



# MATTERHORN FOCUS

DESIGN · HOTEL · ZERMATT

## MASSAGES & TREATMENTS

Well-being treatments for body and mind

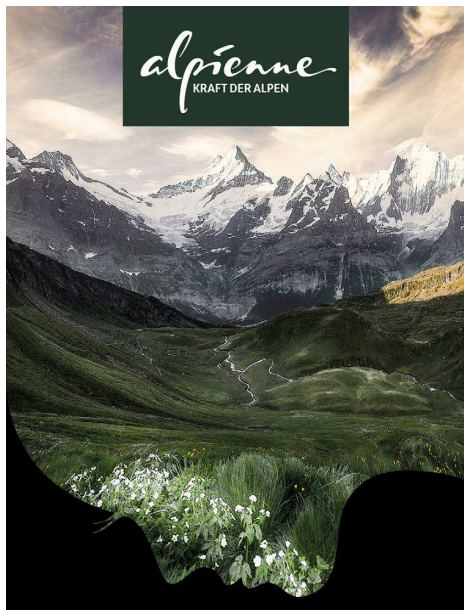
Every room booking includes the SPA with indoor pool, outdoor Jacuzzi, Finnish sauna, caldarium, sole bath and relaxation room with heated lounge. In addition, you can also book one of our relaxing massages or vitalising body treatments.

[WWW.MATTERHORN-FOCUS.CH](http://WWW.MATTERHORN-FOCUS.CH)

# 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 - 100% natural organic certified professional cosmetics.**

Phyt's facial treatments understand "the language" of the skin and are in harmony with body, mind and soul. By combining the beneficial beauty rituals and Phyt's products, they unfold their maximum potential and are therefore highly effective. Each application is a real treat for the senses, while protecting the planet and living beings.

Whether dry, sensitive, mature or tired:  
We bring your skin back into balance and give it back its natural radiance!

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

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

### Classic Aroma Massage

Choose from high quality essential *farfalla* oils

Relaxing full body massage Deluxe	80 min	CHF 180
Relaxing full body massage	50 min	CHF 135
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 145
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	50 min	CHF 135
	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)	25 min	CHF 85
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### Lomi Lomi Massage

Hawaiian full body massage, a flowing massage technique using hands and forearms and warm oils (contains nut oil)	80 min	CHF 210
	50 min	CHF 150

### Hot Stone Massage

Full body massage with hot stones	80 min	CHF 210
	50 min	CHF 150

### Foot Massage

Restore the flow of energy throughout the body	50 min	CHF 125
	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.	50 min	CHF 135
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**Cancellations** are possible up to 24 hours in advance.

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

### **SPA Phyt's treatment "Asian-Spirit Short Break".**

Discover the secrets of ASIAN SPIRIT.

Embark on a spiritual and sensual journey that will restore your inner peace and mental balance. This feel-good treatment includes a bamboo exfoliation and a body mask made of purifying clay, including an enveloping and revitalising massage.

90 min CHF 195

### *alpienne* **Alpine Herb Massage**

Enriching massage milk with hay flowers, yellow gentian And edelweiss. Packed with antioxidants that protect and nourish the skin.

80 min CHF 180

50 min CHF 135

### *alpienne* **Arnica Massage**

Massage milk with arnica, rosemary and citronella. Perfect for aching muscles and joints. Cooling, calming and stimulates blood flow.

80 min CHF 180

50 min CHF 135

### *alpienne* **St. John's Wort Massage**

Massage milk with St. John's, camomile and orange. Calms, tones, intensely nourishing, anti-irritant. Orange oil supports the harmonising effect.

80 min CHF 180

50 min CHF 135

### *alpienne* **Vital Massage with marmot massage oil**

Strengthens the immune system. Soothing treatment for aching joints. Calms and revitalises, with anti-inflammatory properties.

80 min CHF 180

50 min CHF 135

### *alpienne* **Rebalancing Body Scrub with Massage**

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. The treatment is followed by a relaxing massage.

80 min. CHF 185

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# PHYT'S

100% natural facial treatments in organic quality

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## **FOCUS dehydrated skin!**

80 min. CHF 165

### **Aqua Phyt's Moisturizing Treatment**

Rehydrates and refreshes dehydrated skin with natural hyaluronic acid and aloe vera

## **FOCUS Anti-Aging!**

80 min. CHF 165

### **Aromaliance Multi**

Strengthens and tones the connective tissue of the skin. A cocktail of multivitamins and regenerating nutrients.

## **FOCUS on your beauty!**

50 min. CHF 135

### **Soin D'O**

This treatment is leaving the skin refreshed and radiant thanks to this natural booster.

## **FOCUS dry skin!**

80 min. CHF 165

### **Soin Nutrition Extrême**

Nourishing and skin-soothing treatment thanks to high-quality argan and hemp oil

## **FOCUS Oxygen!**

50 min. CHF 135

### **Soin Reviderm**

With chlorophyll, algae and pink pepper, the batteries of a dull stressed and tired skin are recharged

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# SPA etiquette

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

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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.

You may find the grey Wellness towels, bathrobes and slippers in your room. Hamam-sauna towels are provided in the SPA-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.**