

The background of the entire image is a photograph of three dark, smooth, rounded stones stacked vertically on a light-colored, textured surface. To the right of the stones is a clear glass carafe with a handle, partially filled with a light-colored liquid. The background is a soft-focus green, suggesting foliage. The word "Spa" is written in a large, blue, cursive script across the middle of the image, overlapping the stones and the carafe.

Spa

TREATMENT COLLECTION

SPA INFRASTRUKTUR - Finnish sauna. steam bath. Footbath. Rest area. Technogym® Fitness (Cardio & Strength Training). Personal sports coach. Outdoor Jacuzzi with lake view. Stand up paddeling .

SPA TREATMENTS - Healthness body scans . Health-therapies . Therapeutic and holistic massages . Beauty treatments .

SPA SHOPPING - Beauty . Jewellery . Sun cap . Swimming shoes . Spa accessoires .

Editorial

Everything except ordinary.

Welcome! In one of the most charming spas. In a place full of magic.

Located on the water. A dreamy garden. Glittering waves. A place that touches deeply. Lifestyle and Wellness. For the beauty. For relaxation. A refreshing attitude to life.

With us you can relax in expert hands.

We guarantee well-being, individuality and highest competence for an unforgettable wellness moment in our Spa on the lake.

life-is-better@lake-spa.ch



PACKAGES

PACKAGES

Small & smart – our wellness packages. Pure relaxation, we organize - you enjoy.

Our Tipp:

As an external guest, you would also like to enjoy our spa (including bathrobe & slippers) plus CHF 50 per person

MENTAL VITAL – 2 hours CHF 215

- 1 Power oxygen-inhalation 50 min. you feel immediately your increased energy
- 1 Anti-stress-massage - back in top form 50 min.

BODY VITAL – 1.5 hours CHF 215

- Osflow body treatment 25 min.
- 1 full body massage 75 min. relieves tension in deep muscle layers

DE-STRESS - 2 hours CHF 215

- 1 Osflow Body Swing immediately relieves & centers the spine, improves blood & lymph flow
- 1 Oxygen-power-inhalation combats stress, overwork syndromes and improves concentration
- 1 Full body massage with honey oil and massage with a gemston silk stamp relieves stress – a wonderful feeling of calm and serenity.

DE-TOX by Dr. Niedermaier - for healthy liver function, fat metabolism & nervous system - 2.0 h CHF 298

- 1 Foot bath with a scrub activates the metabolism on the soles of the feet
- Zeolith-Pads for liver and feets binds pollutants and supports the detox process
- 1 Lymphatic drainage 50 min. for face & body decongests and regenerates the body tissue.
- 1 Regulatpro Active DTX cure set of Dr. Niedermaier (home care) to reduce ammonium & heavy metals in the colon area (value of the Set CHF 75)



HEALTHINESS



Do you know the status your energy?

Do you sometimes feel weak and listless or experience symptoms of fatigue, and internal unrest?

We would recommend a body scan for all those who are concerned about their health and are interested in active preventative measures. The so-called “killer” of energy and vitality is revealed, and you can utilise your own resources in a more targeted manner. You will discover sensory experience “off-line” and can use this constructively. Since balance is not static it can be restored time and again.

Digital networking enables us to ask questions remotely about the status of your vitality. The trend towards mobile healthcare has become a constant companion.

Take your healthcare into your own hands and relate lifestyle to vitality.

Oliver D. Schmidt

Naturopath & massage therapist

HEALTH IS MEASURABLE.

The plan comes from the results of your personal body scan and the resulting organ biofeedback. The sophisticated individual diagnosis reveals multifaceted insights into the current state of your intrinsic energy and vitality. The analysis is based on empirical research studies, on computations of various algorithms and on technological research.

SYSTEM ONE® - What blood levels can reveal. Fascinating and convincing.

