



WALDHAUS SILS

A family affair since 1908



WALDHAUS SPA – A QUIET PLACE



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RELAX AT THE WALDHAUS SPA

Our spa spoils you with crystal-clear water, beneficial steam and individual treatments. Enjoy quiet moments and recharge your batteries. Welcome to the Waldhaus Spa. What can we do to help you unwind today? We will be happy to offer a personal consultation.

Sincerely

Carla Lehner-Dietrich and team

OPENING HOURS

Indoor pool and fitness	07.00 a.m. to 08.00 p.m.
Treatments	09.00 a.m. to 08.00 p.m.
Spa	10.30 a.m. to 08.00 p.m.

A QUIET PLACE

Take a break from your everyday cares and enjoy 1500m² of well-being. Enjoy the comfort and open space between water and the larch forest.

Our tried and true architects Miller & Maranta skillfully blur the boundaries between inside and outside. You will discover boundless peace and quiet here. That's a promise. Can you smell the enticing fragrance of the stone-pine relaxation pool? That's how you start to wind down...

By the way, the spa is free to Waldhaus guests aged 14 and up.

INDOOR SWIMMING POOL & FITNESS

Amidst larch trees, in a clearing, peaceful and quiet, lies something grand: our indoor pool. Swim indoors and yet in the forest, or enjoy the bubbles outside. Our indoor pool makes both possible.

Power up in our own gym, where you will find the latest fitness equipment. Those with more modest ambition can enjoy our popular yoga and relaxation courses.

WELLNESS

How many ways can we pamper you?

- Finnish sauna (90 °C)
- Bio sauna (60 °C)
- Steam baths
- Stone-pine and larch relaxation pools
- Relaxation rooms
- Plunge and Kneipp pools
- Shower rooms and dousing showers

Rest and relax on our comfortable lounge chairs made of wood right from here.

Our wellness area is inviting, full of light and extensive – ideal for a well-deserved time-out.





TREATMENTS AND MASSAGES

Release tension, stimulate energy flows or do something good for your skin. Our wide range of treatments promises relaxation and a sense of well-being. Let us spoil you with treatments tailored to your individual needs, sensual fragrances and high-quality natural products. We are happy to provide a personal consultation.

TEAM DR JOSEPH – OUR PARTNER

We have high standards: only the best for your health. We choose beauty products that are natural and gentle. TEAM DR JOSEPH from South Tyrol is our ideal partner; they ensure high-quality products and have an affinity for nature. Let yourself be convinced by the prize-winning TEAM DR JOSEPH products.

- organic certified natural skin care
- results-driven, for maximum effect
- 35 years of experience, developed for professionals
- 19 honors and awards





CLASSES

AQUA JOGGING

Tuesday	9.30 a.m. and 1.00 p.m.
Wednesday	9.00 a.m. and 9.45 a.m.

YOGA (LIMITED NUMBER OF PARTICIPANTS)

Monday	7.30 – 8.15 a.m. and 8.30 – 9.15 a.m.
Thursday	5.00 – 5.45 p.m. and 6.00 – 6.45 p.m.
Saturday	5.00 – 5.45 p.m. and 6.00 – 6.45 p.m.

TENNIS

Indoor court (CHF 30/hr. for Waldhaus guests, CHF 40/hr. for non-residential guests) and two outdoor courts (free for Waldhaus guests, CHF 20/hr. for non-residential guests). Advance reservations required (concierge Tel. 6000). Tennis lessons incl. indoor court use for Waldhaus guests CHF 110 (55 min.), for non-residential guests CHF 120 (55 min.).

MINIGOLF IN THE LARCH FOREST (ONLY IN SUMMER)

Adults	CHF 8
Children (up to age 16)	CHF 5
Waldhaus guests	Free

All prices include VAT.

