

CERVO



MOUNTAIN
ASHRAM SPA
MENU

CERVO
MOUNTAIN RESORT
RIEDWEG 156
CH-3920 ZERMATT

T +41 27 968 12 12
ASHRAM@CERVO.SWISS
WWW.CERVO.SWISS

WEST



EAST

SET OFF TO A JOURNEY TO YOUR INNER SELF

Peace, relaxation and mindfulness: The Mountain Ashram Flow is inspired by Japanese onsen, Bhutanese hot herbal baths and the Northern European sauna art. Precious local herbs and fresh spring water bring century-old traditions from all over the world to the Zermatt mountain world. Over the centuries we have refined the use of the power of nature in different cultures. Inspired by this wealth of experience, we have developed an exclusive product line based on purely natural, organic ingredients. It can be experienced in the treatments in the Mountain Ashram Spa.

OPENING HOURS

Summer 2023

Monday to Thursday: 10:00 - 21:00

Friday to Sunday: 09:00 - 21:00

Adults and teenagers 14+ years: until 21:00

Children from 0-14 years accompanied by an adult: 09:00 - 18:00

Treatments: 09:00 - 21:00 (the spa entrance is not included when booking a treatment)

Climbing Wall: 09:00 - 21:00

* Shared well-being is double well-being. Almost all treatments can also be booked as a couple treatment, i.e. both people are treated in the same room by one therapist each. ** In order to be able to enjoy your full treatment time, we ask you to arrive at our spa reception approx. 15 minutes before the start of the treatment.

Please come to our Spa Reception about 15 minutes before the treatment begins.



SIGNATURE TREATMENTS

SIGNATURE FLOW FROM EAST TO WEST

Duration 270 min.

CHF: 780.- for one person / 1420.- for two persons

Our Signature Spa treatment is an intensive journey through 6 carefully selected steps designed to cleanse and regenerate your body and soul from the outside in. You will be taken on a journey from the East to the West and back again in our unique spa spaces. Each stage of this 4-hour journey is complemented by products from our exclusive Cervo Cosmetic line. We tailor the treatment to your individual needs, making every visit completely bespoke and unforgettable. Our highly qualified therapists will guide you through the steps, providing the highest level of care and attention. Light refreshments will be offered during your treatment. Discover our signature spa treatment for yourself and let us take you on a journey of self awareness.

HIGH ALTITUDE AWAKENING

Duration: 150 min.
CHF: 450.-

We use herbal products and honey from our mountain region to give you radiant skin and new energy. Beginning with a Bhutanese herbal bath to treat various ailments. Followed by dry brushing to stimulate circulation and soften skin with our detox body scrub. The treatment ends with a moisturising full body massage and an alpine herbs facial.

The journey begins with a herbal Bhutanese bath. A rice body exfoliation to smooth and brighten skin tone. Our Guasha full body massage with jasmine and rice bran relieves muscle tension and rejuvenates. As a finishing touch we use japanese lifting techniques on the face.

WABI-SABI

Duration: 150 min
CHF: 450.-

* Shared well-being is double well-being. Almost all treatments can also be booked as a couple treatment, i.e. both people are treated in the same room by one therapist each. ** In order to be able to enjoy your full treatment time, we ask you to arrive at our spa reception approx. 15 minutes before the start of the treatment.

Please come to our Spa Reception about 15 minutes before the treatment begins.



FACIAL TREATMENTS

APRICOT SENSATION

Duration: 60 min.
CHF: 180.-

All the power of the Valais apricot in one treatment. This beauty treatment combines the precious, highly effective elixirs of the local fruit in an exceptional application for the face, neck and décolleté. Active botanical ingredients cleanse the skin in a gentle, natural way and provide a highly concentrated supply of moisture that lasts for a long time.

ALPINE HERBS PURIFYING FACIAL

Duration: 90 min.
CHF: 240.-

Pamper yourself with a detoxifying backscrub combined with a herbal facial. The natural powers of alpine herbs stimulate the entire skin metabolism. This strengthens the connective tissue and detoxifies it intensively via the lymph. The result is clear, strengthened skin with firm contours.

This gentle treatment with our Aloe Vera line provides a freshness boost and carefully cleanses the pores. Skin impurities are gently removed and prevented for a smooth complexion. Optimal after a long day in the intense high altitude sun.

