

CERVO



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MOUNTAIN SPA

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WEST



EAST

# ON A JOURNEY INWARDS

A place of tranquility, relaxation and mindfulness: Inspired by Japanese onsen, Bhutanese herbal baths and northern European sauna art, the Ātman Mountain Spa combines centuries-old traditions from all over the world. In our treatments we rely on valuable local herbs, fresh spring water and use the power of nature as the basis for a holistic approach to physical well-being. Influenced by this wealth of experience, we have developed an exclusive CERVO product line based on purely natural and organic contents. Let yourself be pampered during the treatments, immerse yourself in your experience for all the senses and enjoy the journey to your inner and outer self.

## OPENING HOURS

Summer 2024

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Monday to Sunday: 10:00 - 21:00

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Adults and youth 14+ years: until 21:00

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Children ages 0-14 accompanied by an adult: 10:00 - 18:00

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Treatments: 10:00 - 20:30 (spa entry is not included in the booking of a treatment)

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Climbing wall: 10:00 - 21:00

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\*Shared well-being is doubled well-being. Almost all treatments can be booked as a couple in a shared room, each by a therapist

\*\*So that you can enjoy your full treatment time, we will await you at our spa reception approx. 15 minutes before the start.



# SIGNATURE TREATMENTS

## SIGNATURE FLOW FROM EAST TO WEST

Duration: 270 min.

CHF: 780.- per person / 1420.- for two people

From Far East Asia to Europe: The house's signature spa treatment is an intensive and invigorating flow through six carefully selected stations. Body and soul are cleansed from the outside in and brought into their natural balance. For the four-hour journey, our highly qualified therapists combine the best treatments from east to west, tailor them to you and give you an authentic approach. The journey begins with a hammam peeling ritual in the steam bath, followed by a Bhutan-inspired hot stone herbal bath. You can then choose between a pine wood or Ayurvedic Abhyanga massage, which takes place in our Mongolian yurt. This is followed by a short break with fresh juices and fruits to strengthen body and mind. The journey continues with a facial, hand and foot treatment. The exclusive CERVO apricot and mountain herb cosmetic line is used. The Signature Flow ends with a Tibetan singing bowl ritual. A journey that will remain in your body and soul's lasting memory.

### HIGH ALTITUDE AWAKENING

Duration: 150 min.  
CHF: 450.-

The treatment begins with a Bhutanese medicinal herbal bath, which relieves a wide range of ailments. The lymphatic system is then stimulated by dry brushing and dead skin cells are removed with a gentle body peeling. A healing honey body mask is applied directly, which has a calming effect on the mind and tones the connective tissue. This treatment ends with a moisturizing full-body massage and an alpine herbal facial. Products from our mountain region are used - this gives you radiant skin and new energy.

The treatment begins with a Bhutanese medicinal herbal bath - followed by a rice body peeling, which leaves your skin smooth and radiantly fresh. The uniqueness of our rice and bamboo products is that they have an antibacterial and calming effect. During the facial treatment, we combine Japanese lifting techniques and Gua Sha gemstone tools for natural rejuvenation. The Gua Sha full body massage with jasmine and rice oil relieves muscle tension and stimulates the body's natural detoxification. The Wabi-Sabi treatment aims to have a rejuvenating and moisturizing effect.

### WABI-SABI

Duration: 150 min.  
CHF: 450.-

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# FACIAL TREATMENTS

## APRICOT SENSATION

Duration: 60 min.  
CHF: 180.-

All the power of the Valais apricot in one treatment. Our beauty treatment combines the precious and highly effective elixirs of local fruits in an extraordinary treatment for the face, neck and neckline. The active plant ingredients gently cleanse your skin and provide highly concentrated moisture that lasts long.

## ALPINE HERBS PURIFYING FACIAL

Duration: 60 min.  
CHF: 180.-

The healing herbs from the Alps pamper your face and have a detoxifying effect. The natural powers of the Alpine herbs stimulate the entire skin metabolism. This strengthens the connective tissue and intensively detoxifies it via the lymph. The result: clear and strengthened skin with firm and defined contours.

A gentle treatment with our Aloe Vera line, which provides the necessary boost of freshness and thoroughly cleanses the pores. Skin impurities are carefully removed to promote a supple complexion. Highly recommended after a long day in the intense sun of Zermatt.

## MOUNTAIN-FRESHNESS

Duration: 60 min.  
CHF: 180.-

Kobido - also known as «the ancient path to eternal beauty» - is a Japanese massage technique that works like a natural lifting. The muscular system is intensively strengthened, the facial contours are redefined and the facial features are tightened. In Japan, this technique is considered extremely effective. For centuries it was practiced exclusively among the Japanese nobility.

