



MATTERHORN FOCUS

DESIGN · HOTEL · ZERMATT

MASSAGES & TREATMENTS

Well-being treatments for body and mind

Every room booking includes the SPA with indoor pool, outdoor Jacuzzi, Finnish sauna, caldarium, sole bath and relaxation room with heated lounge.
In addition, you can also book one of our relaxing massages or vitalising body treatments.

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FOCUS MATTERHORN

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In addition to 100% natural base and massage oils as well as natural essential aroma oils from *farfalla* we also work with other high-quality products such as:



alpienne - Pure goodness from the Alps.

All products are based on the traditional knowledge of medicinal plants from the alpine region – combined with the latest scientific findings and the advantages of modern technology. Each alpienne product contains a wealth of highly-concentrated bioactive ingredients.

100% natural. Climate neutral. Regional. Crafted by hand and made with love.

PHYT'S develops certified organic cosmetics and products.

PHYT'S

Our Phyt's treatments are not cosmetic but beneficial and nourishing treatments for the face. Skin care in certified organic quality, anti-aging weapons and gentle care give your skin a radiant complexion and the necessary energy.

Relax your muscles with a sports massage after skiing and hiking or treat yourself with a little break and enjoy a relaxing facial or body treatment.

Our reception team will be happy to book an appointment for you.

Cancellations are possible up to 24 hours in advance.

For cancellations at short notice or no-shows, the reserved time will be charged.

Classic Aroma Massage

Choose from high quality essential Farfalla oils

Relaxing full body massage Deluxe	80 min	CHF 165
Relaxing full body massage	50 min	CHF 125
Relaxing part body massage	25 min	CHF 75

Intensive Sports Massage

Pre and post activity sports massage helps to prevent injuries, prepare the body for athletic activity and to recover from workouts and injuries.

Intensive full body massage	50 min	CHF 135
Intensive part body massage	25 min	CHF 85

Anti-Stress Massage

A relaxing massage focusing the areas of tension created by stress, the head, face, neck and shoulders

A relaxing massage focusing the areas of tension	50 min	CHF 125
created by stress, the head, face, neck and shoulders	25 min	CHF 75

Indian Head Massage

Seated massage to head, neck, shoulders and face. Calming, relaxing, invigorating and activating. (Ladies please wear swim suit or vest top)

Seated massage to head, neck, shoulders and face.	50 min	CHF 135
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Foot Reflexology

Restore the flow of energy throughout the body

Foot Reflexology	50 min	CHF 125
Restore the flow of energy throughout the body	25 min	CHF 75

Manual Lymph Drainage Massage

Aims to increase the efficiency of your lymphatic and circulatory system, by reducing the volume of retained fluid.

Aims to increase the efficiency of your lymphatic and circulatory system, by reducing the volume of retained fluid.	50 min	CHF 135
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Lomi Lomi Massage

Hawaiian full body massage, a flowing massage technique using hands and forearms and warm oils

Hawaiian full body massage, a flowing massage	80 min	CHF 210
technique using hands and forearms and warm oils	50 min	CHF 140

Hot Stone Massage

Full body massage with hot stones

Hot Stone Massage	80 min	CHF 210
Full body massage with hot stones	50 min	CHF 140

Child Massage

with kid-friendly oil

Child Massage	50 min	CHF 125
with kid-friendly oil	25 min	CHF 75

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alpienne **Alpine Herb Massage** 80 min CHF 165
Enriching massage milk with hay flowers, 50 min CHF 125
yellow gentian and edelweiss. Packed with
antioxidants that protect and nourish the skin.

alpienne **Arnica Massage** 80 min CHF 165
Massage milk with arnica, rosemary and citronella. 50 min CHF 125
Perfect for aching muscles and joints.
Cooling, calming and stimulates blood flow.

alpienne **St. John's Wort Massage** 80 min CHF 165
Massage milk with St. John's, camomile and orange. 50 min CHF 125
Calms, tones, intensely nourishing, anti-irritant.
Orange oil supports the harmonising effect.

