

CERVO



MOUNTAIN
ASHRAM SPA
MENU

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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

Winter 2022/2023

Monday to Friday: 09.00 - 21.00

Adults and teenagers 14+ years: until 21.00

Children from 0-14 years accompanied by an adult: 09.00 - 17.00

Treatments: 09.00 - 20.30 (the spa entrance is not included when booking treatment)

Climbing Wall: 09.00 - 21.00

SIGNATURE TREATMENTS

INTO THE UNKNOWN Duration: 120 min. CHF: 340.-	A sensual journey to the centre of yourself: At the beginning of this special ritual is the Bhutanese herbal 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, giving you a wonderful smooth feeling on your skin with a therapeutic effect.
INTO THE WILD Duration: 120 min. CHF: 340.-	*CBD treatment* Start this mood-lifting experience with a Bhutanese bath enriched with dried hemp leaves. The gentle full body hemp seed scrub will refine and tone your skin. Followed by a rhythmic massage to increase the blood circulation and remove toxins from your body. This holistic treatment strengthens the immune system and increases well-being. The Swiss CBD oil from «Projekt C» used in this treatment decongests and promotes wound healing.

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

** 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.

FACE TREATMENTS



Combine your facial treatment with an eyebrow correction or a clarifying cleansing.
Duration: 75 min., Price: CHF: 210.-

<p>APRICOT SENSATION</p> <p>Duration: 60 min. CHF: 180.-</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>DETOX POWER</p> <p>Duration: 60 min. CHF: 180.-</p>	<p>Pamper yourself with a herbal, detoxifying, facial. The natural power of the Alpine herbs stimulates the entire skin metabolism. This strengthens the connective tissue and intensively detoxifies it via the lymph system. The result is a clear, strengthened skin with firmer contours.</p> <p>This treatment is for both men and women.</p>
<p>MOUNTAIN FRESHNESS</p> <p>Duration: 45 min. CHF: 150.-</p>	<p>Our skin needs special care. This gentle treatment, with our Aloe Vera line, 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>Also bookable as an add-on to other treatments.</p>
<p>JAPANESE LIFTING FACIAL</p> <p>Duration: 45 min. CHF: 150.-</p>	<p>Kobido is the name of the Japanese massage technique that is actually supposed to work like a natural face lift. The massage alone strengthens the muscular system, redefines the facial contours and tightens the facial features. In Japan it is considered highly effective, for centuries it was reserved exclusively for the Japanese nobles. Popular parlance passed down legends about the complicated massage, which was known under the name "the old way to eternal beauty".</p>

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BODY TREATMENT

<p>ALPINE HERBS</p> <p>Duration: 90 min. CHF: 280.-</p>	<p>This unique all-round body treatment with the Alpine herbs inspired massage balms will give you strength from nature and provides an intensive care for your skin. The herbal peeling refines the skin texture and purifies and cleanses the body. With a gentle massage to finish the treatment, you will feel re-energized from head to toe. To make the treatment journey even more exclusive, you can add our Mountain Freshness Facial as a finishing touch.</p>
<p>TIBETAN HONEY TREATMENT</p> <p>Dauer: 90 min. CHF: 260.-</p>	<p>This intensive back treatment with pure alpine honey finds its origin between Russia and Tibet. It increases the blood circulation, loosens deep-seated tensions in the muscles and fascia. It can provide relief from migraines and headaches, helps with painful 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 nourishes the skin, reduces stress and has an anti-inflammatory effect. A warming pack with beeswax and propolis additionally detoxifies.</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.

Bhutanese bath without massage for 1 or 2 people: 30 min., 90.- CHF.