In only 120 seconds the sensor painlessly and non-invasively (without blood samples) can measure more than 250 vital signs. The results are comparable to laboratory measurements and reveal detailed and complex insights into the current state of your health as well as the body's organ and metabolic functions.

SCAN PROFILE

Blood lipids, trace elements, amino acids, vitamins, insulin values, sugar metabolism, connective tissues, skin and allergies, cardio and cerebrovascular systems, functions of the stomach, bowel, liver/gall bladder, kidneys, lungs, thyroid gland, heavy metals, toxins, endocrine system (hormones).

Body scan incl. coaching & interpretation of the scan profile.

CHF 150

ETASCAN® - Complementary Medicine's Alternative Technology

The Etascan® is a bio-energy balance and wellness measuring device which records and shows the frequency patterns within the human body. The invisible becomes visible. The result is a precise image of one's actual physical condition. The reading can clarify the causes of the body's imbalances and aid the body so that it recovers its ability to self-regularise.

SCAN PROFILE

Current state of the condition of your body, mental imbalances, physical stress, burnout & boreout, general intolerances, sensitivities to chemicals or electromagnetic fields, heavy metal pollution, imbalances in your metabolism, over or underactive organs, effects of negative energy e.g. environmental causes, bacteria, viruses and factors causing stress. Body scan incl. coaching & interpretation of the scan profile

CHF 298



BEAUTY



What your skin needs.

We breathe, feel and sense through our skin. Several times a day we look into the mirror and see how much we've laughed and how much we've experienced.

Your skin can be beautifully cared for at all ages so that it is healthy and radiant. To achieve this, we use high performance active ingredients to tackle the signs of aging. Your skin gleams refreshed, is thoroughly cared for with natural products and tissues are firmed up. We will assist you in making your complexion beautiful.

An important part of this success is based on the trust we have in our partners whose products are of highest quality.

Experience this unique skin feeling.

Nicole A. Minsch

skin therapist

BEAUTY TREATMENTS

We use a face mapping to determine the right treatment and products for your skin. A skin care program can not be even more efficient.

CLEAR & PURE - harmonious concept for impure skin

Intensive and gentle deep cleansing clarifies and detoxifies. Your skin can breathe again. The microfine oxygen application provides plenty of moisture, redness and irritation are balanced. The result is a new deep clean skin feeling. Ladies' treatment 90 min. CHF 215 / men's treatment 70 min. CHF 180

FIRMING & FORMING - skin fitness program for demanding skin.

Intensiv treatment with an instantly rejuvenating effect. Anti-aging formulas with multidimensional properties activate the skin functions right down to the dermis. Lines and wrinkles are visibly smoothed and one's complexion is firmed. The focus is on regenerate, revitalize, restructure and lift. Ladies treatment 90 min. CHF 215 / Man treatment 70 Min. CHF 180

PRETTY & SMOOTH - moisturizing formula for the skin

Ideal for everyday strained, irritated or stressed skin of all ages, suffering from dryness. The result aims balancing and moisturizing. Your skin glows and looks fresh, supplied with nutrients and is visibly recovered. Ladies treatment 90 min. CHF 215 / Man treatment 70 min. CHF 180

EXPRESS BOOSTER

The ideal skin care is a freshness boost for tired, stressed skin of all ages – also ideal for ladies and gentlemen for an extraordinary event (without face massage, without eyebrows shaping). Skin looks fresh, rosy and smoothed. 50 min. CHF 138

LASH & EYEBROWS - * price during beauty treatment

Eyebrows forming complete	20 min.	CHF	28/22*
Colouring and forming of eyebrows		CHF	40/25*
Colouring eyelashes		CHF	40/35*
Colouring eyelashes & eyebrows		CHF	155/45*

TRIPLE.B COLLECTION - Body. Beauty. Balance.



Our new SPA rituals are pure care pleasure with a three-dimensional effect. Active ingredients for face & body. Choose your Triple.B. in the form of scrub, massage or mask and we will mix the recipe with selected formulas.

