

CERVO



MOUNTAIN  
ASHRAM SPA  
MENU

CERVO  
MOUNTAIN RESORT  
RIEDWEG 156  
CH-3920 ZERMATT

T +41 27 968 12 12  
M +41 79 968 12 12  
BEYOND@CERVO.SWISS  
WWW.CERVO.SWISS

# SET OFF TO A JOURNEY TO YOUR INNER SELF



Peace, relaxation and mindfulness: The Mountain Ashram Flow is inspired by Japanese onsen, Bhutanese hot stone 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 is used for all treatments in the Mountain Ashram Spa.

## OPENING HOURS

Daily Monday to Sunday

Adults and teenagers from 16 years: 14.00 - 21.30h

Children from 0-16 years accompanied by an adult: 14.00 - 17.00h

Treatments: 14.00 - 21.30h

Onsen: 15.00 - 21.00h

## SIGNATURE TREATMENTS

<b>MOUNTAIN FLOW</b>  Duration: 120 min. CHF: 320.-	A unique ritual from East Asia energises body and soul and revitalises and strengthens your skin. Flowing stroking massages strengthen the whole organism. The energy flows are activated via the meridians in the body and lead to deep relaxation. During the massage, exquisite oils and essences, a gentle peeling sensation and pampering body care are added. A treatment that brings body and mind into balance and gives new harmony.
<b>INTO THE UNKNOWN</b>  Duration: 120 min. CHF: 380.-	A sensual journey to the centre of yourself: At the beginning of this special ritual is the Bhutanese Hot Stone Bath. The subsequent healing massage with selected herbal balms provides inner peace and a natural energy balance. This deeply relaxing treatment stimulates both the blood circulation and the lymphatic system. A final moisturising treatment gives you a wonderful skin feeling with a long-lasting effect.

\* Shared well-being is double well-being. All treatments can also be booked as a couple treatment, i.e. both persons are treated by one therapist each in a common room.

# FACE AND BODY TREATMENTS



<p><b>APRICOT SENSATION</b></p> <p>Duration: 60 min. CHF: 170.-</p>	<p>Discover the full power of the Valais apricot in one treatment. This beauty treatment combines the precious, highly effective elixirs of the local fruit in an extraordinary application for face, neck and décolleté. Active plant ingredients cleanse the skin in a gentle, natural way and provide a highly concentrated supply of moisture that lasts for a long time.</p>
<p><b>DETOX POWER</b></p> <p>Duration: 60 min. CHF: 150.-</p>	<p>Pamper yourself with a detoxifying, tissue-cleansing facial. The special formula stimulates the entire skin metabolism. This strengthens the connective tissue and intensively detoxifies it via the lymph. The result is a clear, strengthened skin with firmer contours.</p>
<p><b>APRÈS SOLEIL</b></p> <p>Duration 45 min. CHF: 120.-</p>	<p>Care after a day in the sun is essential. The gentle, cooling and regenerating treatment activates the skin's self-healing process. This replenishes its moisture depots and supplies important nutrients. New energy makes your skin shine.</p>
<p><b>MOUNTAIN FRESHNESS</b></p> <p>Duration: 30 min. CHF: 75.-</p>	<p>Young skin needs special care. Our gentle treatment provides a freshness boost and carefully cleanses the pores. This gently removes and prevents skin impurities and normalises the skin's appearance. Suitable for teenagers aged 16 and over.</p>
<p><b>PIONEER MAN</b></p> <p>Duration: 45 min. CHF: 130.-</p>	<p>An effective, revitalising treatment especially for men's skin. Revitalising ingredients stimulate cell renewal and make signs of stress and tension disappear. A high-quality special care gives the skin a smooth, supple and firm appearance.</p>
<p><b>ALPINE HERBS</b></p> <p>Duration: 90 min. CHF: 180.-</p>	<p>This sophisticated all-round body treatment with creamy anti-aging massage balm made of pine and oak draws its strength from nature and provides intensive care for the skin. A mild peeling refines the skin texture, purifies and cleanses deep down. Afterwards, you relax with a gentle massage and a revitalising head and face massage concludes the treatment.</p>

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# MASSAGES



On request you can indulge in our massages in advance with a Bhutanese hot stone bath. Duration: 30 min., Price: 80.- CHF.