MOUNTAIN FRESHNESS

Duration: 60 min.
CHF: 180.-

Kobido, that`s the name of the Japanese massage technique that is actually supposed to act like a natural lift. The massage alone intensively strengthens the muscular system, redefines the facial contours and tightens the facial features. In Japan, it is considered highly effective, and for centuries it was reserved exclusively for the Japanese high nobility. In the vernacular, legends were passed down about the complicated massage, which was known by the melodious name «the ancient path to eternal beauty».

JAPANESE LIFTING FACIAL

Duration: 45 min.
CHF: 150.-

This ancient massage technique, originating in Asia, uses a flat, smooth gemstone tool and our highly concentrated organic serums. With gentle strokes on the face, lymphatic flow is stimulated to remove toxins and promote healthy blood circulation. This results in a reduction of morning puffiness and swelling and a lifting effect on the skin.

GUA SHA GEMSTONE FACIAL

Duration: 45 min.
CHF: 150.-

* Shared well-being is double well-being. Almost all treatments can also be booked as a couple treatment, i.e. both people are treated in the same room by one therapist each. ** In order to be able to enjoy your full treatment time, we ask you to arrive at our spa reception approx. 15 minutes before the start of the treatment.

Please come to our Spa Reception about 15 minutes before the treatment begins.



BODY TREATMENTS

TIBETAN HONEY TREATMENT

Duration: 90 min.
CHF: 280.-

This intensive back treatment with pure alpine honey finds its origin between Russia and Tibet. It increases blood circulation, loosens deep-seated tension in the muscles and fasciae. It can provide relief from migraines and headaches, helps with aching joints and has a positive effect on the nervous and immune systems. The strong detoxifying property of honey helps to eliminate waste products. The subsequent massage with warm honey-ginger oil cares for the skin, reduces stress and has an anti-inflammatory effect. A warming pack with beeswax and propolis additionally detoxifies.

QUINCE APPLE VITAMIN BOOST

Duration: 90 min.
CHF: 280.-

This treatment tones, hydrates and firms the skin. Our soft quince apple exfoliating balm regenerates wrinkled, sunburnt, swollen, dehydrated and congested skin. Fruit acids promote younger-looking skin by stimulating collagen and elastin production and promoting cell turnover. Apple serum increases the vitality and longevity of skin stem cells, repairs damaged tissue and combats chronological ageing and wrinkles. The Vitamin Boost Massage Balm contains brightening vitamin C, healing vitamin A and powerful antioxidant vitamin E. Cups are used to fight cellulite and smooth the skin.

Udvertana is an Ayurvedic treatment in which herbal powder is massaged onto the body. It supports weight loss and detoxification. Our warm herbal stamps invigorate and relax the muscles and promote the body's natural detoxification.

UDVARTANA & PINDA SVEDA

Duration: 90 min.
CHF: 280.-

Start with the exfoliation ritual to thoroughly cleans skin and pores. The soap is made of natural botanicals and contains vitamin E, which revitalises the skin and protects it from dryness and ageing. Using Moroccan clay and sea weed to polish, detoxify and nourish the skin. An energizing massage with mint and argan will leave your body feeling invigorated.

MOROCCAN PURIFYING RITUAL

Duration: 90 min.
CHF: 280.-

* Shared well-being is double well-being. Almost all treatments can also be booked as a couple treatment, i.e. both people are treated in the same room by one therapist each. ** In order to be able to enjoy your full treatment time, we ask you to arrive at our spa reception approx. 15 minutes before the start of the treatment.

Please come to our Spa Reception about 15 minutes before the treatment begins.



