

CERVO



MOUNTAIN  
ASHRAM SPA

PACKAGES

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# MOUNTAIN SPIRITS



Let yourself be inspired by the mystical mountain world of the Alps and broaden your horizon with exquisite treatments and packages that accompany you on a journey to your inner self.

<p><b>MOUNTAIN ASHRAM DETOX - RESTART</b></p> <p>Time: 150 min.</p> <p>Price per person: CHF 370.-</p> <p>Price for couples: CHF 720.-</p> <p>Bookable: 8.30 - 11.00h, 24h in advance</p>	<p>Our Detox Starter is a perfect warm up for those who want to give the body a few hours of attention.</p> <p>What is included?</p> <ul style="list-style-type: none"><li>- Freshly pressed Booster Juices</li><li>- Buthanese herbal detox bath, 30 min.</li><li>- Intense Alpine Natural Bodywrap, 60 min.</li><li>- Herbal stamp and healing stone massage combination, 60 min.</li><li>- Healthy Brunch at the restaurant Bazaar</li></ul>
<p><b>SOUL &amp; SOUND MEDITATION</b></p> <p>Time: 130 min.</p> <p>Price per person: CHF 390.-</p> <p>Bookable: 13.00 - 18.30h, 24h in advance</p> <p>*only bookable for 1 person</p>	<p>Let the Tibetan singing bowls work around your body and directly on your body. The vibrations generated by the playing penetrate every cell, muscle and organ. The self-healing powers are activated and in a state of deep relaxation the body can regenerate itself.</p> <p>What is included?</p> <ul style="list-style-type: none"><li>- Pranayama breathing exercises, 30 min.</li><li>- Soul &amp; Sound Massage, 50 min.</li><li>- Chirodhara face cast, 50 min.</li><li>- Tea variations and fruit plate</li></ul>



<p><b>MOUNTAIN ASHRAM WINTER SPECIAL</b></p> <p>Time: 150 min.</p> <p>Price per person: CHF 440.-</p> <p>Price for couples: CHF 850.-</p> <p>Bookable: 13.00 - 18.30h, 24h in advance</p>	<p>Get in the mood for Christmas and enjoy moments of reflection and relaxation.</p> <p>What is included?</p> <ul style="list-style-type: none"><li>- Bhutanese bath with exquisite Christmas fragrances, 30 min.</li><li>- Zermatt forest honey sugar peeling, 60 min.</li><li>- Full body massage with pine tree oil, 60 min.</li><li>- A pair of kashmir cuddly socks</li><li>- Tea and Christmas cookies</li></ul>
<p><b>FULL MOON RELEASE</b></p> <p>Time: 150 min.</p> <p>Price per person: CHF 440.-</p> <p>Bookable 13.00 - 19.00h,</p> <p>Registration 24h in advance</p>	<p>The full moon is especially suitable for releasing inner blockages and letting go of what no longer serves us. Celebrate this experience and come into a state of inner peace.</p> <p>What is included?</p> <ul style="list-style-type: none"><li>- A Mindfulness Booklet, to write down thoughts and intentions</li><li>- Full Moon meditation &amp; Pranayama, 60 min.</li><li>- Awakening Ritual massage, 90 min.</li><li>- Tea and Full Moon Midnight Snacks</li><li>- Access to the Mountain Ashram Spa until midnight during the full moon nights</li></ul> <p>* This package is only available on the days around full moon and is limited in the number of participants</p>



## FAMILY TIME

Time: 150 min. for 2 people & 180 min. for 4 people

Price for 2 people: CHF 340.- for 1 adult & 1 child

Price for 4 people: CHF 680.- for 2 adults & 2 children

For each additional person: CHF 210.- per adult & CHF 130.- per child

Bookable: 08.00-11.30h, 24h in advance

For children aged 6 to 14 years

Family time is precious time. Enjoy a few hours in the company of your loved ones with fun, games and relaxation.

What is included?

- Fun Factor Family Activity, 120 min.: self made bath bombs and colorful snowball infusion
- Sauna infusion done easily: Workshop with our sauna master and kids smoothies for refreshment
- Family massage, 30 min.
- Brunch at restaurant Bazaar for the whole family

# INTERNATIONAL SPECIAL PACKAGES



Be inspired by the cultures of distant countries and accompany us on a journey through the different continents.

<p><b>UMAMI JAPANESE ZENSATION</b></p> <p>Time: 150 min.</p> <p>Price per person: CHF 480.-</p> <p>Price for couples: CHF 920.-</p> <p>Bookable: 13.00 - 18.30h, 24h in advance</p>	<p>A combination of treatments using healing, mineral rich thermal water and rituals based on herbs from the Japanese culture, which bring body, mind and soul into balance.</p> <p>What is included?</p> <ul style="list-style-type: none"><li>- Snow &amp; ice ritual, 10 min.</li><li>- Sakura bath with cherry blossom essences, 20 min.</li><li>- Body treatment with a fine rice peeling and an algae mask, 60 min.</li><li>- Shiatsu, a traditional Japanese pressure point massage, 60 min.</li><li>- Sencha tea and Mochi, a Japanese dessert</li></ul>
<p><b>EASTERN LOVE</b></p> <p>Time: 180 min.</p> <p>Price per person: CHF 525.-</p> <p>Price for couples: CHF 980.-</p> <p>Bookable: 13.00 - 18.00h, 24h in advance</p>	<p>Regenerate your body and strengthen your immune system with this exclusive ritual, which finds its origin in the history of Russia.</p> <p>What is included?</p> <ul style="list-style-type: none"><li>- Wenik ceremony, sauna infusion &amp; herbal ice bath, 60 min.</li></ul> <p>For her:</p> <ul style="list-style-type: none"><li>- A cellulite salt juniper peeling with a firming body mask, 60 min.</li><li>- «A touch of Glow“, a relaxing full body massage with roses and lavender essences, 60 min.</li></ul> <p>For him:</p> <ul style="list-style-type: none"><li>- Drybrush mineral peeling, 60 min.</li><li>- A Muscles Remedial full body massage, 60 min.</li><li>- Vodka Shot &amp; Bazaar Fries</li></ul>