



LINDNER



HOTELS & ALPENTHERME
LEUKERBAD
LEUKERBAD

PACKAGES & TREATMENTS LINDNER ALPENTHERME LEUKERBAD





LEUKERBAD

FASCINATION – FOR MIND, BODY AND SOUL

The Lindner Alpentherme Leukerbad is Europe's largest and highest Alpine health, beauty, sauna and thermal spa resort. Open 365 days a year, it offers everything you need to boost your most valuable asset – your health. In addition to its reviving thermal waters, the resort has a team of five doctors specialising in medical and Alpine wellness, traditional Chinese medicine (TCM) and acupuncture, Ayurveda, sports medicine, osteopathy, physiotherapy and anti-aging treatments.

AT A GLANCE

Lindner Alpentherme Leukerbad

- Spa desk: consultation and registration
- Indoor thermal pool (200 m²) and outdoor thermal pool (300m²), both appr. 36°C, hot bath (40°C)
- Roman-Irish baths (314 m²) Yin-yang pool, heated to 28°C and 36°C
- Valais sauna village complete with a sanarium, a herbal sauna and an adjoining foot bath/ fountain, a Valais chalet with Finnish sauna, a stone sauna in a Valais mill house, a glacial pool, the *Gemmistube* for healthy snacks and drinks, and a relaxation area with a view over the Valais Alps
- Shopping gallery with a bistro and café

Alpine Spa (p. 5)

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- Alpine and aromatherapy baths
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DAY SPA

DAY SPA PACKAGES

During your stay at the Lindner Alpentherme Leukerbad, you will be supplied with a fluffy bathrobe, a luxurious bath towel and a pair of bath slippers.

Leukerbad Spa Day

- 1 day pass for the thermal baths at Lindner Alpentherme Leukerbad
- 1 fango mud pack (25 mins.)
- 1 relaxing partial body massage (25 mins.)
- 1 daily special and one soft drink in the *Eau là là* bistro

CHF 153.00/€ 102.00

Power of the Alps

- 1 x 5 hour pass to the Valais sauna village and the thermal baths
- 1 hay-flower bath (25 mins.)
- 1 soothing herbal stamp massage (25 mins.)
- 1 daily special and a soft drink in the *Eau là là* bistro

CHF 157.00/€ 105.00

Action & Relaxation

- 1 day pass to the Alpine Fitness Center
- 1 x 5 hour pass to the Valais sauna village and the thermal baths
- 1 relaxing aromatherapy upper body massage (25 mins.)
- 1 daily special and a soft drink in the *Eau là là* bistro

CHF 132.00/€ 88.00

Lindner Daydream

- 1 day pass for the thermal baths
- 1 relaxing upper body massage (25 mins.)
- 1 daily special and a glass of multivitamin juice in the *Eau là là* bistro

CHF 116.00/€ 77.00

Tip:

Ask about our attractive hotel packages on offer in conjunction with spa treatments!

Wine & Wellness

- 1 grape-seed detoxification bath
- 1 relaxing grape seed oil upper body massage (25 mins.)
- 1 day pass for the thermal baths
- 1 daily special and a small glass of Valais wine in the *Eau là là* bistro

CHF 153.00/€ 102.00

Day Spa (p. 3)

- Day Spa packages

Spa Classics (p. 4)

- Massages
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- Packs & Wraps
- Lindner On the Rocks
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SPA CLASSICS

CLASSIC MESSAGES

Upper body massage

Relaxing massage with nourishing almond oil.
25 mins. CHF 60.00/€ 40.00
5 = 6 CHF 300.00/€ 200.00

Full body massage

Relaxing massage with nourishing almond oil.
50 mins. CHF 108.00/€ 72.00
5 = 6 CHF 540.00/€ 360.00

Partner massage

Our experts will introduce you to the art of relaxation massage so that you can treat each other to soothing massages once you are back at home after your holiday. Your own personalised partner massage oil is included as a special gift to take home with you. For two people,
50 mins. CHF 119.00/€ 80.00

