



Sunstar

SWISS HOTEL COLLECTION

SAAS-FEE

PRICES

Wellness & Beauty



Relaxation & wellbeing

Enjoy our special relaxation offers – feel as free as a butterfly

Vitality and inner peace are the most precious of all natural assets. That's why we as hosts at the Sunstar Hotel Saas-Fee like to do everything we can to help our guests to feel great.

Our tempting range of special relaxation offers give you the chance to step back from your everyday routine, rediscover yourself and top up your energy levels. As you holiday amid this enchanting scenery, and breathe in the lovely fresh mountain air, you'll find the perfect setting in which to regain your true vitality.

Once you have found the way to your innermost soul, and the joy that comes of self-knowledge, you'll never look back.

Holiday in the mountains

Welcome to Saas-Fee

SOFTPACK BATHS | The power of nature from 48.–

In this novel treatment method, mild heat and a number of natural substances including wild flowers from the local mountains are applied directly to the skin for a concentrated effect on the body.

Relaxing music for meditation plays gently – you'll be so relaxed you may even doze off!

Try a fango mud bath or a Cleopatra bath – an oriental emulsion of milk and various different oils.

MASSAGES from 50.–

Treat yourself to a luxurious massage, enveloped in soothing aromas. You will be massaged with cold-pressed almond oil and essential oils for an effect that is relaxing, calming and restorative in equal measure.

You can choose from a wide range of other services such as a partial massage, whole body massage, sports massage etc.

Our skilled personnel will make your stressed muscles fit again.

THALASSO THERAPY from 48.–

Thalassotherapy is based on saltwater baths or seaweed body packs.

These treatments help to detox, regenerate and rejuvenate your body.

Marine seaweed contains a high level of vitamins, minerals, trace elements and amino acids. They speed up the breakdown of toxins and fats and help reduce inflammation.

ELECTROLYTIC FOOT BATH from 50.–

The Body Detox System is based on an electro-physical process in which water is ionised. From the very first treatment, you will be amazed at its visible and tangible results. You should repeat the treatment several times for maximum benefit.

Natural & full of vitality

MASSAGES

Partial body massage

Targeted loosening of the muscles of your back, neck and legs 25 min. 50.-

Whole body massage

Relaxes and unwinds you and stimulates your circulation 50 min. 90.-

Sports massage

After your sporting exertions or to prepare you for your next training session 40 min. 70.-

Foot reflex zones massage

Pressure point stimulation; to support self-healing processes and bring your energy flows into equilibrium 25 min. 50.-
50 min. 90.-

Lymph drainage

To take away excess fluid from either your legs or your arms & head 40 min. 70.-

Hot stone treatment (lava stones)

Stimulates the circulation, helps relieve stress and insomnia 50 min. 100.-
80 min. 130.-

Cupping therapy

Releases toxins, stimulates the circulation and triggers self-healing in your organs 40 min. 60.-

BODY TREATMENTS

Thalassotherapy

Bathing in seaweed and sea salts stimulates your circulation, releases toxins and soothes the autonomic nervous system 30 min. 55.-

Wellbeing for Him and Her

Body peeling with sea salt and oils, including detox pack in a softpack bath
with partial body massage 80 min. 100.-
with whole body massage 110 min. 130.-
with lymph drainage 80 min. 110.-
with foot reflex zones massage 80 min. 100.-

OXYGEN THERAPY

Oxygen therapy (2 x daily for 5 days)

10 sessions 20 min. each 195.-
You begin the treatment by consuming Omega 3 fatty acids so that the oxygen can be more easily absorbed into the bloodstream. Inhaling oxygen while working on the ergometric machine (cycling) to increase the flow of blood through your body optimises the oxygen supply.

FULL BATHS IN THE WHIRLPOOL BATH

Cool bath

Strengthens your immune system, stimulates and speeds up your metabolism
with eucalyptus, thyme, neroli, rosemary, rose and atlas cedarwood 30 min. 55.-

Relaxation bath

Soothes and harmonises, restores equilibrium and makes your skin glow
with lavender, rose and atlas cedarwood 30 min. 55.-

Rose bath

The queen of all flowers guarantees harmony and wellbeing
with rose essence 30 min. 50.-

SOFTPACK BATHS

Alpine hay bath

Stimulates the immune system and releases toxins 25 min. 48.-

Cleopatra bath

Contains milk and various oils to protect the skin 25 min. 60.-

Detox bath (seaweed package)

Stimulates the metabolism and removes toxins 25 min. 48.-

Mud treatment

Reduces inflammation and tightens the skin 25 min. 55.-

Creamy evening primrose oil bath

Replenishes the skin's lipids 25 min. 60.-

Herbal bath

Soothing and relaxing 25 min. 48.-

DETOX YOUR BODY

Electrolytic foot bath

Purity through ionisation. Your body is stimulated to release toxins
1 session of 30 min. 50.-
3 sessions of 30 min. each 130.-
6 sessions of 30 min. each 250.-
with cupping treatment 80 min. 100.-
with lymph drainage 80 min. 100.-
with foot reflex zones massage 80 min. 100.-

Your all-included services

SWIMMING IN THE GROTTO POOL

A beautiful centre of attraction is the indoor pool with underwater bubble bench where our guests can luxuriate in water that is 30° warm and 1.40 m deep.

The charming grotto pool with its waterfall, artistic murals, contrasting play of colours and sophisticated lighting effects make the whole pool area into a real treat for the senses.

FINNISH SAUNA

The ideal temperature for this traditional sauna is about 85° Celsius. A proper sauna puts less strain on the heart and circulation than a very hot bath.

The heat encourages perspiration and the release of waste products such as fatty acids, urea etc. from the body.

The high temperature boosts the circulation and relaxes all your muscles, stimulating the body to dispose of more waste products.

If you want to try a new way of cooling off, you should take a turn in the spray mist booth. A truly refreshing and invigorating experience.

AROMARIUM

The cabin is filled with the vapours of plant extracts. This is a way of providing the body with important minerals, trace elements and healing substances which have a beneficial effect in maintaining or restoring your good health.

Furthermore, the different fragrances – there are four natural aromas to choose from – help you to relax, improve your ability to work and concentrate and create a wonderful sense of wellbeing.

AUGUSTA RAURICA THERMAL BATHS

How the Romans bathed

Steam bath – caldarium approx. 45° Celsius

Mild radiant heat, combined with steam and herbal extracts is perfect for your skin, hair and respiratory organs.

OUR QUALIFIED MASSEUR

Roland Schnidrig

OPENING HOURS

Relax Centre
(Massages, baths, thalassotherapy, oxygen therapy etc.)
Daily from 9.00 to 20.00 hrs or by arrangement

Grotto pool & bath complex
For hotel guests only, open from 8.00 to 20.00 hrs

INFORMATION & APPOINTMENTS

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