



**VICTORIA-JUNGFRAU Grand Hotel & Spa**  
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## SPA PRICE LIST

VICTORIA-JUNGFRAU GRAND HOTEL & SPA  
INTERLAKEN · SWITZERLAND



Swiss Deluxe Hotels



## FOR INDIVIDUALISTS

<b>Time</b> Instead of selecting a specific treatment in advance, simply book "Time"	2 hours	CHF 340/€ 227
<b>The authentic Swiss Alpine herb poultice massage</b> Foot ritual, full body herbal poultice massage, head massage	1 hour 25 minutes	CHF 260/€ 173

## ESPA AYURVEDIC-INSPIRED TREATMENTS

<b>Oriental joint release</b> Foot ritual, full body exfoliation, gentle facial cleansing, joint release massage with hot stones, head massage	1 hour 55 minutes	CHF 320/€ 213
<b>Purva Karma four-hand massage</b> Foot ritual, full body exfoliation, gentle facial cleansing, full body synchronized massage with hot stones by two therapists, head massage	1 hour 55 minutes	CHF 420/€ 280
<b>Ama-releasing abhyanga</b> Foot ritual, full body exfoliation, gentle facial cleansing, ayurvedic marma point massage, head massage or shirodhara	1 hour 55 minutes	CHF 320/€ 213
<b>Ayurvedic body wrap</b> Foot ritual, full body exfoliation, body wrap including head massage, full body marma point massage with hot stones	1 hour 55 minutes	CHF 315/€ 210
<b>Padabhyanga (Indian foot ritual)</b>	50 minutes	CHF 170/€ 113
<b>Shirobhyanga (Oriental head massage)</b>	40 minutes	CHF 130/€ 87

## ESPA HOT STONE THERAPY

<b>Holistic back, face and scalp massage</b> Foot ritual, back exfoliation, back massage with hot stones, ESPA intensive facial, neck massage with hot stones, head massage	1 hour 55 minutes	CHF 310/€ 207
<b>ESPA chakra balancing with hot stones</b> Foot ritual, full body exfoliation, gentle facial cleansing, body massage with hot stones, head massage	1 hour 55 minutes	CHF 310/€ 207
<b>Balinese body massage</b> Foot ritual, rhythmic sweeping massage with hot stones, head massage	1 hour 25 minutes	CHF 230/€ 153

## ESPA ADVANCED FACIAL CARE

<b>Facial for back and face</b> Back exfoliation, back massage, ESPA intensive facial	1 hour 25 minutes	CHF 200/€ 133
<b>Age defyer</b> Specialized double cleansing techniques, gentle exfoliation, facial massage, face mask, head massage	1 hour 25 minutes	CHF 200/€ 133
<b>ESPA intensive facial</b> Specialized double cleansing techniques, gentle exfoliation, relaxing acupressure facial massage, face mask, head massage	55 minutes	CHF 150/€ 100
<b>Men's purifying facial, shoulder and scalp massage</b> Specialized double cleansing techniques, gentle exfoliation, relaxing acupressure facial massage, face mask, head massage, shoulder and neck massage	55 minutes	CHF 150/€ 100

## ESPA ADVANCED SUPER ACTIVE FACIALS

<b>Super active repairing and restoring facial and super active calming and soothing facial</b> Specialized double cleansing techniques, gentle exfoliation, deeply relaxing lymphatic drainage massage, face mask, head massage	1 hour 25 minutes	CHF 250/€ 167
<b>Advanced lifting and firming facial</b> Specialized double cleansing techniques, gentle exfoliation, eye area massage, ESPA age defyer massage, face mask, iced stones on the forehead, head massage	1 hour 25 minutes	CHF 200/€ 133

## ESPA BODY WRAPS

<b>The ultimate body wrap</b> Body brushing, full body exfoliation, body wrap with head massage, full body moisturization	55 minutes	CHF 150/€ 100
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## ESPA MESSAGES

