



Guarda Golf Spa

Open daily from 9 am until 9 pm
Spa treatments from 10 am until 8 pm (last appointment)

- english -

All prices are in CHF including VAT, service and taxes.

Gift Vouchers

The perfect gift for your friends and family.

Guarda Golf Spa gift vouchers are available for Spa Treatments, Day Spa packages, Spa Suite packages, personalized programs as well as for our exclusive beauty products.

Information

Personalized gift vouchers are available online on www.guardagolf.com.

Or contact us directly:

Spa Reception
+ 41 27 486 20 00
spa@guardagolf.com

Members Club

Become a member of the Guarda Golf Spa

- Seasonal nominative and non-transferable card
- Unlimited access to the Spa (swimming pool, whirlpool, sauna and hammam)
- Unlimited access to the gym and advice on the usage of the Technogym® machines and indoor golf
- Bathrobe, towels and sandals at your disposal
- Fresh water, tea and dry fruits at your disposal

Rates

Seasonal Membership for Individuals (3-4 months)	1'500.—
Seasonal Membership for Couples (3-4 months)	2'500.—
10 entries	700.—
20 entries	1'200.—

Children under 16, accompanied by a parent who is a member of the Spa, are welcome to use the pool free of charge.

Spa Packages & Rituals

Holistic Spa Ritual 30-minute Purifying Body Scrub 50-minute Massage of your choice 60-minute Facial Beauty Treatment of your choice (excluding treatments with Le Cube O ² +) Free use of spa facilities	350.—
Day Spa Free access to the swimming pool, whirlpool, sauna and hammam, gym and indoor golf	80.—
Day Spa Special Free use of spa facilities & 50-minute massage	180.—
Sunday Day Spa Special Free use of spa facilities, Sunday Buffet in our Restaurant (excluding drinks) & 50-minute massage	210.—
Junior Day Spa Free use of spa facilities for young guests under 16 years old (accompanied by an adult if under 12 years old)	40.—
Gym & Indoor Golf	40.—
Golf Initiation Duration: 1 hour	140.—

Massages

Relaxing Massage

Relax with this massage designed to release tension and stress. Intensely soothing.

50 min.	150.—
80 min.	230.—

Energetic Massage

Profoundly release tension with this massage harmonizing your body's energies with a combination of slow and fast movements.

50 min.	150.—
80 min.	230.—

Sport Massage

Deep muscle massage that combines stretching and kneading. Ideal before or after exercise to gain strength and energy.

50 min.	150.—
80 min.	230.—

Shiatsu

This massage originates from Japan using the therapist's fingers (shi) pressure (atsu) following the meridians. This energetic art aims to facilitate the free flow of vital energy (Qi) by releasing any blockages. It harmonizes the different systems of the human body in order to find the natural overall balance.

80 min.	240.—
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Body Scrub

A moment of bliss with a tonic scrub ritual and natural oils massaged into your soft skin.

30 min.	90.—
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Foot Reflexology

Considered an alternative medicine, reflexology allows to locate body tensions and other dysfunctions in order to make them simply disappear.

30 min.	90.—
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Exclusive this winter!

4 Hands Massage

50 min. 280.-

A four hand massage is ideal to help you to let go of every day thoughts. The harmony of the two therapist's movements will give you an incomparable sensation by disseminating the focus creating a deep relaxation. This massage will release tension more quickly and will leave you with a feeling of serenity and fullness.

Spa Suite VIP Packages

VIP Romance

1 hour (2 persons)	200.—
2 hours (2 persons)	380.—

Exclusive use of the Spa Suite with private whirlpool, hammam, tropical shower and relaxation area (no treatment included).
Included: 2 glasses of champagne and special amenities in the Spa Suite.

VIP Romance with spa treatment

2 hours (2 persons)	420.—
3 hours (2 persons)	580.—

(time of spa treatment included)

Exclusive use of the Spa Suite with private whirlpool, hammam, tropical shower and relaxation area.
One massage of 50 minutes per person.
Included: 2 glasses of champagne and special amenities in the Spa Suite.

VIP Romance with spa treatment and lunch

2 hours (2 persons)	500.—
3 hours (2 persons)	650.—

(time of spa treatment included)

Exclusive use of the Spa Suite with private whirlpool, hammam, tropical shower and relaxation area.
One massage of 50 minutes per person.
Lunch in our Restaurant or at the Guarda Golf Lounge (excl. drinks).
Included: 2 glasses of champagne and special amenities in the Spa Suite.



Facial Treatments

Oxygen Treatment VIP O² 45 min. 150.—

This luxurious oxygenating and balancing ritual features a perfect combination of micro-exfoliation, oxygenation and bio-energy massages, leaving you glowing with health from the first day of treatment.

