



SIX SENSES SPA

GSTAAD

WELLNESS AND SPA MENU PRICELIST



PERSONALIZED WELLNESS

DURATION

PRICE/CHF

Wellness Screening

30/60

120/180

HOLISTIC ANTI-AGING

Wellness Screening (30 mins)

3 days

3,460 per person

Colonic Cleansing (60 mins)

6,915 per couple
sharing a room

1 x Private Fitness Training, Pilates,
hiking or yoga (60 mins)

2 x Private Meditation or Pranayama (30 mins)

1 x Compression Boots Recovery Session (30 mins)

Personal Consultation (30 mins)

Skin Analysis (30 mins)

Daily Facial: *cleansing, restoring, nourishing* (60 mins)

2 x Facial: *cleansing, restoring, nourishing* (90 mins)

Detox Massage (60 mins)

Volcanic Glacial (90 mins)

Personalized body treatment (90 mins)

Blue light blocking glasses

Supplementation

Program wrap up with Holistic Anti-Aging

Ambassador (30 mins)

Group Wellness Activities

3 x Full board

Prices exclude room rates and include taxes.

PERSONALIZED WELLNESS

DURATION

PRICE/CHF

HOLISTIC ANTI-AGING

Wellness Screening (30 mins)	5 days	5,165 per person
Colonic Rejuvenation (120 mins)		10,330 per couple sharing a room
3 x Private Fitness Training, Pilates, hiking or yoga (60 mins)		
5 x Private Meditation or Pranayama (30 mins)		
3 x Compression Boots Recovery Session (30 mins)		
Personal Consultation (30 mins)		
Skin Analysis (30 mins)		
2 x Facial: <i>cleansing, restoring, nourishing</i> (60 mins)		
1 x Facial: <i>cleansing, restoring, nourishing</i> (90 mins)		
Detox Massage (60 mins)		
Volcanic Glacial (90 mins)		
1 x Personalized body treatment (90 mins)		
Blue light blocking glasses		
Supplementation		
Program wrap up with Holistic Anti-Aging Ambassador (30 mins)		
2 x Group Wellness Activities		
5 x Full Board		

Prices exclude room rates and include taxes.





PERSONALIZED WELLNESS

DURATION

PRICE/CHF

HOLISTIC ANTI-AGING

2 x Wellness Screening (30 mins)

7 days

6,554 per person

Colonic Rejuvenation (120 mins)

13,100 per couple
sharing a room

4 x Private Fitness Training, Pilates,
hiking or yoga (60 mins)

7 x Private Meditation or Pranayama (30 mins)

4 x Compression Boots Recovery Session (30 mins)

Personal Consultation (30 mins)

Skin Analysis (30 mins)

2 x Facial: *cleansing, restoring, nourishing* (60 mins)

1 x Facial: *cleansing, restoring, nourishing* (90 mins)

Detox Massage (60 mins)

Volcanic Glacial (90 mins)

2 x Personalized body treatment (90 mins)

Blue light blocking glasses

Supplementation

Program wrap up with Holistic Anti-Aging
Ambassador (30 mins)

3 x Group Wellness Activities

7 x Full board

Prices exclude room rates and include taxes.

PERSONALIZED WELLNESS

DISCOVER YOGA

3 DAYS

5 DAYS

Wellness Screening and Yoga Consultation (60 mins)	1	1
Private Yoga (60 mins)	3	5
Pranayama (30 mins)	1	2
Meditation (30 mins)	1	1
Chakra Balancing (30 mins)	1	1
Sound Healing (60 mins)	-	1
Six Senses Signature Massage:		
Holistic (60 mins)	1	1
Alchemy Facial (90 mins)	-	1
Thai Massage (120 mins)	-	1
Group Classes (Optional)	-	-
Price, single occupancy	CHF 1,153	CHF 2,353

Prices exclude room rates and include taxes.





PERSONALIZED WELLNESS

YOGIC DETOX

3 DAYS

5 DAYS

Wellness Screening and Yoga Consultation (60 mins)	1	1
Private Yoga (60 mins)	3	5
Pranayama (30 mins)	1	1
Meditation (30 mins)	1	1
Colonic Cleansing (60 mins)	1	1
Detox Massage (60 mins)	1	1
Holistic Massage (60 mins)	-	1
Alchemy Facial (60 mins)	1	1
Body Scrub (30 mins)	-	1
Group Classes (Optional)	-	-
Price, single occupancy	CHF 1,570	CHF 2,225

Prices exclude room rates and include taxes.