Detoxifying lymphatic drainage

This gentle and relaxing massage technique is designed to cleanse the body's tissues of waste products, toxins and excess water.
50 mins. CHF 108.00/€ 72.00

Foot reflexology massage

Stimulation of the reflex zones of the feet has a harmonising and invigorating effect on the entire body. It also has a positive influence on the internal organs and the immune and endocrine systems.
25 mins. CHF 60.00/€ 40.00

PACKS & WRAPS

Hay-flower wrap

Moist, warm wrap to stimulate detoxification and relieve tension.
25 mins. CHF 51.00/€ 34.00

Natural mud pack

Intensive and long-lasting heat pack with mud consisting of pulverised volcanic rock. The heat has a beneficial effect on blood circulation and produces a state of deep relaxation.
25 mins. CHF 51.00/€ 34.00

LINDNER ON THE ROCKS

Treat yourself to Lindner's invigorating "On the Rocks" treatment

- Feel refreshed from head to toe with the power of pure, refreshing mineral water.
- Enjoy a wonderfully relaxing full-body massage with high-quality evening-primrose oil, with or without lemon balm.
- Then let us treat you to a face and neck massage using a nourishing massage oil with highly effective active ingredients.
- Invigorate yourself with a reviving thermal spray.
- A healthy gem-water drink brings the treatment to a close.

Lindner On The Rocks

Ca. 75 mins. CHF 155.00/€ 95.00

Lindner On The Rocks light

Ca. 30 mins. CHF 75.00/€ 45.00

CRANIO SACRAL BALANCING

Experience light, gentle touching across your whole body, with special attention paid to the head, spine and sacrum. The therapist identifies and resolves blockages in bones, membranes and tissue. The cranio-sacral treatment significantly improves the flexibility of the cranial bones and the flow of spinal fluid. The method stimulates the body's innate healing powers and can alleviate sleeping disorders, migraines, and neck and back problems.

50 mins. CHF 108.00/€ 72.00
5 = 6 CHF 540.00/€ 360.00

Tip:

This treatment is a great way to prepare for a subsequent massage.

Fango mud pack and upper body massage

50 mins. CHF 105.00/€ 70.00

Mud pack and full body massage

75 mins. CHF 150.00/€ 100.00



ALPINE SPA

ALPIENNE – THE POWER OF THE ALPS



The Alpienne brand stands for natural products processed using traditional methods. Alpine plants that grow wild in the mountains are picked by hand and then carefully processed to fully extract their beneficial properties. Discover new vitality and zest for life with the power of the Alps!

Herbal Stamp Massage

Different massage strokes release the beneficial properties of these heated herbal pouches and relieve the tension in your muscles and tissues. The pleasant herbal fragrance accompanies you throughout the treatment.
25 mins. CHF 60.00/€ 40.00

Alpienne Herbal Power

Enjoy a herbal bath, foot massage and a relaxing body massage with steam-heated herbal stamps containing soothing St. John's wort.
60 mins. CHF 139.00/€ 93.00

Alpienne Honey Dream

Treat yourself to this exfoliating honey massage with its detoxifying and purifying effect and follow it up with a honey & Swiss pine bath with antibiotic properties for that extra feel-good factor.
50 mins. CHF 108.00/€ 72.00

ALPINE AND AROMATHERAPY BATHS

Alpine baths

Choose between an edelweiss bath (reinvigorates and improves circulation), a mountain lilac and thyme bath (lilac: antiseptic; thyme: antispasmodic and disinfecting), a St. John's wort bath (calming) and an echinecea bath (boosts the immune system).
20 mins. CHF 39.00/€ 26.00

Alpienne honey-and-Swiss-pine bath

20 mins. CHF 45.00/€ 30.00

Valais grape-seed detoxification bath

Pamper and revitalise your skin with cold-pressed grape-seed oil.
20 mins. CHF 45.00/€ 30.00

More aromatherapy baths available on request.

