



Spa — — 2222m

If you have time, you can let your soul unwind...

At SPA 2222m, we exclusively use alpine natural products, harnessing the pure essence of the mountains.

At Riffelalp, handpicked meadow herbs are carefully incorporated for their unique healing properties.

The organic products from Segreti Walser, available for purchase with us, stand out for their use of raw materials from the valleys, forests, and alpine meadows once inhabited by the Walser people.

Each Segreti Walser product is crafted with deep respect for tradition and nature, with an unwavering commitment to quality and sustainability.

The Spa Team

Regina (SPA Manager)
Bruna
Juliette
Rudolf
Alina

“ WELCOME TO
EUROPES’
HIGHEST SPA
AT 2'222M

”

Massages at 2'222m

„Alpa“ Ritual

A deeply relaxing full-body treatment using our arnica oil, crafted at 2,222 m from the precious arnica blossoms harvested on the Riffelalp meadows. It nourishes the skin and provides soothing relief for stressed joints and muscles. This full-body massage ritual begins with a warming Swiss pine and rosemary footbath followed by a foot massage, and includes an anti-stress massage for the head and face.

75 minutes
CHF 230.-

Time Ritual

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.-

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.

50 minutes
CHF 160.-

80 minutes
CHF 250.-

Inner strength

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.

80 minutes
CHF 250.-

Massages at 2'222m

Blueberry Bliss Face & Head Massage

Relax and renew with our Blueberry Bliss Face & Head Massage. This treatment features a gentle massage using a rich blueberry cream, packed with antioxidants to nourish and refresh the skin. Calming techniques release facial and scalp tension, boost circulation, and leave you with a clear mind and a healthy, radiant glow.

25 minutes
CHF 80.-

Mountain Serenity Hands & Feet Massage

A relaxing massage for both hands and feet soothes tension, improves circulation, and brings renewed energy to these essential, often-neglected areas. Ideal after a day of alpine adventure or simply as a moment of pure relaxation.

25 minutes
CHF 80.-

Massages at 2'222m

Deep Sleep

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.

80 minutes
CHF 250.-

Abhyanga

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.

80 minutes
CHF 230.-

Anti Cellulite Massage

The anti-cellulite massage is an intensive yet relaxing treatment designed to stimulate blood circulation and support lymphatic drainage. Using specialized massage techniques, the tissue is activated, tension is released, and the skin's texture is visibly improved. The treatment helps reduce fluid retention and may diminish the appearance of cellulite, leaving the skin smoother, firmer, and revitalized. At the same time, it creates a pleasant feeling of lightness and overall well-being. Perfect for anyone looking to enhance their body contour and restore energy to the body.

75 minutes
CHF 230.-

Classic Massages

Classic Massages

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

	25 min	50 min	80 min
With neutral massage oil	CHF 80,-	CHF 145,-	CHF 220,-
With oil made from Riffelalp arnica for muscle regeneration	CHF 90,-	CHF 160,-	CHF 235,-
With goat's butter cream for dry skin	CHF 90,-	CHF 160,-	CHF 235,-

Deep tissue massage

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

	25 min	50 min	80 min
With neutral massage oil	CHF 90,-	CHF 165,-	CHF 240,-
With oil made from Riffelalp arnica for muscle regeneration	CHF 100,-	CHF 180,-	CHF 255,-
With goat's butter cream for dry skin	CHF 100,-	CHF 180,-	CHF 255,-

Therapeutic Massages

Back balance

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.

45 min

With neutral massage oil

CHF 145,-

Foot reflexology massage

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.

50 min

With neutral massage oil

CHF 150,-

Other facilities

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

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

Organic Sauna

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

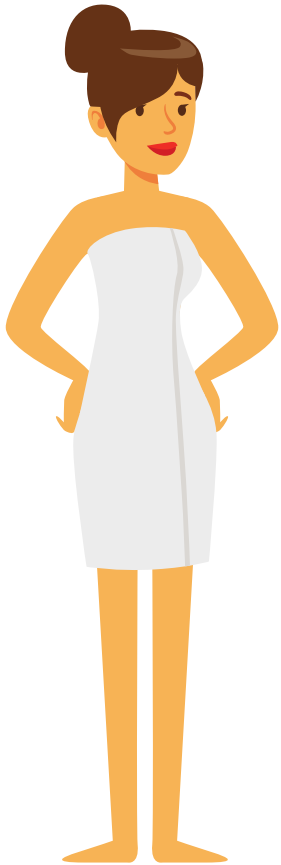
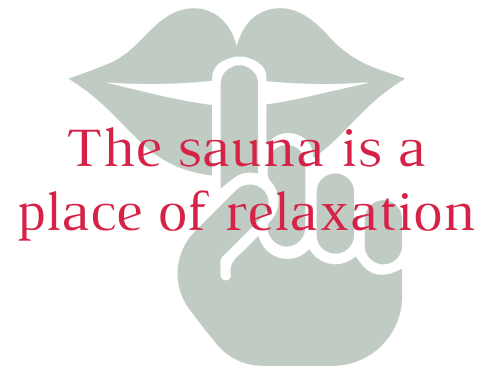


The small Sauna etiquette



The correct preparation

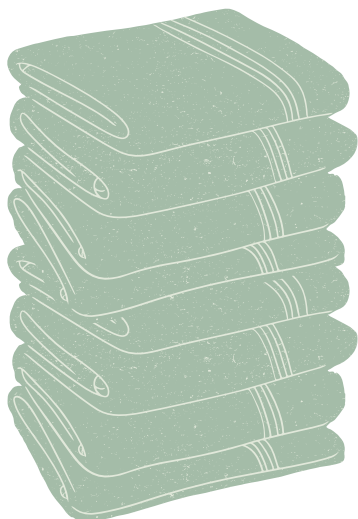
Before entering a sauna, you should shower thoroughly; preferably with shower gel and shampoo. This is not only more hygienic, but also removes grease and perfume residues from the skin. After showering, you should make sure to dry yourself well, because damp skin hinders sweating.



