



**LINDNER**  
HOTELS & RESORTS

**LINDNER ALPENTHERME  
Leukerbad**

***PACKAGES &  
TREATMENTS***

NOT JUST BETTER. DIFFERENT.

## LINDNER ALPENTHERME - ALPINE THERMAL RESORT

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 spa, 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
- Pool-Desk: reception thermal baths
- Indoor thermal pool (200 m<sup>2</sup>) and outdoor thermal pool (300m<sup>2</sup>), both appr. 36° C, hot bath (40° C)
- Roman-Irish baths (314 m<sup>2</sup>) 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

#### SOURCES OF THERMAL BATHING PLEASURE (S. 3)

- Day Spa packages

#### SOURCES OF TRANQUILLITY (S. 4)

- Massages
- Lymphatic drainage
- Cranio-sacral Balancing
- Packs & Wraps
- Packungen und Wickel
- Lindner On the Rocks
- Harmony of senses

#### SOURCES OF THE ALPS (S. 5)

- Alpienne - the Power of the Alps
- Valais grape-seed treatments
- Alpine and aromatherapy baths

#### EXOTIC SOURCES OF ENERGY (S. 6/7)

- Thalasso treatments
- Worlds of Spa

#### ORIENTAL SOURCES OF POWER (S. 8/9)

- Ayurveda
- TCM

#### SOURCES OF HEALTH (S. 10/11)

- Physical therapy & cure applications
- Medical spa
- Alpine Fitness Center
- Various courses

#### SOURCES OF BEAUTY (S. 12/13)

- CLARINS Beauty Center

#### INFORMATION (S. 14)

- Regulations
- Opening Times
- Contacts

## 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.

#### SEA BREEZE

- Relaxing Thalasso bath (25 mins.)
- Soothing full body seaweed scrub (25 mins.)
- Tightening creamy seaweed pack (25 mins.)
- Alternatively relaxing upper body massage or slimming anti-cellulite-massage (25 mins.)
- Day pass for the thermal baths at Lindner Alpentherme

CHF 260.-

#### ALPENTHERME ALL INCLUSIVE

- Day pass for the Roman-Irish baths, the Valais sauna village and the thermal baths
- Full body relaxing massage in the massage parlour of the Valais sauna village (50 mins.)
- CHF 10.- voucher for the bistro *Eau là là*

CHF 216.-

#### CLARINS PURE

- Pure Nature - classic facial treatment for Her (60 mins.) or Pure Freedom - anti-stress-treatment for Him (60 mins.)
- 5 hour pass to the Valais sauna village and the thermal baths
- CHF 10.- voucher for the bistro *Eau là là*

CHF 191.-

#### POWER OF THE ALPS

- 5 hour pass to the Valais sauna village and the thermal baths
- Mountain herbs bath (25 mins.)
- Soothing herbal stamp massage (25 mins.)
- Daily special and a soft drink at the Bistro *Eau là là*

CHF 157.-

#### LEUKERBAD SPA DAY

- Day pass for the thermal baths at Lindner Alpentherme Leukerbad
- Fango mud pack (25 mins.)
- Relaxing partial body massage (25 mins.)
- Daily special and one soft drink at the Bistro *Eau là là*