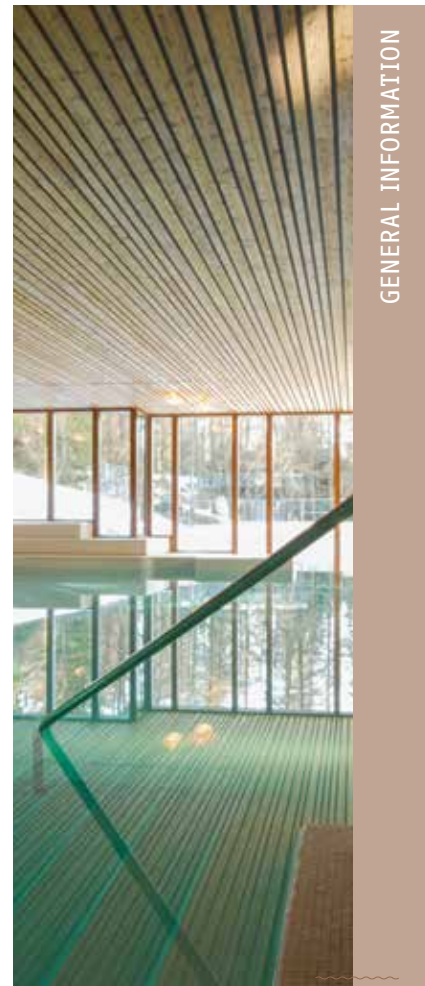
NON-RESIDENTIAL GUESTS

Swimming pool	9.00 a.m. to 4.30 p.m.
Spa incl. swimming pool	10.30 a.m. to 8.00 p.m. (by reservation only)

ENTRANCE FEES	Price in CHF	10 entries
Indoor pool adults	18	162
Indoor pool children (age 3 to 14)	14	126
Spa & pool until 2 p.m. (by reservation only)	55	–
Spa & pool after 2 p.m. (by reservation only)	65	–
Yoga classes	30	270
Aqua-jogging classes	25	230

Contact +41 81 832 64 90 or spa@waldhaus-sils.ch, so we can be ready to welcome you.

All prices include VAT.





TEAM DR JOSEPH FACIALS

INTENSE PURIFYING FACIAL (50 MIN.)

CHF 145

Intensive deep cleansing for every skin type based on the TEAM DR JOSEPH method: Your skin? Clean and soft. Your face? Glowing. You feel? Clear and full of energy. Starts with warm, moist herbal steam compresses, a gentle lymph-stimulating massage, peeling, purifying with cupping glasses and deep cleansing. This is followed by a toning sheet mask, peel off mask and skin-specific day care. For a visibly fresher complexion and a vital glow.

CELLULAR RECREATION FACIAL (80 MIN.)

CHF 210

Wonderfully natural functional ingredients, specially adapted to your skin needs, with an immediate effect and a deeply relaxing pampering based on the TEAM DR JOSEPH method. With highly effective natural functional ingredients for healthy and intensively cared-for skin.

ADVANCED BIO LIFTING FACIAL (110 MIN.)

CHF 290

The holistic maximum program based on the TEAM DR JOSEPH method: individually customized intensive treatment with a biodynamic lifting massage. Experience a truly unique beauty treatment for lasting impact, immediate visibility and maximum effect.

EXPRESS POWER LIFT FOR MEN, (50 MIN.)**CHF 145****TEAM DR JOSEPH method for him.**

Fast and effective care for men with pampering program. Natural high-tech power ensures a pure and refined skin texture. For a powerful and well-groomed appearance.

EXPRESS ULTRASONIC FACIAL LIFT (50 MIN.)**CHF 165**

A completely new method for a rejuvenated and flawless appearance. With the help of ultrasound frequencies, natural functional ingredients are safely transported into deeper skin layers, maximally strengthening the depths of the skin. The effect of the ultrasound frequencies is immediately evident in visibly smoother and firmer skin. Depending on your skin condition, the treatment is individually adapted to your needs. We recommend booking the treatments as part of a package.