VALAIS GRAPE-SEED TREATMENTS

Valais grape seeds contain OPC, a vital substance that helps to destroy free radicals and prevent premature aging of the skin. They can also have a positive effect on your metabolism and circulatory and immune systems and help to prevent cardiovascular diseases, cancer and Alzheimer's.

Grape-seed scrub

This scrub has a nourishing, revitalising, cleansing and exfoliating effect.
20 mins. CHF 65.00/€ 43.00

Grape-seed oil massage

This treatment has a toning effect, while also boosting the immune system and promoting cell regeneration.
25 mins. CHF 60.00/€ 40.00
50 mins. CHF 108.00/€ 72.00

Fructus Vitis

Enjoy a grape-seed scrub, a grape-seed oil bath, a relaxing massage with warm grape-seed oil, and a glass of red grape juice or red wine from the Valais region.
75 mins. CHF 165.00/€ 110.00



INTERNATIONAL SPA

THALASSO TREATMENTS

Benefit from our unique synergetic combination of thermal water and seaweed, mountain air and sea salt to boost your well-being. All of our Thalasso treatments are custom-tailored to your individual skin type.

Thalasso Alpine thermal bath

"Sea" your energy levels rise! Experience the wonderful world of Thalasso and treat yourself to a relaxing Thalasso bath and a soothing full-body seaweed scrub before pampering yourself with a creamy seaweed pack. Thanks to the power of the sea, you'll leave feeling completely revitalised and rejuvenated.

80 mins. CHF 185.00/€ 123.00

Creamy seaweed pack

Experience a sensation similar to being covered in a silky-smooth velvet robe. Bolsters your skin's resilience.

30 mins. CHF 83.00/€ 55.00

Activating seaweed scrub

Intensive full-body scrub with high-grade sea salt collected from depths of over 1,000 metres. Refines your skin and is the ideal preparation for a body pack.

20 mins. CHF 65.00/€ 43.00

Body wrap sensation

Highly effective wrap method for customised body shaping. An ancient skin purification treatment that melts away your problem zones, firms your body contours and tissue, and induces a thorough cleansing process.

50 mins. CHF 143.00/€ 95.00

Body wrap sensation to take away (without treatment)

You can purchase this body wrap set from the spa desk for long-term tissue firming at home. The set is enough for approx. ten follow-up applications.

CHF 161.00/€ 107.00

Thalasso & Form

Feel great about your body! A power application to give you feather-light legs, firmer tissue and a super-charged fat metabolism. Repeated applications can also help reduce cellulite.

- One activating seaweed scrub with thermal water and sea salt
- One activating mud bath with spruce-needle oil
- Metabolic anti-cellulite massage
- One firming Cool Body Mask

100 mins. CHF 240.00/€ 160.00

Metabolic anti-cellulite massage

A deep and powerful massage that cleanses the body of toxins and has a firming effect on deep tissue.

25 mins. CHF 60.00/€ 40.00
5 = 6 CHF 300.00/€ 200.00

Aloe vera

An ideal treatment to relax and indulge – an elixir of beauty for all skin types. The secret of the aloe vera plant lies in its unique combination of active substances. The sap from inside the plant nourishes and firms the skin and restores the skin's natural pH balance. The treatment includes: aloe vera bath, aloe vera scrub, aloe vera body wrap and aloe vera body balm.

80 mins. CHF 221.00/€ 147.00

A range of treatment and beauty products for home use are available for purchase at the spa desk boutique.



INTERNATIONAL SPA

WORLDS OF WELLNESS

Reveal your natural beauty – BABOR uses high-quality cosmetics and groundbreaking scientific knowledge to harness the power of nature and make you feel fantastic! Your skin is bound to love these unique treatments. Only the finest ingredients are used, and nearly all are from natural sources.



Babor Khanya Energy Balance – a traditional African treatment that pampers you from head to toe

This treatment combines special types of massage, application rituals and the power of rocks and crystals to boost your energy levels and bring body, mind and soul back into harmony.

Precious marula oil and active tea-tree extracts equalise the skin's natural defences to give you new vitality and strength.

