polish) Pedicure (excl. nail polish) 40' | CHF 75

# HAIR REMOVAL

() 20' | CHF 35

# Manicure including exfoliation and hand bath (L) 40' | CHF 65





# BELLY RELAX PACKAGE

#### BELLY RELAX -MUM-TO-BE

#### 1 × Belly Relax massage

For expectant mothers, treat yourself to a relaxing break. Gentle hand strokes relax your tense muscles and improve your circulation. Relax on a special pregnancy couch with removable belly cushion.

#### 1 × Belly Relax facial treatment

Hormonal effects can cause changes in your skin. Sothys cosmetics work to counteract these changes with their moisturising and soothing effects. We will swiftly begin to pamper you with cleansing, skin type analysis, exfoliation, mask and finishing care.

THE GIFTS OF NATURE AND FORTUNE ARE NOT AS RARE AS THE ART OF ENJOYING THEM. (MARQUIS DE VAUVENARGUES)



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Package () 90' | CHF 200





### DOCTOR BABOR

#### SKIN ANALYSIS CAMERA -DERMA VISUALIZER

A little helper for your next skincare steps. The Derma Visualizer is a cutting-edge camera with 80x magnification for optimal computer-assisted skin diagnosis. This treatment includes analysis, deep cleansing, exfoliation, ampoules, intensive massage for the face, neck and decolleté and daily skin care.

Facial treatment with Derma Visualizer ( 95' | CHF 195

#### Can be added to all facial treatments

Separate treatment Derma Visualizer

( 30' | CHF 75

Prior to your treatment, we ask that you fill in a medical history form. There are some circumstances in which treatments using ultrasound apparatus should not take place.

If you would like to book a treatment without ultrasound, the treatment cost is reduced by CHF 25.



#### MICRODERMABRASION\* High-tech power exfoliation

This treatment is a power exfoliation process and consists of cleansing, intensifying the effects of the applied concentrate using ultrasound, massage for the face, neck and decolleté, face mask and finishing daily skin care.

The initial treatment includes the following obligatory products for further care at home:

• 1 × BABOR Ultimate Protecting Balm CHF 50 (50 ml)

Further treatment

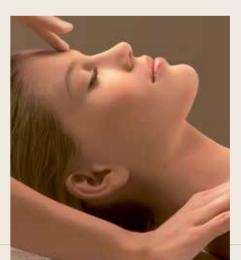
(without products)

( 95' | CHF 255 Initial treatment (with products) ( 95' | CHF 220 Further treatment (without products) Without ultrasound ( 80' | CHF 220 Initial treatment (with products)

( 80' | CHF 185

#### \*MICRODERMABRASION

#### Effects



### TOP FACE LIFT

#### Ultrasound

A treatment for all skin types for regeneration and better skin texture thanks to a bespoke combination of active ingredients. An effective pampering treatment with cleansing, AHA exfoliation, active ingredient serum, collagen biomatrix face mask and daily skin care.

> ( 95' | CHF 270 **(** 80' | CHF 240 (L) 65' | CHF 210

#### TIP

Long-lasting and visible effects after six treatments over 12 weeks

#### PACKAGE FOR TWO

#### RENDEZVOUS PACKAGE

Enjoy a package as a couple, allowing /ou to experience our treatments in the couples' treatment room.

- Shared wellness bath for two with a glass of cider
- Followed by parallel full-body massage

🕓 85' | CHF 290

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## MEN'S DAY

A package for men: Stress reduction and relaxation guaranteed.

- Energy massage with food reflexology and back massage
- BABOR MEN facial treatment
- Manicure or pedicure

Package 🕓 155' | CHF 295







# LADY'S DAY



Take a day for yourself. We will pamper you with:

- Body exfoliation, bath and full-body massage
- Facial treatment
- Manicure or pedicure (with polish upon request)

Package 🕓 210' | CHF 480



#### CLASSIC MASSAGES\*

#### SHIATSU

Shiatsu means "finger pressure" and is an acupressure technique originating from Japan, which acts on specific energy flows. This treatment encourages natural processes of self-regulation and contributes to physical, emotional and mental wellbeing. Immerse yourself in absolute relaxation for your head and body. You can also wear comfortable clothing for this treatment.

Full-body treatment Back, head and neck

( 65' | CHF 135 ( 50' | CHF 115





### REFLEXOLOGY MASSAGE

All organs, joints and body parts have designated reflex zones on the feet. These can be stimulated via a special pressure massage to encourage self-healing, such as spinal problems and digestive disorders. This massage results in a positive energy flow throughout your entire body, thereby optimising your metabolic functions.

