



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 2,000m², hand-picked and processed into the noble ingredients of Jardin des Monts.

The Spa Team

Gianfranco (SPA Manager)

Camille

Monica

Tatjana

Marina Sofia



Silver fir scrub

45 minutes

CHF 145.-

This body scrub with the invigorating freshness of silver fir and the soothing effect of calendula and poppy seed is made purely of natural ingredients, nearly all of which are grown organically. It has a special, fine mineral complex and leaves skin perfectly smooth and soft. After that, you will receive the edelweiss body balsam.

Organic herbal oil massage

75 minutes

CHF 250.-

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.



Massages at altitude 2,222m

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

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

Back balance

With herbal oils from Jardin des Monts

With neutral massage oil

45 min 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.

CHF 165.-

CHF 145.-

Foot reflexology massage

With herbal oils from Jardin des Monts

With neutral massage oil*

50 min 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.

CHF 165.-

CHF 150.-

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.

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.

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

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.

Wraps

35 minutes
CHF 145.-

Power of the Alps

Wrapped in gentian, marmot oil and wheat bran, you will float weightlessly in our warm waterbed to promote cell regeneration, relax muscles and alleviate joint pain.

35 minutes
CHF 135.-

Goat's butter cream wrap

This full-body wrap with goat's butter cream intensely moisturises the skin. It is aimed at dry and irritated skin.

35 minutes
CHF 125.-

Seaweed wrap

Ideal for purifying and detoxifying. The organic compounds of seaweed draw toxins out of the body. In addition, the skin is treated with numerous trace elements, connective tissue is strengthened and the skin is tightened.

Scrubs

35 minutes
CHF 135.-

Rock salt & herb scrub

Delicate herb and salt scrub with arnica, rosemary and balm. The essential oils have a cooling effect, while arnica is anti-inflammatory and pain-relieving.

35 minutes
CHF 135.-

Goat's milk scrub

Balancing skincare scrub with ground chestnut. Your skin is cleansed deep-down and intensely moisturised.

After every body scrub, your body will receive the Edelweiss Body Balsam from Jardin des Monts.

Other facilities

15 minutes

Solarium

CHF 20.-

You can get tokens for the solarium from our Spa reception.

Fitness

Steam bath

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

Schönbiel Cave

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

Chriiter-Grotta

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

Whirlpool

heated to 37°C / 99°F

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%.