





la prairie
SWITZERLAND

LUXURY TREATMENTS FROM LA PRAIRIE

Dr Paul Niehans, founder of the clinic La Prairie, was convinced that science was the key to unlocking the secrets of eternal youth.

Taking inspiration from the clinic, La Prairie created its Exclusive Cellular Complex, a closely held secret that sits at the very heart of every formula.

Combined with the most precious ingredients – rich caviar, rare platinum and opulent gold – La Prairie fuses art, science and pioneering excellence with Swiss precision.

Experience this promise of timeless beauty in our exquisite The Art of Beauty treatments.



FACIALS

ULTIMATE REJUVENATING NIGHT ELIXIR PLATINUM FACIAL [90 minutes] [60 minutes]

Night is the time when skin regenerates as well as a time of magic where anything can happen. This treatment can be enjoyed all day but for full effect it can be used from 4pm onwards. The Ultimate Rejuvenating Night Elixir Platinum Facial, includes the most powerful rejuvenating potion 'Cellular Night Elixir' in combination with the Cellular Cream and Eye Cream Platinum Rare, will leave the skin feeling new born by morning.

RADIANCE REVITALIZING & PERFECTING FACIAL [90 minutes] [60 minutes]

La Prairie's gold standard for anti-aging. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly revitalizes and perfects the skin. Gentle heat and the selected masks help to enhance the penetration of precious Pure Gold serum, making the skin look smoother and feel radiant and vibrantly alive.

WHITE CAVIAR BRIGHTENING AND FIRMING FACIAL [90 minutes] [60 minutes]

Elegance and efficacy combined, this facial promotes an even skin tone by helping to prevent discoloration and brightening the skin. With the added benefit of the Golden Caviar extracts the skin is firmer and more hydrated. Providing a more illuminated, smoother skin that enhances the complexion.

CAVIAR LIFTING AND FIRMING FACIAL [90 minutes] [60 minutes]

Pure luxury that instantly lifts and firms skin, giving it a more perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the dullest complexions into radiant, luminous skin. A lifting and firming, results driven treatment, for all skin types, providing moisture rich hydration, essential nutrients and nourishment, leaving the skin, firmed, toned and silky soft.

SWISS CELLULAR ICE CRYSTAL AGE DEFYING FACIAL 5* [90 minutes] [60 minutes]

Our skin needs moisture, energy and protection. It must be nourished and cared for. Taking the needs of our skin into account, La Prairie has developed this facial to combat the first signs of aging to recapture and maintain the look of younger skin, providing it with vital energy while achieving an ideal moisture level. Perfect relaxation is ensured through the application of clear and rose quartz crystals during the exquisite eye and face massage.

LA PRAIRIE'S SIGNATURE GENTLEMEN'S FACIAL [90 minutes] [60 minutes]

Instantly cleanses, energizes and conditions skin. The balance of the skin seems to be renewed and restored, helping to return the skin back to normal. La Prairie's exclusive Cellular Complex and Cellular 3-Minute Peel combine to bio-energize the skin and eliminate congestion and skin impurities to reveal younger, fresher-looking skin.



RITUALS

SWISS BLISS TREATMENT

[180 minutes]

A three-hour “dream” experience that suspends time! Using techniques based on a true synergy between face and body and drawing on principles of the iconic Skin Caviar which lifts and firms, this special program simultaneously “works” the entire body – from scalp to toes – producing a sensation of total relaxation and well-being.

DIAMOND PERFECTION

[90 minutes]

In this skin transforming, top to toe treatment, La Prairie’s Cellular Mineral Body Exfoliator polishes your skin with diamond and amethyst powders. In a luxurious finale, Skin Caviar Luxe Cream Body Soufflé is lavished all over your superbly retexturized body.

DETOX MOMENT

[120 minutes]

This treatment begins with a scrub and a wrap to detox and tone the skin which helps to eliminate toxins. The effectiveness is enhanced by the relaxing and draining massage.

AROMASOUL EXPERIENCE

[90 minutes]

A unique massage ritual that takes you on a journey through four distinct worlds: the exotic orient, the warmth of the Mediterranean, the vibrant world of India, or the ancient cultures of desert tribes. Stars with a scrub which refines your skin and continues with a relaxing full body massage. Choice of essential oil blends.

BODY

LA PRAIRIE'S CAVIAR MASSAGE

[60 minutes]

The La Prairie luxurious signature Caviar massage is enhanced with the benefits of Skin Caviar to lift and firm the skin. Complete relaxation and pampering is waiting...

BODY STRATEGIST SLIMMING

[60 minutes]

Complete and targeted treatments to refine the appearance of both edematous and adipose cellulite. A unique combination of specific ingredients, which slim and sculpt the figure.

