BERGWELT
GRINDELWALD
BY THE LIVING CIRCLE

WELCOME TO OUR ADULT FIRE & ICE DACH AWARD WINNING SPA

The Fire & Ice SPA is a source of new vital energy: here, body and mind come into harmony.
Time to close your eyes and listen to the silence.

To make your stay in our wellness area more pleasant, we offer our guests 90-minute time slots per day. We kindly ask you to make your reservation directly at the SPA reception on the day you wish to visit the facilities. We cannot accept reservations in advance.

OPENING HOURS & RESERVATIONS

Saunas & Jacuzzi Area (Saunas, Steam Room, and Outdoor Jacuzzi):

- Opening Hours Winter: 10:00 - 20:00
- Opening Hours Summer: 14:00 - 20:00
- Adults Only (from 16 years old)
- Saunas and steam room (textile-free area)
- One 90-minute time slot per day
- Reservations on the day at the SPA reception or by dialling 550

Séracs Pool (Indoor Pool) and Steam Room:

- Open daily (adults only from 16 years old): 07:00 - 20:00
- Children's opening hours daily: 10:00 - 12:00
- Steam room with swimwear (from 10:00)
- No reservation required

Fitness Room with Techno-Gym Equipment:

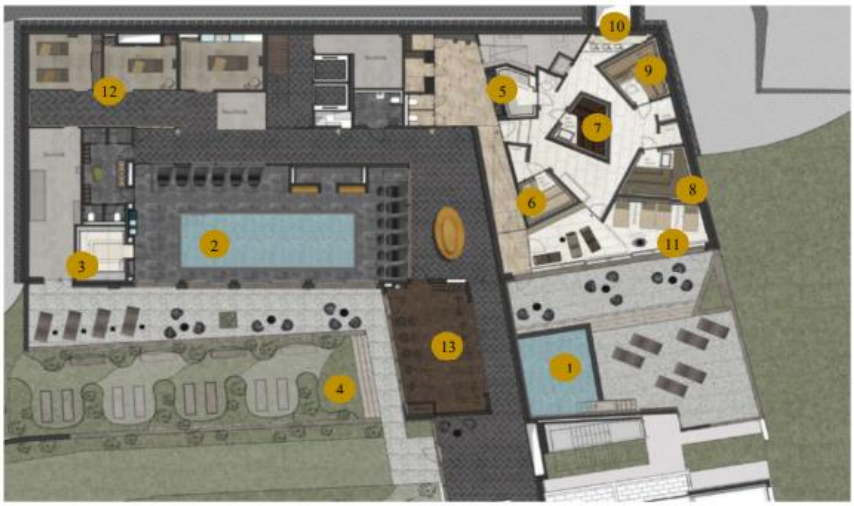
- Open 24 hours daily
- Adults Only (from 16 years old)
- Sports clothing only
- No reservation required

For guests of the Hotel Bergwelt, entry is included in the overnight stay price. For Hotel Pinte guests, access to the SPA facilities is available for an additional fee: CHF 30.- per person for access to the Séracs Pool and fitness area; or CHF 45.- per person for access to the entire SPA area, including saunas and jacuzzi.

For residents of Grindelwald, the entry fee is CHF 60.- per person or CHF 40.- with a booked treatment. For regular external guests, the price is CHF 100.- per person or CHF 40.-. The discount

applies in each case with a booked treatment of at least 60 minutes, whereby the use of the SPA area is possible between 11:00 and 14:00 and subject to availability.

PLAN | INFRASTRUCTURE



Ogiven Outdoor Jacuzzi, heated (1)
Séracs Indoor Pool, heated (2)
Textile Steam Room 45°C (3)
Mystical Atrium Garden (4)
Textile-free Sauna Area with Steam Room 45°C (5), Salt Stone Sauna 75°C (6), Fire Sauna 90-95°C (7), Hay Sauna 80°C (8), Sanarium 55°C (9), Foot Bath & Ice Fountain (10)
Relaxation Room with Fireplace (11)
3 Treatment Rooms: 1 x Double Treatment, 2 x Single Massage (12)
Fitness Room with Techno-Gym (13)

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PACKAGES

For a complete relaxation experience, enjoy a body and facial care package, in which all products have been developed exclusively from natural and plant-based ingredients, feature high skin tolerance, and are suitable for all skin types.