All prices include VAT.

PREMIUM INTENSIVE ULTRASONIC FACIAL LIFT (80 MIN.)

CHF 290

The premier league of ultrasonic lifting! This premium intensive treatment uses a completely new process to make the face look firmer, fresher and more youthful. The natural functional ingredients are safely transported into deeper skin layers with the help of ultrasound frequencies. The bio stimulation of the tissue makes your skin appear visibly firmer. Depending on your skin condition, the treatment is individually adapted to your needs. We recommend booking the treatments as part of a package.

ADDITIONS TO FACIALS

Eyelash tinting	CHF 25
Eyebrow tinting	CHF 25
Eyebrow sculpting	CHF 30
Short-lasting make-up	CHF 30
Depilation of upper lip (warm wax)	CHF 25
Depilation of chin (warm wax)	CHF 25

All prices include VAT.



BEAUTY BASICS

MANICURES

CHF 100

Your calling card: your hands.

Our traditional manicure involves shaping and filing your nails and removing the cuticles.

GELCOLOR INCLUDING CLASSIC MANICURE

CHF 135

CLASSIC PEDICURE

CHF 110

Stand firm: your feet.

An extraordinary care ritual for your feet. After a relaxing foot bath, we will shape your nails, remove the cuticles and buff away any hard skin.

All prices include VAT.

GELCOLOR INCLUDING CLASSIC PEDICURE (80 MIN.)
CHF 155

SUPPLEMENT MANICURE / PEDICURE WITH

Nail polish

CHF 15

GelColor removal

CHF 35

HAIR REMOVAL (WARM WAX)

Leg to knee depilation

CHF 65

Full leg depilation

CHF 105

Bikini-zone depilation

CHF 40

Armpits depilation

CHF 35

Back depilation

CHF 50

All prices include VAT.



THERAPEUTIC MASSAGES

Our therapists offer a wide range of massages and special treatments to ease functional disorders of the locomotor system.

If your favorite treatment is not listed here, please contact the Spa reception desk. Depending on our therapists, we can also offer Thai massage, Reiki, Breuss massage and other treatments.

CLASSIC MASSAGES

Classic back massage (25 MIN.)

CHF 80

Classic full-body massage (50 / 80 MIN.)

CHF 135 / CHF 210

REFLEXOLOGY (50 MIN.)

CHF 135

Each part of the body is linked to a corresponding energy zone in the sole of the foot. Massaging these zones improves energy flows throughout the body.

All prices include VAT.

LYMPH DRAINAGE (50 / 80 MIN.)**CHF 135 / 210**

With gentle, circular motions over the skin, accumulations of lymph fluid, slag and toxins are transported away from the tissues (may also include reflexology, depending on the therapist).

BACK AND REFLEXOLOGY MASSAGE (50 MIN.)**CHF 135**

Soothing relaxation from the targeted massage of back, shoulders, neck and feet. Pleasant combination of strong kneading and gentle touch.

SPORT FULL-BODY MASSAGE (50 / 80 MIN.)**CHF 145 / CHF 220**

Deep-tissue techniques and stretching revitalize the entire locomotor and muscular systems. An ideal massage before or after sports activities.

REVITALIZING MESSAGES

DYNAMIC BACK MESSAGE (50 MIN.)

CHF 135

A **reconstructive back treatment**, with highly effective natural active ingredients and a massage individually tailored to you. A unique combination of singing bowls and cupping glasses relieves tension in the back muscles and improves spine dynamics. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

DYNAMIC FEET & LEG MESSAGE (50 MIN.)

CHF 135

To revitalize light-footedness.

Tonifies muscle fitness, relaxes and revitalizes tired legs, has a decongestant and relaxing effect. A very special energizing and freshness kick for your legs and feet which actively support you. Well-positioned.

All prices include VAT.

RELAXING MESSAGES

RELAXING HEAD, NECK AND SHOULDER MASSAGE (50 MIN.)