Full body scrub, full body massage and facial treatment:

80 mins. CHF 221.00/€ 147.00

Babor Scen-Tao – secrets of Asian beauty philosophy

Reviving natural fragrances and the powerful effect of active ingredients from Asia such as ginkgo, ginseng and green tea help you forget the stresses and strains of daily life and find inner peace. This wonderfully gentle body treatment uses hot stones and pressure point massage.

- One soothing facial with anti-stress ampoule
- One light full-body effleurage with warm scented oils and hot stones
- Relaxing pressure point massage for face and back

80 mins. CHF 221.00/€ 147.00

Hot stone treatment

Basalt volcanic rocks are heated to 60°C and then gently massaged along the body to release muscle tension. Hardly distinguishable from soft hands, the smooth stones and their therapeutic warmth provide long-lasting relaxation. An exhilarating combination of massage, aromatherapy and energy treatments using hot and cold basalt lava stones.

60 mins. CHF 165.00/€ 110.00

Cleopatra Rassoul treatment

This treatment with pure Rassoul mud is a wonderful way to intensively cleanse and revive your skin. And to give the treatment an extra dash of freshness and fruitiness, we add peaches and apricots – a rich source of beneficial enzymes. The treatment includes: an apricot-and-peach bath, an apricot-and-peach scrub, Rassoul body wrap, and apricot-and-peach body balm.

80 mins. CHF 221.00/€ 147.00

Tip:

Baborganic Body – nature at its most luxurious

Try the Baborganic treatment and feel your skin tingle all over and experience an extraordinary massage with authentic mountain crystals. The ultimate luxury.

60 mins. CHF 115.00/€ 77.00

Ask our staff about our special seasonal treatments:

- Spring:** Brazilian guarana
- Summer:** Java Lulur
- Autumn:** Thai herbal wrap
- Winter:** Bali Boreh



MEDICAL SPA

AYURVEDA

Ayurveda is much more than a form of traditional Indian medicine; its philosophy holds many of the *secrets to long life*, focusing on the prevention of illness and maintaining health into old age. Ayurveda treatments always begin and end with a thorough examination and consultation and can be used to achieve specific goals such as weight reduction, detoxification or relaxation. Our authentic Ayurvedic treatments use only the finest oils, spice powders and herbal pastes.

Diagnosis

One of the basic concepts of Ayurveda is that individuals belong to one of three doshas (body types): vata, pitta and kapha. The dosha diagnosis provided by our Ayurveda specialist includes a detailed, comprehensive analysis of your physical constitution and body type, complete with explanations and pulse diagnosis.

25 mins. CHF 60.00/€ 40.00

Diagnosis and type-specific massage

An introduction to Ayurveda including a massage customised to your individual dosha.

70 mins. CHF 160.00/€ 107.00

Lasya Thirummu – relaxing full-body massage

Traditional Ayurvedic full-body massage with warmed herbal oils and ointments; also includes a head massage.

45 mins. CHF 108.00/€ 72.00

Abhyangam – relaxing herbal massage

Full-body Kerala massage with warmed herbal oil improves blood circulation; includes massage of face and head

45 mins. CHF 108.00/€ 72.00

Ayurvedic foot massage or Ayurvedic face and head massage

25 mins. CHF 60.00/€ 40.00

Three-day Ayurveda taster course

- 1 diagnosis at the beginning of the treatment course
 - 1 treatment tailored to your dosha (75 mins.)
 - 2 treatments tailored to your dosha (45 mins.)
- CHF 460.00/€ 307.00

Six-day Ayurveda course

- 1 diagnosis at the beginning and end of the course
 - 3 treatments tailored to your dosha (75 mins.)
 - 3 treatments tailored to your dosha (45 mins.)
- CHF 960.00/€ 640.00

If you have any questions regarding our treatments or packages, please do not hesitate to ask our staff at the spa desk. There is an additional charge for special treatments that require a second therapist.



