



The Fire & Ice SPA, like the eponymous film, is a cornucopia of sensory impressions. It is a place where the body and soul achieve harmony. The deep blue water of the Séracs pool (indoors) and Ogiven pool (outdoors) reflects the power of the Grindelwald glaciers. On the panoramic terrace you can literally feel the elements of nature and breathe in its beauty.

In the tradition of the region's skiing and mountain sports pioneers, the Uphill Only fitness centre encourages you to recharge your batteries or overcome your own limits. It is the place to acquire the tools for your next challenge.

Inspiring scents and colours in the Mystic Atrium Garden enliven all the senses and exude the charm of the wilderness. Here, the healing power of traditional mountain herbs and Alpine plants reaches to the sky.

The Fire & Ice SPA is a source of new vital energy: the power of the mountains contains so much primal energy. We always enjoy hearing the stories of the pioneers and mountaineers and feel a sense of deep relaxation following our own personal adventures. Time to close our eyes and listen to the sound of silence.

We set off on a journey of discovery with an eagerness to explore and all our senses awakened: To feel the pleasantly cool stones under our feet, experience the mysteries of the mountain world, inhale the fragrance of alpine herbs.

Time to close your eyes and listen to your body. A SPA stay that lasts longer and creates precious memories.

Opening times

Exclusive access only for hotel guests and guests of the residences and luxury chalets.

Uphill Only fitness gym	24hrs
Séracs & Ogiven pools	9 a.m.–8 p.m.
Sauna complex	2-8 p.m. / weekends 10 a.m.–8 p.m. (summer) 10 a.m.–8 p.m. (winter)

The sauna complex and fitness gym are available to all guests over the age of 16.

Admission is included in the accommodation rate. Treatments are subject to an additional charge. All therapies and treatments may be booked for external guests.

Club membership for guests of the residences and luxury chalets

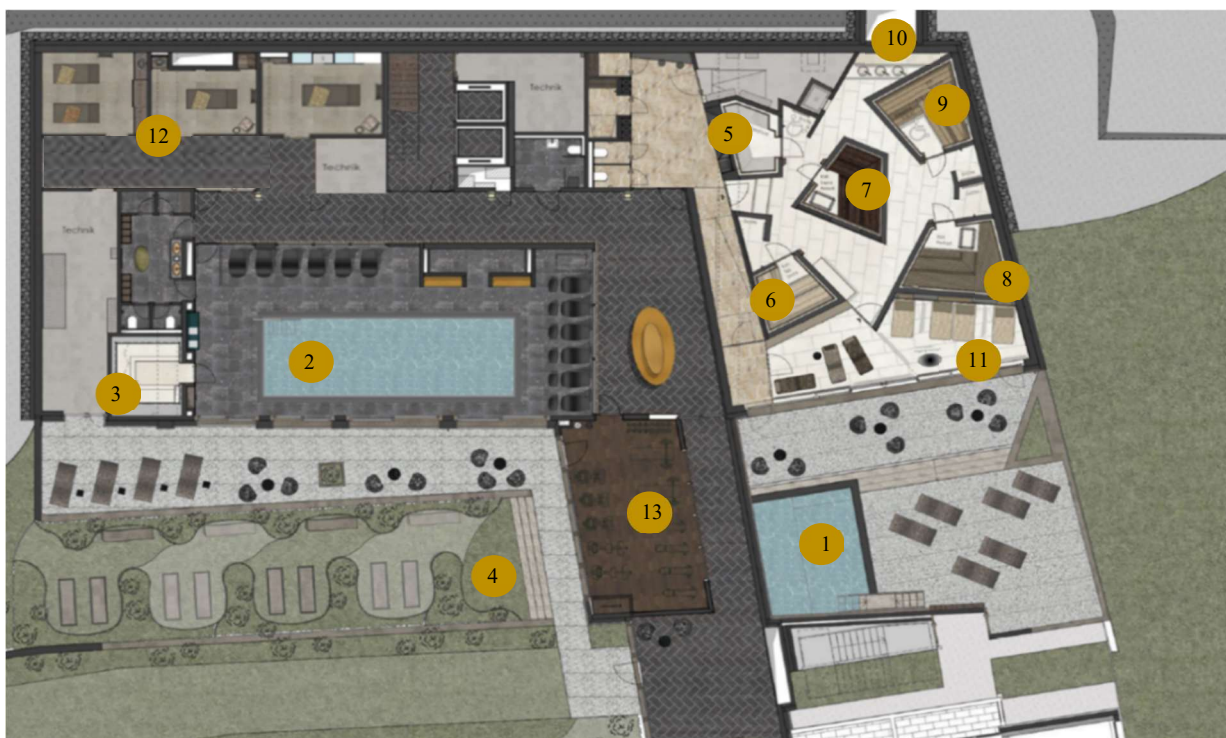
For one person	CHF 1,880 per ½ year	CHF 2,980 per year
For two people	CHF 2,940 per ½ year	CHF 5,240 per year
For each additional person	CHF 1,150 per ½ year	CHF 2,300 per year

Included in the price:

1 x 60-minute SPA treatment of your choice, 2 x SPA admissions for friends/acquaintances, 20% discount on SPA treatments between 10 a.m. and 3 p.m. CHF 500.00 food & beverage credit, participation in various club activities at attractive rates.