CHF 135

Multisensory head-neck highlight!

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Microcirculation is stimulated, vessels, sense organs and nerves are strengthened. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch-off from the stress of everyday life.

MIND-RELAXING AROMA MASSAGE (50 / 80 MIN.)

CHF 135 / CHF 210

Relaxation for body and mind.

A relaxation massage that releases physical and mental tensions. The select aromatic oils and gentle massage techniques promote muscle performance. A multisensory application that sets your muscular system back in balance and soothes your soul. Effective and traditional!



RUSTIC LIFE FORCE –

CHF 135 / CHF 220

BASALT-STONE MASSAGE (50 / 80 MIN.)

At the beginning of this relaxing stone massage, warmed basalt stones stimulate the seven energy centers of the body.

The gentle, aromatic massage that follows stimulates lymph activity, the body's detoxification processes and soothes the nervous system. Enjoy exceptionally deep heat and fragrant aroma oils in this stone massage – primal power for your body and soul.

All prices include VAT.



BODY DETOX – PURIFYING BODY TREATMENT

FIRMING AND TONING BODY MASSAGE (50/80 MIN.)

CHF 165 / CHF 290

Clear contours.

An individualized body concept that firms and tones your silhouette.

Active substances combined with innovative massage techniques stimulate metabolism and support lymphatic activity. Velvety soft skin due to intensive peeling. A special toning body massage with slimming effect.

Contour-optimized for a dream figure!

FOCUS ON THE CORE – STOMACH STREAMLINING PROGRAM (50 MIN.)

CHF 165

This efficient body treatment helps to decongest the abdomen and streamline the abdominal wall. The intensive massage gently stimulates the abdominal cavity to improve tone and streamline contours. Just the treatment for the body center!

All prices include VAT.

INNOVATIVE CELLULITE PROGRAM (50 / 80 MIN)**CHF 165 / CHF 290****The very definition of full-body care.**

An effective cellulite treatment for a long-lasting impact on your skin and connective tissue. The cupping treatment in combination with efficient natural ingredients visibly alleviates signs of cellulite and impacts connective tissue.

An activating foot bath, an invigorating body exfoliation and specialized massage techniques are part of this detox concept.

All prices include VAT.





PEELING & WRAPS

FULL-BODY SCRUB

CHF 145

WITH APRICOT PITS & HAY EXTRACTS (50 MIN.)

Optimal purity.

An alpine active-ingredient power package! The gentle, organic body scrub cleanses the skin and makes it appear brighter.

Invigorating effect on the body, promoting blood circulation.

Efficient support that brightens your skin!

FULL-BODY AROMA SALT SCRUB (50 MIN.)

CHF 145

Intensive tenderness.

Aroma experience for the senses with an activating and stimulating effect. The use of massage oil and salt from the

Dead Sea actively cleanses and helps regenerate your skin.

Makes you feel reborn!

All prices include VAT.

PAMPER YOURSELF

PEELING AND BODY WRAP (50 MIN.)

CHF 145

- Relaxing & soothing with calendula and chamomile
- Intensive moisturization with apple, rose hips and botanical hyaluronic acid
- Regeneration & care with grapes and sea buckthorn
- Invigorating & revitalizing with arnica and St. John's wort

SCRUB, WRAP AND MASSAGE (80 MIN.)

CHF 220

Select one of the above-mentioned peeling or body wrap treatments to meet your needs. The revitalizing body peeling and special massage technique work together to firm and tone your skin.



RITUALS FOR TWO

Special treatments in your own little spa. The rooms have a steam bath and two wellness loungers. Two therapists carry out the treatments.

DUO RELAX (110 MIN.)

CHF 520

Gentle body scrub.

Removes dead skin cells, revitalizes and stimulates circulation. Steam bath with an essence. Relaxation massage: stretching and massaging warm oils into the entire body to increase energy levels and provide a regenerating deep relaxation. Acid-alkalizing tea to finish.