MEDICAL SPA

TRADITIONAL CHINESE MEDICINE

Going back over 3,000 years, TCM is based on teachings regarding nature's complementary forces – yin, the force of passivity and rest, and yang, the active force. The harmonious interplay of these polar opposites generates our life energy, chi. If the flow of chi is uninterrupted, we are healthy. Chi boosts our powers of regeneration, allowing us to maintain our health and quality of life.

Tui Na

Tui Na is an ancient Chinese massage technique that promotes circulation and the flow of chi. In addition to alleviating conditions of the musculoskeletal system, it also boosts the immune system. Tui Na is recommended for patients recovering from a stroke or undergoing pain management therapies, as well as for digestive problems and insomnia.

25 mins. CHF 60.00/€ 40.00
50 mins. CHF 108.00/€ 72.00

Xiao Hua

This is one of our Chinese therapist's specialties. The treatment restores your gastrointestinal tract to a state of balance and is ideal for digestive disorders of all kinds.

50 mins. CHF 108.00/€ 72.00

Huan Jie Ya Li – anti-stress massage

Recharge your batteries! This is a thorough full-body anti-stress massage that restores the flow of your life energy according to the yin-yang principle. Huan Jie Ya Li leaves you feeling completely rejuvenated.

25 mins. CHF 60.00/€ 40.00
50 mins. CHF 108.00/€ 72.00
75 mins. CHF 160.00/€ 107.00

Mei Rong – facial massage

This balancing facial massage relieves tension in the facial muscles and will leave you looking radiant and relaxed.

25 mins. CHF 60.00/€ 40.00

Zu Di An Mo – foot reflexology massage

This Chinese foot reflexology massage has a lasting effect on your well-being. The foot mirrors the entire human body and its conditions on a smaller scale. Foot reflexology massage is a method for diagnosis as well as treatment, based on the principle that all the vital organs are represented by zones on the feet. The treatment enhances both physical and emotional well-being.

25 mins. CHF 60.00/€ 40.00

Tai Chi Chuan

Chinese exercise system based on the martial art of the "Supreme Ultimate Fist". Up to 6 people.

Individual training session
50 mins. CHF 89.00/€ 59.00

Group training session (minimum of three people)
per person CHF 30.00/€ 20.00



MEDICAL SPA

PHYSICAL THERAPIES

The Lindner Alpentherme Leukerbad are recognised by the Swiss authorities for their healing properties (licence number J 7013.23) and have an agreement with the Swiss public and private health insurance institutions for the direct settlement of treatments and recuperative care regimens not requiring in-patient nursing care (can be combined with a stay at the hotel).

WE OFFER THE FOLLOWING THERAPIES:

- **General physiotherapy**
- **Medical massages**
- **Hydrotherapy and aerosol inhalation**
- **Complex exercise therapy and home treatments**
- **Thermotherapy and electrotherapy**
- **Water gymnastics in an individual pool**
- **Medical training therapy (MTT)**

If you have any further questions, please feel free to contact our staff at the spa desk or our in-house doctors, Dr Peter Gündner and Dr Peter Kälin.

Please enquire with your health insurance company to find out whether it covers the costs for treatments prescribed for you.

ANTI-AGING AND MEDICAL WELLNESS

Anti-aging and medical wellness

The medical wellness programmes at Lindner Alpentherme Leukerbad are especially beneficial for those suffering from chronic ailments whose cause and progression are influenced significantly by lifestyle habits and those at risk of developing such health problems. Under the guidance of our team of medical specialists, we offer special programmes that provide relief from back pain, degenerative diseases of the joints such as arthritis, and cardiovascular diseases, as well as programmes that help alleviate conditions that pose significant health risks, such as diabetes, hypertension, obesity, metabolic syndrome and nicotine addiction. Treatments are also available for stress-related complaints and disorders.

If you have any questions about our treatments or packages, please do not hesitate to ask our staff at the spa desk.

Thymus therapy

The thymus gland is the organ that governs the body's immune defenses. The agents contained in the thymus extract help improve the body's resistance to harmful influences and to bacterial and viral infections, in particular.

