

Welcome to the Waldhaus Spa

Opening hours:

Indoor pool and fitness: 7.00 a.m. to 8 p.m.

Treatments: 8.00 a.m. to 8 p.m.

Spa: 10.30 a.m. to 8 p.m.

Not one like countless others, but a spa in tune with the Waldhaus, integrated in our natural surroundings and incorporating local elements, strengthening what the Waldhaus has been for five generations: a place for rest and relaxation, a holiday destination for multiple generations, a respite from the bustle of everyday life.

The spa springs from our close and long-running collaboration with our highly experienced architects Miller & Maranta. They have taken great care not to displace the indoor pool, which dates from 1970, or its 1994 addition, generously expanding and enhancing instead.

The Waldhaus Spa is evolving – a new addition is in the air. Planning is already underway. We look forward to unveiling some surprises for you in our winter season 2020/2021.

In the spa, the borders between inside and out are blurred. Imposing light wells bring natural light into large rooms, whose walls are decorated with crystal glass mosaic tiles. The Waldhaus Spa with a surface area of 1400 square meters provides hotel guests space for relaxation and promotes a sense of well-being. Besides a spacious sauna and two steam baths, there is also a stone-pine and a larch relaxation pool, each in its own space. There is also an indoor pool (8x20 meters), seven treatment rooms, an outdoor whirlpool and a gym.

The spa concept is put together especially for the Waldhaus in cooperation with Susanne Kaufmann. The ingredients she uses come from the primal power of the alpine plant world and serve to care for, harmonize and rejuvenate skin.

Visit the Waldhaus Spa and let yourself be pampered. This brochure describes our wide range of treatments, massages and rituals. A team of highly qualified therapists and beauticians are waiting to serve you.

We would be happy to provide a personal consultation before your visit.
Just call tel. +41 (0)81 832 64 90 or write us at spa@waldhaus-sils.ch.

Therapeutic massage

Our therapists offer a wide range of massages and special treatments to ease functional disorders of the locomotor system. From classic massage to manual lymph drainage and reflexology.

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

Classic massage

Classic back massage (25 min)	CHF 65
Classic full-body massage 🖐️ (50 min)	CHF 120
Classic full-body massage 🖐️ (80 min)	CHF 190

Reflexology with footbath (50 min) CHF 120

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.

Lymph drainage

Accumulations of lymph fluid and toxins are transported away from the tissues with gentle, circular motions over the skin and a special holding technique (may also include reflexology, depending on the therapist).

Lymph drainage 🖐️ (50 min)	CHF 120
Lymph drainage 🖐️ (80 min)	CHF 190

Back and reflexology massage (50 min.) CHF 120

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

Sports massage

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

Sport full-body massage 🖐️ (50 min)	CHF 130
Sport full-body massage 🖐️ (80 min)	CHF 200

🖐️ Reservations for two also available.

Rituals for two

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

Duo Relax (110 min) **Duo CHF 465**

- Gentle body scrub – removes dead skin cells, revitalizes and stimulates circulation
- Steam bath with an essence of your choice
- 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

Duo Sport (110 min) **Duo CHF 470**

- Gentle alkaline body scrub removes dead skin cells and restores valuable minerals
- Steam bath with an essence of your choice
- Deep-tissue sports massage
- Acid-alkalizing tea to finish

Relaxation treatments

Our harmonizing treatments relieve tension from the hectic pace of everyday life and help restore your internal balance. Revitalizing massage techniques, warming oils and active serums to refresh and invigorate or restore balance and help you relax. Take time to reach the highest form of well-being.

Waldhaus Sils energy flow massage 🙌 (110 min) **CHF 260**

Intensive regeneration and amazing deep relaxation from head to toe. Revitalize and pamper your entire body with a 110-minute treatment to activate your energy flows.

- Relaxing foot bath to help energy flow evenly
- Relax full-body treatment
- Head and neck massage
- Acid-alkalizing tea to finish

body

Deep balancing treatment (120 min) CHF 360
Pure beauty, intensive care, amazing deep relaxation from head to toe. Revitalize and pamper your spirit, your skin and your entire body.