MASSAGES

<p>SWISS PINE WOOD EXPERIENCE</p> <p>Duration: 60/90 min. CHF: 190/260.-</p>	<p>This massage is designed to effectively relieve muscle tension. Swiss stone pine oil and different sized Swiss stone pine sticks help with muscle tension and rheumatism, promote circulation and relieve pain. The Swiss stone pine, also called Swiss stone pine, is an evergreen coniferous tree that grows in the Alps and is abundant in our surroundings.</p>
<p>SWEDISH</p> <p>Duration: 60/90 min. CHF: 190/260.-</p>	<p>A powerful and pleasant massage that originated in Sweden is designed to relieve muscle pain and tension.</p>
<p>CALM & RELAX</p> <p>Duration: 60/90 min. CHF: 190/260.-</p>	<p>This is a gentle and harmonious massage with our high quality plant-based balm to promote pure relaxation. Aromatherapy, which uses essential oils derived from plants, has been used for centuries in various cultures to relieve pain, stress and anxiety.</p>
<p>FAMILY RITUAL</p> <p>Duration: 30/45 min. CHF: 180/260 Price for 1 child & 1 adult</p>	<p>Share a very special experience with your child. In our couple room, you and your child will be pampered with delicious aromas of vanilla or chocolate. This unique treatment is suitable for children aged 6 and over. You can create lasting memories together and bond over a shared spa experience.</p>
<p>CHIRO PRACTIC</p> <p>Duration: 45 min. CHF: 190.-</p>	<p>Chiropractic relieves headaches, improves posture and mobility. It treats arthritis, neck injuries and whiplash. Adjustments, soft tissue therapy and exercises relieve pain. Chiropractic originated from the folk medical practice of bonesetting and was founded by Daniel David Palmer in 1895.</p>

* In order to enjoy your full treatment time, we ask you to arrive at our Spa Reception approx. 15 minutes before the 15 minutes before your treatment is due to start.



<p>PRENATAL CARE</p> <p>Duration: 60 min. CHF: 190.-</p>	<p>This treatment is tailored for expectant mothers to prepare their bodies for labour, relieve aches and pains and prevent stretch marks. Please let us know in advance which semester you are in when booking the treatment so we can prepare to your specific needs.</p>
<p>DEEP TISSUE</p> <p>Duration: 60/90 min. CHF: 210/230.-</p>	<p>Deep tissue massage relieves tension and pain through slow, deep pressure on muscles and connective tissue. It improves chronic pain, stress, posture, reduces inflammation and promotes circulation. Discomfort and slight stiffness may occur after the massage. In 1949 Therese Phimmer opened the first deep tissue massage clinic to treat whiplash patients.</p>
<p>Abhyanga is an ancient Ayurvedic therapy from India in which the entire body is massaged from head to toe with warm, herb-infused oil, which is the main component of this treatment. Working with the three doshas from the Ayurvedic principle, this therapy is tailored to your specific needs to recharge, calm or ground.</p>	<p>ABHYANGA</p> <p>Duration: 60/90 min. CHF: 190/260.-</p>
<p>Inspired by traditional Chinese and Japanese medicine, this technique uses the concepts of qi meridians and acupressure points to permanently release internal and external blockages. It involves pressing fingers, elbows, knuckles and palms together. It is performed on the floor and in light clothing, without the use of oils.</p>	<p>JAPANESE ACU-PRESSURE MASSAGE</p> <p>Duration: 60/90 min. CHF: 190/260.-</p>
<p>The ancient healing art of foot reflexology is widespread in Asia. By pressing certain reflex points on the underside of the foot, body functions are specifically stimulated. The stimulation balances disturbed energy flows and provides long-lasting relaxation and well-being.</p>	<p>CHI REFLEXOLOGY</p> <p>Duration: 60 min. CHF: 190.-</p>

* In order to enjoy your full treatment time, we ask you to arrive at our Spa Reception approx. 15 minutes before the 15 minutes before your treatment is due to start.



<p>Heated basalt stones are used to relieve muscle tension, pain, stress and anxiety, while cold marble stones relieve inflammation and muscle spasms. This treatment has a rich history as a healing method among Native Americans, Hawaiians and South Pacific peoples.</p>	<p>HEALING STONES</p> <p>Duration: 60/90 min. CHF: 190/260</p>
<p>This traditional Hawaiian healing art is a dance-like therapy that incorporates both gentle, soothing and powerful techniques to release deep-seated tension. With flowing and rhythmic undulations, Lomi Lomi is not only a relaxation therapy, but also promotes physical, mental and spiritual cleansing.</p>	<p>LOMI LOMI NUI</p> <p>Duration: 60/90 min. CHF: 190/260</p>
<p>Gua Sha is a traditional Chinese healing method in which pressure is applied to the skin with a smooth tool to create red dots. It relieves chronic pain, especially muscle and joint pain, strengthens the immune system, reduces inflammation and improves circulation to the fascia. Our joint and muscle balm supports the whole body Gua Sha treatment.</p>	<p>GUASHA DEEP TISSUE RECOVERY</p> <p>Duration: 60/90 min. CHF: 190/260</p>



ADD ON'S

Make the most of your treatment by adding these options. Please note that they can only be booked in combination with other treatments.

