



LINDNER

HOTELS & RESORTS

★★★★★

GRAND HOTEL BEAU RIVAGE

Interlaken

***SPA-MENÜ CLARINS
BEAUTY CENTRE &
PANORAMA SPA***

NOT JUST BETTER. DIFFERENT.

LINDNER SPA - TIME FOR VARIETY

Be in the Here and Now, leave everyday life behind you and let go of any thoughts going through your head. Allow yourself to simply be happy and give your body, mind and spirit new strength for the daily challenges that life brings.

At the Lindner spa, you will find the space and time to be free. Space where you can feel safe and relieve. Time dedicated exclusively to your relaxation and well-being. Alone, as a couple or together with the whole family - there is nothing you have to do here, no one you have to be.

Enjoy the power inherent to the region, switch off and enter a world where the hustle and bustle of everyday life has no place.

UNWIND & ENJOY!



Our Local Specialties. Experience Nature.

Each Lindner Hotel & Resort is closely linked with its respective region and appreciates the powers of wellness inherent to Mother Nature, putting them to good use. At the Lindner spa, you can experience the special treasures that each region offers, enjoying them during custom spa treatments in a relaxing ambiance. Come, relax and unwind in the Here and Now.

RELAXED & REFRESHED!



Lindner spa treatments & our spa classics. Massages and body treatments

The objective of all the treatments at the Lindner spa is to enhance your sense of well-being and ensure complete relaxation. The body treatments and massages developed especially for the Lindner spa are intended to help you feel good, slow down and be who you really are. Regardless of whether it you experience them alone, as a couple or together with the whole family.

FRESH & BEAUTIFUL!



Our spa classics. Face, hands and feet.

At Lindner spas, our beauty treatments are tailored to meet your individual needs and incorporate effective, high-quality products from our long-standing partners. They are performed by our experienced and insightful spa staff and provide the ultimate in intensive skin care treatments, which let you feel fresh and beautiful. Enjoy a personalized treatment, forget your daily routine and just be yourself.

HEALTHY & FULL OF LIFE!



Health, prevention & fitness

Holistic, health-oriented treatments and programs provide you with support on your own individual path to greater vitality. Innovative indoor and outdoor classes as well as effective personal training will make achieving your own personal goals even more fun. Relax, unwind, feel fit! Medical and alternative methods will help you get healthy, be healthy and remain healthy.

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CLARINS BEAUTY CENTRE & PANORAMA SPA PHILOSOPHY

Our Clarins Beauty Center & Panorama Spa lies nestled amidst Switzerland's Alpine world, bathed in sun and infused with fresh mountain air. The strength and presence of Mother Nature is there to behold during your entire stay at the spa - regardless of where your gaze falls. This vibrant natural power also serves as a role model, ensuring that we provide you with potent treatments that incorporate our specialist knowledge and our highly-effective product brand.

OUR CLARINS BEAUTY CENTRE & PANORAMA SPA

- Treatment area for cosmetic treatments, massages and spa treatments with natural daylight and a spectacular view of the Swiss Alps
- Spa with indoor pool, sauna and steam bath
- Gym with cardio and weight-training equipment

CLARINS BEAUTY CENTRE & PANORAMA SPA - OUR LOCAL SPECIALTIES

These specially selected Clarins treatments allow you to experience the exceptional effect of all that Switzerland's fresh spring water and mountain air have to offer. The introductory breathing ritual, the special treatment techniques and the effective products enable you to enjoy their unique properties. For example, look forward to:



Purity & Clarity ...

... are properties of Switzerland's natural spring water.



Freshness & Vitality ...

... are properties of Switzerland's pure glacier water.



Peace & Tranquility ...

... are properties of Switzerland's protected mountain lakes.



Revitalization & Relaxation ...

... are what you will experience when you breathe the fresh Swiss mountain air.



CLARINS SPECIAL MESSAGES

FRESHNESS & VITALITY - FIRMING MASSAGE WITH ENERGY BOOST

Energizing body massage with Clarins Huile Tonic. Smooth strokes of varying intensity firm the body and revive the senses.

approx. 80 min.

CHF 160.00

approx. 60 min.

