

# The Spa Menu







# Summary

## Biologique Recherche

Facial Care | Page 3

Body Care | Page 4

## Hormeta

Relaxing massages and facial treatments | Page 6

Deep tissue massages, scrubs, and wraps | Page 7

The Aïda Signature Ritual | Page 8

Hand and Foot Care | Page 9

Our Spa & Experiences Access | Page 10

Our Pilates retreats | Page 11



# Feel

Take the time to fully experience, slow down, and let your body guide you to complete relaxation.

At Aïda Hotel & Spa, we provide you with a team of experienced therapists dedicated to offering you unforgettable moments of relaxation and rejuvenation in a setting of serenity and luxury. Our 300 m<sup>2</sup> wellness area includes a refined indoor space with a heated pool, jacuzzi, hammam, sauna, and relaxation area for complete relaxation. For those who wish to maintain their vitality, a modern fitness center is also at your disposal.





# Biologique RECHERCHE

Since the late 1970s, Biologique Recherche has redefined skincare thanks to the visionary partnership between biologist Yvan Allouche and physiotherapist Josette Allouche.

Their mission: to combine multiple scientific approaches to the skin for a deeper understanding of its constantly evolving nature.

What began as a bespoke laboratory for professionals dissatisfied with conventional options has become a global leader in transformative skincare.





# Facial treatments

By BIOLOGIQUE RECHERCHE

## CVS Lift Facial Treatment

An exfoliating and lifting treatment combined with massage techniques for mature Instants de Peau© skin. The skin is smoothed, toned, and refined.  
Renews your skin and firms your face.

1h30 | CHF. 290.-

## Second Skin Treatment

A world first in professional cosmetics, this regenerating and lifting treatment is designed using electrospun patches containing 80% pharmaceutical-grade hyaluronic acid for mature Instants de Peau© skin showing signs of aging.

1h00 | CHF. 370.-







# Body care

By BIOLOGIQUE RECHERCHE

## CVS Lift Body Care

Using bamboo powder to exfoliate and extracts of hyaluronic acid, red algae, and silk to moisturize, smooth, lift, and firm thanks to unique Lift CVS Booster techniques. Your skin is radiant, firm, and toned.

1h30 | CHF. 290.-

## Light Legs Treatment

This recovery massage will stimulate your circulation with a draining and decongesting action. It will leave you feeling lighter and refreshed.

00H30 | CHF. 150.-







The history of this prestigious brand began in the hills above Lake Geneva.

In 1949, Maurice Chaponnier, a chemist, herbalist, and researcher, studied the benefits of oligotherapy. During his research, he discovered the incredible power of trace elements on the body, and more specifically on the skin.

A pioneer in his field, he then had the idea of introducing them into cosmetic skincare products and founded Laboratoires HORMETA.

Exceptional anti-aging skincare products inspired by the prestige of rare and precious ingredients sourced from Swiss nature.







## Customized Facial treatments

A personalized treatment combining the effectiveness of Hormeta products with the expertise of our practitioners. Whether you are looking for purity, radiance, hydration, nutrition, soothing, anti-aging effects, or a combination of these benefits, we can meet the specific needs of your skin.

00h45 | CHF. 170.-

1h00 | CHF. 200.-

1h15 | CHF. 230.-

## Ingenious source COLLAGEN & MPC

A facial treatment designed to improve skin elasticity, firmness, and hydration. It is generally intended for mature skin or skin lacking tone and aims to reduce the appearance of fine lines and wrinkles.

1h15 | CHF. 230.-

## Nutri Régénération - Soin OR Précieux

A facial treatment that moisturizes, nourishes, and provides comfort and suppleness. It is designed for very dry and mature skin. Minimizes loss of volume and restores substance and comfort.

1h00 | CHF. 200.-



# Customized Massage

Treat yourself to a personalised massage expérience, tailored to your needs and preferences, After a short consultation, the massage is adapted to release tension and promote deep relaxation.

Pressure and rhythm are adjusted to suit you, creating a unique moment of well-being. Choose the oil that will enhance your treatment : Vanilla for softness, Eucalyptus for freshness, or Orange blossom for soothing relaxation.