Triple.B SCRUB

The Scrub bar offers a wonderfully scented selection of body & face scrubs. The skin's texture is immediately refined, cell activity and collagen production are stimulated. The skin becomes receptive to nutrients and gets a glow of freshness. 45 min. CHF 128

Triple.B MASSAGE

The therapist's varied techniques for face & body create "nourishment" for nerves and blood vessels, ensuring muscle relaxation and inner balance. Selected active ingredients intensify the effect on the skin and soul. 75 min. CHF 215

Triple.B's SET

Warm and in scents wrapped all over, the mask hugs like a cocoon on your body and your face and increases the absorption of the active ingredients. A feeling of velvet and silk. Scrub & Body Mask & Massage – 1h 50 min. CHF 285

PEDICURE

Professional foot treatment with targeted corneal removal & nail care without color CHF 98 / CHF 118



MASSAGES

A portrait of a woman with long, dark brown hair and bangs, smiling. She is wearing a black blazer over a white top. The background is a plain, light-colored wall.

Whatever's good for you?

What is the most effective way to relax in order to replenish your energy levels?

We combine the very best in a single treatment developed by our homeopathic practitioner and team of physiotherapists. Bioenergetic treatment methods are used to stimulate parts of the body in order to guide the autonomic nervous system to greater relaxation. Our specific massage techniques relieve tired muscles and promote suppleness of the connective tissues, thereby boosting muscle recovery and achieving a more toned body.

Tell us about your wishes so that we can achieve the best results for you with our personalised massage therapy.

Ines N. Lembcke

Massage therapist & physiotherapist

THERAPEUTIC MASSAGES

CLASSIC

Back & neck massage 25 min. / 40 min.	CHF	74 / 112
Full body massage 50 min. / 75 min.	CHF	148 / 215
Foot reflexology therapy 25 min.	CHF	74
Foot reflexology therapy combined with a back & neck massage 50 min.	CHF	148

NEUROMUSCULAR THERAPY

A deep tissue massage to repair normal muscle tone and re-establish the connection between the muscles and the nervous system. 50 min.	CHF	148
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HEADACHE TREATMENT WITH OXYGEN

The oxygen inhalation relieves the pain and supports the muscle-relaxing massage from neck, back and head. 50 min.	CHF	195
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ANTI-STRESS-MASSAGE - a healthy back

Developed by Ines Lembcke, our physiotherapist are manifold techniques of head, neck, shoulder area applied across the spine to the iliac crest. Targeted muscles and fascia are treated, the impulses to regulate the autonomic nervous system in the direction of deep relaxation. The back straightens up and the energy flows through the body. For many guests this is the most beautiful massage that they always book. 50 min.	CHF	155
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. . . NON-PLUS-ULTRA: The Anti-Stress-Massage supplemented with a foot reflexology therapy. 75 min.	CHF	225
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HOLISTIC MESSAGES

NOBEL & POWERFUL - massage with a gem silk stamp at choice

Is the search for clarity and decision a theme? Do you feel trapped in everyday stress?

The gemstones suitably selected for you wrapped in silk cloth will enhance your senses, ground and energize you, and let you breathe deeply. After the massage with honey oil you will feel inner peace and serenity. We will give you the gemstones, which are wonderful for energizing the drinking water in a jug, as a gift. 50 minutes

CHF 155

THE ABDOMINAL MASSAGE RITUAL - detox treatment

The specialised and very effective Midsection-Detox-Treatment with its gentle drainage massage is aimed at relieving the abdominal region. The combination of a detoxifying liver rap with black pepper and fine fragrant honey oil has a regulating and tissue firming effect. Blockades are relieved and a chakra balance lets the energy flow again. During the liver rap you will have a head and neck massage to make you feel light and refreshed 50 min. CHF 155

DeTOX ZEOLITH - Zeolite body detox with lymphatic drainage and liver wrap

Zeolite is of volcanic origin and possesses the ability for highly selective absorption, thus boosting natural detoxification. This mineral is enriched with crystal salt, mountain honey, yarrow, coriander, black pepper and grapefruit. The effect and scent of the foot and liver pads have a real detoxifying effect on our metabolism as well as senses. 50 min.