CHF 153.-

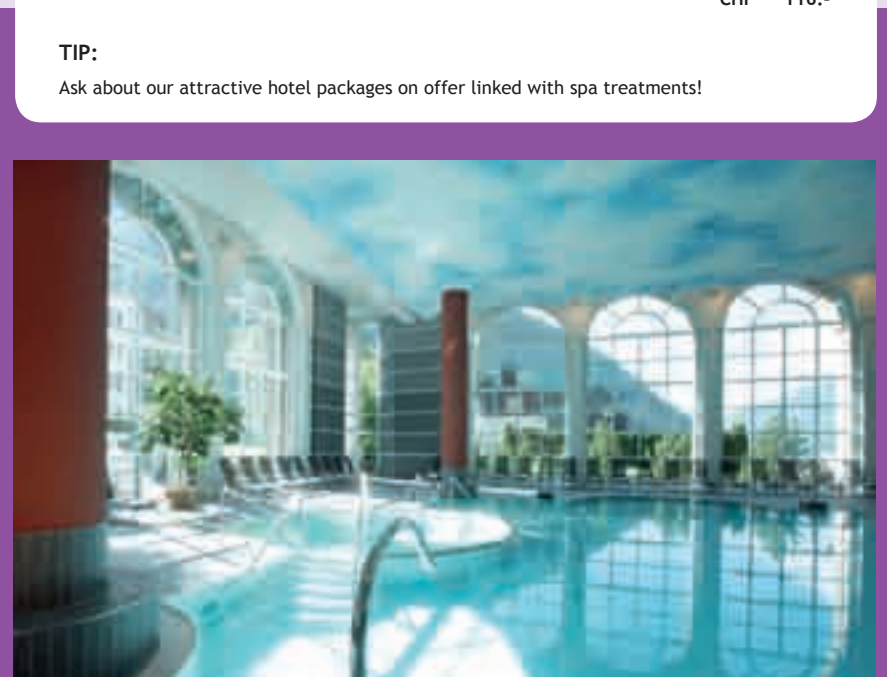
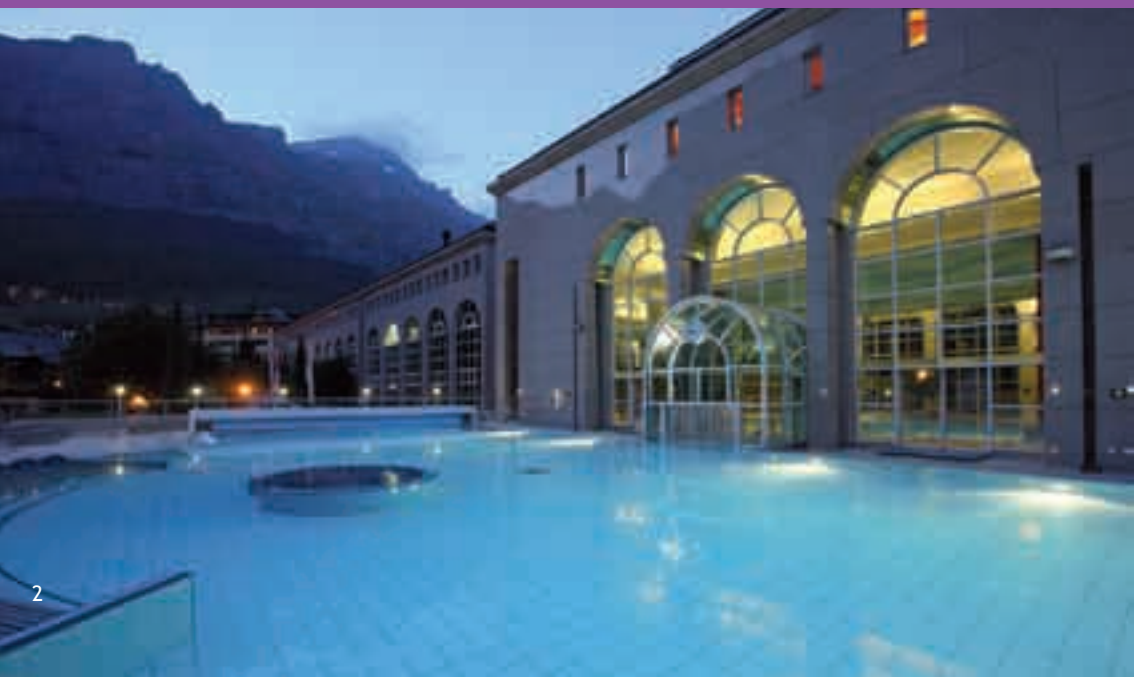
#### LINDNER DAYDREAM

- Day pass for the thermal baths
- Relaxing upper body massage (25 mins.)
- Daily special and a glass of multivitamin juice at the Bistro *Eau là là*

CHF 116.-

#### TIP:

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



## CLASSIC MASSAGES

### UPPER BODY MASSAGE

Relaxing massage with nourishing almond oil.

approx. 25 mins. CHF 60.-  
5 = 6 CHF 300.-

### FULL BODY MASSAGE

Relaxing massage with nourishing almond oil.

approx. 50 mins. CHF 108.-  
5 = 6 CHF 540.-

### 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,

approx. 50 mins. CHF 119.-

### DETOXIFYING LYMPHATIC DRAINAGE

This gentle and relaxing massage technique is designed to cleanse the body's tissues of waste products, toxins and excess water.