00h45 | CHF. 170.-  
1h00 | CHF. 200.-  
1h15 | CHF. 230.-



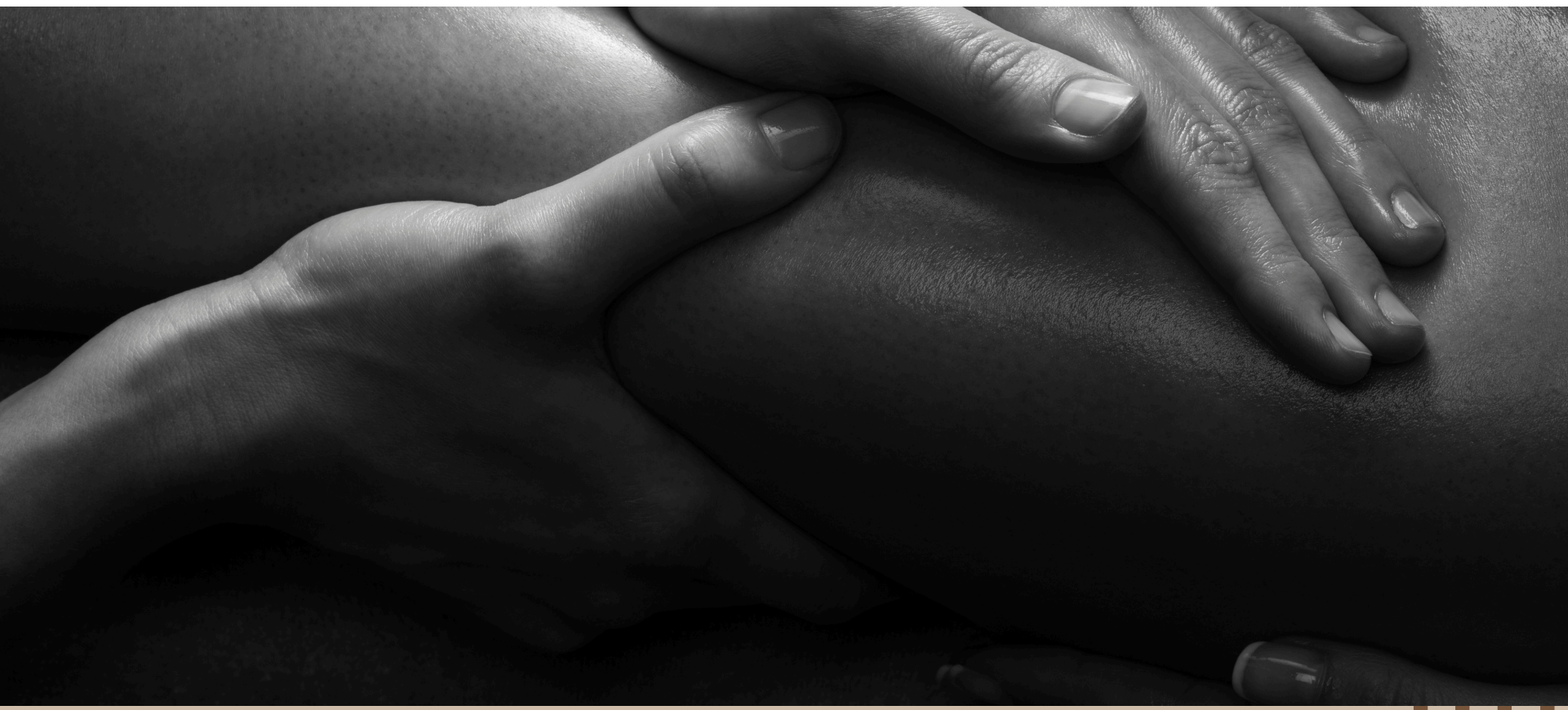


# Deep Tissue Massage

A unique, customized massage designed to relieve tension and muscle pain after physical exertion. Deep tissue work using slow movements and intense pressure.

00H50 | CHF. 190.-

1H20 | CHF. 250.-



# Scrubs & Wraps

## EXFOLIATING SCRUBS

- GREEN TEA with fine sugar particles for gentle, detoxifying exfoliation.
- COCONUT PULP, a very gentle and luxurious plant-based exfoliant.

00H25 | CHF. 100.-

## WRAPS

- CRANBERRY, which relaxes and envelops the body in a soft, satiny veil
- Self-heating CHOCOLATE, relaxing and de-stressing.

00H25 | CHF. 100.-



# The Signature “Aïda” Treatment

This ritual begins with a scrub of your choice:

Green with fine sugar particles for gentle exfoliation and detoxification  
or  
Coconut pulp, a very gentle and indulgent plant-based exfoliant.

It continues with a wrap of your choice:

Cranberry, which relaxes and envelops the body in a soft, satiny veil  
or  
Self-heating chocolate, relaxing and de-stressing.

The treatment ends with a 50- or 80-minute signature massage, using the massage oil of your choice, for deep relaxation and absolute well-being.

This ritual is available in two versions

1H50 | CHF. 320.-

2H20 | CHF. 370.-





# Care Hands and Feet

*Classic or semi-permanent nail polish  
application is available to complement your  
treatment..*

Express Manicure  
Nail and cuticle care

00H35 | CHF. 70.-

Express Foot Beauty  
Nail and Cuticle Care

00H40 | CHF. 80.-

Mani'Spa

Revitalizing and regenerating treatment for  
soft and radiant hands

00H50 | CHF. 110.-

Pedi'Spa

Deeply smoothing and nourishing treatment  
for perfect, silky feet

1H15 | CHF. 140.-

# La pose de Vernis

Classic O.P.I. nail polish application

00H20 | CHF. 40.-

Application of Andreia Semi-Permanent Nail  
Polish

00H45 | CHF. 70.-

Removal of semi-permanent nail polish

00H20 | CHF. 40.-



# Hair removal

Eyebrows, lips, or chin  
CHF 25

Half legs  
CHF 55

Full legs  
CHF 80

Classic bikini  
CHF 40

Brazilian bikini  
CHF 60

Full bikini  
CHF 80

Underarms  
CHF 35

Forearms  
CHF 45

Arms  
CHF 50





# Our access Spa & Experiences

Daily pass (with fitness access)  
CHF 90

Season pass (spa + fitness)  
CHF 1,690

Winter offers

Breakfast and spa access  
CHF 85

Continental breakfast until 10 a.m. and access to the spa (until 2 p.m.)  
Private buffet served at your table