<b>Aromatherapy body massage</b> Essential massage using essential oils	1 hour 20 minutes 50 minutes	CHF 210/€ 140 CHF 170/€ 113
<b>Swedish body massage</b> Traditional massage to relieve tension	1 hour 20 minutes 50 minutes	CHF 210/€ 140 CHF 170/€ 113
<b>Deep tissue massage</b> Specific hot stone massage to ease muscles	1 hour 20 minutes 50 minutes	CHF 210/€ 140 CHF 170/€ 113
<b>Reflexology</b> Therapeutic foot massage	50 minutes	CHF 170/€ 113

# CLASSIC BEAUTY

## ESPA SPECIALIZED TREATMENTS

<b>The total pre- and postnatal treatment</b> Back cleansing with relaxing back massage, full body exfoliation, advanced massage	1 hour 25 minutes	CHF 210/€ 140
<b>Stimulating hip and thigh treatment</b> Body brushing and exfoliation (deep detoxifying massage) massage of the relevant reflex zones and pressure points on the feet	55 minutes	CHF 150/€ 100

## BOUTIQUE TREATMENTS

<b>Vichy shower</b> Full body exfoliation and warm gentle shower while lying on heated marble table	35 minutes	CHF 110/€ 73
<b>ESPA full body salt &amp; oil scrub</b> Exceptional skin-softening body exfoliation	25 minutes	CHF 90/€ 60
<b>Hydrotherapy bath</b> Mineral sea salt and aroma oil bath with water jet massage and colour light therapy	25 minutes	CHF 80/€ 53
<b>Crystal bath</b> Sound, colour and magnetic field therapy	25 minutes	CHF 70/€ 47
<b>Express facial</b> Gentle facial cleansing and facial massage	25 minutes	CHF 90/€ 60
<b>Back and neck massage</b>	25 minutes	CHF 90/€ 60

## PRIVATE SPA RITUALS

<b>Private Spa Ritual Diamond (for 2 persons)</b> 3 hours of "Time" treatment per person (including foot ritual), Spa lunch, relaxation in the Private Spa, selection of teas and soft drinks, fresh fruit, petit fours	full day	CHF 1400/€ 933
<b>Private Spa Ritual Pearl (for 2 persons)</b> 2 hours of "Time" treatment (including foot ritual), Spa lunch, 1 hour of relaxation in the Private Spa, selection of teas and soft drinks, fresh fruit	half day	CHF 900/€ 600

## ON REQUEST

During the following treatments, the guest is fully clothed and lies on a soft underlay mattress.		
<b>Singing bowl massage</b> Originates from Tibet – bowls are placed on and around the body and then struck to produce different sounds. Deeply relaxing!	55 minutes	CHF 160/€ 107
Also suitable for couples	70 minutes	CHF 220/€ 147

## CLASSIC FACIAL CARE

Classic facial care for him and her	55 minutes	CHF 150/€ 100
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## BEAUTY SPECIALS

Perfect hands (manicure) with polish	60 minutes	CHF 110/€ 73
Perfect hands (manicure) without polish	55 minutes	CHF 95/€ 63
Perfect feet (pedicure) with polish	60 minutes	CHF 110/€ 73
Perfect hands (pedicure) without polish	55 minutes	CHF 95/€ 63
Polish change	30 minutes	CHF 60/€ 40
Eyelash or eyebrow tinting	25 minutes	CHF 55/40 * / € 37/27 *
Eyelash and eyebrow tinting	40 minutes	CHF 70/40 * / € 47/27 *
Eyebrow shaping	15 minutes	CHF 40/20 * / € 27/13 *

## MAKE-UP

Make-up workshop	55 minutes	CHF 140/€ 93
Day make-up	25 minutes	CHF 70/€ 47
Evening make-up	40 minutes	CHF 95/€ 63
Wedding make-up, including trial make-up	2 x 55 minutes	CHF 230/€ 153