CHF 120.00

PEACE & TRANQUILITY - RELAXATION FOR FACE AND BACK

Relaxing massage for a new sense of well-being. Your face will relax, and the muscles in your back are loosened.

approx. 30 min.

CHF 70.00

PEACE & TRANQUILITY - RELAXATION FOR SHOULDERS AND NECK

Anti-stress program for neck and shoulders. Loosens and relaxes your muscles, makes existing tension disappear and guards against new tension developing.

approx. 30 min.

CHF 70.00

CLARINS SPECIAL EXFOLIATION

PURITY & CLARITY - CLEANSING SCRUB AND SKIN CARE

Skin analysis, ultra-gentle scrub with a purifying and cleansing effect, relaxation ritual and skin care treatment. It makes your skin wonderfully soft and supports the skin's own protection system.

approx. 60 min.

CHF 110.00

CLARINS SPECIAL RITUAL

REVITALIZATION & RELAXATION - ENERGIZING BACK, FACE AND BODY TREATMENT FOR HIM

A deluxe treatment with skin analysis, back scrub and massage, relaxation ritual, face cleansing, exfoliation, face and head massage. It imbues you with a sense of well-being and lightness. Signs of tiredness disappear from your face and muscle tension is relieved to ensure a relaxed back.

approx. 60 min.

CHF 120.00

NOTE

All massages are available upon request and subject to availability. Advance booking and confirmation on our part is required.



LINDNER SPA TREATMENTS - RELAX UNWIND AND FEEL GOOD IN EVERY WAY!

Our Lindner spa treatments are developed exclusively for the Lindner spas and are the same wherever you go, from the far north to the sunny south.

They are based on a soma-aesthetic approach and thus have a positive holistic effect on your **body (in Greek: soma)** and your **awareness/well-being (in ancient Greek: aesthesis)**.

Our soma-aesthetic treatments will help you slow down time, become aware of your own self and take note of what your body needs. They are extremely effective, with different focal points, and have a truly positive impact on both your body and your well-being.

The result: you feel deeply relaxed and good in every way! A unique experience - no matter which Lindner spa you are relaxing in.

SOMA RELAXATION

... is always the right soma-aesthetic treatment for you if you are looking for an experience that will relax you and help restore inner harmony.

Lie down and let go ... with our Lindner Spa welcome ritual.

Experience and enjoy ... a massage that stimulates blood flow with pure honey-ginger oil and massage honey, a warming beeswax poultice for your back, a nourishing honey face mask and a muscle-loosening neck stretch during the treatment.

Come back down to earth ... with our Lindner Spa final ritual.
approx. 60 min. CHF 135,00

SOMA FREEDOM

... is always the right soma-aesthetic treatment for you if you desire more vitality, vigor and power.

Lie down and let go ... with our Lindner Spa welcome ritual.

Experience and enjoy ... a lightly scented inhalation to help you breathe more deeply, a muscle-loosening "hot roll" along your auxiliary respiratory muscles, a chest poultice that frees up your breathing, a breath-centric massage according to Bruno Blum using elderberry-bergamot oil, and revitalizing facial acupressure.

Come back down to earth ... with our Lindner Spa final ritual.
approx. 60 min. CHF 135,00

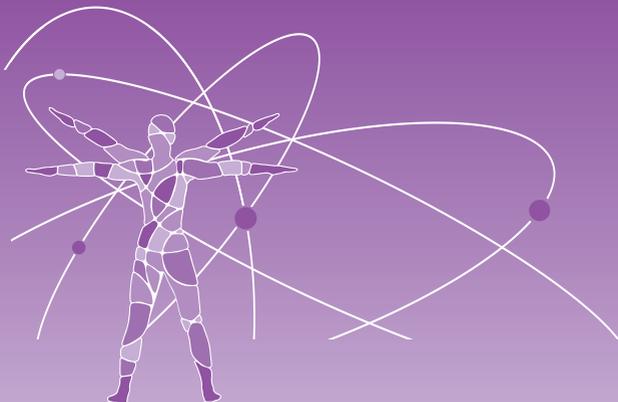
SOMA RENEWAL

... is always the right soma-aesthetic treatment for you if you would like to detoxify, nourish and effectively revitalize your skin.

