



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.

To make your stay in our wellness more enjoyable, we offer our guests in the FIRE & ICE SPA slots of 90 minutes per day.

You are kindly requested to make reservations directly at the SPA reception on the day of arrival.

No reservations are necessary in the fitness room.

Opening times

Exclusive access for hotel guests only.

Uphill Only fitness gym	24hrs (16 years or older)
Séracs pool (inside)	7 a.m.-8 p.m. (Age: 16 years or older. Children under 16 years old are allowed accompanied from 10AM until NOON.
Sauna complex & Ogiven Jacuzzi outdoors	2-8 p.m. (Age: 16 years or older) weekends 10 a.m.-8 p.m. (summer) Age 16 years or older 10 a.m.-8 p.m. (winter) Age 16 years or older

In the whole SPA area (pool, jacuzzi, wellness and fitness) access is allowed from 16 years old, except from 10 am - 12 pm we have "Splash hour for children" without splash in the indoor pool. Admission is included in the price of the overnight stay, excluding treatments. All therapies and treatments are bookable for external guests subject to availability.

Floor plan / infrastructure



Ogiven outdoor Jacuzzi, heated (1)

Séracs indoor pool, heated (2)

Textile steam bath 45°C (3)

Mystic Atrium Garden (4)

Textile-free sauna complex (nudist area) with steam bath 45°C (5), salt stone sauna 75°C (6), fire sauna 90-95°C (7), hay sauna 80°C (8), sanarium 55°C (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)

Pampering Programms & Packages

Based exclusively on herbal and natural ingredients, our sustainable active ingredient cosmetics are characterised by high tolerance and are suitable for all skin types.

For the products developed under professional application, we combine our medical understanding of the human body with the most effective ingredients for the skin. Thus, the pampering and caring ritual is in harmony with the individual skin needs.

FIRE & ICE Signature Treatment

Footbath
Fire & Ice La Stone Massage
ananné Natural Healing Facial Treatment

150 minutes CHF 385.00

DIAMANDS ARE FOREVER

ananné Premium Body Ritual
ananné Detox & Relax Facial Treatment

170 minutes CHF 385.00

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Swedish massage
Ananné Natural Healing Facial Treatment

110 minutes CHF 285.00

GOLDFINGER

Back and Neck massage
ananné Five Continental Ritual

105 minutes CHF 280.00

SKYFALL

Back and Neck massage
ananné Natural Healing Facial Treatment

85 minutes CHF 220.00

“ananné” and our 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 CONTINENTAL 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.

80 minutes CHF 210.00

ananné NATURAL HEALING the medicinal herbal & 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 150.00

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 150.00

Body treatments

FIRE & ICE LA STONE®

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

90 minutes CHF 220.00

HOT STONE MASSAGE

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

60 minutes CHF 160.00 / 90 minutes CHF 220.00

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 pater techniques ensure firmer contours and a slender silhouette. For improved skin hydration and a refined and flawless complexion.

110 minutes CHF 240.00

Massages

SWEDISH MASSAGE

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

Reduces muscle tension and pain. The warming stimuli have a circulation-enhancing effect, stimulating the circulation and accelerating blood flow.

60 minutes CHF 150.00 / 90 minutes CHF 210.00

AROMATHERAPY MASSAGE

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

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

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 160.00

INDIVIDUAL MASSAGE

It is a combination of different massage techniques e.g., structural deep tissue massage, fascia massage, classical massage.

60 minutes CHF 160.00/ 90 minutes CHF 220.00

RELAXING MASSAGE

To relax the muscles, remove blockages for absolute relaxation.

60 minutes CHF 150.00 / 90 minutes CHF 210.00

BACK & NECK MASSAGE

A powerful massage of the entire back as well as the neck

25 minutes CHF 90.00

LEG MASSAGE

A massage that revitalises the musculoskeletal system and eliminates imbalances.

25 minutes CHF 90.00

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.

25 minutes CHF 90.00 / 45 minutes CHF 125.00

Catering

Help yourself to soothing and revitalising teas, glacier water and dried and seasonal fruits free of charge during the opening hours of the sauna area.

Shop / gifts

“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

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

Our SPA is an Adult SPA. For our little explorers, the indoor pool is available daily from 10 am - 12 pm. Outside these "Kids hours", access to the Fire & Ice SPA is generally permitted for under 16 years of age. Please contact the SPA team for details of treatments for our younger guests.

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.