Restructuring & Smoothing Treatment 60 min. 220.—

A reconditioning treatment for the epidermis with an immediate re-plumping effect designed for all Skin Instants® products. It has a draining action on your skin, leaving your face, neck and chest smooth and toned.

Regenerating Vernix Facial 60 min. 230.—

This Vernix formula, created by Biologique Recherche, is very similar to the vernix mantel covering the new-born infant. It slows down the aging process thanks to a selection of active ingredients rich in lipids, proteins and antioxidant peptides, which accelerate regeneration, optimize skin hydration and soothe wrinkles.

Cryo 3R Treatment 60 min. 230.—

This care associated with cryo sticks, decongests and regenerates. Ideal for devitalized and/or mature skin. By draining and plumping your skin will regain firmness and light.

Second Skin Care 75 min. 350.—

A world first in professional beauty products, this regenerating and lifting treatment is created using an electrospun mask with 80% pharmaceutical-grade hyaluronic acid and is designed for mature Skin Instants® damaged by the signs of aging.



Body Treatments

Lifting Body Treatment

60 min. 195.—

An exfoliating, firming and toning treatment that leaves you with a refined skin texture and re-sculpted body.

Re-harmonizing & Draining Treatment 80 min. 250.—

This detox treatment starting with an active draining massage and followed by a seaweed wrap is guaranteed to restore your well-being and balance.

Body Slimming Anti-C Treatment

80 min. 250.—

This unique slimming treatment with its complex Booster Minceur will reduce fat stores and eliminate excess water to refine your body and improve the appearance of cellulite.



La Signature
d'un soin d'exception

Anti-Aging Oxygen Treatments

LE CUBE O²+

Oxygen is being put to the use of beauty and the rapid and natural regeneration of cells! Beauty treatments with LE CUBE O²+ and high quality procedures by "Biologique Recherche" are available in the Guarda Golf Spa, exclusively in Crans Montana.



Oxygen Facial Treatments

O² Eye Control 35 min. 140.—

Targeted to reduce wrinkles surrounding the eye and reduce puffiness. The oxygen propulsion will transport the active ingredients it contains to the heart of your skin cells without the need for needles. The results are spectacular: fine lines, puffiness and dark circles are immediately reduced.

O² Intense Treatment 60 min. 480.—

Targeted to restore the skin's hydration levels and stimulate its vital functions, this treatment brings about immediately visible results. Oxygen propulsion promotes the action of the hydrating agents and the natural production of collagen and elastin.

O² Radiance Treatment 60 min. 480.—

Targeted to restore the skin's radiance, erase pigmentation spots and even out the complexion, this is a state-of-the-art treatment that boasts unrivalled results. Combined with an "anti-pigmentation" serum, this treatment not only guarantees genuine anti-aging action and instantly enhances, it is also very good for the skin.

O² Needling Rejuvenate Treatment 75 min. 530.—

This treatment has been developed to answer the needs of a mature and demanding skin type. The Micro-Needling technique combined with oxygen propulsion stimulates elastin and collagen production, improves cells renewal, and facilitates the penetration of active ingredients. Results are immediate. The skin is instantly oxygenated, luminous and radiant. Wrinkles are smoothed and corrected.

Oxygen Body Treatments

O² Anti Cellulite & Toning Treatment 90 min. 530.—

This treatment combines the perfect synergy between drainage, oxygen propulsion and the massage of connective tissues. It revitalizes tissue and reduces fatty deposits. The draining function is used to eliminate toxins. Oxygen propulsion promotes the penetration of slimming agents. Massaging connective tissue using lipolysis reduces cellulite.



Facial Treatments

Sensorial Beauty Express 40 min. 95.—

An antioxidant and anti-free radicals treatment rich in vitamin C and Alpine plants, which reduce psychological and cellular fatigue and provide an immediate 'wow' effect.

Oxygen Phytotherapy 60 min. 180.—

This treatment is essential as a natural beauty care after a trip, before a big event or just to reduce effects of pollution and stress.

Sensitive Skin Luxury treatment 60 min. 180.—

Experience a non-invasive treatment with a soothing and rejuvenating effect for a hypersensitive or irritated skin. Perfectly adaptable to men, it eliminates toxins and boosts cellular repair.

Skin Detoxification 75 min. 200.—
Signature Facial treatment

An authentic sebo-regulating, anti-inflammatory and moisturizing treatment built on natural therapies and adapted to young people. Painless and relaxing.

Swiss Sensorial Rejuvenation 85 min. 230.—

With the methods of herbal therapy, aromatherapy, authentic massages and knowledge of neuroscience, we invite you to discover a facial and emotional rejuvenation you never experienced before.



Sleep Therapy by Eva.J

Principle

Eva.J Sleep Therapy is based on the protective and healing role of stress reduction. This therapy leads to the normalization of the central nervous system, improving the protective functions of the immune system and thereby creating favourable conditions for overall wellbeing.

