

ENGLISH



**WELLFIT – PRICES**  
**TREATMENTS AND PASSES**

**OPENING HOURS**

**WINTER SEASON 29.11.2019 – 13.04.2020 MONDAY–SUNDAY**

|                              |              |
|------------------------------|--------------|
| Fitness centre               | 10:00–21:00  |
| Sauna/steam bath             | 12:00–21:00  |
| Treatments                   | 12:00–21:00  |
| Tuesday, Wednesday, Thursday | 10:00- 22:00 |

**OFF- SEASON 14.04.2020 – 09.06.2020 MONDAY–FRIDAY**

|                  |             |
|------------------|-------------|
| Fitness centre   | 12:00–21:00 |
| Sauna/steam bath | 12:00–21:00 |
| Treatments       | 17:00–21:00 |

**FITNESS AND WELLNESS**

|                                     |     |     |
|-------------------------------------|-----|-----|
| Single admission gym and sauna area | CHF | 35  |
| 10-session pass gym and sauna area  | CHF | 315 |

|                                    |     |     |
|------------------------------------|-----|-----|
| Single admission gym or sauna area | CHF | 25  |
| 10-session pass gym or sauna area) | CHF | 225 |

*(Towels, bathrobes and slippers are included. Valid for one year from the date of issue.)*

**MEMBERSHIP**

|          |     |      |
|----------|-----|------|
| 1 year   | CHF | 1020 |
| 6 months | CHF | 740  |
| 3 months | CHF | 480  |
| 2 months | CHF | 360  |
| 1 month  | CHF | 180  |

Crystal Wellfit gives school students, apprentices and university students up to 25 years old a 20% discount on admission and membership fees.

**MASSAGES**

**Traditional massage**

*Relaxes and relieves muscles as well as increases blood flow.*

|         |    |     |     |
|---------|----|-----|-----|
| Minutes | 25 | 50  | 80  |
| CHF     | 60 | 120 | 160 |

**Sport massage**

*Intense massage techniques relieve tension before and after sports activities.*

|         |    |     |     |
|---------|----|-----|-----|
| Minutes | 25 | 50  | 80  |
| CHF     | 65 | 130 | 170 |

**Foot reflexology massage**

*Holistic pressure point massage for the feet. Stimulates the body's own self-healing processes, relaxing and bringing balance to the entire body.*

|         |    |     |
|---------|----|-----|
| Minutes | 25 | 50  |
| CHF     | 65 | 120 |

**Lymph drainage**

*Activates the body's lymphatic system, using gentle strokes to relieve tissue congestion and facilitate the removal of metabolic waste.*

|         |    |     |
|---------|----|-----|
| Minutes | 25 | 50  |
| CHF     | 65 | 120 |

**Combined back and foot reflexology massage**

*Back massage followed by a pressure point massage for the feet.*

|         |     |
|---------|-----|
| Minutes | 50  |
| CHF     | 130 |

**Aromatherapy oil massage**

*A gentle, relaxing massage with sumptuous, warm oils.*

|         |     |     |
|---------|-----|-----|
| Minutes | 50  | 80  |
| CHF     | 130 | 170 |

**Hot stone massage**

*Full body massage incorporating the magic of hot stones. The soothing warmth of the stones has a calming effect and relaxes tense muscles.*

|         |     |
|---------|-----|
| Minutes | 60  |
| CHF     | 140 |

**Head, face and neck massage**

*Has a direct impact on tension in the neck area.*

|         |     |
|---------|-----|
| Minutes | 50  |
| CHF     | 120 |

**Kinesio Tape**

*Supports muscle injuries, tendon and joint complaints. Ideal in combination with a massage.*

|         |    |
|---------|----|
| Minutes | 15 |
| CHF     | 25 |

**Back intensive - Our winter special**

*Chronic tension and pain points in the back muscles are specifically treated with massage techniques, heat and cold.*

|         |    |
|---------|----|
| Minutes | 40 |
| CHF     | 85 |

**Reiki**

*Energetic treatment with gentle touches that brings body and soul into the individual balance.*

|         |     |
|---------|-----|
| Minutes | 50  |
| CHF     | 120 |

**WELLFIT MEMBERS**

*get for all treatments 10% discount.*

**MASSAGE PASSES**

|  |     |      |
|--|-----|------|
| 10-treatment pass; full body massage (50 min.) | CHF | 1050 |
| 4-treatment pass; full body massage (50 min.)  | CHF | 430  |

|   |     |     |
|---|-----|-----|
| 10-treatment pass; partial body massage (25 min.) | CHF | 550 |
| 4-treatment pass; partial body massage (25 min.)  | CHF | 220 |

## BODY TREATMENTS

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### Crystal scrub

*An invigorating sea-salt scrub that gently removes dead skin cells, making your skin feel soft and smooth. Also ideal before a massage.*

|         |    |
|---------|----|
| Minutes | 30 |
| CHF     | 65 |

### Hanakasumi treatment

*Inspired by the Japanese bathing tradition, this soothing and moisturising body treatment features a cherry blossom scent and promises pure regeneration. Following a body scrub, you are treated to a relaxing foot and body massage.*

|         |     |
|---------|-----|
| Minutes | 80  |
| CHF     | 180 |

## WELLFIT MEMBERS

*get for all treatments 10% discount.*

## FITNESS

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### Personal training session/ Personal pilates session

*Individually tailored and carried out by professionally instructed fitness trainers.*

|         |    |     |
|---------|----|-----|
| Minutes | 30 | 60  |
| CHF     | 80 | 130 |

## NEW

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### Ten session deal - best of all

*The perfect offer for anyone who is looking for both effective training support and supervision, geared towards individual needs and goals, and the beneficial loosening of tense muscles by an experienced therapist's hands.*

|   |     |     |
|---|-----|-----|
| 5-treatment pass; personal training session (30 min.) |     |     |
| 5-treatment pass; partial body massage (25 min.)      | CHF | 590 |

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- Wellfit -  
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**All prices are in CHF and include 7,7 % VAT.**

**(Valid until June 30<sup>th</sup>, 2020)**

## GOOD TO KNOW

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LATE ARRIVAL: If you are unable to get to your treatment on time, please let the Wellfit reception know in good time. We appreciate your understanding that the duration of your treatment may decrease accordingly.

IF SOMETHING COMES UP: If you are no longer able to attend your treatment or session, please let us know 24 hours in advance so that we do not have to invoice you for the reserved time.

PREPARATION: So that you can relax from the moment you arrive at Wellfit, please get here 10 minutes before your agreed appointment.

CHILDREN: For safety reasons, please make sure that children under 13 years of age only use the Wellfit area (fitness centre/sauna) in the company of their parents.

MOBILE PHONES: Wellfit is a zone for sports activities and relaxation. We therefore request that visitors do not use their mobile phones to make telephone calls. Thank you for your understanding.

WHAT TO WEAR: We advise visitors to wear appropriate sports clothing and indoor fitness shoes. Bathrobes, towels and slippers are available directly in the Wellfit area for use of the sauna.

GIFT VOUCHERS: If you are looking for a special present for your loved ones, a voucher for relaxation or sport is just the ticket. Please enquire at the Wellfit reception.