CHF 155

MANUAL LYMPHATIC DRAINAGE

A specialised very light drainage of the tissues in the lymph system activates lymphatic drainage, decongests the tissues and relaxes (the body). Fresh blood plasma can regenerate body tissue, soothing the vegetative nervous system. We recommend drainage for various symptoms (primary and secondary lymphedema, strain trauma, pulled muscles, sprains), as well as promoting healing after operations, migraines or other neuro-vegetative syndromes.

50 or 75 min.

CHF 155/ CHF 225

LIPODRAIN BANDAGE



The anti-cellulite body bandage, formulated with a special synergy of active principles. It helps reduce fatty tissue and intensify the effect of lymphatic drainage. The liquid contained in the bandage is gradually absorbed by the skin, while at the same time, the elastic structure of the bandage performs a moderate but effective action that assists drainage.

CHF 35

BREATHING LOUNGE – the oxygen inhalation therapy

PURE. NATURAL. EFFECTIVE.

Oxygen means life energy.

The proven inhalation treatment to Prof. Manfred v. Ardenne helps your body to be easier to deal with stress, to mobilize internal forces and to avoid energy losses. Vitality is the significant achievement.

BENEFITS

- Strengthening of mental weaknesses
- Remedial action for chronic fatigue, activating fitness
- Improving poor concentration
- Combating excessive demand syndrome (stress) and forgetfulness
- Lightening of depressed moods brought on by exhaustion or fatigue
- Activating the body's defences (e.g. against 'flu, etc)
- Strengthening the immune system, e.g. after chemo or radio therapy
- Recovery after a stroke, heart attack, cancer
- Increased stability in general circulation
- Improvement of respiratory illnesses and pulmonary vascular diseases

APPLICATION

Inhalation with 90% power oxygen 50 min.

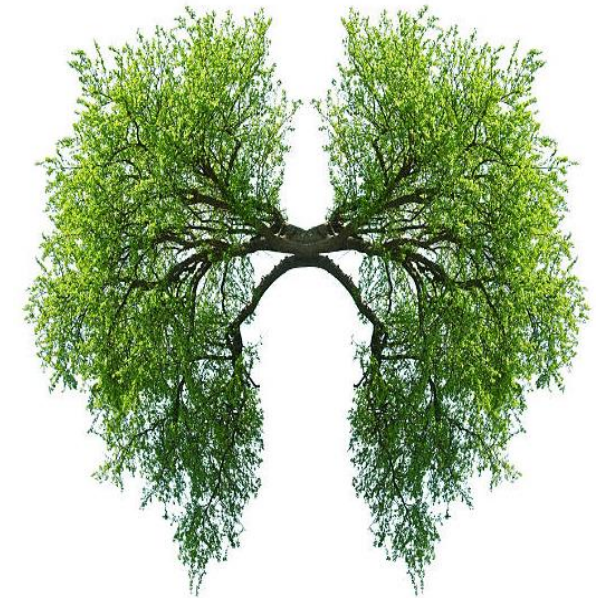
1 Inhalation 50 minutes CHF 68 / 3 Inhalations CHF 195 / 6 Inhalations CHF 350

Vitality cure with 95% power oxygen 50 min. plus massage treatment

1 inhalation with massage 50 min. CHF 195

3 inhalations with massages 50 min. CHF 525

3 inhalations with massages 25 min. CHF 350



LET'S SWING - to get a centered posture

The functional principle of OSFLOW® BODY SWING is a centring oscillation platform that creates an optimal alignment of the biomechanical skeletal system. A novelty in the wellness market, developed from principles of natural movement and the internal martial art form of Taijiquan.