> (\) 40' | CHF 90 (L) 25' | CHF 65

> > ⑦

# CLASSIC MASSAGE

A variety of massage techniques to massage the torso, arms and legs. Rubbing, kneading, tapping and clapping techniques are used here. Tense muscles are relaxed and optimal circulation is restored.

	() 80'   CHF 160
	(L) 50'   CHF 115
Back and neck only	🕓 25'   CHF 65



TIME IS A PRECIOUS COMMODITY. TAKING TIME FOR YOURSELF IS THE PUREST FORM OF LUXURY.

# SOTHYS AROMA OIL MASSAGE

Choose Aroma Oil for ideal skincare. Relaxing, gentle massage with:

- Orange blossom and cedar wood
- Cinnamon and ginger (oriental, warming)
- Lemon and bitter orange (refreshing, fruity)

() 80' | CHF 160 () 50' | CHF 115 () 25' | CHF 65

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#### **RELAX MASSAGES\***

## SHIRODHARA – FORFHEAD INDULGENCE AND MASSAGE

Warm oil calms your spirit and senses. With a warm stream of oil on your forehead, you can achieve balance between emotion and reason and thereby enjoy a soothing and regenerative feeling of deep relaxation. To prepare you for your forehead indulgence, we will apply a full-body oiling treatment. Please only book the forehead indulgence treatment during your stay, and not for your day of arrival or departure.

( 65' | CHF 180

### PINDA SWEDA -HERB POUCH MASSAGE

In this massage technique, the body is massaged using warm herb pouches. The warming effect of the pouches enables the active ingredients and nourishing oil to work their magic in an ideal way. The scent of the contents and the art of harmonious massage strokes combine, elevating you to a higher physical and mental state.

( 65' | CHF 155



# HOT STONE MASSAGE

The use of heated stones enables warmth to penetrate into the deepest areas of the body, stimulating blood circulation and metabolic processes. The Hot Stone Massage is a perfect combination of massage, energy work and the soothing effect of hot stones. This treatment encourages physical and mental balance.

(L) 60' | CHF 135

#### SIGNATURE MASSAGES\*

#### GOLEER RELAXATION

The technique used here is similar to a full-body massage or partial body massage, with mobilisation of the lumbar spine for relaxation, strain relief and improved mobility. Make use of the greater range of motion provided by this treatment to improve your golf game.

( 50' | CHF 115

( 50' | CHF 115

#### BACK AND HEAD ENERGY

Bespoke back massage combined with shiatsu techniques. This energy massage tackles tense and painful points and provides a calming and stimulating effect. Following this massage, you will feel more tranquil and balanced - the relaxation this massage provides is unbelievable!

#### BACK AND FOOT ENERGY

A bespoke back massage for easing tension in the musculature and stimulating circulation in deep tissues. Combined with a foot reflexology massage to encourage self-healing, etc. This energy massage provides a revitalising and balancing effect.

# NADA ABHYANGA -SINGING BOWL MASSAGE

Waves of soothing sound vibrations will tangibly penetrate your body and stimulate energy flows in even the smallest cell in your body. This treatment begins with full-body oiling, after which you will enjoy a massage alternating with the sound.

( 65' | CHF 145



# **ACIDOSANA®**

This special massage activates deacidification by relaxing connective tissues. The special massage techniques stimulate cell flows throughout the body. This supports natural regulatory processes in the metabolism. Prior to the massage, we will give you a mineral component for neutralising the acids.

#### () 50' | CHF 115

Treatment for entire body

Treatment for upper body, excl. legs ( 95' | CHF 185

(L) 65' | CHF 135

#### BODY TREATMENT

#### «SOTHYS» BODY EXFOLIATION

A beauty treatment consisting of a sugar-salt exfoliation that gently cleanses the skin, encourages circulation and stimulates regeneration. Smoothing and caring – for smooth, soft skin.

🕓 35' | CHF 85

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# **«BABOR SPA» BODY** TREATMENT PACKAGE

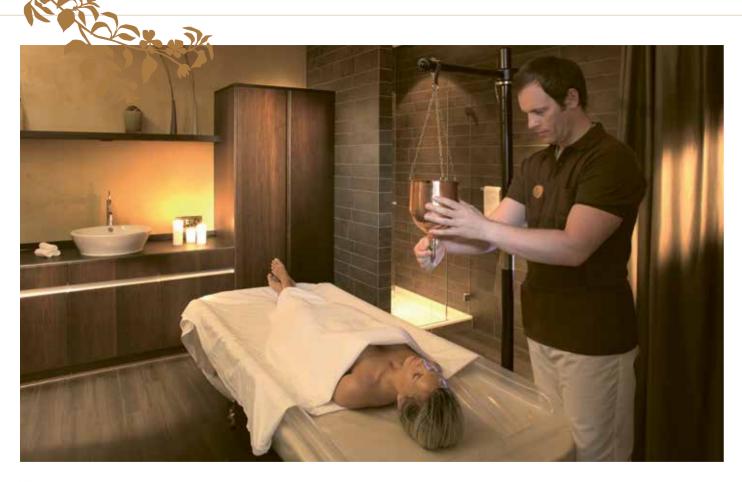
Has a caring and regenerative effect on the skin and ensures an ideal supply of moisture thanks to its rich formula – for smooth, beautiful skin that feels wonderful. As finishing care, we apply a rich vitamin cream – with 95% natural ingredients.