Lie down and let go ... with our Lindner Spa welcome ritual.

Experience and enjoy ... stretching of the connective tissue and warmth on your back, a massage using birch oil that incorporates techniques for releasing connective tissue, and massage cups that stimulate blood flow.

Come back down to earth ... with our Lindner Spa final ritual.
approx. 60 min. CHF 135,00
approx. 80 min. with an additional nourishing poultice for your décolletage and an anti-aging face mask CHF 160,00



OUR CLASSIC SPA TREATMENTS

MASSAGES

SPECIALTIES FROM ALL OVER THE WORLD

Do you want to try out something new?
Then the massages from all around the world are just the thing for you.

INDONESIAN MASSAGE

Soothing combination of pressure point and stroke massage using aromatherapy oils.

approx. 50 min. CHF 120.00

SINGING BOWLS

Anti-stress treatment with singing bowls and a partial body massage.

approx. 60 min. CHF 120.00

SHIATSU

Relaxing, harmonizing pressure point massage, carried out fully clothed on the massage table.

approx. 70 min. CHF 140.00

THAI HERBAL

Relaxing, nourishing, warming. Partial body scrub, herbal poultices and full body massage

approx. 75 min. CHF 145.00

HOLISTIC AND CLASSIC MASSAGES & TREATMENTS

HOT STONE

Relaxing, fragrant and warming massage with basalt stones.

approx. 75 min. CHF 145.00

RELAXING FEEL-GOOD MASSAGE

Soothing massage with Clarins Huile Relax and smooth strokes that makes stress and tension disappear into thin air.

approx. 80 min. CHF 160.00
approx. 60 min. CHF 120.00

CLASSIC MASSAGE

Relieves tension, loosens muscles and has a calming effect.

approx. 60 min. (full body) CHF 120.00
approx. 30 min. (partial body) CHF 65.00

FOOT REFLEXOLOGY MASSAGE

Soothing and harmonizing.

approx. 45 min. CHF 90.00

LYMPH DRAINAGE

Gentle technique to activate the lymph system. Releases blockages and reduces fluid retention.

approx. 60 min. CHF 120.00



BODY AND SPECIAL TREATMENTS

PRO LA METHODE CLARINS LUXURY TREATMENT

Includes skin analysis, exfoliation, relaxation ritual, massage, body mask, skin care. Select one of the following 3 options as the focus of your treatment:

- **Perfect silhouette**
This deluxe treatment refines, purifies and tones, making your body feel lean and light.
- **Moisture supreme**
The super-hydrating body treatment for thirsty skin. It deeply moisturizes the skin, making it as smooth as silk.
- **Firm body contours**
The ultimate regenerative body treatment. For a firm body and smooth, soft skin.

Each approx. 60 min. CHF 125.00

BEAUTIFUL BACK - BEAUTY SECRETS

Skin analysis, relaxation ritual, exfoliation, massage and skin care for your back. Stretches, strengthens, soothes and relieves muscle tension - all at the same time.

approx. 30 min. CHF 70.00

WEIGHTLESS LEGS - BEAUTY SECRETS

Skin analysis, relaxation ritual and scrub, followed by a leg and foot massage that refreshes and revives. For lighter feeling legs.

approx. 30 min. CHF 70.00

SMOOTH, FIRM ARMS - BEAUTY SECRETS

A firming treatment for youthful arms - include skin analysis, relaxation ritual, back rejuvenation, massage, mask, skin care. The herbal wrap revives your skin, making it soft and smooth.

approx. 30 min. CHF 70.00

ENERGIZED BODY - SCRUB AND SKIN CARE FOR MEN

The energizing skin care treatment (scrub and massage) for a relaxed back and shoulders. The perfect après-sports energy boost.

approx. 30 min. CHF 70.00

FACE, HANDS & FEET

CLARINS

CLARINS - FRAGRANCE EXPERIENCE FROM HEAD TO TOE

The secret of success is the optimum blend of aromatherapy and phytotherapeutic active ingredients together with the unique clarins method. This involves carefully coordinated treatment and massage techniques that have only one aim in mind: your well-being!