## HAIR REMOVAL

Full-leg, bikini and underarms	85 minutes	CHF 180/€ 120
Half-leg, bikini and underarms	55 minutes	CHF 110/€ 73
Full-leg	55 minutes	CHF 120/€ 80
Half-leg	25 minutes	CHF 60/€ 40
Bikini	25 minutes	CHF 60/€ 40
Underarms	25 minutes	CHF 60/€ 40
Back	40 minutes	CHF 90/€ 60
Eyebrows	15 minutes	CHF 30/€ 20
Upper lip or chin	15 minutes	CHF 30/€ 20

\* in combination with a treatment

Purchase a product and we will offer you a total of CHF 20 / € 13 reduction on any treatment booked.

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# SENSAI SELECT SPA

## SIGNATURE TREATMENT

### Indulgence in silk

Signature treatment including custom double cleansing, body peeling with silk gloves, private silk bath, back massage with firming mask, full body massage, body nourishment with PREMIER, facial cream massage, facial contour mask, double moisturizing with PREMIER and custom products, décolleté silk powder massage, head massage	3 hours	CHF 495/€ 330
Also suitable for couples: enjoy a silk bath together.	3 hours	CHF 800/€ 530

## FACIAL TREATMENTS

### Silk Celebration for the face

Foot peeling, silk footbath, custom double cleansing, facial cream massage, custom facial mask, hand massage, double moisturizing with PREMIER and custom products, décolleté silk powder massage

<b>Intensive Care</b>	1 hour 30 minutes	CHF 320/€ 213
<b>Lifting</b>	1 hour 30 minutes	CHF 320/€ 213
<b>Anti-wrinkle</b>	1 hour 30 minutes	CHF 320/€ 213
<b>Hydrating</b>	1 hour 30 minutes	CHF 320/€ 213

### Silk Celebration for the face (express)

Silk footbath, custom double cleansing, facial cream massage, double moisturizing with PREMIER and custom products

<b>Intensive Care</b>	50 minutes	CHF 180/€ 120
<b>Lifting</b>	50 minutes	CHF 180/€ 120
<b>Anti-wrinkle</b>	50 minutes	CHF 180/€ 120
<b>Hydrating</b>	50 minutes	CHF 180/€ 120

## FACIAL TREATMENT FOR HIM

### Silk Celebration for him

Foot peeling, silk footbath, custom double cleansing, facial cream massage, custom facial mask, hand massage, double moisturizing with PREMIER, invigorating scalp massage	1 hour 30 minutes	CHF 320/€ 213
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## BODY TREATMENTS

### Silk Celebration for the body

Silk footbath, body peeling with silk gloves, full body massage, back firming mask, body nourishment with PREMIER	1 hour 40 minutes	CHF 310/€ 207
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### Silk Celebration for the back

Silk footbath, back peeling with silk gloves, original back massage with firming mask, body nourishment with PREMIER	45 minutes	CHF 160/€ 107
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### Silk Celebration (four hands)

Silk footbath, body peeling with silk gloves, harmonizing breath control, Amma body massage performed by two therapists, body nourishment with PREMIER	1 hour 10 minutes	CHF 350/€ 233
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Purchase a product and we will offer you a total of CHF 20 / € 13 reduction on any treatment booked.

