

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 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 our 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.

Kese-lif

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

Sıcaklık

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

Bingöl

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

Navel stone

Rest on the warm stone in
the central room.

Camekan

Relax with tea, syrup and
Turkish specialities.



Hammam admission: 60.–
Sauna admission: 30.–
60 – 90 min
Free for hotel guests

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

Rhassoul
with nourishing oil: 60.–
20 min

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 experience: 265.–
For hotel guests: 205.–
approx. 180 min

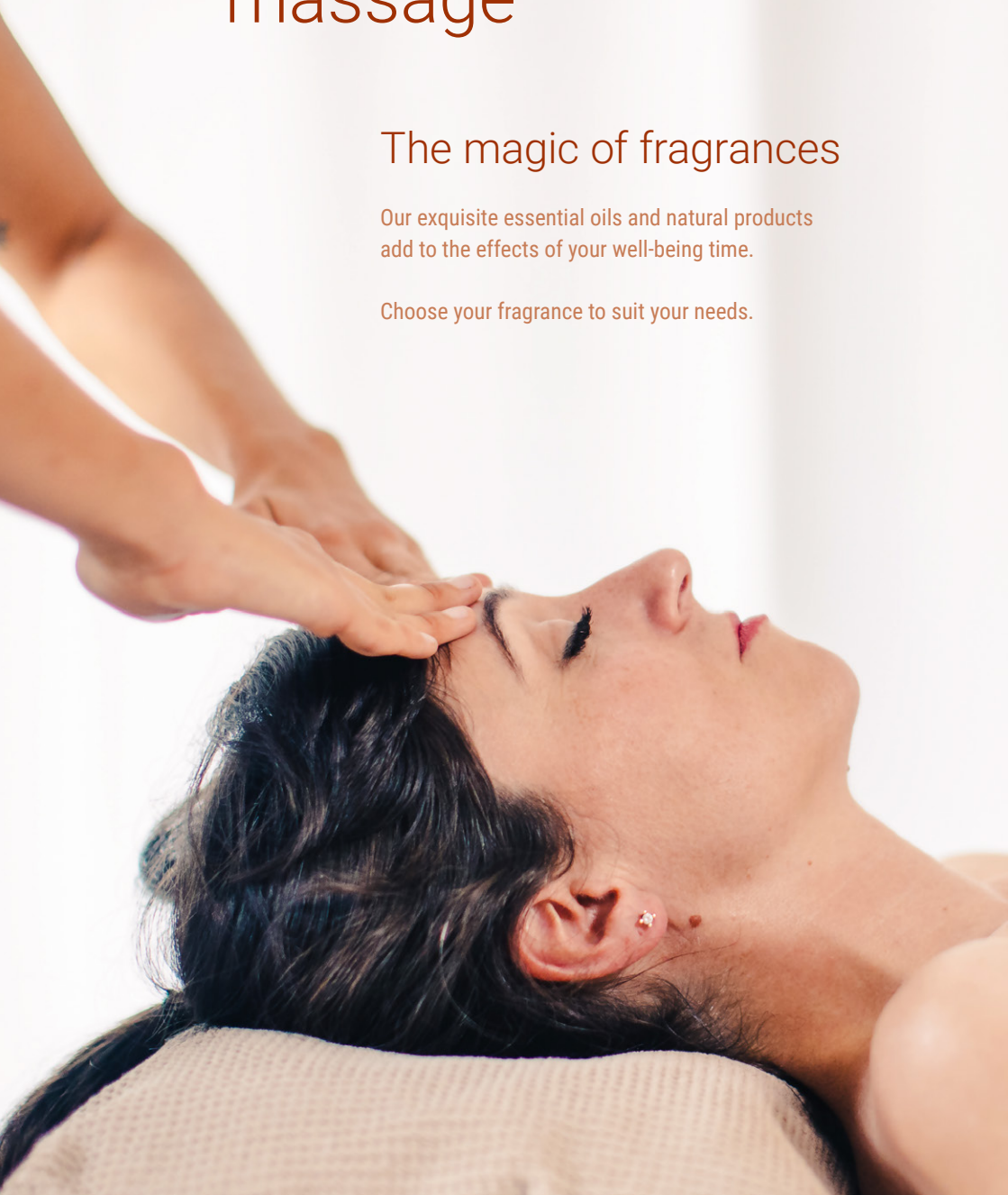
Hammam admission, rhassoul and soap foam or soap brush massage, followed by an oil massage.

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.





170.-



220.-



265.-

Individual massage

From 16 years

In a personal consultation, our qualified masseurs will find out about your wishes and needs. Our individualized offer makes it possible to create completely new massages and combinations.

We also offer classics including hot stone, mountain herb and Lomi Lomi Nui, couple treatments as well as massages for mothers-to-be.



170.-

Relaxing cosmetic massage

From 16 years

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



NAILBERRY

Premium nail cure
from London (vegan)

GREEN + THE GENT

Organic Men's Care
from Munich

TEAM D^R JOSEPH

High-tech natural cosmetics
from South Tyrol





170.-



220.-



265.-

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".

Additionally an ultrasound treatment can be included (extra charge of CHF 20.-). This treatment helps the nourishing active ingredients to infiltrate/enter deeper into the skin, resulting in a refined skin texture.



170.-

Your teen time

14-18 years

Facial treatment for young and blemished skin



220.-

Becoming Mama facial treatment by Pretty & Pure

"Time for mothers-to-be"



130.-



230.-

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 will pamper your hands and feet for 120 minutes.

We don't offer gel nail polish or removal.

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
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since 1904

★★★★

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