One of the proven strong points is in connection with so-called "bone pressure". This is indicated by pulsation in the piezo-electric field in the bones. The oscillation platform gently centres your natural posture and helps relieve tension right through to deeper tissues.

THE BENEFITS

- Centres and stabilises the spine
- Strengthens bones and joints and overall strength
- Increases balance, stability and coordination.
- Prevents falls
- Reduces pain (back, neck, legs and joints)
- Relieves nerves, beneficially, impacts blood and lymph circulation

APPLICATION

OSFLOW® - Body swing plus massage

Oscillation of ankle, knee, hip, shoulders and the whole length of the spine. The pelvis is straightened, sacrum and tailbone drop down. The body swing is accompanied by a body massage ..50 min.

CHF 148



BATH EXPERIENCE

Unique bathing pleasure in our Hydroxeur® whirl tub with micro-fine underwater massage, colored light and aroma compositions from our fragrance collection.

SINGLE BATH

Relaxing bath in the **Hydroxeur® whirl tub** 30 min.

CHF 68

DOUBLE BATH

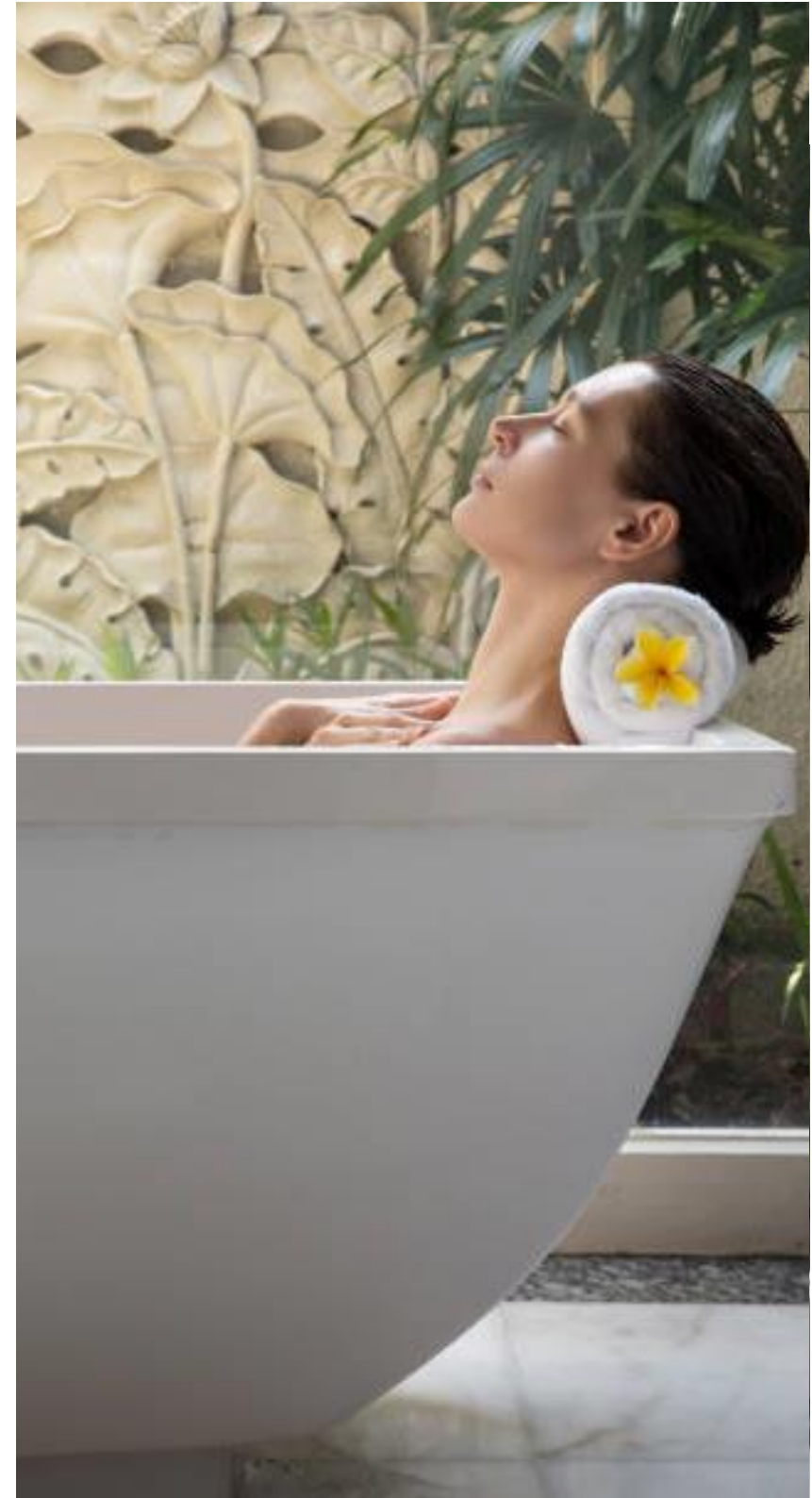
Relaxing bath for two in the **Hydroxeur® whirl tub** 30 min.