FOR KIDS & TEENS

MASSAGES

CHF 75

Children's massage (25 MIN.)

FACIALS FOR TEENAGERS (50 MIN.)

CHF 120

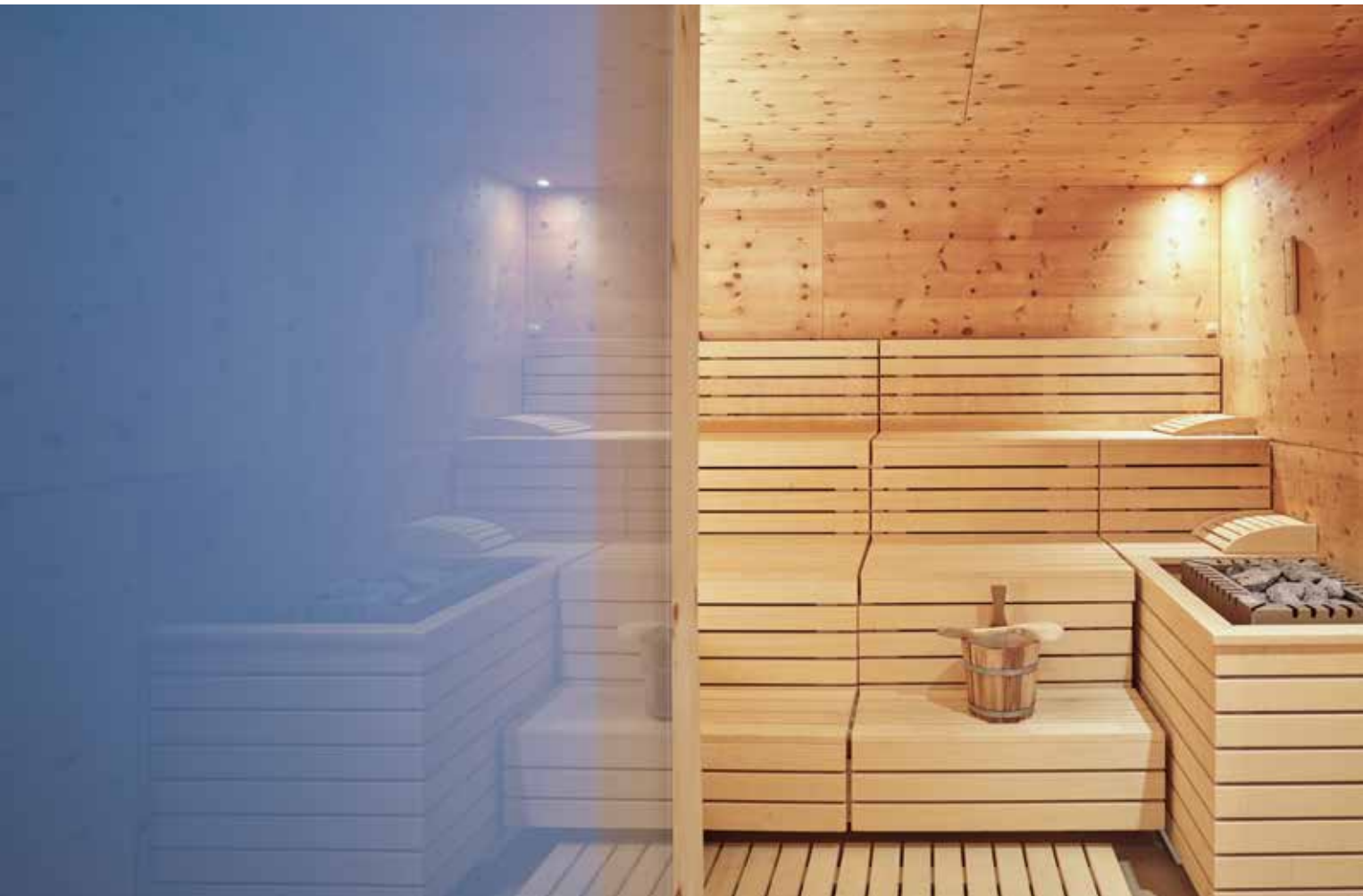
Intensive skin-specific deep cleansing as per the TEAM DR JOSEPH method for a clearer complexion and refined pore structure. Your skin feels pure and soft.

