



WELCOME TO OUR ADULT FIRE & ICE SPA

The Fire & Ice SPA is a source of new life energy: here, body and soul come into harmony. The power of the mountains has so much originality. We enjoy listening to the stories of pioneers and mountaineers and feel deep relaxation after our personal adventures. Time to close our eyes and listen to the silence. Curious and with all our senses, we embark on a journey of discovery: Feel the pleasant cool stone under our feet, perceive the mysticism of the mountain world, breathe in the scent of alpine herbs.

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

You are requested to make reservations directly at the SPA reception on the day you intend to visit the facilities.

No advance bookings are necessary for the fitness room.

OPENING HOURS

Our SPA is an adult SPA with access from the age of 16.

Uphill Only Fitness Gym	24 hours from the age of 16 and only with sportswear
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Séracs Pool (indoor)	07:00 – 20:00 Uhr
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Sauna area with our Ogiven Jacuzzi

Summer	MO-FR	14:00 – 20:00
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	SA & SO	10:00 – 20:00
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Winter	daily	10:00 – 20:00
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Admission is included in the accommodation price for the guest that stay in the Hotel Bergwelt, excluding treatments. Guests staying in the Hotel Pinte can access the SPA-facilities for an additional fee of CHF 55. per room. Treatments are charged according to the following schedule. All therapies and treatments can be booked for external guests subject to availability.

PLAN | INFRASTRUCTURE



Ogiven Jacuzzi outdoor, heated (1)

Séracs Pool indoor, heated (2)

Textile steam bath 45°C (3)

Mystic Atrium Garden (4)

Textile-free sauna area (nude area) with steam bath 45°C (5), salt stone wall 75°C (6), fire sauna 90-95°C (7), hay sauna 80°C (8), sanarium 55°C (9), foot warming pool & ice fountain (10)

Relaxation room with fireplace (11)

3 Treatment Rooms: 1 x Double Treatment, 2 x Single Massage (12)

Uphill Only Gym (13)



PACKAGES

Based exclusively on plant-based and natural ingredients, our sustainable active ingredient cosmetics are characterized by a high level of compatibility and are suitable for all skin types.

To book a treatment, please contact our SPA team who will be happy to assist you by calling +41 33 854 85 50.

FIRE & ICE Signature Package

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

150 Min CHF 385

DIAMONDS ARE FOREVER

ananné Premium Body Ritual
ananné Detox & Relax
Facial treatment

180 Min CHF 385

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Schwedische Massage
ananné Natural Healing
Facial treatment

110 Min CHF 285

GOLDFINGER

Back and Neck Massage
ananné Five Continental Ritual

105 Min CHF 280

SKYFALL

Back and Neck Massage
ananné Natural Healing
Facial treatment

85 Min CHF 220



«ANANNÉ» FACIAL TREATMENTS

"ananné" is high-quality Swiss natural cosmetics and uses the most effective and healing plant and algae extracts, as well as the best and purest oils that nature has to offer. "ananné" products guarantee high tolerance and are 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 a visible immediate effect and an even and rejuvenated complexion. A firming and relaxing massage ritual regenerates the skin in the long term. The applied care in the form of a plant-based oil serum, an intensive special mask and a nourishing eye mask improve the elasticity, firmness, and texture of the skin. The result is revitalized, smoother skin and a radiant complexion.

80 Min **CHF 210**

ananné NATURAL HEALING

Deeply effective treatment for the face, neck and décolleté. Using various hand movements and techniques, similar to a body massage, the tense muscles are loosened, the connective tissue strengthened, and the blood circulation and lymph flow stimulated. The facial features relax, and the removal of lymphatic fluid is improved. A natural face lift with proven effectiveness.

60 Min **CHF 150**

ananné DETOX & RELAX RITUAL

A lasting deep cleansing and detoxifying treatment. This relaxing, regenerating, and revitalizing treatment promotes the removal of harmful substances and supports detoxification and purification in the skin. A natural detox for an even and radiant complexion.

60 Min **CHF 150**



MASSAGES

AROMATHERAPY MASSAGE

Choose from high-quality oils for the massages:

This massage is tailored to your needs.

60 Min	CHF 150	90 Min	CHF 210
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SWEDISH MASSAGE

The classic massage has a relaxing effect and helps with tension as well as back, neck and headaches.