Billed quarterly

Floor plan / infrastructure



Ogiven outdoor pool, heated (1)

Séracs indoor pool, heated (2)

Textile steam bath (3)

Mystic Atrium Garden (4)

Textile-free sauna complex (nudist area) with steam bath (5), rock salt wall (6), fire sauna (7), hay sauna (8), sanarium (9), heated foot bath & ice fountain (10)

Relaxation room with fireplace (11)

Three treatment rooms: 1 x double treatment, 2 x single massage (12).

Uphill Only gym (13)



“iS CLINICAL” facial treatments

As a scientifically based luxury skincare treatment, “iS CLINICAL” bridges the gap between research and cosmetics. The highly effective, clinically proven products improve the skin’s health. The uniqueness of the products is down to the combination of the most advanced technologies and the use of pharmaceutical-grade plant-based active ingredients.

Signature facial treatment

FIRE & ICE FACIAL – the Hollywood facial with a glow effect

The intensive Fire & Ice Facial was developed to renew the skin’s surface quickly and safely. The two-step facial reduces fine lines and wrinkles and leaves skin smoother, softer and more even-toned.

60 minutes CHF 170.00

FOAMING ENZYME FACIAL

This powerful yet gentle facial combines papaya and pineapple enzymes with effective clinical-grade glycolic acid. The professional treatment produces a pleasant foam, whose bioactive ingredients exfoliate the skin and deep-cleanse the pores.

60 minutes CHF 150.00

CLEAR SKIN FACIAL

An application that gently removes dirt and dead cells and has soothing and healing properties for oily, congested, acne-prone or otherwise problematic skin.

60 minutes CHF 150.00



“ananné” facial treatments

This highly concentrated natural Swiss skincare range employs the most effective and healing plant and algae extracts, as well as the best and purest oils nature has to offer.

The Swiss-made and certified skin care products are the result of a combination of concentrated knowledge of integrative medicine and exclusively plant-based active ingredients from all over the world. The skin’s own processes are activated by optimally dosed, natural active ingredients and the plant extracts and high-quality oils are effectively absorbed by your skin.

“ananné” products are well tolerated and suitable for all skin types. They promote natural regeneration, help the skin to achieve a healthy balance and ensure a radiant glow.

ananné FIVE CONTINENT RITUAL

This luxury treatment for face and body provides an instant visible effect, evens the skin’s tone and lends it a rejuvenated appearance. The massage routine firms and relaxes the skin and achieves a lasting regeneration.

The care products applied take the form of a plant-based oil serum, an intensive special mask and a nourishing eye mask, which improve the skin’s elasticity, firmness and texture. The result is smoother, revitalised skin and a radiant complexion.

90 minutes CHF 210.00

NATURAL HEALING the medicinal herbal therapy & ritual

Highly effective treatment for face, neck and décolleté. As with a body massage, a variety of hand movements and techniques are used to relax tense muscles, firm the connective tissues and stimulate the circulation of blood and the lymphatic system. The facial features are relaxed and the drainage of lymph fluid and harmful substances is improved. A natural face lift whose effectiveness is proven.

60 minutes CHF 140.00

ananné DETOX & RELAX RITUAL

A long-lasting deep cleansing and detoxifying treatment. This relaxing, regenerating and vitalising treatment promotes the drainage of harmful substances and supports the detoxification and purification of the skin.

A natural detox for an even-toned, radiant complexion.

60 minutes CHF 140.00



Fire & Ice signature body treatments

FIRE & ICE LaStone®

A stone massage using warm and cold stimulation to ensure an intensive massage effect. The treatment for optimal relaxation of both body and mind.

60 minutes CHF 170.00 / 90 minutes CHF 210.00

HOT STONE MASSAGE

Reduces muscle tension and pain. The warmth from the stones stimulates and improves the circulation, accelerating blood flow.

60 minutes CHF 150.00 / 90 minutes CHF 210.00

COLD STONE MASSAGE

Has an invigorating and refreshing effect and stimulates the circulation. The cold stones stimulate the metabolism and the lymphatic system.

60 minutes CHF 150.00 / 90 minutes CHF 210.00

ananné PREMIUM BODY RITUAL

This pure luxury body ritual instantly firms the skin and minimises cellulite. The ananné body peeling and the brush massage work in synergy to refine the complexion and effectively detoxify and purify the skin.

The combination of plant-based active ingredients, consisting of white mustard, capsaicin and a liposomal caffeine concentrate, stimulate the release of fatty acids and combat cellulite. A firming massage, the special concentrate, connective tissue and patten techniques ensure firmer contours and a slender silhouette. For improved skin hydration and a refined and flawless complexion.

110 minutes CHF 240.00



Massages

Choose from a selection of high-quality oils for your massage:

- > Apple seed oil smoothes and softens the skin.
- > Honey blossom oil softens and is particularly suited to dry skin.
- > Rose massage oil nourishes and softens the skin.
- > Mint eucalyptus oil softens the skin and is also particularly suited to dry skin.
- > Apricot kernel oil is a light, pale yellow to colourless massage oil that has a gentle and nourishing effect on skin and tissue. Apricot kernel oil is very mild, light and easily absorbed, making it ideal for facial skincare.