Signature Tea Time & Spa  
CHF 115

Signature Tea Time - Spa Access (4 hours)

Brunch and spa access  
CHF 149

Brunch served on Sundays from 11 a.m. to 2 p.m. and access to the spa (4 hours)  
Private buffet served at your table

In order to preserve the tranquility of the premises,  
access to the spa and packages are subject to availability.



# OUR PILATES RETREATS

LUXURY PILATES & WELLNESS RETREAT

“Your body is unique, it deserves excellence.”

3 DAYS

5 DAYS

from CHF 3,090 all inclusive





ida Hôtel  
& Spa

Adults only

# ESCAPE & RESET

LUXURY PILATES & WELLNESS RETREAT

## DAY 1

- 15:00 Check-in & Refreshments
- 16:30 Meet & Greet with Audrey
- 17:00 BALANCE Signature Lesson
- 18:00 Fresh Juices by the Pool
- 19:30 Three-Course Dinner

## DAY 2

- 9:00 SCULPT Signature Lesson
- 10:00 Continental Breakfast
- 11:00 Sensory Forest Walk
- 13:00 Chef's Picnic
- 16:00 50-Minute Relaxing Massage
- 17:00 Spa Relaxation
- 19:00 Three-Course Dinner

## DAY 3

- 8:30 LISTEN Signature Lesson
- 9:30 Questions & Sharing
- 10:00 Continental breakfast
- 12:00 Bye-bye Crans-Montana

3 DAYS - 2 NIGHTS

CRANS-MONTANA

PILATES POWER CLUB



[The full program](#) →



## DAY 1

15:00 Check-in & Refreshments  
16:30 Meet & Greet with Audrey  
17:00 BALANCE Signature Lesson  
18:00 Fresh Juices by the Pool  
19:30 Three-Course Dinner

## DAY 2

9:00 SSCULPT Signature Lesson  
10:00 Continental breakfast  
11:00 Sensory Forest Walk  
13:00 Chef's Picnic  
16:00 Relaxing Massage  
17:00 Spa Relaxation  
19:00 Three-course dinner

## DAY 3

9:00 Continental breakfast  
10:00 Mindful hike  
12:00 BALANCE Signature Lesson at 2,200 m  
13:00 Lunch at the Cabane des Violettes

... ..

## DAY 3 *Next*

16:00 LISTEN Signature Lesson  
17:00 Collagen & Regeneration by Jana  
19:30 3-step dinner

## DAY 4

9:00 Continental breakfast  
10:00 Collagen & Regeneration by Jana  
11:00 SCULPT Signature Lesson  
13:00 Lunch  
16:00 50-minute Relaxing Massage  
17:00 Relaxation at the Spa  
19:30 Three-course dinner  
20:30 Sound Immersion by Louise

## DAY 5

8:30 LISTEN Signature Lesson  
9:30 Questions & Sharing  
10:00 Continental breakfast  
12:00 Bye-bye Crans-Montana

The full program →

5 DAYS - 4 NIGHTS

CRANS-MONTANA



## RATES

### ESCAPE & RESET

3 DAYS - 2 NIGHTS

---

SOLO	CHF. 3'090.-
DUO	CHF. 3'590.-
GROUPS	UPON REQUEST

---

- Full board rates, meals, activities, and treatments included (excluding drinks).
- Tourist taxes are to be paid on site upon departure.
- Offer subject to availability.

## RATES

### SCULPT & RISE

5 DAYS - 4 NIGHTS

---

SOLO	CHF. 6'190.-
DUO	CHF. 7'190.-
GROUPS	UPON REQUEST

---

- Full board rates, meals, activities, and treatments included (excluding drinks).
- Tourist taxes are to be paid on site upon departure.
- Offer subject to availability.



## SPECIAL GUESTS

### COLLAGEN & REGENERATION

A deep, non-invasive treatment, validated by science (NASA & FDA) to give you lasting radiance thanks to red & infrared light.

- Stimulates collagen production,
- Supports your hormonal balance,
- Drains & reduces inflammation,
- Recharges your energy,
- Improves sleep quality.

with JANA D.

### SOUND IMMERSION

An introspective and enveloping sound journey, guided by the vibrations of Tibetan bowls—for complete refocusing and intense relaxation.

- Promotes letting go,
- Calms the mind and reduces stress,
- Harmonizes body and mind,
- Releases energy blockages,
- Gives way to deep calm.

with LOUISE L.