approx. 50 mins. CHF 108.-

### 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.

approx. 25 mins. CHF 60.-

### CRANIO SACRAL BALANCING

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.

approx. 50 mins. CHF 108.-  
5 = 6 CHF 540.-

## PACKS & WRAPS

### HAY-FLOWER WRAP

Moist, warm wrap to stimulate detoxification and relieve tension.

approx. 25 mins. CHF 51.-

### 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.

approx. 25 mins. CHF 51.-

### TIP:

Packs and wraps are a great way to prepare for a subsequent massage:

#### Fango mud pack and upper body massage

approx. 50 mins. CHF 105.-

#### Mud pack and full body massage

approx. 75 mins. CHF 150.-

## LINDNER SPECIAL

### 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

approx. 75 mins. CHF 155.-

#### Lindner On The Rocks light

approx. 30 mins. CHF 75.-

### HARMONY OF SENSES

Spoil all your five senses with an effective wellness-program.

- Choice of essential oils for all three treatments (Rosemary-, citronella- or sage oil)
- Relaxed effervescent massage-bath
- Harmonised and intensive hydrated full body exfoliation with herbals-oils
- Warmed herbal cushions-massage with highest quality of oils.

approx. 100 mins. CHF 195.-

## 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.

approx. 25 mins. CHF 60,00

### 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.

approx. 60 mins. CHF 139,00

### 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.

approx. 50 mins. CHF 108,00

## 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 OIL MASSAGE

This treatment has a toning effect, while also boosting the immune system and promoting cell regeneration.

approx. 25 mins. CHF 60.-  
approx. 50 mins. CHF 108.-

### GRAPE-SEED SCRUB

This scrub has a nourishing, revitalising, cleansing and exfoliating effect.

approx. 20 mins. CHF 65.-

### 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.

approx. 75 mins. CHF 165.-

## ALPINE AND AROMATHERAPY BATHS

### MOUNTAIN HERBS 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).

approx. 20 mins. CHF 39.-

### VALAIS GRAPE-SEED DETOXIFICATION BATH

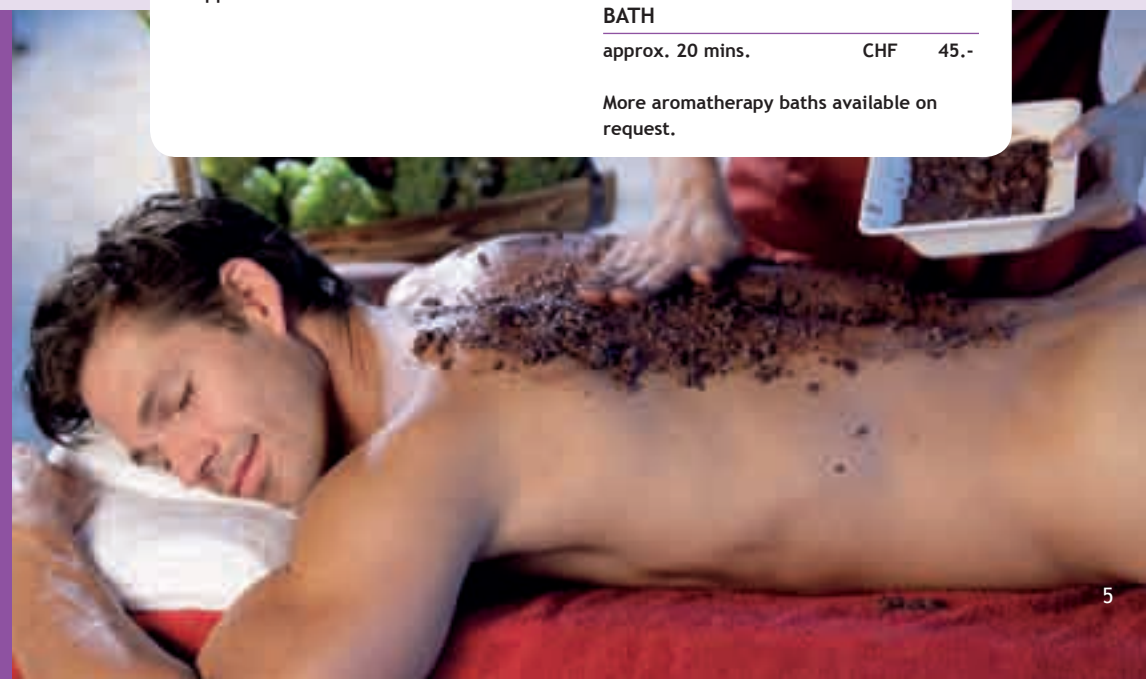
Pamper and revitalise your skin with cold-pressed grape-seed oil.

approx. 20 mins. CHF 45.-

### ALPIENNE HONEY-AND-SWISS-PINE BATH

approx. 20 mins. CHF 45.-

More aromatherapy baths available on request.