3 x 15 mins. CHF 210.00/€ 140.00
5 x 15 mins. CHF 350.00/€ 233.00

Oxygen therapy

Oxygen therapy is particularly beneficial to patients suffering from peripheral arterial disease (PAD), i.e. impaired blood flow in the arteries. During this "active oxygen therapy", approximately 150 ml of the patient's own blood is enriched with a vitamin B complex, Actovegin and a mixture of oxygen and ozone outside the body and is then reintroduced to the body through the same vein.

2 x 15 mins. CHF 230.00/€ 153.00



FITNESS SPA

ALPINE FITNESS CENTER

Our Lindner Alpine Fitness Center offers holistic training concepts that aim to make you feel great. Whether you're an amateur athlete or a leisurely connoisseur of life's pleasures, we have the right programme for you here at Lindner. Here in the unique ambience of the Lindner Alpentherme, we provide state-of-the-art equipment and the latest in physical training concepts with expert coaches to instruct you.

Independent training

One-day pass CHF 15.00/€ 10.00
One-month pass CHF 110.00/€ 73.00

Personal training

Our *personal trainers* will help you make the most of your training programme. The training session will focus on the following key areas: stretching, ways to address back pain and tension, body contouring, strength building and weight loss.

50 mins. CHF 89.00/€ 59.00
For two people, 75 mins. CHF 129.00/€ 86.00

Dr. Wolff fitness test (muscle function)

In-depth computer analysis of your muscle capacity, including any differences between the left and right sides. An individual training concept can be developed for you based on these findings. The analysis also enables us to accurately monitor your progress.

50 mins. CHF 89.00/€ 59.00
For two people, 75 mins. CHF 129.00/€ 86.00

TRAINING COURSES

Masai walking session – walking in tune with nature

In this popular new fitness sport, the revolutionary sole design of the MBT shoe serves to activate the muscles, reduces strain to the joints and burn fat.

- Individual training 75 mins. CHF 89.00/€ 60.00
- Group training (minimum of three people) per person CHF 30.00/€ 20.00

Tip:

Several different models of MBT shoes are available for purchase at the spa desk boutique.

Back exercises (spine training)

Specialised remedial exercises to address muscular imbalances and promote good posture and healthy movement habits in daily life. This course helps you correct years of poor posture and teaches you how to reduce strain on your back.

- Individual training 50 mins. CHF 89.00/€ 60.00
- Group training (minimum of three people) per person CHF 30.00/€ 20.00





BEAUTY SPA

CLARINS BEAUTY INSTITUT



THE NATURAL TOUCH

CLARINS treatments have been expertly harnessing the power of plants for over 50 years. Specific techniques, over 80 perfectly coordinated massage strokes and the CLARINS care formula combine to ensure visible results and guarantee an unforgettable pampering experience.

FACIALS

Pure Nature – Aroma-Phyto facial treatment

Discover the rebalancing and revitalising power of essential oils with this treatment, which includes a relaxing neck massage.

60 mins. CHF 145.00/€ 97.00

Pure Cleansing – a clarifying and deep-cleansing facial treatment

An intensive, deep facial cleansing including exfoliation, Vapozon and a balancing mask. Excludes facial massage and make-up

50 mins. CHF 110.00/€ 73.00

Pure Luxury – the CLARINS method

Pro-Active facial treatment

With its exclusive combination of plant extracts, this anti-aging treatment will leave you with radiant skin and a youthful complexion.

50 mins. CHF 130.00/€ 87.00

75 mins. CHF 165.00/€ 110.00

Pure Relaxation – an oasis of tranquility

Energising, soothing face/neck/upper chest massage with a choice of delicately scented aromatic oils.

30 mins. CHF 80.00/€ 53.00

BODY TREATMENTS

Pure Care – skin as soft as velvet and as smooth as silk

Pampering and revitalising full-body exfoliation to refine your skin. Includes application of nourishing body cream.

50 mins. CHF 120.00/€ 80.00

Anti-Cellulite Power

Full-body slimming. Experience a highly efficient treatment method for a great body all over – your skin has never felt this good before!