# FITNESS & SPORT

## PERSONAL TRAINING

<b>Personal training</b>		
Personalized individual training, indoor and/or outdoor	30 minutes 60 minutes	CHF 80/€ 53 CHF 120/€ 80
<b>Personal training package “advanced”</b>		
for 6 months, including 2 hours with a personal trainer, 2 VICTORIA-JUNGFRAU SPA fit tests, 2 hours on the Power Plate® and personal training schedules		CHF 540/€ 360 CHF 350/€ 233 for members
<b>Personal training package “professional”</b>		
for 6 months, including 4 hours with a personal trainer, 2 VICTORIA-JUNGFRAU SPA fit tests, 2 hours on the Power Plate® and personal training schedules		CHF 780/€ 520 CHF 500/€ 333 for members
<b>Group fitness (2–10 persons)</b>		
Training with personal trainer for groups	60 minutes	CHF 150/€ 100
<b>Power Plate®</b>		
Achieve great results in regular 15-minute sessions	15 minutes	CHF 40/€ 27
<b>VICTORIA-JUNGFRAU SPA fit test</b>		
Tests flexibility, strength, endurance and determines the percentage of body fat	90 minutes	CHF 150/€ 100
<b>Body fat analysis</b>		
Analyzes the percentage of body fat in your body	30 minutes	CHF 60/€ 40
<b>Lactate threshold test</b>		
Is carried out on the treadmill or cycle ergometer and determines the optimal pulse frequency during training	90 minutes	CHF 150/€ 100

## SPA MEMBERSHIP

6 months, including CHF 250/€ 167 credit *	CHF 1950/€ 1300
6 months of well-being, including 4 hours of spa treatments	CHF 2050/€ 1367
1 year, including CHF 500/€ 333 credit *	CHF 2850/€ 1900
1 year low time hours (spa admission during limited times), including CHF 250/€ 167 credit *	CHF 1650/€ 1100
2 years, including CHF 1000/€ 667 credit *	CHF 5150/€ 3430
3 years, including CHF 1500/€ 1000 credit *	CHF 7400/€ 4930

Every VICTORIA-JUNGFRAU SPA member has the following advantages:

- 20% discount on treatments and 10% discount on products in the ESPA and the SENSAI SELECT SPA
- use of the spa in the PALACE LUZERN for a fee of CHF 20/€ 13 per visit

\* The amount will be credited in-house at the spa to an individual member account and allows members to pay using a cashless system (see current regulations on various terms and conditions).

# AESTHETIC DERMATOLOGY

## WRINKLE INJECTION TREATMENTS

Wrinkle consultation: diagnosis/advice	30 minutes	CHF 100/€ 67
Wrinkle treatment with Vistabel® (Botox®) for glabella/frown lines	30 minutes	CHF 450/€ 300
Wrinkle treatment with Vistabel® (Botox®) for horizontal forehead furrows	30 minutes	CHF 450/€ 300
Wrinkle treatment with Vistabel® (Botox®) for crow's feet	30 minutes	CHF 450 to 500 € 300 to 333
Wrinkle treatment with hyaluronan (filler) for fine lines on upper lip	30 minutes	CHF 1000/€ 667
Wrinkle treatment with hyaluronan (filler) for corners of mouth	30 minutes	CHF 500 to 1200 € 333 to 800
Wrinkle treatment with hyaluronan (filler) for naso-labial area	30 minutes	CHF 500 to 1200 € 333 to 800
Wrinkle treatment with hyaluronan (filler) for lip volume	30 minutes	CHF 500 to 1500 € 333 to 1000
Wrinkle treatment with combination of Vistabel® (Botox®) and hyaluronan for glabella/frown lines, eye area, naso-labial and mouth areas	45 minutes	CHF 1200 to 2000 € 800 to 1333
Rejuvenating treatment for ear lobes with hyaluronan (filler)	30 minutes	CHF 500/€ 333
Mesotherapy	30 minutes	CHF 500/€ 333

## PEELING

Salicylic acid peeling for the face	30 minutes	CHF 150/€ 100
TCA peeling for the face	30 minutes	CHF 150/€ 100
Microdermabrasion for the face	30 minutes	CHF 100/€ 67

## DERMATOLOGICAL SKIN ANALYSIS

Medical analysis of light-exposed skin (face, arms and décolleté), consultation, sunscreen	20 minutes	CHF 120/€ 80
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## PERSPIRATION THERAPY