<p><b>MOUNTAIN ASHRAM LIGHT</b></p> <p>Duration: 60/90 min. CHF: 170/220.-</p>	<p>A particularly gentle and harmonious massage, specially designed to meet your needs. The high-quality, plant-based care products combine the soothing essences from nature and ensure well-being and relaxation.</p>
<p><b>MOUNTAIN ASHRAM LIGHT 4 HANDS</b></p> <p>Duration: 60 min. CHF: 340.-</p>	<p>Relaxation to the power of two. In this variant of the classical massage you will be looked after by two professional massage therapists at the same time. Connected by the intuitive cooperation, they will harmonize their knowledge.</p>
<p><b>MOUNTAIN ASHRAM DEEP</b></p> <p>Duration: 60/90 min. CHF: 190/240.-</p>	<p>A pleasant, powerful massage that focuses on the deep muscle layers: through targeted stimulation, you will free the entire body from stress and tension and feel like you've been exchanged afterwards.</p>
<p><b>HEALING STONES</b></p> <p>Duration: 60/90 min. CHF: 190/240.-</p>	<p>Hot lava stones are used in this unique healing massage. The dry heat from the primeval rock restores energy and ensures lasting health and well-being. This gentle yet stimulating massage relaxes body and soul.</p>
<p><b>FOOT REVITALIZA- TION</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>The ancient curative art of the foot reflex zones is widely spread in Asia. By pressing certain reflex points on the underside of the foot, body functions are specifically stimulated. The stimulation balances out disordered energy flows and provides long-lasting relaxation and well-being.</p>
<p><b>SINGING BOWL SOUND MASSAGE</b></p> <p>Duration: 60 min. CHF: 190.-</p>	<p>Various sound elements such as bowls, gongs, shaman drums or hand swivels are used during the massage. The vibration of the instruments activates an additional level of deep relaxation, which helps to relieve chronic fatigue, muscle tension and stress. The healing process starts at the cellular level and promotes creativity, intuition and energy by gently releasing energy blockages.</p>

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## GENERATION FAMILY RITUAL

Duration: 30/45min  
CHF: 150/220.-  
Price for 1 child  
and 1 adult

Share a very special experience with your little ones: During a joint massage in our massage room you will be looked after by two therapists. Gentle, noble vanilla or cocoa aromas appeal to the senses, while a relaxing body massage or alternatively a hand and foot massage pampers both of you.

Children aged 6 and over.

# MANICURE AND PEDICURE

## FOR HER

Duration: 60 min.  
CHF: 140.-  
Mani- or pedicure

Pamper your hands and feet: An intensive treatment in four steps with rejuvenating and moisturising effects. The nourishing, soothing care products stimulate cell turnover and firm the skin. The treatment ends with a nail polish of your choice.

## FOR HIM

Duration: 45 min.  
CHF: 130.-  
Mani- or pedicure

Pamper your hands and feet: An intensive treatment in four steps with rejuvenating and moisturising effects. The nourishing, soothing care products stimulate cell turnover and firm the skin.

# ASHRAM SPA EXPERIENCE

## HERBAL EXPEDITION

Duration: 120 min.  
CHF: 350.-

Includes:  
60 min. herbal  
workshop  
60 min. herbal  
stamp massage

Herbal stamps are traditionally used in Asia to relieve pain in joints and muscles, to improve skin structure and for classical massage. We invite you to a discovery tour of our herb garden, where you will gain an insight into the effects of various medicinal herbs. Get to know the valuable local herbs of Zermatt and put together your personalised healing stamps with our therapist. Afterwards, your individual relaxing treatment awaits you.

Only bookable in summer.

# ORIENTAL AND FAR EASTERN APPLICATIONS



Inspired by the spiritual knowledge and cosmetic awareness of ancient Indian seers.

