

A photograph of a spa treatment collection. On the left, three smooth, dark grey stones are stacked on a light-colored, textured surface. To the right is a clear glass carafe with a handle, partially filled with a light-colored liquid. The background is a soft-focus green. The word "Spa" is written in a blue, cursive font over the stones.

*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 . 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 wellbeing, individuality and highest competence for an unforgettable wellness moment in our Spa on the lake.

[life-is-better@lake-spa.ch](mailto:life-is-better@lake-spa.ch)



SPA RITUALE

## SPA RITUALS

### **DON & DONNA - Romantic bathing pleasure with massage - 1h 15 min. CHF 350**

The atmospheric ambience created by soft coloured lights and aroma compositions from our fragrance collection guarantee a plunge into a dream world.  
·1 Dream bath for two in our Hydroxeur® whirlpool tub with microfine underwater massage 40 min. and 1 body massage p.p. 50 min.

### **BABY FLOATING - The private bathing experience with your child (babies up to 3 years) - 20-40 Min. CHF 95**

While floating in our warm Hydroxeur® whirlpool tub, your baby enjoys the feeling of weightlessness in the water - just like in mummy's tummy. Little children move more safely in the water than on their own legs. Floating strengthens motor skills in a playful way and promotes body and sensory perception. The specially designed neck float is suitable for newborns and toddlers. The special neck collar holds the baby softly and securely and supports the little head. An unforgettable experience for parents and child (without chlorine, without bath additives).

### **MENTAL VITAL – 2 hours CHF 218**

- 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 218**

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

### **DE-STRESS - 2 hours CHF 218**

- 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 375**

- Body & face peeling with crystal salt, lavender & rosemary boosts cell activity 50 min. incl. detox drink
- Zeolith-Pads for liver and feets binds pollutants and supports the detox process
- Drainage massage 50 min. for face & body decongests and regenerates the body tissue – incl. detox drink
- 1 REGULATPRO DTX cure set of Dr. Niedermaier (home care) to reduce ammonium & heavy metals in the colon area (value of the Set CHF 82)



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 160

### **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



# MASSAGES



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

. . . **NON-PLUS-ULTRA:** The Anti-Stress-Massage supplemented with a foot reflexology therapy. 75 min.

CHF 225

### 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

## 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

### **LOMI LOMI NUI - . . .dancing with the sea**

Warm oil envelopes your body and you feel weightless. The intuitive massage with underarms and loving hands sways and stretches you with its tender pressure and works deep into the tissues. This cleansing massage ritual releases stressful blockages in the body. You will feel reassurance from depressive moods, an improvement in the quality of sleep and inner calmness. 75 / 90 min CHF 235 / 275

### **PRENATAL - FOR THE MUM-TO-BE**

A light, relieving body sensation with a tailor-made massage for the mummy-to-be. Tailored to your needs, our therapists look after you with special attention and sensitivity. Gentle drainage for decongestion and soothing relaxation can be performed in various lying positions as well as in a sitting position (after the 3rd month). Let us advise you. 40 min. CHF 118

## 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.**

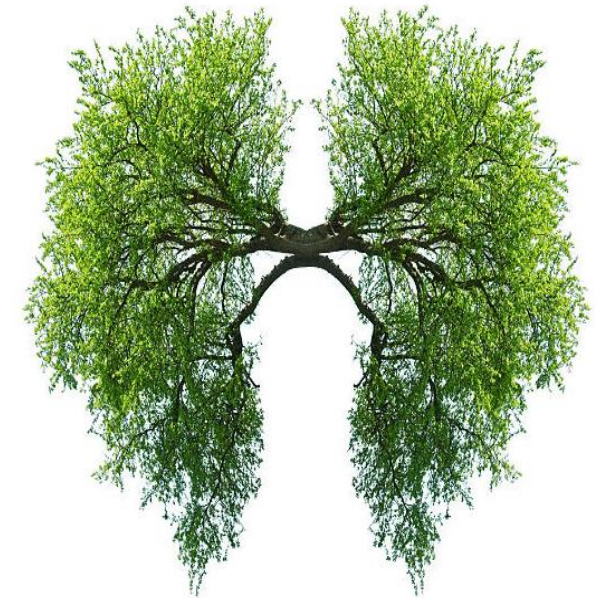
1 Inhalation 50 minutes CHF 68 / 3 Inhalations CHF 195 / 6 Inhalations CHF 350