ASHRAM LIGHT Duration: 60/90 min. CHF: 190.-/260.-	A particularly gentle and harmonious massage, specially designed to meet your needs. The high-quality, plant-based essences from nature ensure pure well-being and relaxation.
ASHRAM DEEP Duration: 60/90 min. CHF: 190/260.-	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.
HEALING STONES Duration: 60/90 min. CHF: 190/260.-	Hot and cold 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.
PREGNANCY MASSAGE Duration: 60 min. CHF: 190.-	The gentle touch of this tailored massage will stimulate the lymphatic system to remove water retention and prevent blockages. The used oils are free of any aromatic substances and build up the skin's elasticity to prevent stretch marks.
SWISS PINE WOOD MASSAGE Duration: 60/90min CHF: 190/260.-	Warm Swiss pine woods relieve deep-seated tension and provide a unique fragrance experience. The Swiss pine oil has a positive effect on sleep disorders and relieves colds and breathing problems. The massage works deep into the lower muscle layers, promotes the flow of energy and activates the body's self-healing powers via the reflex zones.
FAMILY RITUAL Duration: 30/45min CHF: 160/240.- Price for 1 child and 1 adult	Share a very special experience with your little ones: During a joint massage in our couples 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.

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EASTERN AND WESTERN EXPERIENCES



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

CHAMPISSAGE Duration: 45 min. CHF: 160.-	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.
ABHYANGA Duration: 60/90 min. CHF: 190/260.-	The Ayurvedic inspired oils in combination with the gentle massage techniques have a prophylactic cleansing effect and guarantee a complete feeling of well-being.
PINDA SWEDA HERBAL STAMP Duration: 60 min. CHF: 190.-	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.
SHIRODARA Duration: 45 min. CHF: 160.-	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.
LOMI LOMI NUI Duration: 90 min. / 60 min. CHF: 260.- / 190.-	Lomi Lomi comes from the traditional healing art of Hawaii. The massage can vary in intensity, be very gentle and soothing, but also demanding to release deep-seated tensions. It is done with flowing movements and not only with the hands, but with the whole forearm including the elbows. Lomi Lomi is not only for relaxation, but also for physical, mental and spiritual cleansing.

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<p>JAPANESE ACUPRESSURE MASSAGE</p> <p>Duration: 60 min. CHF: 190.-</p>	<p>The Japanese pressure point massage is based on traditional Chinese medicine and has a long history. During the treatment, stretching and acupressure points are used alternately to permanently release internal and external blockages.</p>
<p>PADABHYANGA - FOOT REFLEXOLOGY</p> <p>Duration: 45 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>PRANA STONE</p> <p>Duration: 90 min. CHF: 260.-</p>	<p>A treatment in which the most diverse cultures of the earth's continents flow into one another. With invigorating movements of the Hawaiian Lomi Lomi Nui, warm basalt stones, flowing strokes of the Ayurvedic Abhyanga, the Asian reflex zone foot massage in combination with a chakra color therapy bring body, mind and soul in perfect harmony. The Prana Stone massage can relieve tension, headaches, joint pain and general fatigue, to strengthen the entire body.</p>
<p>SINGING BOWL SOUND BODY EXPERIENCE</p> <p>Duration: 60 min. CHF: 190.-</p>	<p>The vibration of the singing bowls activate 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>
<p>REIKI</p> <p>Duration: 45/60 min. CHF: 160.-/190.-</p> <p>only bookable Tuesday - Saturday</p>	<p>Reiki is a deeply relaxing, hands-on Japanese healing technique, which improves the body's own self-healing mechanism, translated it means «Universal life force energy».</p> <p>During a treatment hands will be placed gently and passively on and over the body, while the practitioner* channels this Reiki energy. Reiki is beneficial on mental, physical, emotional and spiritual level.</p>

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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 for your use throughout your stay. Please contact the front office for a reservation prior to your training.</p>
<p>YOGA PRIVATE</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 program according to your needs and level.</p>
<p>PILATES PRIVATE</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>MEDITATION PRIVATE</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>
<p>MEDITATION / PILATES / YOGA GROUP</p> <p>Duration: 30 min. / 60 min. / 90 min. For free for hotel guests</p>	<p>Consult the weekly schedule of group lessons on the e-concierge or ask our therapists for more details.</p>
<p>CLIMBING</p> <p>Duration: 60 min. For free for hotel guests</p>	<p>The climbing wall in the Nomad Lodge invites everyone to try it out. Please contact the front office for a reservation prior to your training.</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

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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.