

ENGLISH



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

### **OPENING TIME**

	<b>MONDAY–SUNDAY</b>
Fitness centre	10:00–21:00
Sauna/steam bath	12:00–21:00
Treatments	12:00–21:00

### **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, university students up to 25 years old and retired people a 20% discount on the annual subscription .

### **MASSAGES**

#### **Traditional massage**

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

Minutes	25	50	80
CHF	70	130	170

#### **Sport massage**

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

Minutes	25	50	80
CHF	75	140	180

#### **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	70	130

#### **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	70	130

#### **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	140	180

#### **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	50
CHF	140

#### **Head, face and neck massage**

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

Minutes	50
CHF	130

#### **Kinesio Tape**

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

Minutes	15
CHF	30

#### **Back intensive**

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

Minutes	40
CHF	95

#### **Reiki**

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

Minutes	50
CHF	130

#### **Ayurveda**

*A gentle ayurvedic oil massage.*

Minutes	80
CHF	170

## MASSAGE PASSES

10-treatment pass; full body massage (50 min.)	CHF	1050
4-treatment pass; full body massage (50 min.)	CHF	450

10-treatment pass; partial body massage (25 min.)	CHF	550
4-treatment pass; partial body massage (25 min.)	CHF	240

## BODY TREATMENTS

### 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	75

### 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 single booked treatments 10% discount.

## FITNESS

### Personal training session/ Personal pilates session

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

Minutes	30	60
CHF	80	130



Crystal Hotel Wellfit  
Tel.: +41 (0)81 836 26 88 or [wellfit@crystalhotel.ch](mailto:wellfit@crystalhotel.ch)

**All prices are in CHF and include VAT.**

## GOOD TO KNOW

**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 14 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.