MARBEL STONE FACIAL MASSAGE

Duration: 30 min.

CHF: 95.-

Let the power of natural elements work wonders for your skin to leave you feeling refreshed and revitalised. Experience the ancient Greek and Roman technique of using basalt and marble stones to reduce puffiness, fine lines and relieve headaches. This treatment uses heated and cooled stones to massage and soothe your skin.

DETOX BODY SCRUB

Duration: 30 min.

CHF: 95.-

Experience our invigorating full body scrub that leaves your skin soft and supple. Our herbal lotion finishes the scrub, helping your skin retain moisture and leaving a healthy, radiant complexion. Inspired by the unique and earthy scent of <Petrichor`, which is associated with rain.

CHOCOLATE BODY WRAP

Duration: 30 min.

CHF: 95.-

The chocolate wrap moisturise the skin and give it radiance. Cocoa contains moisturising lipids and fats that plump up wrinkles. The chocolate pack reduces dark spots, increases the skin`s collagen content and delays the appearance of lines and wrinkles. The scent of chocolate has a relaxing effect and increases well-being.

* Shared well-being is double well-being. Almost all treatments can also be booked as a couple treatment, i.e. both people are treated in the same room by one therapist each. ** In order to be able to enjoy your full treatment time, we ask you to arrive at our spa reception approx. 15 minutes before the start of the treatment.

Please come to our Spa Reception about 15 minutes before the treatment begins.



HAND OR FOOT TREATMENT

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

This treatment stimulates the flow of energy along the nerve channels, promoting balance and restoring your body's homeostasis. With our exfoliating balm to restore the hands or feet, followed by a foot reflexology massage.

Dry brushing gently exfoliates the skin, shapes and tones the muscles and stimulates the lymphatic system to support natural detoxification and improve immune function. This technique is a popular skincare ritual from the Ayurvedic principles of the Indians to the ancient Egyptians and Romans to traditional Chinese medicine.

GHARSANA

Duration: 15 min.
CHF: 55.-

This Indian head massage is an ancient Ayurvedic technique that uses pressure point therapy to relieve tension in the neck and head. The massage is combined with restorative Ayurvedic oil that soothes and invigorates the scalp and relieves insomnia, headaches and digestive problems.

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 and muscle tension, promote creativity and intuition and dissolve energy blockages. The vibrations and sounds of the bowls have a positive effect on the mind and body and produce similar effects to listening to music.

SOUND HEALING

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



<p>An ancient Ayurvedic therapy that involves pouring a warm medicinal oil over the forehead to stimulate the third eye and promote deep relaxation. This gentle yet powerful practice can alleviate stress, promote restful sleep, and calm an agitated mind by regulating hormones and restoring balance to the body. Shirodara comes from the two Sanskrit words «shiro» (head) and «dhara» (flow). It is an Ayurvedic healing technique that involves warm oil flowing over the forehead.</p>	<p>SHIRODARA</p> <p>Duration: 30 min. CHF: 95,-</p>
<p>Cupping is a massage therapy in which the soft tissue is decompressed by negative pressure. It releases scar tissue, fascial adhesions and painful trigger points. It improves circulation, reduces pain and promotes mobility. Mild muscle soreness and bruising may occur, so physical exertion and heat are not recommended afterwards.</p>	<p>CUPPING</p> <p>CHF: 10.-</p>
<p>Bhutan, also called Menjung, the land of medicinal herbs, has a long history of medicine influenced by Indian Ayurvedic practices. A unique experience in Bhutan is the hot stone bath, using Menchu or herbal-infused medicinal water to relieve inflammation, skin irritation and sore muscles. A great way to relax and unwind after a long day of sightseeing.</p>	<p>BHUTANESE HERBAL BATH</p> <p>Duration: 30 min. CHF: 90.-</p>

* In order to enjoy your full treatment time, we ask you to arrive at our Spa Reception approx. 15 minutes before the 15 minutes before your treatment is due to start.