D-AGE SILHOUETTE

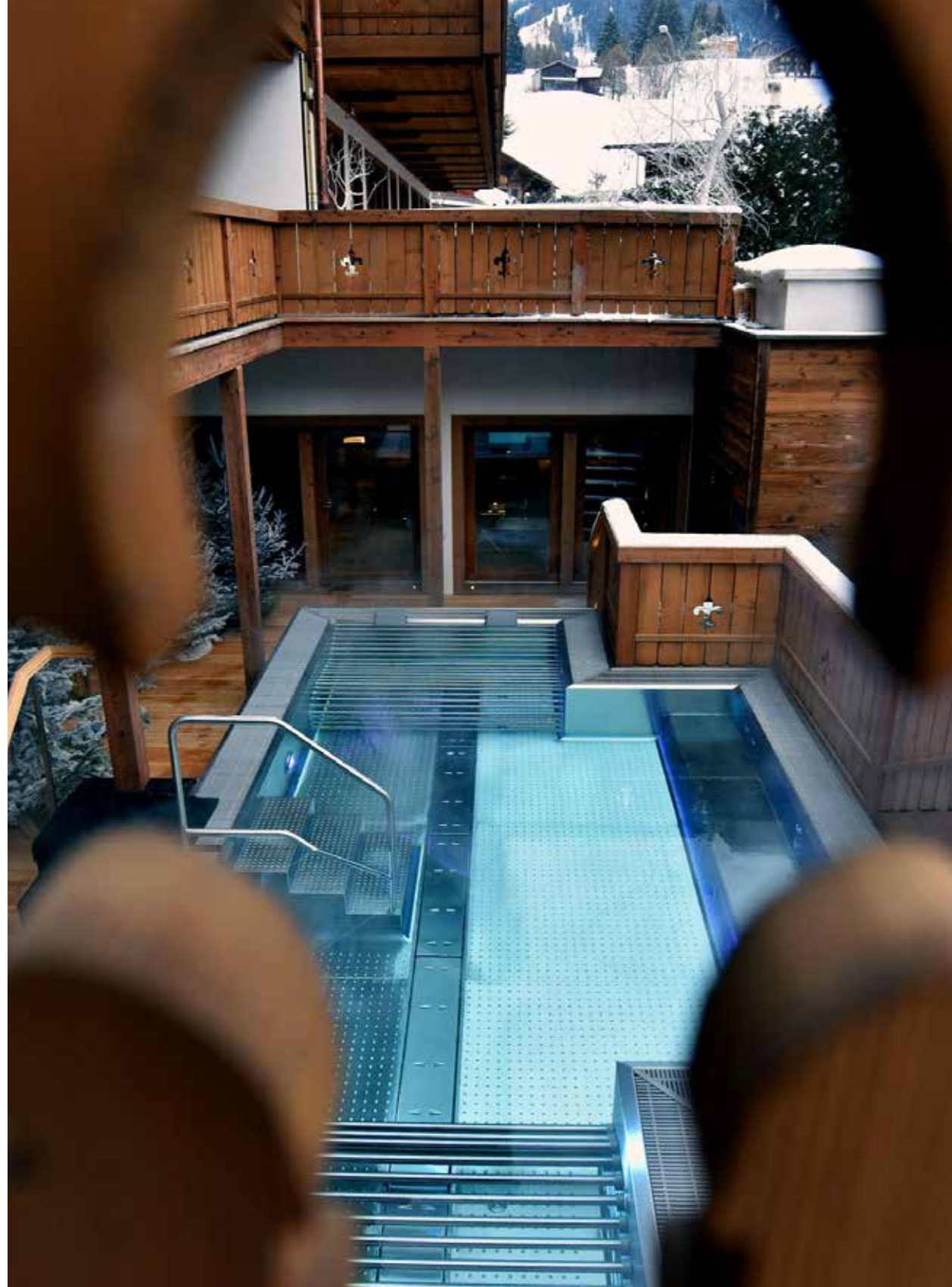
[60 minutes]

Rejuvenating and firming. A dual-action treatment to nourish and renew deeply, in order to tone the tissues.

AROMASOUL SCRUB

[40 minutes] [25 minutes]

Regenerating and nourishing treatment, that gently remove dead cells and leaves skin soft and hydrated. A perfect complement to add to your massage. Choice of essential oil blends.





MASSAGES

ULTIMA SIGNATURE MASSAGE

[60 minutes]

This signature massage created within the Ultima Spa, is a combination of different techniques such as shiatsu and reflexology with the ingredients coming directly from the Swiss Alps. This ultimate treatment will leave you in a state of full relaxation.

TIBETAN SOUND

[75 minutes]

Let yourself be drawn in the deep sound of the singing bowls, and these Tibetan techniques with resplendent virtues. This treatment will reduce anxiety and help you to have restful sleep.

SACRED NATURE MASSAGE

[90 minutes] [60 minutes]

Detoxifies, nourishes and protects the skin through a wrap-around relaxing ritual. A biological and anti-aging treatment that leaves the body and mind free and rid of all tensions.

