

# DOLDENHORN Spä



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**LANDGASTHOF RUEDIHUS**

**3718 KANDERSTEG**



# DOLDENHORN *Spa*

## Dear Guests

A warm welcome at the Waldhotel Doldenhorn and the Landgasthof Ruedihus, Kandersteg. We would like to invite you to visit our exclusive  where you can re-charge your batteries and relax, whilst looked after by our professional staff.

A fine selection of **Massages, Body Packs, Relaxation Rituals and Cosmetics** awaits you at the  Our staff will be delighted to assist you to choose the most suitable treatment to cater for your individual needs.

The harmony and exquisite design of our  were created on the basis of strict ecological principles. The water used in the pool and Spa areas is fed from our own mountain spring and the premises are heated using environmentally friendly heat pumps.

Please feel invited to stay a while to enjoy the particular and idyllic ambience of the 

We are delighted to welcome you as our guests.

Your hosts, René F. and Anne Maeder



**Let our team spoil you:**

**Inga Menzinger**

Qualified Masseur, medizinische Bademeisterin  
and Lymphatic Therapist

## List of Treatments on Offer:

### Classical Massage

*Large muscle groups are relaxed and well circulated through application of vigorous stroking, kneading and rubbing. This massage has the power to improve your metabolism and your general well being.*

Full Body Massage 50 min	100.-
Full Body Massage 75 min	140.-
Partial Body Massage 25 min	70.-
Intensive Shoulder & Back Massage 40 min	85.-

### „Doldenhorn- Silver“

*Classical Back and Neck Massage in combination with the application of heat from „Hot Stones“ - **unbeatable!***

50 min	100.-
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### „Doldenhorn- Gold“

*Classical Full Body Massage in combination with the application of heat from „Hot Stones“ - **the perfect relaxation!***

90 min	150.-
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### Aromatherapy Massage

*A feel-good massage using the special aromatic oil of your choice! The Aromatherapy Massage combines the healing powers of essential oils with the beneficial energy of touch.*

Full Body Massage 50 min	115.-
Full Body Massage 75 min	155.-
Partial Body Massage 25 min	85.-



## Special Treatments:

### Massage using Brushes

*This massage invigorates and exfoliates the body at the same time. The use of a special brush with natural bristles will leave your skin with this new-born feeling. Give it a try!*

25 min 80.-

### Manual Lymphatic Drainage

*This treatment improves the lymphatic flow and metabolism of the connective tissue. Gentle and flowing massaging removes blockages naturally. Ideal after operations or accidents, or to relieve stress related problems.*

Full Body Massage	
90 min	140.-
Partial Body Massage	
50 min	110.-
Facial Lymphatic Drainage	
25 min	80.-



### Hot Stone Massage

*If you would like to treat yourself and forget about the daily grind for a while, this one is the one for you! A body massage in combination with the application of „Hot Stones“ will help to re-balance your body and release tension caused by stress and daily life.*

Full Body Massage	
75 min	150. -
Partial Body Massage	
25 min	90. -



## Feel-Good Head & Foot Massages

### Facial Massage

*Facial massages are part of the oldest healing rituals known today. Our skin is our largest organ and possesses an immense amount of sensory cells. Gentle massaging helps to stimulate circulation, and reduces swelling and the appearance of small wrinkles. You will feel and look rejuvenated! Gentle massaging can also provide relief from headaches and problems with concentration and fatigue.*

25 min

60. -

### Foot Massage

*Every day life is very demanding and after a long day, your feet can be sore and grateful for a bit of peace and relaxation. This is where a foot massage is the right thing for you – not only does it relax your feet, but your whole body and thus improves your general well being.*