PERSONALIZED WELLNESS

YOGIC SLEEP

	3 DAYS	5 DAYS
Wellness Screening and Yoga Consultation (60 mins)	1	1
Private Yoga (60 mins)	3	5
Pranayama (30 mins)	1	1
Yoga Nidra (60 mins)	1	1
KuNye Massage with Hor-Me (90 mins)	1	1
Alchemy Facial (60 mins)	-	1
Holistic Massage (90 mins)	1	1
Sound Healing (60 mins)	-	1
Group Classes (Optional)	-	-
Price, single occupancy	CHF 1,550	CHF 2,234

Prices exclude room rates and include taxes.





TREATMENT

DURATION

PRICE/CHF

BIOHACKING

VelaShape	45	195
Muscle Recovery System	30	70
Muscle Recovery System	5 sessions	310
Slimming Belt	45 mins	110
Slimming Belt	5 sessions	490

ALCHEMY EXPERIENCES

The Alchemy Bar Workshop	60	210
Age- Defying Gua Sha Facial	60	260

Prices are inclusive of government tax.

TREATMENT**DURATION/MINUTES****PRICE/CHF****MASSAGES****Six Senses Signature Massages:**

<i>Deep Tissue Massage</i>	60/90	250/350
<i>Detox Massage</i>	60/90	250/350
<i>Movement Restoration</i>	90	320
<i>Holistic</i>	60/90	220/320
<i>Tension Soother</i>	30/60	130/250
<i>Head Massage</i>	30/60	130/220
<i>Relaxed Feet</i>	30/60	130/220
<i>Pregnancy Massage</i>	90	305
Volcanic Glacial	90	320
Thai Massage	60/90	250/350
Shiatsu	60/90	250/350

Prices are inclusive of government tax.





TREATMENT

DURATION/MINUTES

PRICE/CHF

FACIALS

Advanced Facials Using Biologique Recherche

Personalized Treatment	60/90	270/355
Triple Lift Facial	120	460
Second Skin	75	450
Micro-Puncture (Face, Neck & Décollée)	90	360

Add to any facial treatments:

Anti-Aging Eye Patches		50
Lip Replumping		40
Skin Analysis with Skin Instant Lab	30	55
Remodeling Face	30	100
Cocktail of Regenerative Actives	30	95
Co-facteurs Biologique Recherche	30	100
Toleskin Mask	15	80

Prices are inclusive of government tax.

TREATMENT	DURATION/MINUTES	PRICE/CHF
-----------	------------------	-----------

FACIALS

Advance Facial Using Dr. Burgener Switzerland

Men's Skin Fitness Facial	60	270
Luxury Green Caviar Advance Facial	90	450
Lifting and Firming Collagen Facial	90	400
Personalized Facial	60/90	270/355

Add on to the above facials:

VitaSkin Ultrasound	30	90
Dermabrasion	20	90
Ocular Illumination	-	90

Haute Couture Facial Menu Using Dr. Burgener Switzerland

Haute Couture Personalized Skincare Products		4,500
Haute Couture Skin Analysis	60	1,300
Haute Couture Facial Treatment	120	1,100
Heavy Metals and Trace Elements Analysis with Supplements		700

Prices are inclusive of government tax.





TREATMENT	DURATION/MINUTES	PRICE/CHF
-----------	------------------	-----------

BODY TREATMENTS

Slimming Booster	60	305
Detoxifying Treatment with Seaweed	90	350
Swiss Salt Crystal Detox Wrap	60	280
Swiss Salt Crystal Scrub with Massage	90	350
Hydrating Swiss Milk Wrap	60	255

Add to any body treatments:

Anti-C Slimming Treatment	30	115
Belly Detox Massage	30	115
Legs Ritual	10	90

Book a course of eight facial or body treatments and receive an extra treatment complimentary.

Prices are inclusive of government tax.

TREATMENT	DURATION/MINUTES	PRICE/CHF
-----------	------------------	-----------

**TIBETAN TREATMENTS
AND WELLNESS THERAPIES**

Personal Consultation	30	120
Cupping or Moxibustion	30	110
La (Bla) Healing	60	220
Ku Nye Massage with Hor-Me Therapy	75	320
Reiki/Energy Healing	60	220
Sound Healing	60	220
Colonic Cleansing	60	300
Colonic Rejuvenation	120	450

Prices are inclusive of government tax.





TREATMENT

DURATION/MINUTES

PRICE/CHF

FITNESS AND MINDFULNESS

Personal Training	60	175
Yoga	60	175
Yoga Nidra	60	175
Pranayama	60	175

BEAUTY

Manicure	30/60	100/180
Nail Polish Application	30	100
Pedicure	30/60	100/180
Waxing		

Full waxing service are available. Please visit the salon for more information.

Prices are inclusive of government tax.

For more information about Six Senses Spa at The Alpina Gstaad
T +41 33 888 9898 E reservations-alpinagstaad-spa@sixsenses.com sixsenses.com

For more information about The Alpina Gstaad
Alpinastrasse 23, 3780 Gstaad, Switzerland
T +41 33 888 9888 www.thealpinagstaad.ch