



RIFFELALP RESORT 2222 m  
ZERMAT SWITZERLAND

## Spa 2222m

At Spa 2222m, we only use natural Alpine products. In Riffelalp, we also use specifically picked meadow herbs and products from Jardin des Monts, the natural ingredients of which are grown organically at an altitude of 1,350 m. In the idyllic mountain herb garden which is above Rossinière, the herbs are grown in an area of 2,000m<sup>2</sup>, hand-picked and processed into the noble ingredients of Jardin des Monts.

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## The Spa Team

Gianfranco (SPA Manager)

Antonella

Dellia Sabina

Maria

Ilaria

## Massages at altitude 2,222m

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### Herbal massage

Pure relaxation and velvety-soft skin are the results of the herbal massage with our home-made hand-tied bouquet of invigorating mountain herbs from Riffelalp and detoxifying stinging nettle. After a relaxing foot spa and a thorough foot massage, you will receive a head and face massage with caring almond oil, before you gently unwind, surrounded with the subtle aromas and the well-being effects of our Alpine meadows.

**75 minutes**  
**CHF 230.-**

### "Alpa" Ritual

A deeply relaxing full-body massage with our arnica oil made from the precious arnica flowers from the Riffelalp meadows at 2,222m. It cares for the skin and has a soothing effect on stressed joints and muscles. This full-body massage ritual begins with a Swiss pine and rosemary foot spa and comprises an anti-stress massage for the head and face.

**80 minutes**  
**CHF 230.-**

### Time Rituals

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilize their individual talents to create and customize treatments to your unique individual needs.

**80 minutes**  
**CHF 250.-**

With herbal oils from Jardin des Monts

### Organic herbal oil massage

With this massage, you can choose between the stimulating and invigorating effect of our two oil compositions, containing 100% organically certified ingredients from the mountain herb garden in Rossinière. After the full-body relaxing massage, you will receive a facial massage with the Edelweiss Precious Elixir from Jardin des Monts, which protects your skin for the day and makes skin look younger.

**75 minutes**  
**CHF 250.-**

## Classic

### Classic massage

A massage fine-tuned to your needs using classic massage techniques.

	25 min	50 min	80 min
With herbal oils from Jardin des Monts	CHF 100.-	CHF 170.-	CHF 245.-
With neutral massage oil*	CHF 80.-	CHF 145.-	CHF 220.-
*With oil made from Riffelalp arnica for muscle regeneration	CHF 10.-	CHF 15.-	CHF 15.-
*With goat's butter cream for dry skin	CHF 10.-	CHF 15.-	CHF 15.-

### Deep tissue massage

This intense massage also reaches deep-set muscles and relieves persistent tension.

	25 min	50 min	80 min
With herbal oils from Jardin des Monts	CHF 110.-	CHF 190.-	CHF 265.-
With neutral massage oil*	CHF 90.-	CHF 165.-	CHF 240.-
*With oil made from Riffelalp arnica for muscle regeneration	CHF 10.-	CHF 15.-	CHF 15.-
*With goat's butter cream for dry skin	CHF 10.-	CHF 15.-	CHF 15.-

**50 minutes**

**CHF 160.-**

**80 minutes**

**CHF 250.-**

### Ki Point Massage

Combining acupressure with assisted stretching techniques. This deep tissue massage acts on specific muscles and energy channels. Concentrated finger pressure is applied to trigger points to restore flexibility and balance, relieve discomfort, and improve mobility, as well as promote overall relaxation and a sense of wellbeing.

# Therapeutic

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## Back balance

With herbal oils from Jardin des Monts

With neutral massage oil

45 min

CHF 165.-

CHF 145.-

Intensive neck and back muscle treatment with high-quality oils and warm liquids. Individual pain points will be thoroughly worked on and deep-set tension will be relieved.

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## Foot reflexology massage

With herbal oils from Jardin des Monts

With neutral massage oil\*

50 min

CHF 165.-

CHF 150.-

After a relaxing herbal foot spa, your feet will be massaged using acupressure. This stimulates targeted reflex zones to have a positive influence on the whole body and to activate your self-healing energy.

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## Inner strength

**80 minutes**

**CHF 250.-**

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

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## Deep sleep

**80 minutes**

**CHF 250.-**

Perfect for those who struggle to sleep or suffer with sleep deprivation. A deeply sedating head-to-toe massage, using carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Perfect for inducing a deep sense of tranquility and a good night's sleep.

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## Fascia manipulation massage special treatment

**50 minutes**

**CHF 160.-**

Fascia manipulation is a manual technique to precisely loosen these adhesions in the connective tissue that cause pain. The immediate improvement in movement and pain relief is remarkable.

PREVENTION AND TREATMENT OF MUSCLE INJURIES FOR SKIERS.



## International

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### Lomi Lomi Nui

**80 minutes**

**CHF 230.-**

The Hawaiian massage not only loosens the muscles but also releases inner blockages. A mix of slow and gentle, fluid and dynamic strokes have a soothing effect on the body, mind and soul.

**45 minutes**

**CHF 155.-**

**75 minutes**

**CHF 230.-**

### Hot Stone Massage

Warm stones have always been used for therapeutic purposes. They act deep down and stimulate blood circulation in the entire body. Tension is relieved and the immune system is strengthened.

### Abhyanga

**80 minutes**

**CHF 230.-**

This balancing full-body massage, also called oil massage, comes from Ayurvedic teachings. Rhythmic circular strokes with warm sesame oil gently detoxify the tissue and take you to the Far East.

### Udarabhyanga Ayurvedic abdominal massage

**50 minutes**

**CHF 160.-**

This deeply impacting Abdominal Massage can be a profound relief on an emotional level and effects the activity of the digestive organs, as well as the loosening of muscle.

## Other facilities

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### Fitness

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### Steam bath

At 45°C / 113°F and 100% humidity. Actually more of a vapour bath with ethereal oils.

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### Schönbiel Cave

The temperatures in this steam bath are around 40 – 50°C / 104 – 122°F, with plenty of radiated heat.

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### Chriiter-Grotta

This grotto with its saline baths and waterfalls offers a truly unique atmosphere.

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### Whirlpool

heated to 37°C / 99°F

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### Finnish sauna / organic sauna

A hot, dry sauna with a temperature of 85 – 90°C / 185 – 194°F and air humidity of just 10 – 15%.

With a temperature of 50 – 60°C / 122 – 140°F and moderate air humidity of 50%.