## JAPANESE LIFTING FACIAL

Duration: 45 min.  
CHF: 150.-

This traditional form of massage, which has its origins in Asia, uses a flat, smooth gemstone tool in combination with highly concentrated organic serums. Gentle strokes on the face stimulate your lymphatic flow to remove toxins and promote healthy blood circulation. This leads to a reduction in morning puffiness and defined facial contours.

## GUA SHA FACIAL CONTOURING

Duration: 45 min.  
CHF: 150.-

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# BODY TREATMENT

## QUINCE APPLE VITAMIN BOOST

Duration: 90 min.  
CHF: 280.-

Firms, hydrates and strengthens. In this treatment, the quince apple regenerates sunburned, swollen and dehydrated skin. Fruit acids promote younger-looking skin by stimulating collagen and elastin production and increasing cell turnover. Our vitamin boost massage contains brightening vitamin C, healing vitamin A and powerful antioxidant vitamin E. Cupping glasses are used to reduce cellulite and smooth the skin.

This intensive honey treatment has its origins between Russia and Tibet. It promotes blood circulation, relieves deep-rooted tension in the muscles and fascia, relieves migraines and headaches, helps with painful joints and has a positive effect on your nervous and immune systems. The effect of honey is strongly detoxifying and supports the elimination of waste products. The Tibetan honey treatment is then carried out and ends with a massage made from warm honey-ginger oil. This relieves stress and has an anti-inflammatory effect.

## TIBETAN HONEY TREATMENT

Duration: 90 min.  
CHF: 280.-

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# MASSAGES

<p><b>SWISS PINE WOOD EXPERIENCE</b></p> <p>Duration: 60/90 min. CHF: 190/260.-</p>	<p>This massage is designed to effectively relieve muscle tension and rheumatism. Pine oil and pine wood sticks of different sizes promote blood circulation and relieve pain. The Arve, also known as the Swiss pine, is an evergreen coniferous tree that grows in the Alps and is abundant in the Zermatt area.</p>
<p><b>SWEDISH</b></p> <p>Duration: 60/90 min. CHF: 190/260.-</p>	<p>A powerful and pleasant massage practice that originates from Sweden. During this treatment we use our own product line to relieve the strain on the joints and muscles. Muscle tension and pain can be efficiently relieved, restoring the body's natural function.</p>
<p><b>CALM &amp; RELAX</b></p> <p>Duration: 60/90 min. CHF: 190/260.-</p>	<p>Our high-quality plant-based balms are used in this gentle and harmonious massage. Aromatherapy uses essential oils extracted from plants. This approach has been practiced in various cultures for centuries, primarily due to its therapeutic effects in relieving pain, stress and anxiety. Pure relaxation and general well-being are guaranteed.</p>
<p><b>FAMILY RITUAL</b></p> <p>Duration: 30/45 min. CHF: 180/260.- for 1x child &amp; 1x adult</p>	<p>Your child and you - and your very own special experience. In our double treatment room we will pamper you with delicious vanilla or chocolate aromas. This family ritual is specifically designed to help you make time for each other, create lasting memories and connect in deeper, more intense ways through a shared spa experience. The offer is suitable for children aged 6 and over.</p>
<p><b>CHIRO PRACTIC</b></p> <p>Duration: 45 min. CHF: 190.-</p>	<p>Chiropractic is an alternative medical treatment method with the aim of relieving headaches and improving posture and mobility. This approach is used to treat osteoarthritis, neck injuries and whiplash. With the help of soft tissue therapy and targeted exercises, pain, blockages and misalignments are alleviated. The roots of chiropractic lie in the folk medical practice of bonesetting. The founder was Daniel David Palmer in 1895.</p>

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## PRENATAL CARE

Duration: 60 min.  
CHF: 190.-

This mindful treatment has its origins with midwives in the 18th century and was developed specifically for expectant mothers. It prepares the body for birth and relieves discomfort and pain. Please let us know which semester you are in when you book. The treatment will then be tailored to your needs.

## DEEP TISSUE

Duration: 60/90 min.  
CHF: 210/230.-

Deep tissue massage is an effective method to relieve tension and pain by applying slow, deep pressure to muscles and connective tissue. It improves chronic pain, stress, posture, reduces inflammation and promotes blood circulation. Discomfort and slight stiffness may occur afterwards. In 1949, Therese Phimmer opened the first deep tissue massage clinic to treat whiplash patients.

Abhyanga is a traditional Ayurvedic therapy from India in which your entire body - from head to toe - is massaged with warm herbal oil. The special oil is the main component of this treatment. Using the three doshas from the Ayurvedic principle, this therapy is tailored to your specific needs. For new energy, harmony and deep relaxation.

