



WELCOME TO OUR ADULT FIRE & ICE DACH AWARD WINNING SPA

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

To make your stay in our wellness area more enjoyable, we offer our guests slots of 90 minutes per day. You are requested to make reservations directly at the SPA reception on the day you intend to visit the facilities. We cannot accept reservations in advance.

OPENING HOURS & RESERVATIONS

SPA (saunas, steam room and outdoor jacuzzi):

- Opening winter: 10:00 – 20:00
- Opening summer: 14:00 – 20:00
- Only adults (+ 16)
- One 90-min slot per day
- Reservations on the day at SPA reception or by n. 550

Séracs Pool (indoor) and Steam room:

- Opening daily (only adults +16): 07:00 – 20:00
- Kids hours daily: 10:00 – 12:00
- No reservations needed.

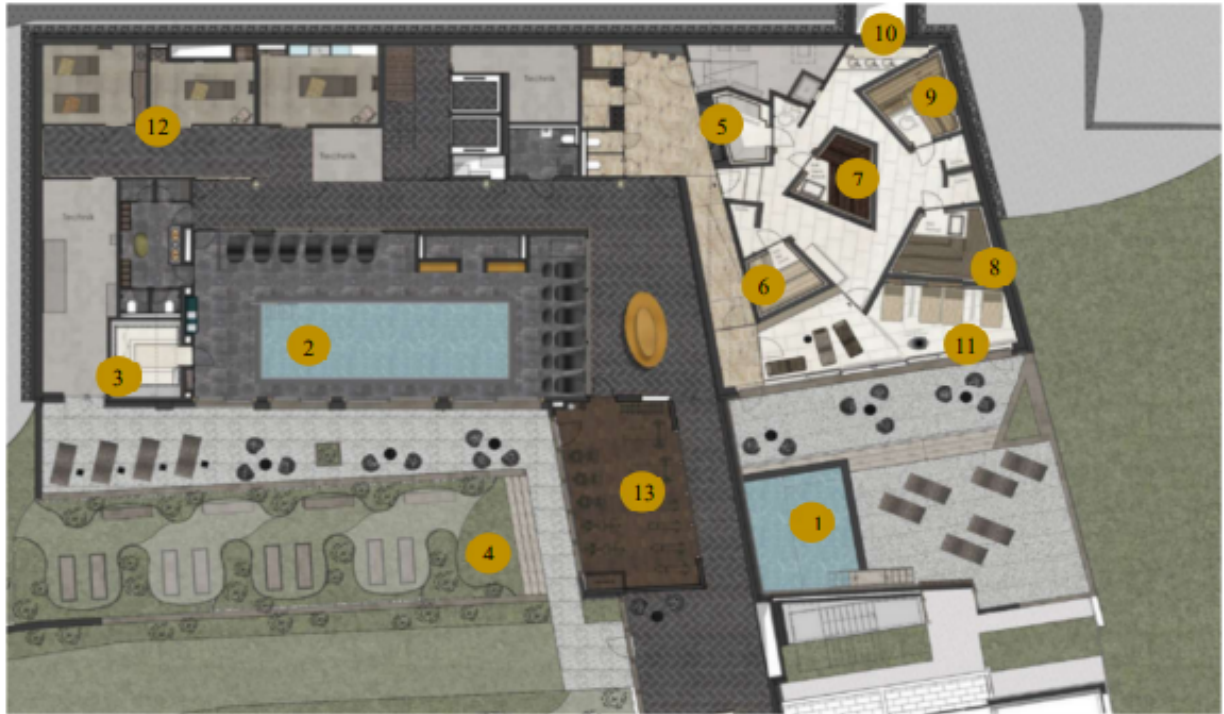
Fitness Room with Techno-Gym:

- Opening daily 24-hours
- Only adults (+ 16)
- Only sportswear
- No reservations needed

Admission is included in the accommodation price for Hotel Bergwelt guest. For Hotel Pinte guest the access to the SPA facilities are possible for an additional fee of CHF 70 per room.

External guests can use the SPA between 10:00 and 14:00, subject to availability. The price is CHF 100 per person, or CHF 40, with treatment booked, at least of 60 minutes.

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 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)



PACKAGES

For a complete relaxation experience, enjoy a body and face care package, which is developed with natural and plant-based ingredients, with a high level of compatibility and suitable for all skin types.