60 mins. CHF 150.00/€ 100.00

Pure Peeling – the CLARINS method

Pro-Active body scrub

An intensive full-body scrub with active fruit enzymes from CLARINS' exclusive Pro-Active range will leave your skin soft and smooth. The treatment includes the application of skin care cream.

50 mins. CHF 130.00/€ 87.00

Super Relax Body Treatment

Restores the harmony and balance between body and mind. A luxuriant treatment for you to enjoy – experience the sensation of total relaxation and regeneration.

50 mins. CHF 130.00/€ 87.00

Super Tonic Body Treatment

This ultimate vitalisation treatment will leave you feeling rejuvenated and full of energy, both mentally and physically. Your skin will be smoother, firmer and moisturised to perfection.

50 mins. CHF 130.00/€ 87.00



BEAUTY SPA

EXCLUSIVE CLARINS TREATMENTS

Purely natural treatment for HER – from head to toe

A luxurious Aroma-Phyto facial treatment and contouring Aroma-Phyto body treatment.

105 mins. CHF 250.00/€ 167.00

Pure luxury for HER – from head to toe

Exclusive Pro-Active facial treatment, including slimming anti-cellulite full-body power treatment (both face and body).

135 mins. CHF 290.00/€ 193.00

IT'S A MAN'S WORLD – AT CLARINS TOO!

Pure Freedom – men's anti-stress treatment

This refreshing facial treatment includes relaxation, cleansing, a facial mask and an invigorating face, head and neck massage.

60 mins. CHF 135.00/€ 90.00

Pure Combination –

men's anti-stress treatment & energy boost

The perfect combination of an energising facial treatment and a relaxing back and head massage.

90 mins. CHF 220.00/€ 147.00

Pure Relaxation – a quick energy boost

This relaxing back and head massage recharges your batteries and gives you renewed vigour to tackle the challenges of everyday life.

30 mins. CHF 100.00/€ 67.00

EXTRAS

Eyelash and eyebrow tinting

CHF 35.00/€ 23.00

Eyelash and eyebrow tinting incl. eyebrow shaping

CHF 65.00/€ 43.00

We use only warm, high-quality single-use wax for all hair removal treatments. Prices on request.

Classic manicure, nail varnishing, hand massage

CHF 95.00/€ 63.00

Cosmetic pedicure

Beauty treatment for feet, including an aromatic foot compress and massage

CHF 115.00/€ 77.00

Including application of nail polish

CHF 135.00/€ 90.00



ADDITIONAL INFORMATION

REGULATIONS

Wellness/Beauty/Therapies

An appointment is required for all treatments and therapies. An appointment may only be cancelled free of charge up to 24 hours before the treatment.

Appointments: Please always arrive at the agreed meeting point at least five minutes before your appointment and wait there for the therapist to come and collect you. Please enquire ahead of time for directions to the meeting point. Changing rooms with lockers are available on the second floor for a deposit of CHF 5. Treatments must always be paid for in advance.

Treatment times are approximate and, depending on the type of treatment, may include consultation and diagnosis and showering, drying and dressing time.

Patients intending to settle the cost of therapies and treatments through their health insurance providers must produce a declaration from their insurance company confirming that it has agreed to bear the cost. Please let us know of your intentions in advance so that we can allocate a therapist authorised by your health insurance company. Information provided later cannot be taken into account. In this case, patients are required to bear the costs themselves.

Treatment subscriptions are valid for one year from the date of purchase and are not redeemable against other services.

Gym

All pieces of equipment are to be used only for their intended purpose and as specified in the instructions. Failure to comply with these instructions may have dangerous or expensive consequences. To avoid the risk of injury, please take advantage of our individual introductions with an instructor. Please sit or lie on a towel when using the equipment and disinfect the parts of the equipment you have touched with the spray and paper towels provided. Please be considerate of other gym users.

Please wear sportswear and shoes when using the gym.

Thermal baths

Subscriptions for the thermal baths, Roman-Irish baths and Valais sauna village are valid for one year from the date of purchase and not redeem-

able against other services. Changing facilities and lockers for clothes and valuables are available on the second basement level.