## ABHYANGA

Duration: 60/90 min.  
CHF: 190/260.-

The technique, inspired by traditional Chinese and Japanese medicine, uses the concepts of Qi meridians and acupuncture points to permanently release internal and external blockages. Pressure is applied with thumbs, elbows, knuckles and palms. This form of massage is performed on the floor and in light clothing. No oils are used.

## JAPANESE ACU-PRESSURE MASSAGE

Duration: 60 min.  
CHF: 210.-

The ancient healing art of foot reflexology is widespread in Asia. By pressing certain reflex points on the sole of the foot, certain body functions are stimulated to balance disturbed energy flows and ensures long-lasting relaxation and overall well-being.

## CHI REFLEXOLOGY

Duration: 60 min.  
CHF: 190.-

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WEST



EAST

<p>Muscle tension, pain, stress and fears are relieved through the use of heated basalt stones. Inflammation and muscle spasms can be eased by using cold marble stones. The Healing Stones treatment is a traditional healing method among the Native Americans, Hawaiians and the peoples of the South Pacific.</p>	<p><b>HEALING STONES</b></p> <p>Duration: 60/90 min. CHF: 190/260.-</p>
<p>Gua Sha is an ancient Chinese healing method that uses a smooth gemstone tool. This massage technique is extremely effective for relieving chronic pain - especially muscle and joint pain. It also strengthens the immune system, reduces inflammation and improves blood circulation in the fascia. Our joint and muscle balm used in this treatment, has an additional supportive effect to relieve deep-seated tension of the whole body.</p>	<p><b>GUA SHA FASCIAL RELEASE</b></p> <p>Duration: 60/90 min. CHF: 190/260.-</p>

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## ADD ON'S

You have the choice. Expand and complement your treatment with these options. Please note that these options can only be booked in combination with other treatments.

### MARBEL STONE FACIAL MASSAGE

Duration: 30 min.

CHF: 95.-

Feel how the power of natural elements refreshes, revitalizes and makes your face shine. This ancient Greek and Roman technique uses basalt and marble stones to reduce puffiness and fine wrinkles. Hot and cold stones are used to stimulate blood circulation in the face.

### DETOX BODY SCRUB

Duration: 30 min.

CHF: 95.-

Our invigorating full-body peeling leaves your skin soft and supple. To finish the peeling, our herbal lotion seals the skin with moisture and leaves a healthy, refreshing and radiant complexion. Inspired by the unique and characteristic odor that everyone knows - the smell of rain on dry earth - also called «Petrichor».

### SWISS CHOCOLATE BODY WRAP

Duration: 30 min.

CHF: 95.-

Not only does chocolate taste delicious, but the scent itself has a relaxing effect on the body and increases well-being. Cocoa contains moisturizing lipids and fats that plump wrinkles. The chocolate wrap diminishes dark spots, boosts skin collagen, and leaves you feeling soft, supple, and refreshed.

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## HAND OR FOOT TREATMENT

Duration: 15/30 min.  
CHF: 55/95.-

This hand or foot treatment stimulates the flow of energy along the nerve channels, promoting balance and restoring your body's natural homeostasis. Hands or feet receive a soft peeling before being massaged.

Dry brushing gently removes old skin cells and opens pores for better blood circulation. This improves immune function. This technique is a popular skin care ritual that reaches across many national borders - from the Ayurvedic principles of Indian people to the ancient Egyptians and Romans to traditional Chinese medicine.

### GHARSANA

Duration: 15 min.  
CHF: 55.-

Tension in the neck and head? As a targeted pressure point therapy, the Indian head massage is the solution to your pain. The massage - an ancient Ayurvedic technique -- is combined with a restorative Ayurvedic oil that soothes and invigorates the scalp at the same time. Insomnia and digestive problems are also relieved.

### CHAMP ISSAGE

Duration: 30 min.  
CHF: 95.-

Tibetan singing bowls are a powerful instrument for deep relaxation and altered states of consciousness. They relieve stress, fatigue, muscle tension, promote creativity, intuition and dissolve energy blockages. The vibrations and sounds of the bowls have a positive effect on the body, mind and soul.