FIRE & ICE Signature Package

Foot Bath
Fire & Ice La Stone Massage
Facial Treatment
140 Min ***CHF 390***

DIAMONDS ARE FOREVER

Premium Body Ritual
Facial Treatment
160 Min ***CHF 390***

007

Swedish Massage
Facial Treatment
110 Min ***CHF 285***

GOLDEN EYE

Golden Full Body Scrub
Individual Massage
100 Min ***CHF 250***

SKYFALL

Back and Neck Massage
Facial Treatment
80 Min ***CHF 230***

CASINO ROYAL

Full Detox Body Scrub
Deep Hydrating
45 Min ***CHF 135***
60 Min (with Back Massage) ***CHF 180***

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«72K» FACIAL TREATMENTS

The natural cosmetics from 72K featuring the unique Artemisia C-08UC Complex® serve as a natural source of power for the skin and a protective shield against skin aging. The Artemisia complex offers a new, therapeutic approach for radiant, healthy skin. Combining the best of nature and science, between intensive active ingredients and therapeutic hands, you can enjoy the renewed vitality of balanced skin.

72K Happy Aging Treatment

Glow with our 72K Happy Aging Facial Treatment, designed to nourish and enhance your skin at every age. For your complete well-being and deep relaxation, in addition to the intensive facial treatment, enjoy a revitalising massage with the Multi Talent Cream Mask for your arms, hands and décolleté. Let yourself be pampered and feel your skin renew itself and glow.

80 Min ***CHF 220***
Tip: revitalisation, relaxation

72K Detox Treatment

A deeply cleansing and detoxifying treatment with lasting effects. This relaxing and regenerating, yet revitalising treatment promotes the elimination of toxins and supports the skin's natural detoxification and purification processes. A natural detox for a more even and radiant complexion.

60 Min ***CHF 160***
Tip: skin impurities, inflammation.

72K Express Facial Treatment

A quick, revitalising treatment for those who are short on time but don't want to compromise on skincare. This natural express detox helps eliminate impurities and supports the skin's natural detoxification process, leaving the complexion looking more even and radiant in no time.

30 Min ***CHF 110***
Tip: skin impurities, tired-looking skin.

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MASSAGES

SILBERHORN Massage

An **aromatherapy massage** during which you can choose from a selection of high-quality scented oils.

60 Min	***CHF 160***	***90 Min***	***CHF 220***

EIGER Massage

The **classic massage** has a relaxing effect and can help relieve muscle tension, as well as back, neck and headaches.

60 Min	***CHF 160***	***90 Min***	***CHF 220***

MÄNNLICHEN Massage

A **deep tissue massage** that uses slow, deep strokes and sustained pressure on the deeper muscles and connective tissue.

60 Min	***CHF 170***	***90 Min***	***CHF 230***

WETTERHORN Massage

This is a **personalised massage** tailored entirely to your needs. The holistic massage combines various massage techniques.

60 Min	***CHF 170***	***90 Min***	***CHF 230***

FAULHORN Massage

A **relaxation massage** designed to release muscle tension and promote complete relaxation.

60 Min	***CHF 160***	***90 Min***	***CHF 220***

PREGNANCY Massage

A specialised **pregnancy massage** designed to soothe, promote self-care and provide deep relaxation. (Suitable between the 4th and 8th month of pregnancy.).

60 Min	***CHF 170***

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FIRE & ICE La Stone®

A hot and cold stone massage that creates an intense interplay of sensations, promoting deep relaxation. The perfect treatment for body and mind.

90 Min	***CHF 230***

HOT STONE Massage

Relieves muscle tension and pain through the firm pressure and warmth of the stones. A massage that stimulates blood circulation.

60 Min	***CHF 170***	***90 Min***	***CHF 230***

SHORT MASSAGES

EIGEREXPRESS Back & Neck Massage

A short, firm **back and neck** massage.

25 Min	***CHF 95***

EIGEREXPRESS LEG Massage

A short **leg massage** designed to stimulate blood circulation by relieving tension in the muscles and surrounding tissues.