MANICURE

CHF 75

Children's manicure (25 MIN.)

All prices include VAT.



SAUNA ETIQUETTE

Do not start your sauna session on a full or an entirely empty stomach. Eat a snack, such as some dried fruit or an apple. And, it is essential to drink enough both before and during your sauna visit.

Before entering the sauna, use the bathroom, thoroughly shower and remove makeup. Please use the shower gel. After showering, dry off well as dry skin perspires more quickly.

Take off all clothing and jewelry. Sauna etiquette states that the only thing you can, and in fact must, take with you into the sauna is a large hand towel. Please be quiet during the sauna session: the sauna is a place of peace and relaxation for all visitors.

Relaxation is the focus for sauna goers. Allow sufficient time so that you don't need to rush. A sauna session is intended to de-stress, not stress. To maintain the benefits of the sauna and to avoid an unfavorable cardiovascular response, do not engage in physical activities immediately after the sauna session.

A massage between sauna sessions or at the end can enhance the relaxing effect. The higher the bench, the higher the temperature. Hot air rises! Start at the bottom and slowly work your way to the top.

A sauna session should be short but intense. For an optimal impact on health, expert sauna goers swear by two to three sauna sessions of 8–12 minutes each. If you prefer to sit up in the sauna, elevate your legs. This keeps blood from flowing to your feet and ensures that your entire body has the same temperature.

Listen to your body. If the heat becomes too intense before the recommended 8–15 minutes are up, leave the sauna.

After a sauna session, don't plunge directly into ice-cold water. Take some time to cool off. Allow your body to cool off at room temperature for about as long as you were in the sauna, and then take a shower.

Following or between sauna sessions – tucked into a thick bathrobe – take a short break of 10 to 15 minutes.





SUPERVISION

The entire spa area is unsupervised and the lower level and the gym are only open to guests who are at least 14 years old. The pools are video-monitored. The parents or caregivers are responsible for supervising children or other persons with special needs. They must comply with their due-diligence obligations at all times and in particular ensure that the safety rules for the use of water areas are complied with at all times.

CLOTHING

Our sauna is a textile-free zone. Please note that bathing suits are appropriate for the rest of the spa. If you prefer to wrap yourself in a towel when using the steam bath, this is also acceptable.

MUSIC

Our therapists recommend that you do not listen to music during your treatment.

LATE ARRIVAL AND CANCELLATION TERMS AND CONDITIONS

Please arrive at the spa 10 minutes before your appointment. We will not be able to extend your appointment beyond the agreed time, if you are delayed. If you are unable to keep your appointment, please cancel 24 hours in advance. Please note that if you have to cancel your appointment in less than 24 hours, you will be charged the full treatment price.

HEALTH

At the beginning of your spa visit, inform us of any current physical impairments, such as high blood pressure, heart disease, metabolic disorders and allergies, pregnancy or recent operations. In the case of inflammatory or contagious diseases, please avoid the spa area. The following applies: if you start to feel ill, leave the area where you are and go to a rest area.

VALUABLES

You can leave your room key at the spa reception desk, where you can also pick up an identification clip for your bathrobe.

SHOWERS

Please shower before using the pools. There are showers throughout the spa area.

SPA ETIQUETTE

Please turn off your mobile phone in the spa area. Please respect the privacy of all our guests by refraining from taking photographs in the spa.





WALDHAUS SILS

A family affair since 1908



swiss
historic
hotels



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