FIRE & ICE SIGNATURE PACKAGE

Footbath
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

CHOCOLATE DELIGHT

(Detox Treatment)
Full Body Peeling
Chocolate Package

110 Min CHF 265 | 130 Min (with Back Massage) CHF 350

GOLDEN EYE

Golden Full Body Peeling
Individual Massage

100 Min CHF 250

SKYFALL

Back and Neck Massage
Facial Treatment

80 Min CHF 230



SPECIAL OFFER

«SAND RARITY» SELF CARE TREATMENT

products for homecare included

Awaken all your senses with the rarest and most precious oil in the world, crafted with organic prickly pear seed oil. Enjoy an indulgent massage with a special candle, providing deep and revitalizing hydration. An exclusive blend of natural ingredients that transforms your skincare routine into a unique, luxurious experience, one you can continue in the comfort of your home. In just four simple steps, your skin receives everything it needs to feel renewed, nourished, and irresistibly smooth.

TREATMENT + SET TO TAKE HOME:

Homecare based in organic prickly pear seed oil

- Day cream with baobab seed oil
- Eye serum with aloe vera
- Face soap with olive and coconut oil
- EXTRA: Candle with organic shea butter (only with massage)

Radiance Facial Treatment	30 Min CHF 195
Facial and Back Massage	60 Min CHF 300
Body and Facial Care	90 Min CHF 345
Body and Facial Care	120 Min CHF 420

«72K» FACIAL TREATMENTS

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

72K HAPPY AGING TREATMENT

Glow with our 72K Happy Aging facial treatment to nourish and beautify your skin at any age. In addition to the intensive facial treatment, a revitalising massage with Multi Talent Cream Mask for your arms, hands and décolleté ensures your complete well-being and deep relaxation. Let yourself be pampered and feel how your skin renews and glows.

Tip: revitalization, relaxation

80 Min CHF 220

72K DETOX TREATMENT

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.

Tip: skin impurities, inflammation

60 Min CHF 160



MASSAGES

SILBERHORN MASSAGE

An **aromatherapy massage** where you can choose from high-quality scented oils.

60 Min CHF 160 | 90 Min CHF 220

EIGER MASSAGE

The **classic massage** has a relaxing effect and helps with 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 inner layers of your muscles and connective tissue.

60 Min CHF 170

WETTERHORN MASSAGE

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

60 Min CHF 170 | 90 Min CHF 230

FAULHORN MASSAGE

A **relaxing massage** to loosen the muscles, remove blockages for absolute relaxation.

60 Min CHF 160 | 90 Min CHF 220

PREGNANCY MASSAGE

A special massage for pregnancy, suitable for releasing stress, taking care of yourself, and relaxing deeply. (Between 4th and 8th month).

60 Min CHF 170



FIRE & ICE LA STONE®

A massage with hot and cold stones to provide an intensive relaxing effect. The perfect treatment for body and mind.

90 Min CHF 230

HOT STONE MASSAGE

Reduces muscle tension and pain, with the firmness and heat of the stones. A massage to stimulate the blood circulation.

60 Min CHF 170 | 90 Min CHF 230

SHORT MESSAGES

EIGEREXPRESS BACK & NECK MASSAGE

A powerful short **back and neck massage**.

25 Min CHF 95

EIGEREXPRESS LEGS MASSAGE

A short **massage of the legs** to promote blood circulation by relaxing the muscles and tissue.

25 Min CHF 95

FIRST FOOT REFLEXOLOGY

Foot reflexology consists of applying pressure to certain points on the foot. It is recommended for relieving muscle tension, relieving pain and stimulating lymph flow.

25 Min CHF 95 | 45 Min CHF 125



FAQ | ABOUT SPA

Food & drinks

Soothing and revitalizing teas, glacier water and seasonal fruit are available during the sauna area's opening hours. No food or alcoholic drinks may be ordered or brought into the SPA.

Shop | Gifts

Sale of all SPA care products from body and facial treatments, NEWBY wellness tea, and swimwear directly at the Fire & Ice SPA reception.

Arrival time

Please take enough time to fill out a health questionnaire before the start of treatment. We recommend that you arrive at least 5 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, pregnancy, or injuries that could affect your choice of treatment.

What clothes should I wear during the treatment?

Disposable underwear is available in the SPA, which can be worn during the treatment. We recommend that you remove your clothes completely or wear your underwear under your bathrobe.

...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.

If I feel uncomfortable 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 the 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 and detox water are available inside the gym.



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. Changing the time after this period cannot be guaranteed.

Children

We are an adult SPA (+ 16), but the indoor pool is available for our little explorers daily from 10:00 to 12:00. Outside of these "Kids hours", access to the Fire & Ice SPA is permitted only from the age of 16.

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).

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 www.bergwelt-grindelwald.com to order.

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.