

Schweizerhof since 1904
LENZERHEIDE

Time Art Space

BergSpa



Time Art Space

Time. It's just there – always, everywhere and for everyone. Yet it's fleeting, elusive, impossible to possess and only becomes real once you experience it.

In our BergSpa, we make space and time. Time for yourself – to be revitalized or rejuvenated, to relax or be inspired, to be active or simply to enjoy.

The spaces are sectioned off for privacy, allowing you to take a step back and reorient yourself. Time makes them experiential and tangible.

Our new pampering concept involves creating spaces for unique moments of well-being and personal exchange.

Immerse yourself in our TimeSpaces and discover the magical symbiosis of art and beauty, fragrance and design, relaxation and revitalisation for mind and body in the BergSpa.

Time for yourself

In the BergSpa, you can experience time and space just as you wish.



Time for yourself

The first step is to determine your needs. Are you looking for cosmetics, a massage or a hammam experience? We will capture your initial thoughts and accompany you through the rest.

Arrival

The next step is the arrival. You will have the opportunity to relax on site and get in the mood for what's to come. With plenty of time, in an inspiring, artistic, harmonious place that stimulates all the senses and allows thoughts to wander. In a face-to-face consultation, we explore which treatments would most benefit you and how you would like to arrange and breathe life into your TimeSpace.

Immerse yourself

Close your eyes and enjoy the feeling of luxurious textures nourishing your skin and heavenly scents captivating your senses.

Rest

Let your pamper time resonate afterwards. Daydream or read, have a cup of tea or a snack, enjoy the view or a time of contemplation, or simply just be.

Hammam is sensual, hammam is ritual.

Soft lighting and gentle heat.
A place for cleansing and encounter.



A place of silence

Soğukluk

Gradual warming-up
in a steam room at
approx. 38–40°C.

Sicaklik

Immersion
in a warm water pool
(37°C).

Navel stone

Rest on the warm stone in
the central room.

Hammam admission: 60

Sauna admission: 30

60 – 90 min

Free for hotel guests

Rhassoul

with nourishing oil: 60

20 min

Hammam experience: 265

For hotel guests: 205

approx. 180 min

Kese-lif

Self-exfoliation using a
kese (silk glove and olive
oil soap).

Bingül

Pores open up in the 45°C
herbal steam room.

Camekan

Relax with tea, syrup and
Turkish specialities.

A visit to the hammam is a
purification ritual for body,
mind and soul.

Under coloured lighting, a
cosmetic clay is applied to
the body which works
together with herbal steam.
A rain shower concludes
this pampering ritual.

Hammam admission,
rhassoul and soap foam or
soap brush massage,
followed by an oil massage.

Time for massage

The magic of fragrances

Our exquisite essential oils and natural products add to the effects of your well-being time.

Choose your fragrance to suit your needs.

70
min
170

90
min
220

120
min
265

Individual massage (from 16 years)

Our qualified masseurs will ascertain your wishes and needs in a personal consultation. We discuss what could do you good and how you would like to structure your "Time for yourself".

Our tailored offering means we can provide entirely new massages and combinations.

We also offer classics including hot stone, mountain herb and lomi lomi nui massages, as well as pamper treatments for couples and mothers-to-be.

You will enjoy a 70-minute partial body massage.

70
min
170

Relaxing cosmetic massage

A soothing treat for your head.

During a neck, head and facial massage, we will treat your skin with a nourishing cleanser and an individual face mask.

Time for natural cosmetics

We pamper you with our choice natural cosmetic brands in your "Time for yourself". We give you and your skin a relaxing, tailored facial treatment.

We consciously use organic and vegan products that have not been tested on animals and that are in harmony with nature.

PRETTY & PURE ORGANICS

Handmade in Zurich

TEAM D^R JOSEPH

High-tech natural cosmetics
from South Tyrol

GREEN +THE GENT

Organic Men's Care
from Munich



Individual facial treatment

For connoisseurs

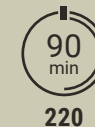
Enjoy both a soothing facial treatment and add "Time for hands or feet" to your 120 minutes of "Time for yourself".

We also offer eyebrow correction and eyelash/eyebrow tinting during your "Time for yourself".



Your teen time

Facial treatment for young and blemished skin
(12-18 years)



Becoming Mama facial treatment by Pretty & Pure

«Time for mothers-to-be»



Time for hands or feet

Enjoy an individual manicure with the option of a breathable, vegan nail polish. You can use your time for an exfoliation treatment, mask and/or massage.

We don't offer Gellack or Gellack removal.

We will pamper your hands and feet for 120 minutes.



Our rooms should be
filled with time, art and leisure,
so that together they can unfold
their beneficial effect.

In the BergSpa works of art
can be discovered,
heard and felt.

Schweizerhof
LENZERHEIDE

since 1904

★★★★

Hotel Schweizerhof, Voa Principala 39,
CH-7078 Lenzerheide, +41 81 385 25 11
bergspa@schweizerhof-lenzerheide.ch

www.schweizerhof-lenzerheide.ch