FACIALS WITH CLARINS

BEAUTIFUL SKIN - BETWEEN FOREST & MEADOW

Skin analysis, relaxation ritual, cleansing, massage, face mask, optimization of results and skin care. Your beautician selects one of the following treatments depending on the needs of your particular skin:

- **De Luxe intensive**
Cell-activating treatment that visibly shapes and refines the contours of your face. Your skin looks younger and firmer - almost like after a facelift.
- **Power regeneration**
This anti-wrinkle treatment is a veritable fountain of youth for your face. It makes your skin incredibly soft and smooth, helps promote firmness and reduces wrinkles.
- **Radiant luminosity**
A revitalizing facial treatment for fresh and radiant skin in next to no time. Your skin glows and looks smoother and firmer.
- **Made-to-Measure Moisture**
Feel-good treatment that provides even the most thirsty of skin with the moisture it needs. Ideally nourished and smooth, your skin shines with new vitality.
- **Extra gentle skin care**
The soothing facial treatment for very sensitive skin. It repairs and restores the natural protective mechanism of the epidermis. Redness is reduced and your complexion evened out.
- **Shine-free radiance**
The ideal treatment for restoring balance to combination or oily skin. The cleansing and mattifying effect reduces shine and gives your skin a smoother, healthier look.

Each approx. 60 min.

CHF 135.00

ENERGY BOOST WITH A VIEW OF THE "JUNGFRAU"

Express facial - fast freshness boost.

approx. 30 min.

CHF 75.00

SAY GOODBYE TO STRESS - FACIALS FOR MEN

Skin analysis, relaxation ritual, cleansing, massage, face mask, optimization of results and skin care. Select one of the following treatments:

- **All clear**
This treatment cleanses, clarifies and moisturizes. It firms the contours of your face and soothes the skin after shaving.
- **Anti Age men**
The perfect treatment for firmer skin, like a natural facelift. Signs of tiredness disappear, your neck and the skin around your eyes looks smoother and firmer.

Each approx. 60 min.

CHF 135.00



OTHER BEAUTY TREATMENTS

MAKEUP

Daytime makeup	approx. 30 min.	CHF	55.00
Evening makeup	approx. 45 min.	CHF	80.00
Makeup consultation	approx. 60 min.	CHF	95.00
Wedding makeup, incl. trial run	approx. 90 min.	CHF	150.00

BEAUTIFUL MOMENTS

We offer a CHF 15.00 discount on the following supplementary treatments when combined with another treatment or the purchase of a product:

Eyelash or eyebrow tint	approx. 20 min.	CHF	45.00
Eyelash and eyebrow tint	approx. 25 min.	CHF	50.00
Eyebrow shaping	approx. 10 min.	CHF	25.00

SMOOTH & BEAUTIFUL

Depilation

• Upper lip or eyebrows	approx. 10 min.	from CHF	25.00
• 1/1 leg	approx. 60 min.	CHF	100.00
• 1/2 leg	approx. 25 min.	CHF	50.00
• Bikini zone	approx. 25 min.	from CHF	50.00
• Underarms	approx. 10 min.	from CHF	25.00
• Back	approx. 25 min.	from CHF	50.00

HANDS & FEET

Our treatments for your hands and feet provide gentle care, a feeling of freshness and well-being.

SPA MANICURE

Nail filing and shaping, cuticle soaking, softening and tidying, nail care and a relaxing hand massage.

approx. 60 min. (with nail varnish)	CHF 85.00
Without nail varnish	CHF 80.00

SPA PEDICURE

Nail filing and shaping, foot bath, cuticle softening and tidying, removal of rough skin, nail care and a relaxing foot massage.

approx. 60 min. (with nail varnish)	CHF 85.00
Without nail varnish	CHF 80.00



CLARINS BEAUTY CENTRE & PANORAMA SPA - DAY SPA

As a spa guest, you can take a break from everyday life even if you are not staying at our hotel. You can choose from a variety of different spa treatments or select one of the packages that we have put together for you.

OUR DAY SPA TREATMENTS

You can book any of our spa treatments even if you are not staying at the hotel.