Methods

Emotional rebalancing
Muscular tension reduction
Intestine detoxification
Endurance increase

Program

- 4 days (extension recommended)
- Initial assessment and daily follow-up with a therapist
- 13 body and face treatments Eva.J
- Phyto-therapy
- Personalized fitness program
- Aesthetic therapist follow-up

980.- per person for the complete program during 4 days

Room bookings available with special conditions

Half-board available at 80.- per day per person

Full-board available at 120.- per day per person

Beauty for Hands and Feet

Packages

Manicure and pedicure without nail polish (90')	140.—
Intensive hand and feet treatment without nail polish (120')	210.—

Hands

Manicure (45')	70.—
Intensive treatment for hands (65') (<i>scrub, mask, massage & manicure</i>)	110.—

Feet

Pedicure (45')	85.—
Intensive treatment for feet (65') (<i>scrub, mask, massage & pedicure</i>)	130.—

Nail Polish

Nail polish (25') (<i>manicure or pedicure not included</i>)	30.—
French nail polish (30') (<i>manicure or pedicure not included</i>)	40.—
Semi-permanent nail polish with soft gel (35') (<i>manicure or pedicure not included</i>)	60.—

O·P·I

Waxing

Face

Eyebrow, face lip or chin waxing (20')	30.—
Face waxing (30')	50.—

Bikini

Bikini waxing (20')	40.—
Brazilian bikini waxing (30')	60.—
Total bikini waxing (35')	80.—

Arms & Legs

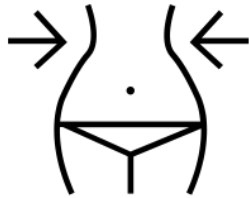
Armpits waxing (15')	30.—
Full arm waxing (30')	60.—
Lower half leg waxing (30')	60.—
Lower half leg & bikini waxing (60')	110.—
Lower half leg, bikini and under arm waxing (75')	140.—
Full leg waxing (40')	90.—
Full leg & bikini waxing (75')	140.—
Full leg, bikini & under arm waxing (90')	170.—

Body

Back waxing (40')	70.—
Chest waxing (40')	70.—

Other Treatments

Eyelash tinting (30')	40.—
Eyebrow tinting (20')	35.—
Eyelash & eyebrow tinting (45')	70.—



Detox & Slimming Cure

Principle

This customized therapy is based on detoxifying, energizing and/or slimming treatments to release toxins, and refine and balance the body. It will improve your physical and mental wellbeing by giving you energy and a brighter complexion, while strengthening your immune system.

Methods

Body drainage and intestinal detox
Reducing fat stores and cellulite
Adapted food program by our nutritionist
Rebalancing energy
Increasing blood circulation for enhanced detoxification

Program

- Customized program of 3 to 7 days
- Initial assessment and daily follow-up with a therapist
- Two treatments (massage and/or beauty treatment) per day
- Personalized fitness and sport program
- Aesthetic therapist follow-up

Starting at CHF 1'200.- per person for a complete program

Room bookings available with special conditions

Half-board available at CHF 80.- per day per person

Full-board available at CHF 120.- per day per person

Rules and Regulations

You are entering an area of total relaxation. Here are some tips on how to make the most of your experience.

Hygiene and security

- Please respect the silence and serenity.
- The use of mobile phones is forbidden.
- Please do not film or take pictures in the Spa.
- It is obligatory to wear a swimming costume in the pool, whirlpool, hammam and sauna. Towels, headphones and iPod docking stations are available in the gym.
- It is compulsory to shower before and after using the swimming pool, whirlpool, sauna and hammam.
- Do not run around the swimming pool or any other area of the Spa.
- Jumping and diving in the pool is forbidden.
- Please respect the recommended time to spend in the whirlpool, sauna and hammam.
- Children under 18 are not allowed in the sauna and hammam.
- Our Spa receptionist can advise you on the recommended clothing for each treatment.
- It is not recommended to wear any jewellery, as it can be disruptive during treatments and because of the risk of burning the skin in the sauna and hammam.
- For the gym, comfortable sports clothing and indoor sports shoes are recommended.

Spa treatments and cancellation policy

- We recommend that you arrive at the Spa at least 10 minutes before your appointment.
- We recommend not eating a heavy meal or consuming alcohol just before a treatment.
- After your treatment, take the time to relax, and rehydrate by drinking herbal tea or fresh water available in the Spa.
- Any inappropriate behaviour during a treatment will mean immediate termination of the treatment.
- Any appointment missed or not cancelled at least 24 hours in advance will be fully charged.
- The hotel management has the right to restrict access to the spa for outside guests during specific dates and times during the high season.