

CERVO



MOUNTAIN
ASHRAM SPA

DAY SPA PACKAGES

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Inspired by body and mind care traditions from around the world, the Mountain Ashram Spa offers a journey into the different dimensions of wellness. Embedded in the Zermatt alpine landscape it is part of the CERVO world. If you want to take a break from your daily routine, you can immerse yourself in the Mountain Ashram Flow for a day even without staying at CERVO. A certain contingent of packages is available daily to external guests to get to know the most relaxing side of Zermatt.



<p>ASHRAM DELICIOUS</p> <p>Price: 320.- CHF for 1 person 640.- CHF for 2 people</p>	<p>The package for connoisseurs. The wellness day begins with an extensive private brunch featuring specialities from all CERVO kitchens. After this relaxed prelude a Ashram Light or Deep massage is on the agenda. A tour of the Mountain Ashram Spa with its various baths, sauna and steam rooms on the gently sloping terrain with a view of the Matterhorn rounds off this special day.</p> <p>Program:</p> <ul style="list-style-type: none"> - From 10.30h: Private brunch - 12.00h: Ashram Light or Deep massage, 60 minutes - 13.00 - 15.00h: Spa visit during 2 hours
<p>ASHRAM ACTIV</p> <p>Price: 460.- CHF for 1 person 860.- CHF for 2 people</p>	<p>Body and mind in harmony, the active package ensures this. A guided climbing session with an experienced mountain guide at the CERVO climbing wall is the ideal training for coordination and fitness. Followed by a Ashram Light or Deep massage, you will be doing your well-being a holistic service. During the subsequent visit to the spa you can move freely through the flow of the different stations and get to know the different spa cultures.</p> <p>Program:</p> <ul style="list-style-type: none"> - From 10.00h: Guided climbing during 2 hours - 12.00h: Ashram Light or Deep massage, 60 minutes - 13.00 - 15.00h: Spa visit during 2 hours
<p>ASHRAM RELAX</p> <p>Price: 420.- CHF for 1 person 720.- CHF for 2 people</p>	<p>What could be better than enjoying the peace and quiet after an extensive visit to the spa? After exploring the world of the Mountain Ashram Spa, the Relax Package offers the comfort of a room at CERVO to end the day. The Ashram Light or Deep massage will ensure absolute well-being on this thoroughly relaxing day.</p> <p>Program:</p> <ul style="list-style-type: none"> - 12.00h: Ashram Light or Deep massage, 60 minutes - 13.00 - 15.00h: Spa visit during 2 hours - Until 20.00h: Relax and recharge in a Nomad room

The availability of the packages is subject to the momentary occupancy.