Hyperhydrosis / perspiration therapy, including perspiration test on armpits	45 minutes	CHF 1200 to 2000 € 800 to 1333
Hyperhydrosis / perspiration therapy, including perspiration test on hands	45 minutes	CHF 1200 to 2000 € 800 to 1333
Hyperhydrosis / perspiration therapy, including perspiration test on feet	45 minutes	CHF 1200 to 4000 € 800 to 2667

## BODY TREATMENT

LPG endermology treatment	1 hour	CHF 100/€ 67
Sclerotherapy treatment of spider veins	30 minutes	CHF 100/€ 67

# DOUBLE CHECK

The award-winning VICTORIA-JUNGFRAU SPA in Interlaken has teamed up with Double Check in Zurich to offer a uniquely comprehensive medical programme focussed on health coaching, prevention and second opinion. Following a check-up or consultation with a specialist in Zurich, the resulting recommendations will be put into practice at the VICTORIA-JUNGFRAU Grand Hotel&Spa. This will be carried out in accordance with the patient's precise requirements and personalized plan of action. In this way you are assured a sustainably enhanced lifestyle at both personal and professional level. Your Executive Check-Up or Second Opinion Consultation takes place at the premises of our partner in Zurich – the Double Check Swiss Academic Center for Check-ups and Second Opinions. Double Check is a centre of academic excellence and a preferred partner of the renowned University Hospital in Zurich. Patients are assured priority access to state-of-the-art diagnostic technology and internationally acclaimed health experts. Check-ups range from cardiovascular condition to general cancer prevention, and provide essential information on your current state of health. The consultation lasts about 5 hours, including in-depth explanation of the findings and recommendations by the doctor concerned.

## DOUBLE CHECK COMPRISES THE FOLLOWING SPECIALIZED MEDICAL SERVICES:

- comprehensive case history review, clinical examination
- blood and urine tests
- vaccination history and status, travel medicine counselling
- electrocardiogram (resting and exercising), spirometry, spiroergometry
- ultrasonic testing of the heart, inner organs and cervical vessels
- cognitive check, eye pressure, sight and hearing tests
- in-depth discussion of findings with the doctor and (if desired) with any one of the 20 specialized professors concerned; practical everyday recommendations and advice on your personal health enhancement

After the final discussion with your doctor at the Double Check Center in Zurich, your health enhancement programme will start at the VICTORIA-JUNGFRAU Grand Hotel&Spa in Interlaken (we are located some 2 hours from Zurich). With targeted and carefully coordinated measures, we will assist you in putting into practice the recommendations concerning diet, mobility, harmonization and health enhancement in general. Your stay should last from 2 to 7 nights but can be extended in accordance with your personal requirements. Your programme will be prepared by our Fitness Manager in close cooperation with your personal Spa Advisor, always taking into careful consideration the medical recommendations and the personal progress achieved.

## EXECUTIVE CHECK-UP

The Executive Check-up is specially designed for heart and circulatory system as well as general cancer prevention. This check-up can be adjusted and split into several sessions, according to your personal needs. It shows your current health condition.

- Detailed patient history and clinical examination
- Heart circulatory system, lungs
- Cognitive check
- Laboratory
- Additional tests (upon request)

**from CHF 4480.– / € 2987.– per person**

# AERNI HAIR

## AERNI HAIR

	15 minutes	CHF 20/€ 13
Redken care ritual	30 minutes	CHF 34/€ 23
Cut & styling for her		CHF 108 to 118/ € 72 to 79
Cut & styling for him		CHF 70/€ 47
Colouring		CHF 66 to 102/ € 44 to 68
Highlights		CHF 91 to 145/ € 61 to 97
Reshaping		CHF 103 to 128/ € 69 to 85
Brushing / shampoo & set		CHF 50 to 60/ € 33 to 40
Festive hairstyles		CHF 90 to 140/ € 60 to 93
Extensions, per strand		CHF 9/€ 6
Wash, care and brushing (Special price in combination with a treatment at the SENSAI SELECT SPA or the ESPA)		CHF 50/€ 33