- Warm foot bath for a relaxing start
- Detox oil scrub to remove dead skin cells
- Fragrant and relaxing Sils larch bath
- Harmonizing full-body massage

Deep balancing deluxe (90 min) CHF 270

- A gentle full-body scrub frees the skin of dead, flaky skin cells
- Witch hazel bath to pamper your skin and relax your spirit
- Harmonizing massage restores equilibrium to your body

Relaxation full-body treatment ☹☹

Relaxation treatment (50 min.) CHF 120

Relaxation treatment (80 min.) CHF 190

A stimulating while simultaneously detoxing massage therapy with warm aromatic oils and jojoba wax peeling particles. The treatment revitalizes and rejuvenates your skin.

Relaxation foot treatment ☹☹ (35 min) CHF 90

Warm and revitalizing foot bath followed by foot massage. A tried-and-tested TCM method for promoting balanced energy flows throughout the body.

Relaxation back and foot treatment ☹☹ (50 min) CHF 120

A wrap nourishes your feet while a massage pleasantly decongests leg arteries. The energetic back massage eases tension and relaxes muscles.

Relaxation facial ☹☹ (50 min) CHF 120

The holistic treatment of face, head and neck allows your body to relax and improves your outlook. It releases new energy and helps you regain strength and vitality.

Relaxation head and neck treatment ☹☹ (50 min) CHF 120

This head and neck massage releases tension and blockages, promotes energy flows, thus helping you work in a more concentrated manner.

☹☹ Reservations for two also available.

Susanne Kaufmann™ body-shaping treatments

Body-shaping treatments stimulate the burning of fat cells, improve skin resilience and firm the silhouette. The use of highly effective ingredients helps you achieve firm and beautiful skin.

Susanne Kaufmann™ alkaline signature body-shaping treatment (95 min) CHF 280

By combining various massage techniques, your skin becomes more resilient while your silhouette undergoes an overall firming. It promotes the removal of fat cells and is the ideal preparation for your skin to absorb the active ingredients.

- Detox oil scrub to remove dead skin cells
 - Film wrap with two anti-aging products
 - Detox massage
 - Ginger oil rubbed in gently
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Susanne Kaufmann™ signature detox treatment (90 min) CHF 270

The signature detox treatment is perfect for freeing the body of hyperacidity and toxins.

- Alkaline foot bath
 - Massage with detox oil scrub rejuvenates dry skin – acupressure on key acupuncture points
 - Detox full-body massage
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Susanne Kaufmann™ herbal detox massage (50 min) CHF 120

The detox massage stimulates deep tissue to eliminate the released toxins. The herbal detox massage improves energy flows and has a positive effect on metabolism.

- Detox full-body massage with acupressure on key acupuncture points
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Full-body peeling (35 min) CHF 90

Luxurious full-body peeling with echinacea and St. John's wort. Massage with a body oil of your choice from the Susanne Kaufmann™ line of cosmetics.

body

Baths

Baths have had a beneficial and relaxing effect on body and soul since antiquity. Baths relax muscles, promote healing and provide long-lasting skin care. Susanne Kaufmann™ bath supplements have been specially developed to meet individual needs.

Sils larch bath (25 min) CHF 55
The magic tree. Larch wood is a natural antiseptic.

Oil bath for the senses (25 min) CHF 55
Scented, relaxing and aphrodisiac essential oils of lavender, ylang ylang and patchouli put you in a positive mood and ensure soft skin.

Nourishing herbal whey bath (25 min) CHF 55
Whey is one of the oldest beauty care products. The nourishing herbal whey bath with lime-tree blossoms and chamomile promotes wonderfully smooth and soft skin.

St. John's wort bath (25 min) CHF 55
The soothing character of St. John's wort nourishes the skin and provides balance while relieving the effects of stress, dry air and sunburn.

Witch hazel bath (25 min) CHF 55
This healing herbal complex reduces inflammation and helps very dry, scaly skin regain its balance by replacing moisture and oils.

Mallow blossoms bubble bath (25 min) CHF 55
The active ingredients in mallow, mountain pine and juniper berry oils support the immune system. Fine bubbles and relaxing fragrances care for and pamper your skin.