### SOUND HEALING

Duration: 15/30 min.  
CHF: 55/95.-

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<p>Shirodara, a traditional Ayurvedic therapy, uses warm medicated oil to stimulate the third eye on the forehead, promote deep relaxation and reduce stress. This gentle but effective practice regulates hormones, promotes restful sleep and calms the mind by restoring balance to the body. The name comes from Sanskrit and means «head» (shiro) and «flow» (dhara), as warm oil flows over the forehead.</p>	<p><b>SHIRODARA</b></p> <p>Duration: 30 min. CHF: 95.-</p>
<p>Cupping is a therapy that uses negative pressure to decompress soft tissue. It loosens scar tissue, fascia adhesions and painful trigger points. It improves blood circulation, reduces pain and promotes mobility. Mild muscle soreness and bruising may occur afterwards - physical exertion and heat are not recommended after cupping.</p>	<p><b>CUPPING</b></p> <p>CHF: 10.-</p>
<p>The old name of Bhutan is Menjung, which means «land of medicinal herbs». The history of medicine in Bhutan goes back a long way and is influenced by Indian Ayurvedic practices. A unique experience is bathing with hot stones, which is also available at Ātman Mountain Spa. This bath uses a medicinal water made from herbs - called menchu - to relieve inflammation, skin irritation and sore muscles. The perfect way to relax after a long day of adventures in Zermatt.</p>	<p><b>BHUTANESE HERBAL BATH</b></p> <p>Duration: 30 min. CHF: 90.-</p>

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# FITNESS

<p><b>PERSONAL TRAINING</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>Get your body in shape even on vacation. Our trainers and coaches adapt the training to your individual preferences and goals.</p>
<p><b>GYM</b></p> <p>Duration: 60 min.</p>	<p>The gym at Huntsman Lodge is available to you throughout your stay. Please notify the front office of your use of the gym.</p>
<p><b>YOGA PRIVAT</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>The private yoga classes combine different yoga traditions. Whether Hatha, Vinyasa, Iyengar or a mixture of different styles: Our yoga teachers will put together your individual program according to your needs and level.</p>
<p><b>PILATES PRIVAT</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>During Pilates, the deep muscles are specifically strengthened, relaxed or stretched. The coordination of breathing and movement is crucial. Our courses are suitable for beginners and advanced learners and ensure balance and a healthy body feeling.</p>
<p><b>MEDITATION PRIVAT</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>Embark on your journey, let the aura of the mountains affect you and come into your center by purposefully letting go and allowing. With a guided private meditation and specially tailored pranayama breathing exercises, you can calm your body and mind.</p>
<p><b>MEDITATION / PILATES / YOGA GROUP</b></p> <p>Duration: 30 min. / 60 min. / 90 min. Free for hotel guests</p>	<p>We offer a variety of group lessons in the weekly schedule. You can find further information and details about our offers on the eConcierge. Please feel free to ask our spa reception team.</p>
<p><b>CLIMBING</b></p> <p>Duration: 60 min. Free for hotel guests, for external guests CHF 25.-</p>	<p>Up and above. You can let off steam and test your strength on our climbing wall in the Nomad Lodge. If you are interested, please contact the front office or spa reception.</p>

# TERMS OF USE



## RECOMMENDATION

Our employees at the Ātman Mountain Spa are available for you at any time. We would be happy to put together a customized treatment combination according to your wishes. We ask you to reserve your individual program 24 hours in advance.

## TREATMENTS

In order to enjoy your full treatment time, we will await you at our spa reception approx. 15 minutes before the start of the treatment. Out of consideration for subsequent guests, we ask for your understanding that your treatment time will be shortened accordingly if you are late to start.

## CHANGING ROOMS AND CLOSETS

The Ātman Mountain Spa has changing rooms and lockers for all visitors. We assume no liability for the loss of valuables (money, jewelry, etc.). We recommend that our hotel guests use the room safe.

## HEALTH

We ask that you inform our employees about the following when booking a treatment: high blood pressure, heart problems, allergies, medications, pregnancy, recent operations. In these cases, we strongly recommend that you consult your doctor.

## CANCELLATIONS

If you need to cancel your treatment or want to make a new appointment, please do so at least 24 hours in advance. Please understand that if you do not show up or cancel late, we will have to charge for the treatment. Even if you arrive late, the entire treatment will be charged. Thanks for your understanding.

## PAYMENT OPTIONS

We accept all major credit cards. Hotel guests are also welcome to have their treatment charged to their room.

## PRICES AND TAXES

All prices include the legally applicable VAT.

## VOUCHERS

Gift vouchers are available online via our website. You can find all information under the «Vouchers» category.

## CHILDREN

Children and youth up to 14 years of age can use the spa area when accompanied by an adult until 18.00. From 18.00, entry to the spa is only permitted for ages 14 and up. Swim diapers are mandatory for small children and are available at the spa reception.

## PEACE & PRIVACY

The Ātman Mountain Spa is a place of relaxation and tranquility. We ask you to contribute to this special atmosphere by talking quietly and when moving about. Respect the privacy of all guests and avoid cell phones and cameras.

## SMOKE

Smoking is only permitted in the designated smoking area on the Ātman Mountain Spa's terrace. This must be avoided in all other areas of the spa.