FITNESS

<p>PERSONAL TRAINING</p> <p>Duration: 60 min. CHF: 160.-</p>	<p>Get your body in shape even on holiday. Our trainers and coaches adapt the training to your individual wishes.</p>
<p>GYM</p> <p>Duration: 60 min.</p>	<p>The gym at Huntsman Lodge is available throughout your stay. Please contact the front office for a reservation prior to your training.</p>
<p>YOGA PRIVAT</p> <p>Duration: 60 min. CHF: 160.-</p>	<p>The private yoga sessions at the foot of the mystical Matterhorn combine different yoga traditions. Whether Hatha, Vinyasa, Iyengar or a combination of the different currents - our yoga teachers put together an individual programme according to need and level.</p>
<p>PILATES PRIVAT</p> <p>Duration: 60 min. CHF: 160.-</p>	<p>In Pilates, the deep muscles are specifically strengthened, relaxed or stretched. The coordination of breathing and movement is crucial. The Pilates courses are suitable for beginners or advanced students and ensure balance and a healthy body feeling.</p>
<p>MEDITATION PRIVAT</p> <p>Duration: 60 min. CHF: 160.-</p>	<p>Let the special mountain world have an effect on you and embark on a journey into your inner self. With a guided private meditation and specially adapted pranayama breathing exercises, your body and mind will find peace.</p>
<p>MEDITATION / PILATES / YOGA GROUP</p> <p>Duration: 30 min. / 60 min. / 90 min. Free for hotel guests</p>	<p>Consult the weekly schedule of group lessons on eConcierge or ask our therapists for more details.</p>
<p>CLIMBING</p> <p>Duration: 60 min. Free for hotel guests</p>	<p>The climbing wall in the Nomad Lodge invites everyone to try it out. A reservation via the front office or spa reception is necessary in advance.</p>

TERMS OF USE



CONSULTATION

Our Mountain Ashram Spa staff will be happy to help you create treatment combinations tailored to your individual preferences. Simply reserve your individual program 24 hours in advance.

TREATMENTS

In order to be able to enjoy your full treatment time, we kindly ask you to come to our spa reception about 15 minutes before the start of the treatment. In consideration of the following guests, we appreciate your understanding that a late start will shorten your treatment time accordingly.

DRESSING ROOMS AND LOCKERS

Visitors of the Mountain Ashram Spa have dressing rooms and lockers at their disposal. The Mountain Ashram Spa is not liable for the loss of valuables (money, jewellery, etc.), therefore we recommend hotel guests to keep valuables in their room safe.

HEALTH

Please inform our staff when you make a reservation for a treatment if you suffer from high blood pressure, heart problems or allergies, if you have recently had surgery or if you are pregnant. Also let us know if you are currently taking medication. In these cases, we recommend that you consult your doctor before travelling.

CANCELLATIONS

Please inform us at least 24 hours in advance if you need to cancel your treatment or need a new appointment. Please understand that if you do not show up or cancel late, we will have to charge you for the treatment. Do not lose valuable treatment time by arriving late. Also in this case we ask for your understanding if we charge the whole treatment.

PAYMENT OPTIONS

We accept all major credit cards. Hotel guests can have their treatment charged to the room.

PRICES AND TAXES

All prices include the legally valid VAT.

VOUCHERS

We offer gift vouchers. Please contact us for further information.

CHILDREN

Children and youths under 14 years of age can use the spa area until 5pm accompanied by an adult. From 5pm on admission is permitted from 14 years of age onwards. Swimming nappies are compulsory for small children and can be obtained free of charge at the spa reception.

TRANQUILLITY & PRIVACY

The Mountain Ashram Spa is a place of relaxation and tranquillity. Please contribute to this special atmosphere by muted conversations and a quiet movement. Respect the privacy of all guests and refrain from using mobile phones and cameras.

SMOKING

Smoking is only allowed in the designated smoking area on the terrace of the Mountain Ashram Spa. Please refrain from smoking in the rest of the spa.