## SHU UEMURA CEREMONY

Intense ceremony	30 minutes	CHF 75/€ 50
Kaara ceremony	20 minutes	CHF 60/€ 40
Deep ceremony	50 minutes	CHF 120/€ 80

## FOR THE BRIDE

These packages include an initial test appointment.  
Wedding make-up and "updo" hairstyle  
Wedding make-up and hair brushing

CHF 390/€ 260 \*  
CHF 330/€ 220 \*

## LET YOURSELF BE PAMPERED

Classic facial, manicure or pedicure; wash, care and brushing

CHF 280/€ 187 \*

May be booked only during official AERNI Hair opening hours. Exceptions are special occasions such as New Year's Eve or evening balls.

\* We also serve you a glass of champagne or fresh fruit juice.

# DAY SPA & RESIDENTIAL PACKAGES

## VICTORIA-JUNGFRAU SPA DAY SPAS

The following programmes include free use of our exclusive VICTORIA-JUNGFRAU SPA facilities, with its spacious swimming pool, sauna, steam room, whirlpools, lifestyle showers and relaxation area; and use of fitness facilities including participation in the scheduled classes.

### DAY SPA DELUXE (IN THE PRIVATE SPA) FOR 2 PERSONS

- 1.5 hrs of "Time" treatment per person
- 1.5 hrs of relaxation in the Private Spa
- selection of teas and fresh fruit

**3 hours | CHF 590 / € 393**

### VICTORIA-JUNGFRAU DAY SPA EXPERIENCE

- 15-minute Power Plate® session
- SENSAI Silk Celebration for the face (express)
- ESPA full body salt & oil scrub
- back and neck massage
- Spa lunch (time not included)

**2 hours | CHF 380 / € 253**

### SENSAI SELECT SPA SILK RETREAT FOR HIM

Comprehensive anti-aging facial treatment designed for men, in combination with a superior back treatment

- Silk Celebration for the back
- Silk Celebration for him
- Spa lunch (time not included)
- gift

**2 hours 15 minutes | CHF 470 / € 313**

## VICTORIA-JUNGFRAU SPA RESIDENTIAL PACKAGES

VICTORIA-JUNGFRAU SPA arrangements offer an ideal combination of holistic treatments, exclusive ambience and luxury rooms.

### SPA UNLIMITED

The choice is yours! Create your own personal programme from the remarkable range of treatments on offer at the VICTORIA-JUNGFRAU SPA. Our Spa receptionist will be happy to advise and assist you.

- VICTORIA-JUNGFRAU Dine-around  
Delicious breakfast buffet  
Dinner – in the restaurant of your preference: daily in our restaurant "La Pastateca": à la carte dinner with a touch of Italianità. From Wednesday to Saturday in our restaurant "La Terrasse": choice of menu in the elegant ambience of our restaurant (16 GaultMillau points). From Saturday to Tuesday in our "Jungfrau Brasserie": à la carte dinner with Swiss specialities
- rest and relaxation in our 5500-square-metre Spa – use of our spacious swimming pool, open-air saltwater Jacuzzi, saunas, steam room and fitness facilities including participation in the scheduled classes
- during the time of your treatment, use of all the ESPA facilities (men and women separate) such as the steam room, Finnish sauna, lifestyle showers and relaxation area
- "Time" in our VICTORIA-JUNGFRAU SPA

**1 night from CHF 815 / € 543 per person  
in a double room and 2 hours of "Time"  
treatment**

**2 nights from CHF 1561 / € 1041 per person  
in a double room and 4 hours of "Time"  
treatment**

### VICTORIA-JUNGFRAU EXPERIENCE

A completely relaxing spa experience for her and him.