60 Min	CHF 150	90 Min	CHF 210
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DEEP TISSUE MASSAGE

A deep tissue massage that uses slow, deep strokes and sustained pressure on the inner layers of your muscles and connective tissue.

60 Min	CHF 160
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INDIVIDUAL MASSAGE

This massage is tailored entirely to your needs. The holistic massage is a combination of different massage techniques.

60 Min	CHF 160	90 Min	CHF 220
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RELAXING MASSAGE

To loosen the muscles, remove blockages for absolute relaxation.

60 Min	CHF 150	90 Min	CHF 210
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BACK AND NECK MASSAGE

A powerful massage of the entire back and neck.

25 Min	CHF 90
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LEG MASSAGE

It helps the blood circulation by loosening the muscles and tissues around them.

25 Min	CHF 90
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FOOT REFLEXOLOGY

It improves blood circulation in the organs and relieves tension. The massage can balance the flow of energy in the body, activate self-healing powers and thus alleviate discomfort and pain.

25 Min CHF 90 45 Min CHF 125

PREGNANCY MASSAGE

Massages during pregnancy are a wonderful way to relieve many of the muscular complaints (only possible from the 4th month onwards).

60 Min CHF 160

BODY TREATMENTS

FIRE & ICE La Stone®

A stone massage with hot and cold stimuli that provide an intensive massage effect. The treatment for optimal relaxation for body and mind.

90 Min CHF 220

HOT STONE MASSAGE

The firmness and heat of the stones enhance the massage's therapeutic benefits. Massage oils are used on the stones and skin to provide sliding.

60 Min CHF 160 90 Min CHF 220

ananné PREMIUM BODY RITUAL (Cellulite Treatment)

Body scrub

Brush massage

Full body massage

110 Min CHF 240



FAQ | HOW TO SPA

Catering

Soothing and revitalizing teas, glacier water and seasonal fruit are available during the opening hours of the sauna area.

Shop | Gifts

Sale of all SPA care products from the "Ananné" line directly at the Fire & Ice SPA reception or in the web store on www.bergwelt-grindelwald.com.

External Guests

All therapies and treatments can be booked for external guests.

Arrival time

Please take enough time to fill out a questionnaire about your state of health before the start of treatment. We recommend that you arrive least 10 minutes before your booked time. Out of respect for the following guests, any delay on your part will be deducted from the treatment time.

State of health

When making your reservation, please inform us of any health-related restrictions, allergies or injuries that could affect your choice of treatment.

Pregnancy

Our SPA team will be happy to advise you on the most suitable treatments for this special time.

What clothes should I wear during the treatment?

Treatments cannot be taken with clothes on and we therefore recommend that you wear your underwear or swimwear under your bathrobe. Disposable briefs are available in the SPA, which can be worn during the treatment.



...and in the Sauna?

As a rule, no clothes are worn in the sauna. You will find bath towels in the SPA on which you can sit or lie during your sauna visit.

What if I feel sick during the treatment?

If you find certain massage treatments or techniques painful or unpleasant, please point this out to the therapist.

Should men shave before a facial treatment?

Shaving is recommended, but not necessary. If you want to shave, you should do so at least two hours before the start of your facial treatment.

Is there a fitness dress code?

Sportswear and shoes suitable for indoor use are mandatory for use of the fitness area. Towels are available at the SPA reception.

Cancellation policy

All treatments that are not canceled 24 hours before the agreed appointment will be charged at 100%. Late arrival will result in the treatment time being shortened.

Children

We are an adult SPA, but the indoor pool is available for our little explorers daily from 10 a.m. to 12 noon. Outside of these "Kids hours", access to the Fire & Ice SPA is permitted only from the age of 16. Please contact the SPA team for details of treatments for our younger guests.

Valuables

Bergwelt Grindelwald accepts no liability whatsoever for theft in the rooms or in 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 OR).



Please keep this in mind:

The SPA is a place of peace, rest and relaxation. Please respect the privacy and the need for peace and quiet of other guests. For this reason, the SPA is a cell phone, camera and smoke-free zone. Thank you for your understanding.

Price

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

Gift vouchers

Gift vouchers are always a popular surprise. They can be used for a range of spa treatments as well as fitness and hotel offer. You can order gift vouchers directly at