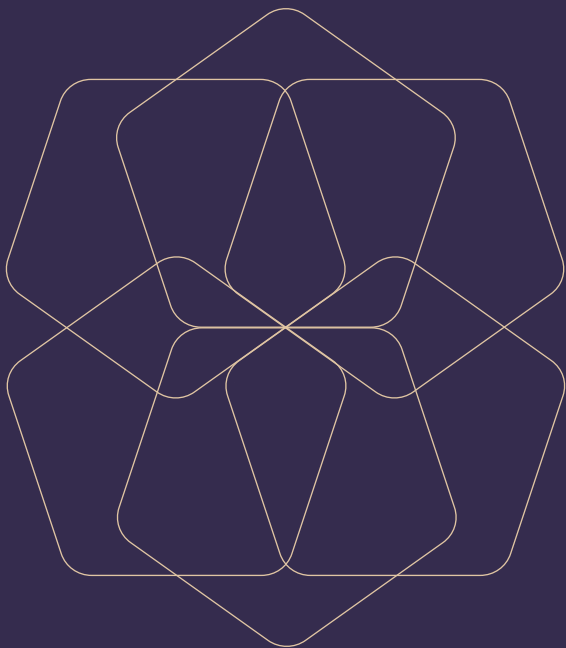


All-round
pampering.
For days of
well-being.



WELLNESS HOTEL
STOOS

Stylish. Warm.



Wellness & Beauty with pleasure

Immerse yourself in relaxation and well-being with a unique view of the mountain landscape of Central Switzerland. Our modern spa with natural stone floors, lots of wood, and natural light will delight you. Various pools are available for sports and recreation.

The wellness team will pamper you with high-quality haki® treatments, enriching cosmetic treatments, relaxing massages, soothing wraps, and enchanting couples' treatments.

Our water world with an outdoor and indoor whirlpool and indoor pool invites you to swim a few laps or simply float away.

The sauna area is a place of peace and relaxation. Heat, steam, and water combined with refreshing or calming essences will immediately slow you down.

We wish you a relaxing stay.

Best wishes from the mountains
Vivian Kalt and Team



Wellness & Spa services

- Indoor pool 29°C
- Indoor and outdoor whirlpool 36°C
- Outdoor plunge pool
- Adventure showers
- Sauna area with Finnish sauna, bio sauna, stone sweat bath, steam bath
- Outdoor saunas (clothing permitted)
- Relaxation room with fantastic view
- Relaxation room with water beds
- Massage and beauty treatment rooms
- Hamam (treatment room)
- Soft pack lounge and couple's bathtub
- Fitness room

Opening hours

Fitness/indoor pool: 7.00 a.m. – 8.00 p.m.

Treatments: 9.00 a.m. – 7.00 p.m.

Sauna area: 10.00 a.m. – 8.00 p.m.

(For sustainability reasons, our saunas are being put into operation gradually. The entire sauna area will be available to you from 3 p.m. at the latest. Thank you for your understanding.)

Note

The sauna area is a classic nude zone. We are therefore happy to provide you with pestemals (Turkish hammam towels).

Pregnancy

Please contact us in advance to find out about suitable treatments that we can offer you from the fourth month of pregnancy onwards. We will be happy to advise you.

Information about treatment times

The time required for undressing, dressing, resting, and the interview is included in the total time.

Our Wellness-Menu

haki® treatments

	Min.	CHF
1 haki® Stretch & relax	50	120.–
2 haki® Sacral	25	75.–
3 haki® Purna	80	160.–

Massages

	Min.	CHF
4 Classic full-body massage	50	120.–
5 Classic part-body massage	35	90.–
6 Part-body sports massage	35	95.–
7 Foot reflexology massage	50	120.–
with scrub and footmask	70	135.–
8 Manual lymph drainage	50	120.–
9 Hot-stone-massage	80	160.–
10 Aromatic oil massage	50	125.–
11 Full-body scrub		
Honey stone pine / Arnica Rosemary	30	70.–
12 Fascia massages	ab 35	95.–
13 Pharmos Natur® mum-to-be	50	135.–
14 Hand- and foot massage	50	110.–

Bathing facilities

	Min.	CHF
15 Rose oil bath	30	65.–
16 Cleopatra-bath	30	65.–
17 Sulphur bath	30	65.–
18 Pharmos Natur® alkaline bath	30	65.–
19 Body-Detox-foot bath	30	65.–