## THALASSO TREATMENTS

Benefit from our unique synergetic combination of thermal water and seaweed, mountain air and sea salt to boost your well-being. Thalasso treatments are detoxifying, slimming and tightening your body, they have a remineralising soothing effect, they ease skin irritations and they support losing weight. To benefit the most all of our Thalasso treatments are custom-tailored to your individual needs.

### THALASSO ALPINE THERMAL BATH

„Sea“ your energy levels rise! Experience the wonderful world of Thalasso and pamper yourself with a holistic treatment. Thanks to the power of the sea, you'll leave feeling completely revitalised and rejuvenated.

- Relaxing Thalasso bath
- Soothing full body seaweed scrub
- Tightening creamy seaweed pack

approx. 80 mins. CHF 185.-

### CREAMY SEAWEED PACK

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

approx. 30 mins. CHF 83.-

### 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.

approx. 20 mins. CHF 65.-

### 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.

approx. 50 mins. CHF 143.-

### 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.-

### THALASSO & FORM

Feel great about your body! A power application to give you feather-light legs, firmer connective 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

approx. 100 mins. CHF 240.-

### METABOLIC ANTI-CELLULITE MASSAGE

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

approx. 25 mins. CHF 60.-

5=6 CHF 300.-

### SIMPLY UNIQUE - SIMPLY ALOE VERA

An ideal treatment to relax.... the skin's natural pH balance.

- Aloe vera bath
- Aloe vera scrub
- Aloe vera body wrap
- Aloe vera body balm

approx. 80 mins. CHF 221.-

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

## EXOTIC WORLDS OF SPA

The world of spa is at your feet. Discover with all your senses and delight the secrets of well-being and beauty from around the world!

BABOR



### 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 • Facial treatment

approx. 80 mins. CHF 221.-

### BABOR SCEN-TAO - SECRETS OF ASIAN BEAUTY PHILOSOPHY

Reviving natural fragrances and the powerful effect of active ingredients from Asia such as ginko, 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

approx. 80 mins. CHF 221.-

### 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.

approx. 60 mins. CHF 165.-

### CLEOPATRA RASSOUL TREATMENT - FEEL LIKE CLEOPATRA

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.

- Apricot and peach bath • Apricot and peach scrub • Rassoul body wrap • Apricot and peach body balm

approx. 80 mins. CHF 221.-

### BRAZILIAN GUARANA - THE NATURAL SLIMMING TREATMENT

The high caffeine concentration of the guarana seed supports the loss of fatty acids. This application is an ideal supplement to any body tightening program.

- Guarana bath • Coconut scrub • Guarana body wrap • Cooling tonic with extracts of guarana- and grapefruit pit

approx. 80 mins. CHF 221.-

### BALI BOREH - WARMING RELAXATION

This traditional application from Bali is warming up the body, enhances blood circulation, stops colds and supports detoxification over the skin. It is ideal to strengthen your immune system to be prepared for long, cold winter days!

- Herbal bath • Soft massage • Warming Boreh herbal wrap • Shower with carrot tonic
- Moisturising Boreh body balm

approx. 80 mins. CHF 221.-



## 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.

### THERAPIES

#### DOSHA DIAGNOSIS

For finding out the specific body type (vata, pitta, kapha) and adopted diet and life style accordingly, by an Indian Ayurvedic Doctor.

approx. 25 mins.	CHF	60.-
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#### DOSHA DIAGNOSIS AND MASSAGE ACCORDING TO BODY TYPES

An Ayurvedic massage customised to your individual body types after Dosha Diagnosis.

approx. 70 mins.	CHF	160.-
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#### THYLA DHARA - DEEPLY RELAXING OIL TREATMENT THERAPY

Deeply relaxing oleation therapy on forehead. Kerala special treatment for relieving mental stress, mood disorders and sleeplessness.