- VICTORIA-JUNGFRAU Dine-around with delicious breakfast buffet (served in your room on request); and choice of 4-course menu in either our award-winning restaurant "La Terrasse" (16 points GaultMillau) or à la carte in our "Jungfrau Brasserie" (15 points GaultMillau), with its exclusively Swiss specialities. Or, if Mediterranean cuisine is more to your liking, "La Pastateca" with its tempting taste of Italy
- rest and recreation on over 5500 square metres – use of exclusive swimming pool with open-air saltwater Jacuzzi, saunas, steam room, gymnastics and keep-fit facilities
- 15 minutes of Power Plate®
- SENSAI Silk Celebration for the face (express)
- ESPA full body salt & oil scrub
- Back and neck massage
- Spa lunch

**1 night from CHF 750 / € 500 per person  
in a Superior Double Room**

### SENSAI SELECT SPA ULTIMATE INDULGENCE PACKAGE

Enjoy our SENSAI SELECT SPA signature treatment. Indulge in silk and let your body, spirit and hair be pampered by special massage techniques.

- VICTORIA-JUNGFRAU Dine-around with delicious breakfast buffet (served in your room on request); and choice of 4-course menu in either our award-winning restaurant "La Terrasse" (16 points GaultMillau) or à la carte in our "Jungfrau Brasserie" (15 points GaultMillau), with its exclusively Swiss specialities. Or, if Mediterranean cuisine is more to your liking, "La Pastateca" with its tempting taste of Italy
- rest and recreation on over 5500 square metres – use of exclusive swimming pool with open-air saltwater Jacuzzi, saunas, steam room, gymnastics and keep-fit facilities
- SENSAI SELECT SPA signature treatment – indulgence in silk
- gift (valued at CHF 300 / € 200)

**1 night from CHF 965 / € 643 per person  
in a Superior Double Room**

**2 nights from CHF 1371 / € 914 per person  
in a Superior Double Room**

### DOUBLE CHECK BASIC PACKAGE

After a medical check-up, start your personal health programme with the DOUBLE CHECK package at the VICTORIA-JUNGFRAU Grand Hotel & Spa.

We will support you in implementing the doctor's recommendations.

- balanced breakfast and two additional meals
- rest and recreation on over 5500 square metres – in the award-winning VICTORIA-JUNGFRAU SPA
- each day, 4 hours of personal care according to your doctor's recommendations, with services from our Wellness, Exercise, Nutrition and Harmonising programmes

**2 nights from CHF 1571 / € 1074  
per person in a Deluxe Double Room**

**2 nights from CHF 971 / € 647  
per accompanying person in a  
Deluxe Double Room (without programme)**

**2 nights from CHF 2120 / € 1413  
in a Deluxe Double Room for single use**

# LIFESTYLE

## SPA SHOP

The Spa Shop stocks the entire range of top-quality products used for the various treatments. You can therefore purchase the products you require for continuing your care programme at home. In the Spa Shop you will also find a selection of wellness gift ideas.

## SPA CUISINE

The VICTORIA-JUNGFRAU is renowned for its Spa Cuisine. Our guests are assured of:

- a wide choice of seasonal cuisine
- top-quality, market-fresh products
- preparation to perfection – with selected spices and herbs to stimulate the senses

The chefs in our three in-house restaurants all practise the principles of Spa Cuisine. Each in his own distinctive style:

### La Terrasse

Every evening, our elegant gourmet restaurant offers alternative individual courses based on special Spa Cuisine recipes.

### La Pastateca

Discover the healthy, heavenly delights of our evening and midday Mediterranean hors-d'oeuvres buffet. Main courses include tempting Asian specialities as well as Italian pasta dishes with the most irresistible ingredients.

### Jungfrau Brasserie

This restaurant serves exclusively Swiss specialities. All products come from selected suppliers nationwide, in accordance with the strictest quality criteria.

## SPA BAR

Our cosy and casual Spa Bar serves vitamin-rich fruit juices, aromatic teas and other drinks, as well as a selection of healthy snacks and tasty tidbits. And you can enjoy your meal in your bathrobe.