🕓 30' | CHF 90





«BEAUTY BEGINS THE MOMENT YOU DECIDE TO BE YOURSELF.» (COCO CHANEL)



#### NO ENJOYMENT IS TEMPORARY; THE IMPRESSION IT LEAVES IS EVERLASTING. (GOETHE)

#### BATHS

# WELLNESS BATH



#### ALKALINE BATH

Enjoy, switch off and relax – with an aromatic bath experience and a glass of cider

Select your aromatic bath salt:

- provide effective support. The functions of the skin can be made particularly effective by stimulating them with an alkaline bath with a pH value of approx. 8.0.
- Apple blossom (invigorating, revitalising)
- Lavender and lemon balm (calming, gentle)
- Cherry blossom (stimulating, refreshing)

( 20' | CHF 60



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At the start of a purification phase, the skin can

( 35' | CHF 90

# **INFORMATION ABOUT** OUR BATHS

#### Body sound therapy

Immerse yourself in a world of sound. The bathing, the water transfers the vibrations

#### Chromotherapy

Using a special process, the colours are assigned to corresponding frequencies of acoustic vibrations.

#### Double bath

Experience a bath as a pair. 50% price



#### FITNESS

# PERSONAL TRAINING

Personal training refers to physical or mental fitness training (indoor or outdoor) as part of bespoke support provided by one of our qualified personal trainers.

Personal training sessions can be booked for: Jogging, yoga, body shaping, pilates and golf fitness training.

Price for 1–2 persons

🕓 55' | CHF 85

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#### INFORMATION

#### Reservations

We recommend that you book your desired wellness treatment prior to your stay at our hotel by telephone at +41 (0) 52208 0808 or by e-mail at info@golfpanorama.ch. We are also happy to book your treatment directly at the hotel, but in this case, it may not be possible to provide our full range of treatments, or your desired booking time may no longer be available. Payment for all treatments is made at the hotel reception. Please arrive at the spa reception area 5 minutes before your treatment time and wait to be accompanied to your scheduled treatment room.

#### Cancellation

Any arranged treatment appointments can be cancelled at no cost at least 24 hours in advance, after which time you will be charged in full for any treatments that you do not use.

#### Prices

Upon publication of this spa menu, all previously published editions are no longer valid. Prices are subject to change. All prices are given in CHF and include VAT.

#### Clothing

Ideally, you should wear a bathrobe to your treatments. During any body treatments, your body will be covered with a towel and only parts that are currently being massaged or treated will be exposed. Shiatsu is an exception to this. Please make sure that you finish any sauna sessions at least half an hour prior to starting any treatment, to avoid post-sauna sweating during the treatment.

For exfoliations, packages or upon request, you will receive disposable underwear.

#### Information in advance

Do you have high blood pressure, diabetes or any allergies? Have you recently undergone an operation, or are you pregnant? Please let us know when booking your treatments. The same applies if you are taking certain medications or are currently breastfeeding. We offer special treatments for expectant mothers.



# OPENING TIMES

Treatment department open every day from 9 a.m. to 8 p.m. all year round. Pool area open from 7 a.m. to 10 p.m. Saunas open from 10 a.m to 9:30 p.m.

#### For expectant mothers



Suitable treatments are marked with a symbol. If in doubt, please always consult your doctor. Please only book baths, exfoliations, packages and massages up to the 36th week of pregnancy.

#### For teens

Suitable treatments for children of ages 10 to 16 are marked with a symbol. The wellness facilities are an oasis of calm, so for this reason, there is a "kids' time" between 9 a.m. and 11 a.m. and between 2 p.m. and 4 p.m., for children under 12 accompanied by their parents. Please be aware that before and after these times, the wellness facilities are exclusively reserved for guests seeking relaxation of ages 12 and above. The sauna area may only be used by guests of ages 16 and above.



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Lake Constance	10 minutes	Frai
Weinfelden	12 minutes	Win
Kreuzlingen	15 minutes	Züri
Konstanz (Germany)	20 minutes	

Frauenfeld	20 Minuten
Winterthur	30 Minuten
Zürich Airport	40 Minuten

Find out more! Wellnesshotel Golf Panorama is also on Facebook and Instagram