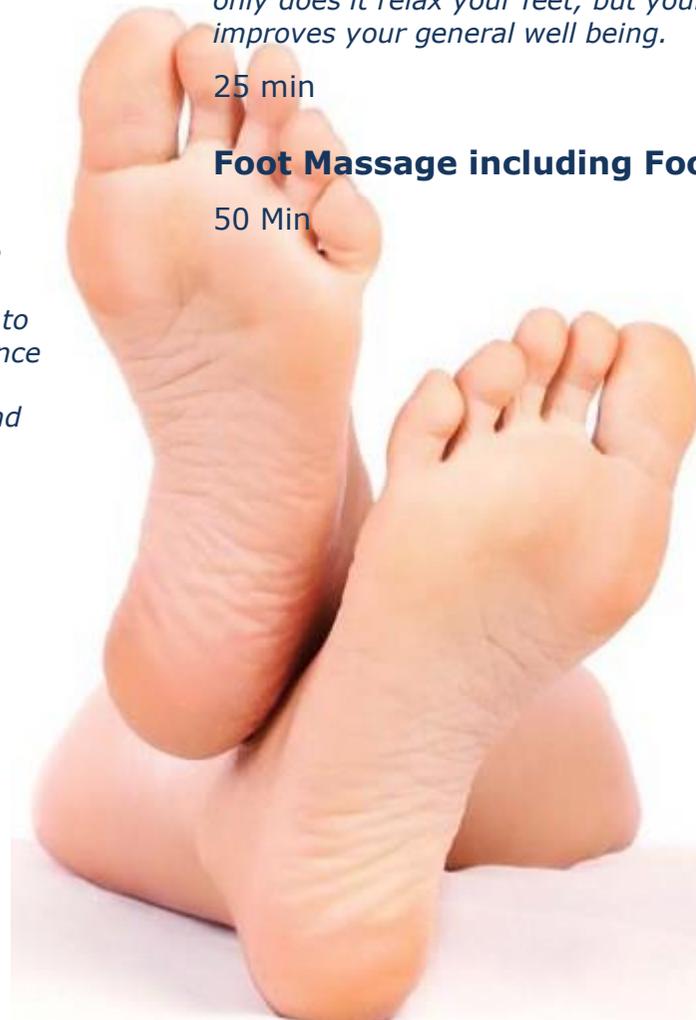
25 min

60. -

### Foot Massage including Footbath

50 Min

100. -



## Beauty Treatments, Peelings and Baths

### Body Treatment

#### Pine Needle – Crème Treatment

*Moisturizing body treatment; a combination of both stimulating as well as cleansing effects of the pine needle.*

30 min 80.-

#### Alpine Herbs – Crème Treatment

*Balancing and mood enhancing treatment, which stimulates the microcirculation of the skin and thus helps slowing down the ageing process of the skin cells.*

30 min 80.-

### Schwiss Specialities

#### Treatment using Butter from Mountain Goats

*Very relaxing and moisturizing treatment, particularly good for dry, sensitive and irritated skin.*

30 min 80.-



#### „Schoggi“- Treatment

*Chocolate is not only beguiling the senses, but in combination with „Shea-Butter“ a real source of rejuvenation for your skin. Free radicals are blocked and the development of new skin cells stimulated. Experience beautifully soft and fragrant skin.*

30 min 80.-

### Body Peeling

#### Alpine Herbal Peeling

*Body peeling using warm essential oils and alpine herbs which are grown high up in the fresh mountain air. This treatment has got a very detoxifying effect.*

30 min 70.-

#### Salt & Oil Peeling

*Stimulates your metabolism and leaves you feeling invigorated and vitalised.*

30 min 70.-

#### Rock Crystal Peeling

*Pampers you with rich oils and heavenly scents. Cleanses the skin, leaving it looking soft and smooth. The peeling improves the supply of nutrients and gives your skin a velvety shine.*

30 min 70.-



## Baths

*Forget about the world around you for a while and submerge yourself into the fascinating world of the colour, light and magnet therapy during a bath in our crystal bathtub.*

### **Doldenhorn Spring Bath „Sweet Velvet“**

*Relax in a bath of honey, milk and oil mixed with pure water from our mountain spring. Add a glass of Doldenhorn sparkling wine and time just seems to stand still!*

30 min 75.-

### **Wildflower Bath**

*Be inspired by the scent of a summer meadow in bloom. Feel the warmth and comfort and new energy will flow through you. Add a herbal tea of your choice.*

30 min 75.-

### **Whey Bath (prior notice required)**

*A whey bath is one of the healthiest things in the world. The bath provides intensive skin care, particularly for sensitive and irritable skin. Enjoy a glass of fresh whey and experience the clean energy of Swiss nature.*

*We use fresh whey sourced from local farms in Kandersteg, so we need to know in advance and would ask you to notify us at least 24 hours in advance for your reservation.*

30 min 95.-

## Men's World

### **Full Body Peeling „Hautnah“**

*A vigorous treatment catering for a man's needs. A refreshing, vitalising and caring pampering for male skin.*

30 min 70.-

### **„Beer Bath Kandersteg“**

#### **A very unique treatment**

*Relax in our crystal bathtub and experience the moisturizing and caring effect of brewer's yeast.*

*Vitamins, enzymes, amino acids and minerals help to invigorate the metabolism and whole organism. At the same time the hop has a calming effect on the nervous system while free carbonic acid promotes good circulation.*

*Add an ice cold local beer and enjoy!*

30 min 95.-





## Doldenhorn SPECIAL

### „Sensational“

*After a 30 minute warm up period in our warming chamber, relax during a full body peeling applied by well trained hands. Soak in the warm, caring waters of our crystal bath and forget all your worries while relaxing with a glass of our Doldenhorn sparkling wine.*