**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 155



## 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

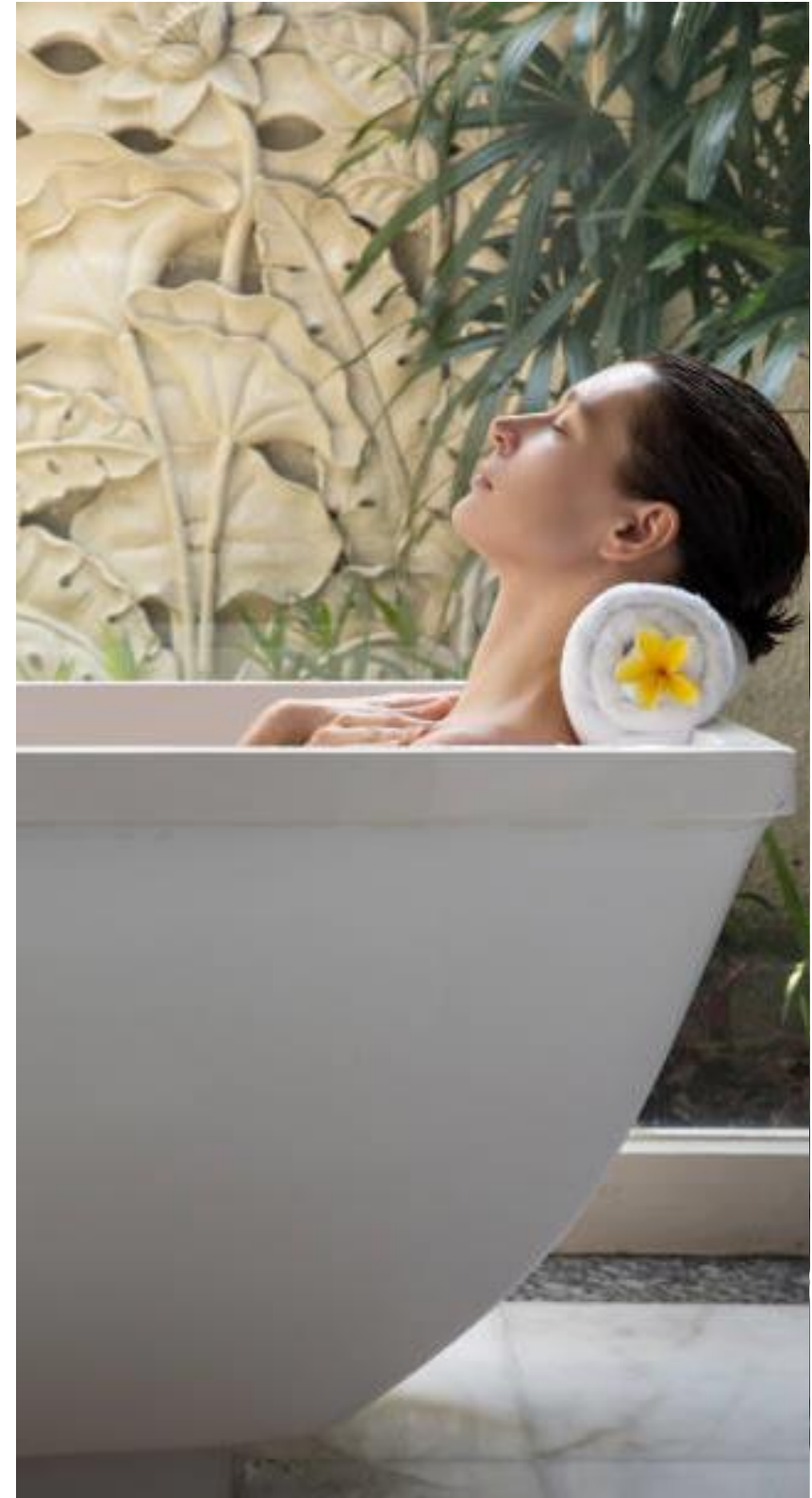
Relaxing bath for two in the Hydroxeur® whirl tub 30 min.

CHF 78

### DON & DONNA - Romantic bathing pleasure with massage - 1h 15 min. CHF 350

The atmospheric ambience created by soft coloured lights and aroma compositions from our fragrance collection guarantee a plunge into a dream world.

- 1 Dream bath for two in our Hydroxeur® whirlpool tub with microfine underwater massage
- 1 Back and neck massage p.p. 50 min.



## DAY SPA & SPA MEMBER CARDS

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! What TYPE Spa lovers are you?

### CLASSIC CHF 150

DAY SPA ticket plus a relaxing back and neck massage 40 min.

### RELAX CHF 198

DAY SPA ticket plus a soothing anti-stress massage 50 min. Specifically treats the muscles and fasciae, regulating the autonomic nervous system towards deep relaxation. The back straightens up again and energy flows through the body.

### BEACH DREAM CHF 285

DAY SPA ticket plus the massage ritual Lomi-Lomi-Nui 70 min. The popular massage ritual envelops your body in warm oil, has a cleansing effect and frees you from stressful blockages. You feel an absolute lightness, inner serenity and feel fresh and refreshed.

### 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.

Is your desired programme not listed? Tell us about your wishes and we will shape the perfect DAY SPA for you



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 8,1% VAT.