OUR DAY SPA PACKAGE

MOUNTAIN WORLD

- Entrance to our wellness oasis with sauna, steam bath, gym and solarium*
- Luxuriously relaxing feel-good massage with Clarins Huile Relax and smooth strokes that makes stress and tension disappear into thin air (approx. 60 min.)
- 1 cup of tea
- Bathrobe and bathing slippers
- Large salad with chicken, beef or shrimps, including a bottle of mineral water

per person

CHF 155.00

**Solarium is subject to a charge*

ENTRANCE PRICES FOR OUR SPA

Entrance with free use of the gym, pool, saunas, steam bath, large lawn for sunbathing in the summer, including bathrobe, bathing slippers and sauna towel

CHF 25.00

SAUNA, SPORT & FITNESS

Our spa comprises a number of different zones that serve to enhance your health, beauty and well-being.

In addition to enjoying the Mediterranean-hued pool, Finnish sauna, steam bath and gym, you can also enjoy quiet and relaxing moments in the landscaped outdoor area on warm and sunny days.





SPA-ETIQUETTE

Information & appointments

We are happy to provide you with information and advice about our treatments at the reception desk by telephone number +41 33 82670-07, for hotel guests under the extension -750, or via e-mail at reservierung.interlaken@lindnerhotels.ch.

We recommend to book your treatments well in advance of your arrival as this will allow us to accommodate your individual needs and desires. Most of our treatments can be scheduled for the same time as your partner/companion (in separate treatment rooms), subject to availability. Ask us about this option.

Check-in

We recommend to arrive 5 to 10 minutes before your appointment so that you can relax and get in the mood for your treatment. Please understand that your treatment time will be shorter if you arrive late.

Cancellations

Should you be unable to keep your appointment, please cancel it at least 12 hours in advance. You will be charged the full price for any treatment cancelled on the same day as the appointment.

Opening hours

Pool & Gym:	7.00 a.m. to 10.00 p.m.
Sauna:	7.00 a.m. to 10.00 p.m.
Treatment area:	9.00 a.m. to 7.00 p.m.

Children & teenagers

For safety reasons, the gym and sauna areas cannot be used by children under the age of 16. Children under the age of 9 are permitted to use the pool area if accompanied by a parent. Children and teenagers from the age of 12 are also invited to enjoy treatments when accompanied by an adult.

Dress code

A bathrobe and bathing slippers are appropriate attire for your visit to the spa. You will find a bathrobe in your room and towels in the wet area. Please do not enter the spa area in your street clothes, and please remember that the sauna area is a no-clothes area. Please always lie on a towel while being in the sauna. We recommend that you lock all your valuables in your room safe. Please understand that the Lindner Grand Hotel Beau Rivage cannot accept any liability for lost or stolen items.



Your health and your well-being ...

... are very important to us. Please inform your therapist of any relevant medical conditions such as, for example, cardiovascular problems, metabolic disorders, allergies, pregnancy or recent operations prior to your treatment. We recommend that you drink plenty of fluids and avoid having a heavy meal prior to a treatment or using the sauna. In addition, enjoying a refreshing shower before using the pool/sauna or having a treatment is the perfect start your spa experience. Relax and enjoy a bit of peace and quiet after your treatment.

Rest and relaxation

The Clarins Beauty Centre & Panorama Spa is a place for rest and relaxation, so please speak quietly and make as little noise as possible. Our guests want to enjoy a bit of peace and quiet while they are at the spa, so please leave your mobile phone in your room or make sure that it is switched off.

Food, beverages and smoking

For reasons of hygiene and safety, food and drinks as well as breakable objects are not permitted in the entire spa area. Please note that smoking is prohibited throughout the spa area.

Special wishes

We want to fulfil your wishes. If you are looking for a treatment that is not included on our spa menu, please feel free to ask us about it at the reception desk.

Gift certificates

A gift certificate is always a wonderful present - regardless of the occasion. We are happy to provide you with advice about our monetary and treatment gift certificates and hope you enjoy giving this very special gift.

Additional information

The duration of the treatment listed includes an individual consultation prior to the start of any treatment.

Please understand that pets are not permitted in the Clarins Beauty Center & Panorama Spa.

All the prices listed in this brochure are final prices and include the respective statutory VAT. The prices are valid until a new spa brochure is published. We will inform you about the new prices in good time.

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09/2015

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