<p><b>CHAMPISSAGE</b></p> <p>Duration: 45 min. CHF: 140.-</p>	<p>The Indian head massage is based on holistic pressure point techniques from ancient Ayurvedic teachings and focuses on releasing tension in the neck and head. Restorative sesame oil soothes and invigorates the scalp at the same time and relieves insomnia, headaches and is beneficial to the digestive tract.</p>
<p><b>ABHYANGA</b></p> <p>Duration: 60/90 min. CHF: 190/240.-</p>	<p>An ayurvedic oil massage for the whole body. The medicinal oils in combination with the gentle massage technique have a prophylactic cleansing effect. The revitalising effect guarantees a complete feeling of well-being.</p>
<p><b>UDVARTANA</b></p> <p>Duration: 60 min. CHF: 170.-</p>	<p>Udvartana is an invigorating procedure that uses various natural body peelings. Whether Dosha, a deep cleansing grain, or individually selected herbs and oils, this ayurvedic treatment has a stimulating effect and gives you radiant, tonified and pure skin. An insider tip as a cure for cellulite prophylaxis or for defined body contours.</p>
<p><b>PINDA SWEDA HERBAL STAMP</b></p> <p>Duration: 60 min. CHF: 180.-</p>	<p>A stimulating, refreshing technique in which the entire body is massaged in an invigorating way. Stamps filled with mixed herbs are used. The valuable substances are adjusted to you and have a beneficial effect on the nervous system. This relaxes or activates the metabolism - according to your individual requirements.</p>
<p><b>SHIRODARA</b></p> <p>Duration: 45 min. CHF: 150.-</p>	<p>Enjoy an ayurvedic forehead cast that gently envelops your head. The effect extends over the entire nervous system and combines a stimulating and at the same time calming result. Immerse yourself in a deep state of relaxation.</p>
<p><b>THAI MASSAGE</b></p> <p>Duration: 60/90 min. CHF: 190/240.-</p>	<p>An ancient massage technique that has been used in Thailand for centuries. The inner energy of the body is stimulated to flow freely, thus strengthening the general state of health, well-being and vitality. The massage therapists use their fingers, thumbs, elbows, arms and feet and combine acupressure and stretching movements. In this way specific problems are specifically alleviated and stress is reduced. The result: flexibility of body and mind.</p>
<p><b>SHIATSU</b></p> <p>Duration: 60/90 min. CHF: 190/240.-</p>	<p>The Japanese pressure point massage is based on traditional Chinese medicine and has a long history. During the treatment, stretching and acupressure are used alternately to permanently release internal and external blockages.</p>

# FITNESS



<p><b>PERSONAL TRAINING</b></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><b>YOGA PRIVATE</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>The private yoga session at the foot of the mystical Matterhorn combines different yoga traditions. Whether Hatha, Vinyasa, Iyengar or a combination of the different currents - our yoga teachers will put together an individual programme according to your needs and level.</p>
<p><b>YOGA GROUP</b></p> <p>Duration: 60 min. CHF: 25.-</p>	<p>Consult the weekly schedule of group lessons or ask our therapists for more details.</p>
<p><b>PILATES PRIVATE</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>Pilates specifically strengthens, relaxes or stretches the deep muscles. The coordination of breathing and movement is crucial. The Pilates classes are suitable for beginners or advanced students and ensure balance and a healthy body feeling.</p>
<p><b>PILATES GROUP</b></p> <p>Duration: 60 min. CHF: 25.-</p>	<p>Consult the weekly schedule of group lessons or ask our therapists for more details.</p>
<p><b>MEDITATION / PRANAYAMA</b></p> <p>Duration: 60 min. CHF: 160.-</p>	<p>Soak up the special mountain world and embark on a journey into your inner self. With a guided private meditation and specially designed pranayama breathing exercises your body and mind will come to rest.</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 programme 24 hours in advance.

## TREATMENTS

In order to be able to enjoy your full treatment time, we kindly ask you to report to our spa reception about 5 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 8 hours in advance if you have to cancel your treatment or need a new appointment. Please understand that we will have to charge for the treatment if you do not show up. Mountain Ashram Spa arrangements must be cancelled at least 24 hours in advance. Do not lose valuable treatment time due to late arrival. In this case, too, we ask for your understanding if we have to charge for the entire 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 16 years of age can use the spa area from 14.00-17.00 accompanied by an adult. From 17.00h admission is permitted from 16 years of age. 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.