alpienne **Vital Massage with marmot massage oil** 80 min CHF 165
Strengthens the immune system. Soothing 50 min CHF 125
treatment for aching joints. Calms and revitalises,
with anti-inflammatory properties.

alpienne **Honey Peeling Massage** 80 min CHF 165
A gentle exfoliating treatment for sensitive, dry, 50 min CHF 125
stressed and blemished skin. For clear, relaxed and smooth skin.

alpienne **Rebalancing Body Scrub with Massage** 80 min. CHF 185
The ultimate replenishing care for a radiant glow with rock salt, Swiss
stone pine and honey. Gently exfoliating deep cleanse. The unique blend
of Swiss stone pine and mountain honey ensures intensive care and
nourishes, protects and rehydrates the skin to re-establish the natural
balance. The treatment is followed by a relaxing massage.

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Combined massages and body treatments

Combined Massage „back & hand“ 50 min. CHF 145

Back massage plus hand massage with caring hand cream
The hand cream can be taken along afterwards.

Combined Massage „head & foot“ 50 min. CHF 155

Face massage with soothing eye pads. Hydrating lip serum
can be taken along afterwards. Relaxing foot massage.

alpienne **Detox Treatment** 50 min CHF 155

The key ingredient of this wonderful treatment is zeolite rock, which is particularly suitable for detox and purification purposes. Using a combination of top-quality, certified ingredients such as grapefruit, honey, coriander and black pepper and knowledge of the body's detoxifying reflex zones, an effective detox process is activated by means of skilful massage and purifying pads. The treatment includes a footbath for home use.

Facial treatments

Aqua Phyt's Moisturizing Treatment 80 min. CHF 165

Focus on dehydrated skin! A few drops of this Organic Certified Moisturizer will quench your skin's thirst.
Your skin will be protected, refreshed and balanced.

Soin D'O 80 min. CHF 165

Focus on Anti-Aging! This treatment is leaving the skin refreshed and radiant thanks to this Anti-Aging booster.

Soin Nutrition Extrême 80 min. CHF 165

Focus on a dry skin! Repaires and supplies lipids to the skin.
A comfort care with Argan and Hemp Oil, rich in Omega 3 and 6, which protects dry skin.

Soin Anti-Pollution Reviderm 50 min. CHF 135

Focus on skin exposed to pollution. Recharge the batteries of your dull, stressed and devitalised skin. For a glowing complexion.

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Our SPA etiquette

Enjoy the moment and the silence. Relax body and mind.

Our wellness & SPA area is a space for tranquillity and relaxation. Take all the time to rest and indulge. To show consideration to other guests' need for quiet, we kindly ask you for:

- ❖ Silence and respect
- ❖ Please wear swimwear in the pool area
- ❖ **The sauna and steam-bath area is a naked area**, we therefore ask you to take off any swimwear before entering the rooms.
Our tip: simply wrap a towel around your hips and chest.
- ❖ Please don't make any phone calls within the wellness and SPA area
- ❖ Photos of the pool, outdoor Jacuzzi or any other area as well as selfies will only be tolerated with the strictest respect for the privacy of other guests
- ❖ Please refrain from jumping into the pool and make sure to keep your children under your supervision all times.
There is no pool attendant.

Bathrobes and slippers are provided in your room. Towels and sauna towels are next to the pool and sole-bath area.

A small refreshment is available free of charge in the SPA area. We kindly ask you not to bring glasses or food into the pool. We are happy to serve you drinks in shatterproof glasses. For an order please contact our reception team. Payment can easily be made via hotel invoice.

Please let us know at the time of booking a treatment whether you are pregnant or have any health problems or allergies. If needed, we kindly ask you to consult your doctor to avoid any undesirable side effects

If you are unable to keep any of your appointments, we ask that you cancel it 24 hours before hand. For last-minute cancellations or no-shows we charge the regular treatment price. Thank you for your understanding.



The Matterhorn FOCUS team wishes you a relaxing time at this retreat. Leave room for new thoughts and ideas to unfold. Reconnect with life and nature, enjoy the view and get the power of our beautiful mountains. Simply being.