#### **Pure pleasure**

approx. 120 min

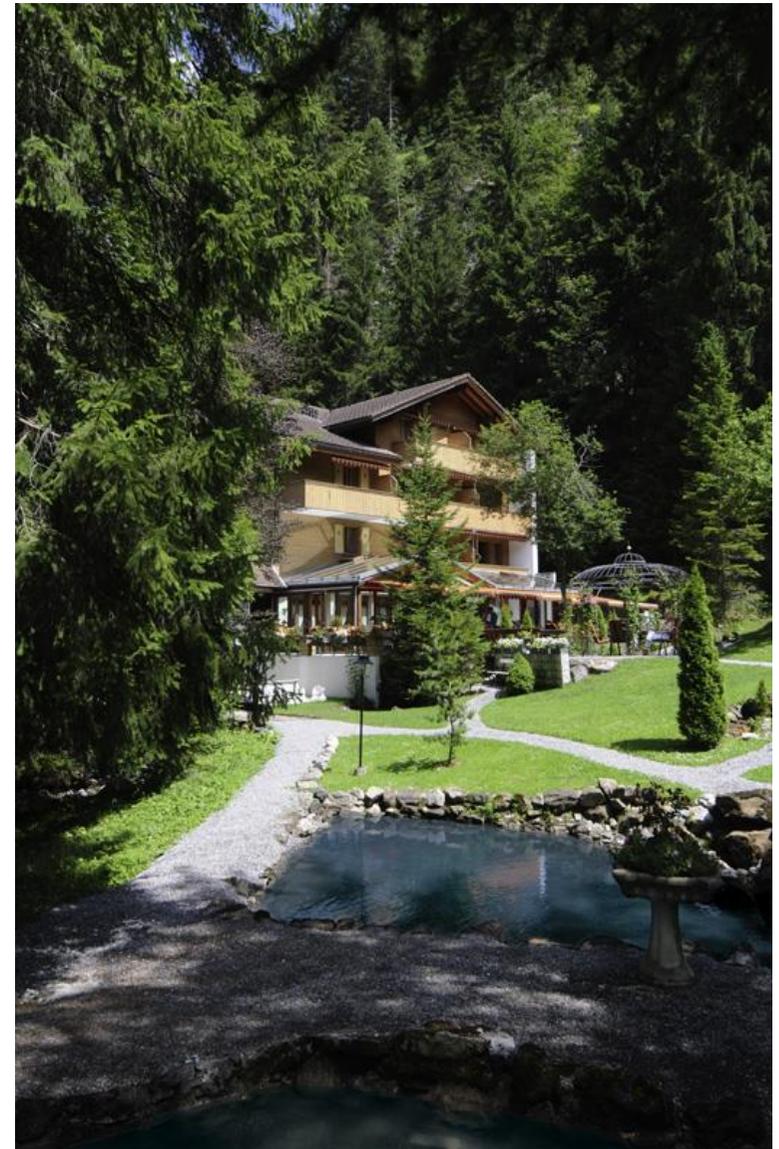
190.-

### „Togetherness“

*And because shared pleasure is double the pleasure, you can book the above treatment for two. Timings may vary slightly.*

ca. 150 min

380.-



## 2 Day Offer Doldenhorn „Enjoy“

*If you stay with us for at least two consecutive nights you can get the additional benefit of the following Spa treatments:*



### „Pure Relaxation“

Package total: 250.-

Day 1:

#### **Wildflower Bath**

30 min

Day 2:

#### **Rock Crystal Peeling**

30 min

#### **Full Body Aromatherapy Massage**

75 Min

### „Time for Men“

Package total 275.-

Day 1:

#### **Full Body Massage „Doldenhorn-Gold“**

(Intensive full body massage in combination with hot stones).

90Min

Day 2

#### **Full Body Peeling „Hautnah“**

30 Min

#### **„Kandersteger Beer Bath“**

30 Min

Please make your booking prior to arrival if possible

## Further Offers

### Salt-Salzarium

Forgett everything, you know about "Salt-Caves"! A "Salzarium" is an oasis made out of pure salt, where you find a perfect combination between a lightshow and the healthy influence of a pure, salty air!!

### Coiffeur

Would you like to get your hair done while staying with us? It will be our pleasure to organise an appointment for you, just speak to our staff at reception.

**For up-to-date offers and bargain treatments please refer to the daily issue of our "MORGENPOST"!**

### GIFT VOUCHERS

Make someone happy with a gift voucher for the Doldenhorn SPA! – Just ask at reception

## General Information

In order to get the full benefit of your treatment, we recommend that you get there at least 5 minutes early. As we are working to a schedule, and in order to respect and fulfil following appointments, we will have to shorten your treatment time if you turn up late.

In case you have to cancel your appointment, please let us know at least 5 hours in advance, as otherwise the treatment will still be charged for.

### Doldenhorn Spa Opening Hours:

Pool	08.00 – 22.00 hrs,
Sauna	15.00 – 22.00 hrs,
Sundayds from	09.00 am

If you would like to visit our sauna in the morning, please notify our staff at reception.

### Sauna Rules

Our rule is that there is no rules regarding clothing in the sauna. Feel free to wear as much or as little as you like, but please be discreet and also respect the preferences of our other guests.

Please wear suitable clothing in the pool area and pool.

Children under the age of 15 have to be accompanied by an adult.