25 Min	***CHF 95***

FIRST FOOT REFLEXOLOGY

Foot reflexology involves applying pressure to specific points on the feet. It is recommended to relieve muscle tension, alleviate pain and stimulate lymphatic flow.

25 Min	***CHF 95***	***45 Min***	***CHF 125***
60 Min	***CHF 170 (mit Fussbad)***		

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FAQ | ABOUT SPA

1. TREATMENTS

Arrival time for Treatments
Please allow sufficient time to complete a health questionnaire before your treatment begins. We recommend arriving approximately 5 minutes before your scheduled appointment. Out of consideration for our next guests, any delay on your part will be deducted from your treatment time.

Health Condition
Please inform us at the time of booking of any health conditions, allergies, pregnancy or injuries that may affect your treatment.

What should I wear during my treatment?
Disposable underwear is available at the spa for you to wear during your treatment. We recommend removing all clothing or wearing the disposable underwear under your bathrobe.

What if I feel uncomfortable during the treatment?
If you find any massage techniques painful or uncomfortable, please inform your therapist immediately.

Should men shave before a facial treatment?
Shaving is recommended but not essential. If you wish to shave, we recommend doing so at least two hours before your facial treatment.

Cancellation Policy
All treatments not cancelled at least 24 hours before the scheduled appointment will be charged in full (100%). For packages such as the Fire & Ice SPA, cancellations are permitted up to 48 hours in advance. Late arrival will result in a reduction of the treatment time. Changes to the appointment time cannot be guaranteed after these deadlines. During the high season, the SPA team reserves the right to adjust this policy and will inform affected guests accordingly.

2. SPA USE & CODE OF CONDUCT

Do I need to make a reservation to use the saunas and jacuzzi?
To ensure you have the best possible experience in our SPA, we kindly ask you to reserve a 90-minute time slot exclusively for the “Saunas & Jacuzzi” area. This allows us to offer all our guests the opportunity to enjoy these facilities while ensuring that maximum capacity is respected. Reservations can only be made directly with the SPA team on the day you wish to use the area.

Should I shower before using the jacuzzi or swimming pool?

Yes, showering before using these facilities is strongly recommended, especially after using the steam room or saunas.

...and in the sauna?
Our saunas and steam room are textile-free areas. Bath towels are provided in this area and must be used to sit or lie on during your sauna session. If you feel uncomfortable, you are welcome to cover yourself with these towels.
Alternatively, a textile steam room is available in the indoor pool area, where swimwear is mandatory.

Fitness Area Rules and Etiquette
Sportswear and appropriate, clean footwear are required to use the fitness area. Towels and detox water are provided in the fitness room for your convenience. We kindly ask you to return all equipment to its original place after use.

Children
Our SPA is exclusively for adults aged 16 and over. However, our indoor swimming pool is open to our little explorers daily from 10:00 am to 12:00 pm. Outside these “Kids Hours”, access to the entire Fire & Ice SPA is restricted to guests aged 16 and over.
If you need recommendations for alternative activities in the village, our SPA team will be happy to assist you.

Please bear the following in mind:
The SPA is a place of peace, rest and relaxation. Please respect the privacy and need for quiet of other guests. For this reason, the SPA is a mobile phone-, camera- and smoke-free zone.

Food & Beverages
Soothing and revitalising teas, glacier water and seasonal fruit are available during the sauna area's opening hours. Food and beverages, both alcoholic and non-alcoholic, may not be ordered or brought into the SPA.

Valuables
Bergwelt Grindelwald accepts no liability for thefts in guest rooms or public areas. The hotel cannot be held liable for valuables, cash or securities that have not been deposited in the hotel safe at the main reception (Articles 487/488 of the Swiss Code of Obligations)

3. SHOP, PRICES & GIFT VOUCHERS

Shop | Gifts
All SPA skincare products for body and facial treatments, NEWBY wellness teas and swimwear are available for purchase at the Fire & Ice SPA reception.

Prices

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All prices are quoted in Swiss francs (CHF) and include VAT. Prices are subject to change without prior notice. Gratuities are not included and are welcome at your discretion.

Gift Vouchers

Gift vouchers are always a welcome surprise. They can be redeemed for a range of SPA treatments, as well as fitness and hotel experiences. Gift vouchers can be ordered directly at www.bergwelt-grindelwald.com.