

ULTIMA  CLINIC

With over 1000m², Ultima Spa & Clinic offers a unique atmosphere dedicated to wellness and medical treatments. The Ultima Spa is a blend of luxury, state-of-the-art equipment and world-class experts! With our signature treatments and bespoke products, our therapists will give you a moment of pure relaxation.

With more than 10 years of experience as Swiss FMH Specialists, the doctors operating at Ultima Clinic offer you a high-level of medical expertise with personalized and diverse solutions to all your detox and aesthetics concerns.

ULTIMA SPA & CLINIC FACILITIES

- ✦ Hammam
- ✦ Sauna
- ✦ Jacuzzi
- ✦ 15m swimming pool
- ✦ 6 spa treatment rooms
- ✦ 4 clinical treatment rooms
- ✦ 1 fitness room
- ✦ Hair saloon
- ✦ Nail bar

OPENING HOURS AND CONTACT

Open daily from 9:00 am to 9:00 pm

For appointments or information:
spa@ultimagstaad.com or +41 33 748 05 99



ULTIMA CLINIC

FABRICA FANBOX



AESTHETIC MEDECINE

BOTOX TREATMENT

The botulinum toxin, known, as Botox, is particularly effective in preventing and treating wrinkles of the forehead, around the eyelids and the glabella, the space enclosed between the two eyebrows which tightens facial expression. The most common medicine known containing botulinum toxin is Botox®.

Result: The skin remains smooth and relaxed, the face is rejuvenated.

PRP TREATMENT

The Platelet Rich Plasma is a very powerful skin booster. It aims to induce skin restoration by dermal stimulation through the injection of patient's own plasma rich in platelet growth factors. In addition to skin restoration, PRP is used to prevent hair loss (alopecia and moderate baldness) and to treat keloid scars, stretch marks and the treatment of dark circles around the eyes.



MEDICAL TREATMENTS

MEDICAL CHECK-UP

The blood test results will show the metabolic status of the patient and the levels of toxic metals and other undesirable substances. (Hormonal, nutritional, detox & revitalization) which will be started immediately and follow-up during the next months. A full written report will be provided.

The medical check-up allows the following precise steps:

- Measuring the hormonal status and correct any imbalance.
- Measure the individual metabolism.
- Measure the level of toxic heavy metals in the body
- Measure the patient's medical condition and detect eventual undiagnosed disease.

DETOX TREATMENT

The Detox Treatment. A tailored treatment based on intravenous infusions and anti-oxidants will be administered in one or several intravenous infusions. This powerful treatment will clean the body in order to get it ready for the next step.

REVITALIZATION TREATMENT

This procedure is the logical step after a Detox treatment. The love is to revitalize your cells in order to boost your body and mind. In some cases, it can be done without a prior Detox program, requiring a complete medical examination and blood test. The anti-oxidants and electrolytes in vitamins, anti-oxidants and electrolytes. In some cases, intramuscular injections are necessary and the treatment can be completed with a multi-vitaminic and nutritional supplement based on pills. The products we use are not animal nor human derived. All our treatments are made with SwissMedic license. We strive to respect the common sense logic of 'Mother Nature'.

PROGRAM (DETOX & REVITALISATION)

The program begins with an early morning complete blood test. The tests can also be performed at the patient's departing city some time before coming to Aesthetics Clinic. The treatment starts with the infusion of powerful antioxidants depending on individual's needs. During the following days a control blood test is performed to measure the treatment's success. Duration of the program: 2 days

DNA TEST (PERSONALIZED NUTRI-GENETICS)

This treatment is done with a consultation, a check-up and a blood test. These state of the art tests based on a saliva swab allows to read your DNA helping to identify your genetic strengths and weakness thus preventing serious disease. The tests are called 'DNA Performance' and 'Salus'. Our practitioners will determine which one (or both) are suitable to fit your needs.

STEM CELLS THERAPY

Practical use of Stem Cells : Stem Cells can be harvested from the adult fat by a very light procedure called liposuction. An ambulatory basis for anesthesia. The Swiss Stem Cell Foundation, which is located in Zurich, in order to separate the cells from the fatty tissues. The purified cells can then be stored under a freezing process during 10 to 30 years.

Use of stem cell: We believe this is the future in medicine. We can store stem cells in a bank and use them in the future if needed. For example, in the case of a cancer, fresh cells can be withdrawn from the frozen storage and used with the help of tissue engineering (a laboratory specialized in the stimulation of the cells into a new line).

LASER TREATMENTS

SKIN TIGHTENING BY RADIOFREQUENCY

This technique is a combination of radio frequencies and magnetic pulses which tightens the skin. This synergistic effect is due to the heat produced on the poles of the hand piece which is transferred to the body in the areas to be treated.

CAVITATION TREATMENT

Cavitation is an innovative and non-invasive and painless technique that reduces cellulite as well as localized fat (adipocytes) through a low-frequency ultrasound. This does not require any anaesthesia or convalescent time.

IPL

This treatment uses a powerful pulsed light that is applied directly to the skin. The light penetrates the surface of the skin and becomes heat. The target is melanine or hemoglobine which is destroyed, without damaging the neighbouring tissues. The IPL uses several filters allowing to treat several conditions, among them vascular lesions, rosacea, erythrosis, angiomas, aging spots, hyperpigmentation. It is also effective for a durable hair removal.





FAT REMOVAL WITHOUT SURGERY

CRYOLIPOLYSIS TREATMENT

Cryolipolysis is a new medical treatment design to remove localized fat deposits. This technology freeze the fat deposits through the skin in a controlled manner. This procedure can dissolve 30% of the fat avoiding the need to undergo a surgical liposuction.

CLINIC INFORMATION

SPA OPENING HOURS

Daily: 9:00 am to 9:00 pm

SPA ACCESS

Access to the spa is complimentary for all guests staying at Ultima Gstaad Hotel, Spa and Residences.

The required minimum age for spa access is 14 years (including winter outdoor jacuzzi). However, children under 14 years may use the indoor swimming pool area when accompanied by an adult.

For external guests a reservation is required and an entrance fee of CHF 185.- will be charged. With a treatment booking of min. CHF 185.- or above the entrance is included.

SPA RESERVATION

For spa enquiries or reservations, please call the spa directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend using Ultima Spa facilities prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 30 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow five hours notice on individual treatments and 24 hours notice on spa packages; otherwise, 100 percent of the treatment price will be charged.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

Ultima Spa is a sanctuary of peace and harmony. In advance, we are grateful and thank you for adjusting the volume of your voice so that other guests will not be disturbed.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at Ultima Spa boutique.

PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception. All treatments include VAT of 8%.

ULTIMA CLINIC MENU

PRICE

AESTHETIC MEDECINE

BOTOX TREATMENT from CHF 950.-

PRP TREATMENT from CHF 950.-

MEDICAL TREATMENTS

MEDICAL CHECK-UP CHF 8'000.-

DETOX TREATMENT From CHF 10'000.-

REVITALIZATION TREATMENT From CHF 10'000.-

PROGRAM (DETOX & REVITALISATION)

DNA TEST (PERSONALIZED NUTRI-GENETICS) Basic DNA Test:
CHF 3'600.-
Extended DNA Test:
CHF 4'300.-

STEM CELLS THERAPY from CHF 20'000.-

LASER TREATMENTS

SKIN TIGHTENING BY RADIOFREQUENCY CHF 500.- / area

CAVITATION TREATMENT CHF 500.- / area

IPL CHF 500.- / area

FAT REMOVAL WITHOUT SURGERY

CRYOLIPOLYSIS TREATMENT CHF 2'000.- / area