## INFORMATION AND RESERVATIONS

We are at your service for any advice, assistance or further information you may require concerning the VICTORIA-JUNGFRAU SPA, our facilities and philosophy.

Phone: +41 (0)33 828 27 30  
Email: spa@victoria-jungfrau.ch

### For accommodation, packages and vouchers

Phone: +41 (0)33 828 26 10  
Email: reservation@victoria-jungfrau.ch

## CANCELLATION POLICY

Guests are requested to give us at least 24 hours advance notice of any cancellations. Cancelled treatments will otherwise be invoiced.

## ACCESS

You can reach all sectors of the VICTORIA-JUNGFRAU SPA easily and directly (even in your bathrobe) without having to pass through public areas of the hotel. The Belair Junior Suites are located directly above the ESPA.

## PREPARATION

We recommend that you arrive at the Spa at least 30 minutes before your treatment begins, to give you time to relax first in the sauna or steam room.

## GIFT VOUCHERS

Quality of life and well-being are the most worthwhile gifts you can give. And gift vouchers are always a welcome surprise. They can be used for a range of Spa services and offers, and are particularly suitable for our Day Spa programmes as well as fitness and wellness offers. We'll be happy to organize a gift voucher for you and to give it a personal touch.

Euro prices have been calculated at an exchange rate of 1 € = 1.50 and are intended as guidance only. The prevailing exchange rate will apply. We reserve the right to amend prices.

# FREQUENTLY ASKED QUESTIONS

**This section deals with some of the main questions asked by guests concerning use of the VICTORIA-JUNGFRAU SPA. We hope the answers provided will assist you in making the most of your visit.**

## How do I know which are the most suitable treatments?

Our skilled staff will advise and assist you in selecting the correct treatment(s) and also in planning other aspects of your ESPA or Spa programme. When making your reservation, please state whether your preference is for a male or female therapist.

## What should I wear during my treatment?

Spa guests deal with this question in very different ways, depending on culture and upbringing. For body treatments, we recommend that you undress completely. But in every respect "feeling at ease" must be the paramount priority – and this certainly concerns clothing. In the Spa disposable briefs are available.

## And in the sauna?

In principle, no clothes are worn in the sauna. In your changing cupboard you will find hand towels on which to lay or sit in the sauna. Further hand towels are obtainable from the Reception.

## What happens if I don't feel well during a treatment?

If you find certain massage treatments and techniques painful or unpleasant, please inform the therapist. The therapist should also be informed of any particular problem parts of your body – for example, injuries, sensitivity to pain or muscular tensions. It is essential that the therapist is advised of any other health-related conditions, including colds, influenza or skin rash problems. This information is important because some methods of treatment may cause a temporary deterioration in certain conditions.

## And if I have a specific health problem?

Do you suffer from high blood pressure, diabetes, heart problems or allergies? Have you recently undergone an operation? Are you pregnant? If so, please inform our Spa receptionist when booking your treatment. The same applies if you are currently taking medication or are breastfeeding. In general, we recommend that you consult your doctor before booking a treatment.

## Should gentlemen shave before a facial treatment?

This is recommended, but not necessary. If you wish to shave first, please do so at least two hours before your treatment begins.

## What happens if I am late?

Lateness not only shortens your treatment time but also reduces the effectiveness and enjoyment to be derived from the therapy. In any event, your treatment will end at the scheduled time, so that the following guest does not have to wait. The price of the full treatment will be charged.

## Are there minimum ages for treatment?

Children under 12 years of age are admitted to the sauna only if accompanied by an adult. For treatments, we recommend a minimum age of 16. For reasons of safety, children under 16 years of age are not admitted to the fitness area.

## Please remember:

The Spa is intended as a place of peace, rest and relaxation. Out of respect for other visitors, guests are therefore requested not to use mobile telephones or similar appliances on the Spa premises. To ensure a healthy environment, smoking is not allowed. Thank you for your understanding.