DEEP AROMASOUL MASSAGE

[90 minutes] [60 minutes]

Infusion of essential oils according to your choice, this personalized massage combines different techniques adapted to your expectations. The firm pressure focused on relaxing the muscles, will leave you with a sense of well-being.

TRANQUILITY PRO-SLEEP MASSAGE

[60 minutes]

Recommended for those who feel stressed or have problems sleeping well, or for the ones who just want to achieve a peaceful mind and body state with the use of soft brushes that will gently help to recover jet-lag side-effects.

FUTURE MUM

[60 minutes]

Strengthening, toning and regenerating treatment. Devotes close attention to sensitive stretch marks areas. This treatment brings comfort and deep relaxation to future mums.

HOT STONE MASSAGE

[90 minutes] [60 minutes]

This deeply smoothing and sensorial treatment relieves muscular ache, activates the metabolism and helps relaxing the tissues.

SWISS FOOT REFLEX

[50minutes] [30 minutes]

Foot massage using acupressure points to soothe including body tension, creating a full relaxing sensation.



BEAUTY

SPA MANICURE OR PEDICURE [45 minutes]

SPA MANICURE OR PEDICURE AND VARNISH [60 minutes]

SPA EXPRESS MANICURE OR PEDICURE [30 minutes]

NAIL VARNISHING SEMI-PERMANENT

MINI MANICURE OR PEDICURE WITH NAIL POLISH
[30 minutes]

WAXING ARE AVAILABLE ON DEMAND

PERSONAL TRAINER

PRIVATE SESSION ON REQUEST [60 minutes]

HAIR & MAKEUP

Our hairdresser, located in our wellness area of the hotel, welcomes you on demand in his space.

Our team of expert hairdressers will pamper you and make your hair shine. For a party, a dinner or only if you wish, our hairdresser is at your disposal to make you look even more beautiful.

Our make up artist will make you glow with his bespoke makeup. For a gala or even for a natural make up, you can trust in their special skills to make you shine.





SPA & 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.

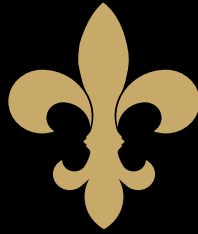
Ultima Spa is a sanctuary of peace and harmony. In advance, we are grateful and thank you for adjusting the volume of your voice so that other guests will not be disturbed.

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%.



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ULTIMA SPA & CLINIC MENU

PRICE

FACIALS

ULTIMATE REJUVENATING PLATINUM NIGHT ELIXIR FACIAL [60 minutes] [90 minutes]	295.- / 340.-
RADIANCE REVITALIZING & PERFECTING FACIAL [60 minutes] [90 minutes]	220.- / 265.-
WHITE CAVIAR BRIGHTENING AND FIRMING FACIAL [60 minutes] [90 minutes]	220.- / 265.-
CAVIAR LIFTING AND FIRMING FACIAL [60 minutes] [90 minutes]	220.- / 265.-
CELLULAR SWISS ICE CRYSTAL AGE-DEFYING FACIAL [60 minutes] [90 minutes]	220.- / 265.-
LA PRAIRIE'S SIGNATURE GENTLEMEN'S FACIAL [60 minutes] [90 minutes]	225.- / 290.-

RITUALS

SWISS BLISS TREATMENT [180 minutes]	420.-
DIAMOND PERFECTION [90 minutes]	310.-
DETOX MOMENT [120 minutes]	340.-
AROMASOUL EXPERIENCE [90 minutes]	295.-

BODY

LA PRAIRIE'S CAVIAR MASSAGE [60 minutes]	210.-
BODY STRATEGIST SLIMMING [60 minutes]	205.-
D-AGE SILHOUETTE [60 minutes]	205.-
AROMASOUL SCRUB [25 minutes] [40 minutes]	95.- / 140.-

ULTIMA SPA & CLINIC MENU

	PRICE
MASSAGES	
ULTIMA SIGNATURE MASSAGE [60 minutes]	195.-
TIBETAN SOUND [75 minutes]	260.-
SACRED NATURE [60 minutes] [90 minutes]	190.- / 265.-
DEEP AROMASOUL MASSAGE [60 minutes] [90 minutes]	205.- / 280.-
TRANQUILITY PRO-SLEEP MASSAGE [60 minutes]	190.-
FUTURE MUM [60 minutes]	195.-
HOT STONE MASSAGE [60 minutes] [90 minutes]	220.- / 310.-
SWISS FOOT REFLEX [30 minutes] [50 minutes]	110.- / 200.-
BEAUTY	
SPA MANICURE OR PEDICURE [45 minutes]	95.-
SPA MANICURE OR PEDICURE AND VARNISH [60 minutes]	130.-
SPA EXPRESS MANICURE OR PEDICURE [30 minutes]	70.-
NAIL VARNISHING SEMI-PERMANENT	80.-
MINI MANICURE OR PEDICURE WITH NAIL POLISH [30 minutes]	50.-
PERSONAL TRAINER	
PRIVATE SESSION [60 minutes]	150.-