The Lindner Alpentherme Leukerbad assumes no liability for stolen items.

Due to the high temperatures in the spa, we recommend consulting a doctor before using this facility in order to discuss any potential issues. Allow your body 20 minutes of rest and relaxation after every thermal bathing session. For your safety, please be sure to wear non-slip bathing sandals in the entire bathing area.

We ask that you shower before entering the bathing area. Please do not jump into the pools or splash around in the water. Our main priority is to provide a calm and relaxing atmosphere for all our guests from all over the world.

The *Valais sauna village* and the *Roman-Irish baths* are nude bathing areas. You must sit/lie on a bath towel in all the saunas (except the steam baths).

Any cases of sexual harassment will lead to immediate expulsion from the entire facility and could also result in a hotel ban. To ensure a pleasant atmosphere for all our guests, our sauna guides will make sure the regulations are strictly adhered to.

Guests may extend their allocated bathing slot by up to ten minutes. After this period has elapsed, guests will be required to pay an additional fee (see notice).

Treatments and courses are offered at fixed times (see notice) and are free for guests staying overnight at the hotel. Not taking advantage of the services does not represent valid grounds for reimbursement. The hotel is not obliged to refund fees for appointments that are missed or cancelled due to a lack of participants, illness, emergencies, fire alarms, bad weather or other such eventualities.

General information

Our transponder system allows guests to walk freely around the facility without having to carry cash. Please note that the consumption of food and drinks, the use of services and treatment packages will entail a charge. The charges accrued on your transponder must be paid, at the latest, when passing the pay station located at the exit.



ADDITIONAL INFORMATION

Please take care of your personal transponder. Misplaced transponders cannot be replaced. If you lose your transponder, we will be obliged to charge you for the maximum amount that can be spent on the card CHF 250.00/€ 166.66 as well as the cost of replacing the transponder: CHF 25.00/€ 16.66.

For your security, certain areas of the facility are monitored by CCTV.

Regulations are posted on noticeboards in the Lindner Alpentherme. Please read them thoroughly before visiting the facility. By entering the facility, guests automatically accept the regulations. Failure to comply with the regulations may result in expulsion from the facility. In this event, the costs incurred up until this point will not be refunded.

When you purchase one of our passes, your personal details will be stored in our computer. This is for your security in case you should lose your card. In addition, we will use this information to update you regularly on news from the Lindner Alpentherme Leukerbad. If you do not wish to take advantage of this service, please let us know in writing. Passes are allocated to guests personally and are non-transferable. Passes are valid for one year.

In the case of a fire alarm, please leave the facility via the most direct route. Follow the instructions of the pool and sauna guides and the firefighters. Intentionally setting off an alarm without cause will result in a fine.

Smoking is permitted in the outdoor smoking areas only.

Signed The Management

OPENING HOURS

Open 365 days a year

- Spa desk
8 a.m. to 7 p.m.
- Pool desk
8 a.m. to 8 p.m.
- Roman-Irish baths
8 a.m. to 8 p.m. (last admission at 7 p.m.)
- Römisch-Irisches Bad
10 a.m. to 8 p.m. (last admission at 5:50 p.m.)
- Valais sauna village
10 a.m. to 8 p.m. (last admission at 7 p.m.)
- Ladies' only sauna
Every Tuesday, 10 a.m. to 1 p.m.
- Alpine Fitness Center
8 a.m. to 8 p.m.
- Treatments / Therapy
8 a.m. to 7 p.m.
- CLARINS Beauty Center
9:30 a.m. to 6:30 p.m.

Subject to change without notice.

INFORMATION

Spa desk – Consultation and registration
Phone +41 27 4721-806/-807

Pool desk – Thermal baths reception
Phone +41 27 4721-805/-809

This price list replaces all previous price lists. Subject to change without notice. Status 02/2010
Exchange rate CHF 1.50 = € 1.00

(Small variations may result from day-to-day changes in exchange rates.)



LINDNER



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Quality.
Our Passion.