INDIVIDUAL MASSAGE

This massage is tailored entirely to your needs.

60 minutes CHF 150.00 / 90 minutes CHF 210.00

SWEDISH MASSAGE

The classic massage has a relaxing effect and helps relieve tension and back, neck and headaches.

60 minutes CHF 150.00 / 90 minutes CHF 210.00

DEEP TISSUE MASSAGE

A deep tissue massage employing slow, deep strokes and sustained pressure on the deep layers of your muscles and fascia.

60 minutes CHF 150.00

FOOT REFLEXOLOGY MASSAGE

Foot reflexology massage involves stimulating specific reflex zones on the feet with a particular flowing pressure technique. This improves the blood flow to the organs and dissipates tensions. The massage can balance the flow of energy in the body, activate self-healing powers and, as a result, relieve discomfort and pain.

60 minutes CHF 150.00

LYMPH DRAINAGE

Lymphatic drainage aims to stimulate the lymph vessels and promote the drainage of lymphatic fluid. Lymphatic drainage is carried out using gentle, circular movements that are performed in a consistent, rhythmical manner.

60 minutes CHF 150.00



“Move & Explore” / personal training

The mountain world will revitalise your spirits! Participate in our daily “move & explore” programme or book a personal trainer for an individual workout.

FITNESS LESSON WITH A PERSONAL TRAINER

A personal training session tailored entirely to your training objectives and the sports you engage in. For instance, to strengthen your back, build muscle, for the purposes of rehabilitation or simply to improve your fitness.

60 minutes CHF 130.00

10 x 90-minute lessons CHF 1,100.00

YOGA

A personal training session tailored entirely to your training objectives and the sports you engage in.

60 minutes in your hotel room or outdoors CHF 145.00

10 x 90-minute lessons CHF 1,300.00

Catering

Help yourself to soothing and revitalising teas, glacier water and dried and seasonal fruits free of charge at any time during the Fire & Ice SPA’s opening hours.

A (chargeable) selected In SPA dining menu is also available during the restaurant’s opening hours.

Shop / gifts

All “iS CLINICAL” and “ananné” SPA care products are available for purchase at the Fire & Ice SPA reception or in the web shop at www.bergwelt-grindelwald.com.

Treatments

All therapies and treatments may be booked for external guests.



How to SPA / FAQ

Arrival time

Please ensure you arrive in good time to complete a health questionnaire before the start of your treatment. We recommend that you arrive up to one hour before the start of your treatment to give you sufficient time to get changed, relax and enjoy the SPA facilities. Please be aware that arriving late will reduce the duration of your treatment.

State of health

When booking your treatment, please inform us of any illnesses or health conditions such as allergies or injuries that might affect your choice of treatment.

Pregnancy

We have offers specially tailored to the needs of pregnant and breastfeeding women. Our SPA team will be glad to advise you on the most suitable treatments for this particular time in your life.

What clothing should I wear during the treatment?

Disposable briefs are available in the SPA for you to wear during your treatment. We recommend that you remove all your clothing or wear only your underwear under your bathrobe.

...and in the sauna?

No clothing may be worn in the sauna. You will find bath towels in the wardrobe to sit or lie on during your visit to the sauna. Additional bath towels are available from the SPA reception.

What should I do if I feel unwell during the treatment?

Please advise your therapist if you find certain massage treatments or techniques painful or uncomfortable.

Should men shave before the treatment?

Shaving is recommended but not essential. Should you wish to shave, we recommend that you do so at least two hours before the start of your facial treatment.

Is there a fitness dress code?

Users of the fitness area must wear suitable sports clothing and footwear. Towels are available from the SPA reception.

Cancellation policy

All treatments not cancelled at least 24 hours prior to the scheduled appointment will be charged in full. Late arrival will result in a reduced treatment time.

Children

While we are happy to offer treatments for children under the age of 16, they must be accompanied by an adult for the entire duration of their treatment.

Please contact the SPA team for details of treatments for our younger guests. Please be aware that children under 16 are not permitted to enter the textile-free sauna complex or the fitness area.



Please note

The SPA is a place of peace, rest and relaxation. Please respect the peace and privacy of other guests. To ensure this, SPA is a mobile phone-, camera- and smoke-free zone. Thank you for your understanding.

Valuables

Bergwelt Grindelwald accepts no liability in the event of theft from the rooms or public areas. The hotel cannot be held liable for valuables, large sums of cash or securities that are not deposited in the hotel safe at the main reception (Art. 487/488 Swiss Code of Obligations).

Prices

All prices are quoted in Swiss francs (CHF) and include VAT. Prices are subject to change. Tips are not included in the quoted prices and are welcome at your own discretion.

Gift vouchers

Gift vouchers are always a popular present. They can be used for a range of SPA treatments, as well as for fitness and hotel offers. You can order vouchers at www.bergwelt-grindelwald.com.