3 days package	CHF	390.-
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#### THREE-DAY AYURVEDA TASTER COURSE

- 1 diagnosis at the beginning and end of the course
- 1 treatment tailored to your dosha (75 mins.) and 2 treatments tailored to your dosha (45 mins.)

	CHF	460.-
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#### SIX-DAY AYURVEDA COURSE

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

	CHF	960.-
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### MASSAGES

#### LASYA THIRUMMU - RELAXING FULL BODY MASSAGE

Gentle and relaxing full body massage including head and face massage with warm herbal oil.

approx. 45 mins.	CHF	108.-
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#### ABHYANGAM - REVIVING FULL BODY MASSAGE

General Kerala massage for the enhancement of blood circulation and stimulating nerve endings. Includes head and face massage with warm herbal oil.

approx. 45 mins.	CHF	108.-
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#### MARMA - MASSAGE OF VITAL POINTS

Powerful massage giving stimulation to vital points (marma points) of the body.

approx. 45 mins.	CHF	108.-
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## 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 (ACUPRESSURE THERAPY)

Using pressure points along the meridians and mobilising joints the Chinese therapist eases blockades and enhances the flow of blood and energy. Especially useful against blockades of cervical spine (stiff neck, migraine, tension) and lumbar spine (herniated vertebral disc), dislocation of hips, digestions issues or sleep disorder.

approx. 25 mins.	CHF	60.-
approx. 50 mins.	CHF	108.-
approx. 75 mins. (incl. check-up and discussion)	CHF	160.-

### FOUR-DAYS TUI NA COURSE

• 1 Tui Na application à 75 mins. • 2 Tui Na applications à 50 mins. • 1 Zu Di An Mo	CHF	395.-
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### XIAO HUA

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

approx. 50 mins.	CHF	108.-
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### 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.

approx. 25 mins.	CHF	60.-
approx. 50 mins.	CHF	108.-
approx. 75 mins.	CHF	160.-

### MEI RONG - FACIAL MASSAGE

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

approx. 25 mins.	CHF	60.-
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### 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.

approx. 25 mins.	CHF	60.-
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### TAI CHI CHUAN

Chinese exercise system based on the martial art of the „Supreme Ultimate Fist“; with slow flowing movements, change of body tension and relaxation and conscious breathing.

Individual training session for one or two persons - 50 mins.	CHF	89.-
Group training session (minimum of three people) - per person	CHF	30.-

## MULTIPLE CHOICE MASSAGE PACKAGE

Create your own program combining Far East and Western applications to fit your personal needs!

- Full body relaxing massage or lymphatic drainage
- Abhyangam or Lasya Thirummu (Ayurvedic treatments)
- Tui Na or Huan Jie Ya Li (Traditional Chinese Medicine)

3 applications	CHF	291.-
6 applications	CHF	540.-



## 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 / lymphatic drainage
- 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.

## MEDICAL SPA & CURE APPLICATIONS

Our medical doctors and the therapy team created specified cure programs related to subjects like cardiovascular disease, detoxifying and slimming, back pain, rheumatic disease and stress related disorders. After consultation with a doctor, each program will be individually customised.

In addition to these programs our doctor MD P. Gündner offers **thymus therapy** (strengthening of the immune system) and **oxygen therapy** (against peripheral arterial disease (PAD), i.e. impaired blood flow in arteries).

Example of a one week cure at the Lindner Alpentherme Leukerbad: Rehabilitation of musculoskeletal system	Duration	Number of applications / 7 days
Medical check up MD P. Gündner Basic medical checkup, blood count analysis	30 minutes	1
Consultation MD P. Gündner Lab results of blood count test and customise individual program	30 minutes	1
Natural mud pack and upper body massage	50 minutes	2
Physiotherapy	25 minutes	2
Water gymnastic in therapy bath	25 minutes	2
Back academy	50 minutes	1
Spruce needle mud bath	25 minutes	2
Medical training therapy	50 minutes	3
Thermal baths	180 minutes	6
Final examination MD P. Gündner Final examination and medical report	30 minutes	1

Price per person CHF 1.670.-  
(additional costs for room and board)

## ALPEN 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 atmosphere 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.-
One-month pass	CHF	110.-

### 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.

approx. 50 mins.	CHF	89.-
For two people, approx. 75 mins.	CHF	129.-

### DR. WOLFF FITNESS-TEST (MUSKELFUNKTIONSTEST)

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.

approx. 50 mins.	CHF	89.-
For two people, approx. 75 mins.	CHF	129.-

## TRAINING COURSES

### MBT WALKING - 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 for one or two persons - approx. 75 mins.	CHF	89.-
Group training (minimum of three people) - per person	CHF	30.-

#### TIP:

Many different models of MBT shoes are available for purchase at the MBT Point in the spa desk boutique.