Bathing textiles are not commonly used

Bikinis, bathing dresses and swimsuits are not preferred in the sauna. This is partly due to hygiene, and partly because synthetic fabrics hinder the body's natural sweating process: the heat cannot reach the skin properly and moisture cannot evaporate effectively.

Please enter the sauna barefoot.



After each sauna session shower thoroughly, cool down well and rest



Always with a towel

Even if swimming suits and the like are a no-go in the sauna, you are still not completely naked.

You always have a towel with you to sit on and cover yourself with outside the sauna.



THE ORGANIC PRODUCTS FROM SEGRETI WALSER, AVAILABLE FOR PURCHASE WITH US, ARE DISTINGUISHED BY RAW MATERIALS SOURCED FROM THE VALLEYS, FORESTS, AND ALPINE MEADOWS ONCE INHABITED BY THE WALSER PEOPLE.

ALL SEGRETI WALSER PRODUCTS ARE CRAFTED WITH RESPECT FOR TRADITION AND NATURE, WITH A SPECIAL FOCUS ON QUALITY AND SUSTAINABILITY.

**LINEA AI MIRTILLI
DELL'AZIENDA
AGRICOLA ANTONIOLI**

CREMA CORPO CHF 27.00

Rich and nourishing: This cream with aloe, coconut oil, and shea butter pampers your skin and provides a sense of well-being. Its fresh scent with wild blueberries makes it truly unique. Suitable for all skin types, perfect after bathing or showering.



**LINEA AI MIRTILLI
DELL'AZIENDA
AGRICOLA ANTONIOLI**

CREMA VISO CHF 30.00

The combination of wild blueberries and flaxseed gives this gentle cream soothing properties for sensitive, reactive skin. Dermatologically tested, it provides natural relaxation and well-being.



LINEA ALLA MENTA CON OLI ESSENZIALI ITALIANI

CREMA MANI

CHF 9.00

Hand cream in a convenient pocket-sized format: With essential oils for a pleasant fragrance and intensive hydration.



LINEA ALLA MENTA CON OLI ESSENZIALI ITALIANI

SCRUB CORPO

CHF 21.00

Smooths, cleanses, and revitalizes the skin with organic cane sugar and essential oils, enveloped in an intense, pleasant fragrance.



LINEA AL FIENO DI CRAMPIOLO

CREMA MANI E CORPO

CHF 26.00

Rich texture, perfect for intensive skin care. This soothing body cream requires thorough massage for complete absorption – a true beauty treatment. Also ideal as an intensive hand mask, enriched with the signature essential oils of this line.



LINEA AL FIENO DI CRAMPIOLO

BAGNOSCHIUMA CHF 18.00

This shower gel, with its rich texture and intense fragrance, envelops you in gentle care that cleanses and relaxes. Enriched with hay extract from our alpine meadows, it leaves the skin silky and smooth – for a soothing and invigorating moment.



LINEA AL MIELE DI ALVEARI DELLE NOSTRE VALLI

DETERGENTE MANI CHF 18.00

The gentle ingredients of this liquid soap cleanse the hands, leaving them soft and smooth. Enriched with precious honey from our valleys and aloe, it provides protection in the typical mountain climate. With a natural fragrance and mild cleansing agents.



LINEA AL MIELE DI ALVEARI DELLE NOSTRE VALLI

CREMA MANI CHF 20.00

A light and gentle hand cream that naturally cares for your skin. With shea butter, almond oil, and precious honey from our valleys, it protects the hands even in mountain winds. Featuring a pleasant, natural fragrance.



**LINEA AL MIELE
DI ALVEARI DELLE
NOSTRE VALLI**

**BURROCACAO ALLA
CERA D'API**

CHF 7.00

Soft and nourishing, with beeswax from the Ossolano beehive, organic butters and oils, and delicate, sweet mandarin scents. Perfect for pampering and caring your lips!



**LINEA AL MIELE
DI ALVEARI DELLE
NOSTRE VALLI**

**CREMA CORPO MIELE,
ARANCIO E CANNELLA**

CHF 24.00

Body cream with Walser honey that intensely nourishes the skin while soothing and hydrating with oils and butters. The intense, spicy fragrance of essential oils from sweet orange and cinnamon envelops the body. Massage into clean, dry skin and allow it to fully absorb.



**LINEA ALL'UVA ROSSA
MERLOT CA'D RUSIN DI
VILLADOSSOLA**

GEL GAMBE PESANTI

CHF 21.00

Fresh, light, and invigorating: This gel for tired legs contains natural red grape extract from our valleys with antioxidant and vein-protecting properties. Menthol provides a refreshing sensation, while ruscus and centella have relaxing effects and promote circulation.