Alkaline bath (25 min) CHF 55
Helps de-acidify skin, promotes elimination of toxins and frees up blocked energy flows while helping you to relax. Especially recommended for dry and scaly skin.

Facials for women

These unique facials are perfectly matched to our cosmetic products. The success of the treatments depends on energy rituals and a combination of old and new therapy methods, as developed by Susanne Kaufmann and her team, which provide a singular treatment experience.

Susanne Kaufmann™ alkaline detox treatment - cleansing (50 min) CHF 130

An effective treatment aimed at cleansing and detoxing your skin. The Susanne Kaufmann™ alkaline detox signature treatment begins with a relaxing foot bath and includes an analysis of skin condition, deep cleansing, peeling, lymph drainage and a cleansing mask. Face, neck and décolletage are gently scrubbed with an enzyme peeling. This helps regenerate your skin and returns it to its natural balance. Your skin feels clear and fresh. The treatment includes a personal follow-up recipe.

Susanne Kaufmann™ transformative treatment - individual (80 min) CHF 190

An individual treatment tailored to your skin needs, transforming your skin to the desired condition. Following an in-depth analysis of your skin condition, select products and tailored massage techniques will be used to improve your skin condition. This treatment is aimed at improving dry skin, acne and couperose. The result is a clear, radiant complexion, enriched by energy and a feeling of harmony.

Additions to facial treatments

Eyelash tinting	CHF	20
Eyebrow tinting	CHF	15
Eyebrow sculpting	CHF	25
Short-lasting make-up	CHF	25
Depilation of upper lip (warm wax)	CHF	20
Depilation of chin (warm wax)	CHF	20

beauty

Susanne Kaufmann™ anti-aging preventive treatments

From a scientific point of view, the skin already starts to age when you are in your mid-twenties. A good reason for developing awareness of healthy skin early on, as the consequences of not doing so only become visible many years later. Early and consistent skin care keeps your skin looking younger longer. The Susanne Kaufmann™ anti-aging concept is the perfect treatment for early prevention of skin damage caused by aging. Traditional techniques such as jade rollers from TCM, effective massage techniques and Anti-Aging Line A products are brought together in a unique treatment concept.

Susanne Kaufmann™ express anti-aging preventive treatment (40 min) CHF 120

The express treatment for demanding skin provides an immediate toning effect. The optimally harmonized products and massage techniques ensure radiant, rejuvenated and relaxed skin.

Susanne Kaufmann™ anti-aging preventive treatment (80 min) CHF 255

The perfect treatment to protect your skin from the first signs of aging. The combination of effective treatment techniques and products leaves a relaxed and young complexion.

Susanne Kaufmann™ anti-aging preventive treatment (120 min) CHF 345

A complete pampering program for the specific needs of sensitive skin. The holistic approach includes all essential methods to improve skin functions, relax muscles and tighten connective tissue.

Susanne Kaufmann™ anti-aging repair treatments

The advanced anti-aging care system combines all of the key active ingredients to successfully fight off the signs of aging and contains an innovative, patented repair mechanism for cell regeneration. In connection with this system, a signature treatment has been developed for a lasting improvement of skin condition and connective tissue. Innovative massage techniques on the neck, face and arms help stimulate skin metabolism, improve lymph activity and better work in the active ingredients. The result is an intensive process which promotes beauty at all levels.

Susanne Kaufmann™ express anti-aging repair treatment (40 min) CHF 150

The express treatment for sensitive skin has an immediate toning and regenerating effect. The optimal combination of products and massage techniques ensure a radiant, rejuvenated and relaxed complexion.

Susanne Kaufmann™ anti-aging repair treatment (80 min) CHF 310

The advanced anti-aging repair system combines all important ingredients to fight off the signs of aging. Combined with effective massage techniques, it strengthens connective tissue and improves skin functions. The result is an improved and radiant complexion.