### BACK ACADEMY (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 sessions (one or two pers.) - approx. 50 mins.	CHF	89.-
Group training (minimum of three people) - per person	CHF	30.-



## CLARINS BEAUTY INSTITUT

CLARINS  
PARIS

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.

### FACIAL TREATMENTS

#### PURE NATURE - CLASSIC FACIAL TREATMENT

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

approx. 60 mins. CHF 145.-

#### PURE CLEANSING - A CLARIFYING AND DEEP-CLEANSING FACIAL TREATMENT

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

approx. 50 mins. CHF 110.-

#### PURE LUXURY - THE CLARINS METHOD PRO-ACTIVE FACIAL TREATMENT

High concentrated sera are giving you a unique and instant glamour. This treatment includes eyebrow shaping but no cleansing with Vapozone.

approx. 75 mins. CHF 150.-

#### PURE RELAXATION - AN OASIS OF TRANQUILLITY

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

approx. 30 mins. CHF 80.-

### 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.

approx. 50 mins. CHF 120.-

#### ANTI-CELLULITE-POWER

With slimming effect for your whole body. Discover an extremely effective treatment for a most attractive body - feel all good about yourself!

approx. 60 mins. CHF 150.-

#### 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.

approx. 50 mins. CHF 130.-

#### 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.

approx. 50 mins. CHF 130.-

#### 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.

approx. 50 mins. CHF 130.-

### EXCLUSIVE CLARINS TREATMENTS

#### PURELY NATURAL TREATMENT FOR HER - FROM HEAD TO TOE

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

approx. 105 mins. CHF 250.-

#### 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).

approx. 135 mins. CHF 290.-

### MEN'S WORLD - HIS WELL-BEING

#### 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.

approx. 60 mins. CHF 135.-

#### 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.

approx. 30 mins. CHF 100.-

#### PURE COMBINATION - MEN'S ANTI-STRESS TREATMENT & ENERGY BOOST

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

approx. 90 min. CHF 220.-

#### MEN'S ANTI-AGING SPECIAL

Cell-activating care treatment modelling and refining your facial outlines.

approx. 75 Min. CHF 150.-

### EXTRAS

#### EYELASH AND EYEBROW TINTING

CHF 35.-

#### EYELASH AND EYEBROW TINTING

incl. eyebrow shaping

CHF 65.-

#### CLASSIC MANICURE, NAIL VARNISHING, HAND MASSAGE

approx. 50 mins. CHF 95.-

#### COSMETIC PEDICURE

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

approx. 50 mins. CHF 115.-

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

Including application of nail polish

approx. 60 mins. CHF 135.-



Foto: CLARINS



Foto: CLARINS

## REGULATIONS

### SPA/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 meet 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 redeemable 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.

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.- as well as the cost of replacing the transponder: CHF 25.-.

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

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

**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.
- Thermal baths  
8 a.m. to 8 p.m. (last admission at 7 p.m.)
- Roman-Irish baths  
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