CHF 78

DON & DONNA - Romantic bathing experience for two.

With candlelight and fine fragrance you can expect a duo dream bathroom. Choose your desired aroma directly from us at the spa. A small bottle of FRANCIACORTA accompanied by a sweet palate completes this bathing pleasure. 75 min.

CHF 185



DAY SPA & SPA MEMBER CARDS

WHAT TYPE SPA LOVERS ARE YOU?

In the mentioned arrangements the access to the spa facilities and the wellness bar is included as well as the wonderful garden direct at the lake. Bathrobe, slippers and towels will also be prepared for you!

DAY SPA CHF 150 p.p.

Access to the spa including a spa credit of CHF 100, redeemable for spa treatments at your choice.

DAY SPA CHF 215 p.p.

Access to the spa including a spa credit of CHF 100, redeemable for spa treatments at your choice as well as a two-course lunch at the lake restaurant Panorama (drinks are not included).

DAY SPA CHF 245 p.p.

Access to the spa including a spa credit of CHF 100, redeemable for spa treatments at your choice as well as a three-course dinner at the lake restaurant Panorama with a direct view of the romantic sunset (drinks are not included).

SPA MEMBER CARD CHF 700

- 10 visits to the spa (card is transferable)
- Spa credit for treatments of your choice for CHF 200.

SPA MEMBER CARD CHF 200

- 3 visits to the spa (card is transferable)
- Spa credit for a treatment of your choice for CHF 50.



ETIQUETTE

SPA ETIQUETTE

ATMOSPHERE

For an ideal start to your wellness experience it is best to arrive few minutes prior to your scheduled treatment in the spa. For your own relaxation and that of the other guests we kindly ask you to turn off your mobile phone.

SPA APPOINTMENTS

We recommend that you reserve your favourite spa treatment well ahead of time. We are very happy to learn more about your wishes and needs. Kindly note it is important that you inform us about any health issues and problems when making a booking, so that we can find the most suitable treatment for you. Allergies and intolerances, high blood pressure or pregnancy can influence the results of a successful treatment. With the BODY SCAN programme, we offer the possibility of finding the most suitable combination of treatments for you.

PREGNANCY OR BREASTFEEDING

Congratulations! We will be happy to advise you on suitable treatments for this wonderful time.

CANCELLATION

Cancellation must be made 8 hours in advance. Kindly note that you have to cancel your appointments at the spa, either by phone or in person. A 100% charge is payable in the event of late cancellations. Late arrival may curtail your treatment time.

DRESS CODE

At the spa you should be dressed appropriately with bathrobe and slippers. The wellness area with sauna and steam bath is a textile-free zone, there is no need for a bathing suit! For massages and body treatments we offer disposable underwear.

Prices are subject to change. Our prices are in Swiss Francs including 7,7 % VAT.