Susanne Kaufmann™ anti-aging repair treatment (120 min) CHF 460

The advanced anti-aging care system combines all of the key active ingredients to successfully fight off the signs of aging and contains an innovative, patented repair mechanism for cell regeneration. In connection with this system, a signature treatment has been developed for a lasting improvement of skin condition and connective tissue. The result is a radiant complexion and relaxed, rejuvenated facial features.

beauty

Beauty basics

Manicure and pedicure are focused on your hands and feet. Professional treatments and products tailored to your needs help your skin and nails regain health and beauty. We also offer the newest nail polish colors.

Classic manicure with hand massage (40 min)	CHF	75
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GelColor including classic manicure (60 min)	CHF	115
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Deluxe manicure (70 min)	CHF	130
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- Classic manicure with hand massage
 - Hand scrub
 - Soothing pack
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Classic pedicure with foot massage (55 min)	CHF	95
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GelColor including classic pedicure (80 min)	CHF	130
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Deluxe pedicure (80 min)	CHF	145
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- Classic pedicure with foot massage
 - Foot scrub and soothing pack
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Supplement manicure/pedicure with:

Nail polish	CHF	15
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GelColor removal	CHF	30
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Back care (50 min)	CHF	135
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- Careful cleansing and scrubbing of the back
 - Basic deep cleansing and pore-refining healing earth mask
 - Followed by application of skin care products
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Hair removal (warm wax)

Depilation leg to knee	CHF	55
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Depilation full leg	CHF	95
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Depilation bikini zone	CHF	35
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Depilation armpits	CHF	30
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Depilation back	CHF	40
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Treatments for men

Men's skin calls for special care and protection. Susanne Kaufmann has developed skin care products specifically aimed at these needs – the M Line.

Deluxe treatment for men (80 min) CHF 255

An individual treatment tailored to men's skin, which transforms your skin as desired. After a careful analysis, select products and appropriate massage techniques will be employed to improve your skin.

Cleansing facials for men (50 min) CHF 130

An effective treatment aimed at cleansing and detoxing skin. The Susanne Kaufmann™ alkaline detox signature treatment for men begins with a de-acidifying foot bath and an analysis of skin condition, deep cleansing, peeling, lymph drainage and a cleansing mask.

Back care (50 min) CHF 135

A deep cleansing of the back to improve skin condition.

Treatments for kids and teenagers

The path to adulthood is exciting. Facials help combat first blemishes and acne.

Facials for teenagers (50 min) CHF 110

Special facials tailored to skin conditions with natural skin care products. Cleansing, a mild scrub, a gentle facial massage or a deep cleansing, mask and useful skin care tips for young teenage skin are included.

Foot treatment for teenagers (40 min) CHF 75
including nail polish

Hand care for teenagers (40 min) CHF 75
including nail polish

Children's massage (25 min) CHF 65

Individual, age-appropriate massage with warm oils.

information

Pools

20 × 8 m swimming pool, water temperature 28° / children's paddling pool 34°, outdoor whirlpool 34°, Cembra pine relaxation pool 34° and larch relaxation pool 34° (age 14 and up in the spa area).

Gym

Our gym is equipped with the latest Technogym fitness equipment and is located on the pool level. Children under age 14 must be accompanied by an adult if they want to use the gym.

Sauna and steam baths

The sauna (90°) is the only non-textile area in the spa and is located on the spa level. A relaxation room, showers and a fountain with spring water for cooling off are located next to the sauna. The two steam baths are 45° and 42°.

Relaxation rooms and hot stone

Relaxation rooms are located on the spa level, and an outside terrace can be reached directly from the swimming pool. A hot stone which invites you to warm up and relax stands at the heart of our spa.

Music

Our therapists recommend that you do not listen to music during your treatment. If you would like to listen to your favorite tunes, a docking station is available for your use.

Late arrival and cancellation terms and conditions

Please arrive at the spa 10 minutes before your appointment. If you are delayed, we are unable to extend your appointment beyond the agreed time period. 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, please inform us of any current physical impairments such as high blood pressure, heart disease, 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 with the spa reception desk, where you can also pick up an identification clip for your bathrobe.

Entry

The entire spa area is unsupervised and the spa level and the gym are only open to adults and teenagers age 14 and up.