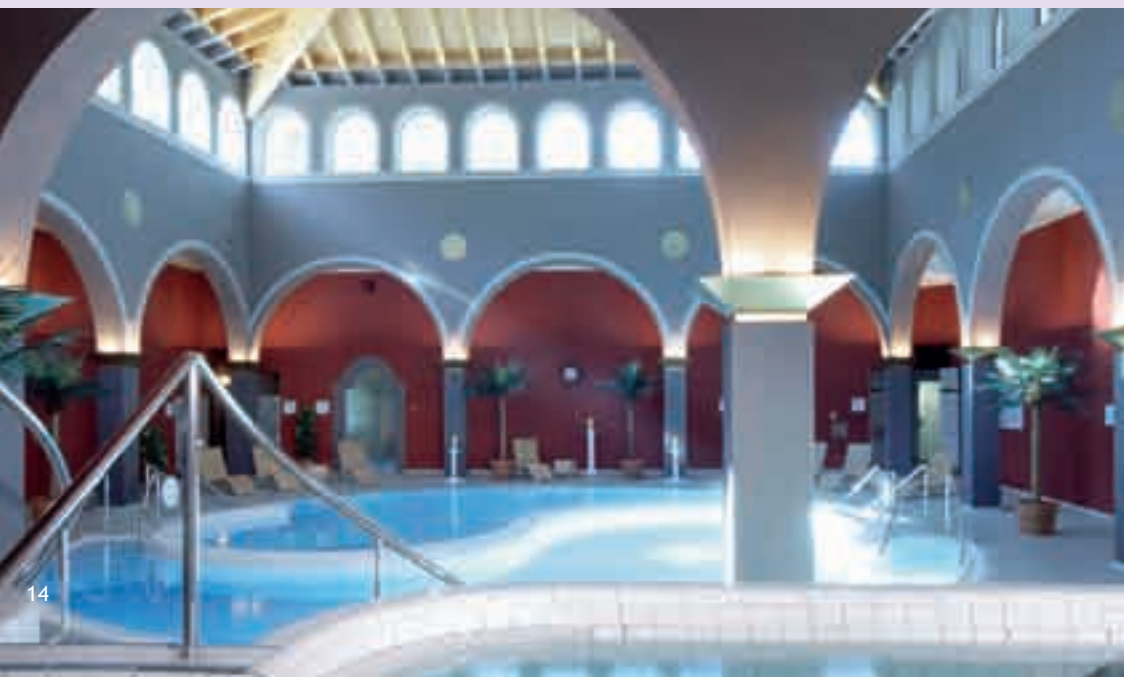
Pool desk - Thermal baths reception  
Phone +41 27 4721-805/-809

info@alpentherme.ch  
www.alpentherme.ch

This price list replaces all previous price lists.

Subject to change without notice.  
Status 02/2010

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



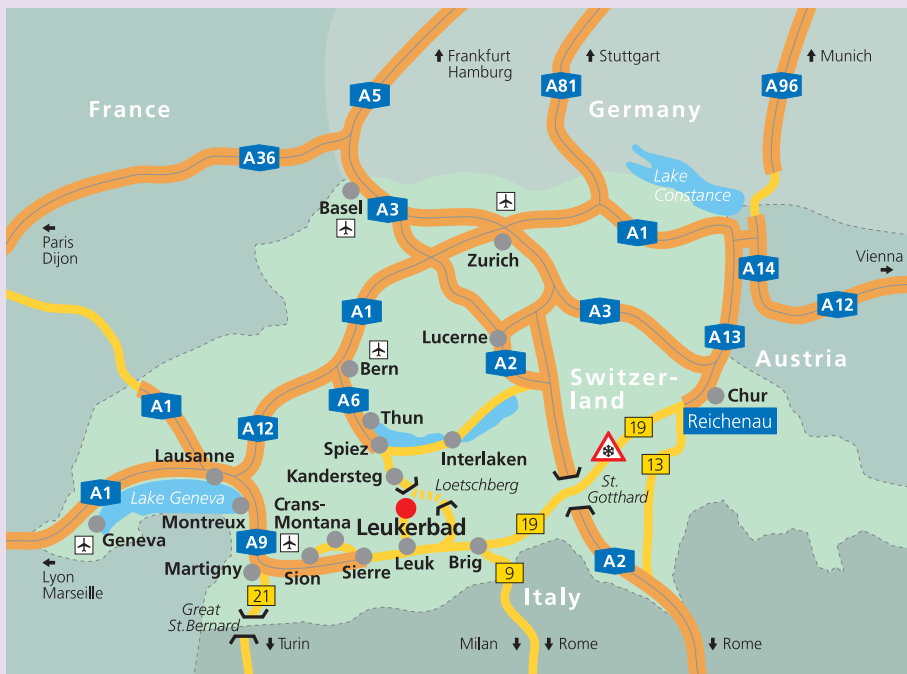
# LINDNER

HOTELS & RESORTS

## LINDNER ALPENTHERME Leukerbad



**Quality.**  
Our Passion.



3.000/02/2011

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NOT JUST BETTER. DIFFERENT.