Couple's treatments

	Min.	CHF
20 Rose oil bath	30	75.–
21 Cleopatra-bath	30	75.–
22 Sulphur bath	30	75.–
23 Pharmos Natur® alkaline bath	30	75.–
24 Aromatic oil massage	50	220.–
25 Soap lather couple's massage	50	220.–
26 Blossom dream	65	180.–
27 1001 nights	110	450.–

Wraps

	Min.	CHF
28 Algae cleansing wrap	35	75.–
29 Natural moor mud wrap	35	75.–
30 Goat butter wrap	35	75.–
31 Evening primrose oil wrap	35	75.–

Pharmos Natur® Detox

32 Detox, facial detox	60	140.–
33 Detox, body detox	60	140.–

Pharmos Natur® Beauty for him & her

	Min.	CHF
34 Basic facial treatment	50	110.–
35 Classical facial treatment	80	160.–
36 Love your age facial treatment	90	180.–
37 Anti-Stress treatment	90	180.–

Hands & feet

	Min.	CHF
38 Manicure*	50	90.–
39 Pedicure*	50	90.–
with with nailpolish*	65	100.–

eyelashes and eyebrows

	Min.	CHF
40 Eyelash colouring	15	25.–
41 Eyebrow plucking	15	25.–
42 Eyebrow colouring	15	25.–
43 Eyelashes and eyebrows colouring with correction	30	50.–

Beauty-wax treatments

	Min.	CHF
44 Legs to knee	25	55.–
45 Legs complete	40	85.–
46 Arms and armpits	40	85.–
47 Bikini	25	40.–
48 Upperlip or chin	15	20.–
49 Back	50	75.–





haki® – clear head, clear path

Experience the holistic and tailor-made haki® concept, developed by Harald Kitz from Carinthia, exclusively with us in Central Switzerland. The multi-award-winning treatment method focuses on the shoulder, neck, and head areas. It relieves pressure on these areas, allowing the body to regain strength and the right mood.

The nervous and muscular systems are harmonized using specially developed techniques. Regeneration and relaxation are achieved through the use of pressure, stroking, and oscillating movements. The aim is to restore inner equilibrium and balance between the head and body, release tension, and thus reduce stress, both physically and mentally.

Breathe in the fresh, clear mountain air and clear your head. With haki®, you can ensure lasting well-being.



haki® treatments

1 · haki® Stretch & relax

Well-being starts in the mind. This treatment focuses specifically on the shoulders, neck and head. They are deliberately made to oscillate through the use of targeted traction, pressure and stretching. The harmony achieved leads to balance and regeneration.

50 minutes CHF 120.–

2 · haki® Sacral

The aim is to relieve tension in the back between the lumbar spine and buttocks. This special effect is achieved by applying gentle pressure and using stretching and vibrating movements, which relax and harmonise the nerves in the lumbar spine, sacrum and buttocks. The muscles relax and the body's self-healing powers are activated.

25 minutes CHF 75.–

3 · haki® Purna

Today's top-heavy individuals, who spend a lot of time sitting at a desk or whose muscles are shortened after long sporting and professional challenges, will feel noticeably stretched and relaxed thanks to this full-body treatment. The combination of haki® Stretch & Relax and haki® Sacral brings the body back into balance from head to toe.

80 minutes CHF 160.–



Massages

We use 100% natural oils for our massages. Their nourishing and protective ingredients help to restore the skin's balance.

4 · Classic full-body massage

Treat yourself to a classic full-body massage. Our experienced massage therapists use targeted movements to ensure relaxation throughout the entire body. The skin contact and beneficial effect of the massage oils make you forget the stresses of everyday life and bring body and mind back into harmony. Experience pure relaxation and let us pamper you..

50 minutes CHF 120.–

5 · Classic part-body massage

A classic choice for soothing relaxation of the back and neck area or legs. Our experienced massage therapists use targeted techniques to loosen and relax the muscles, while the beneficial effect of the massage oils will help you forget the stresses of everyday life and bring body and mind back into harmony. Experience pure relaxation and let us pamper you.

35 minutes CHF 90.–

6 · Part-body sports massage

Would you like to release tension in a specific area of your body? Then we recommend a part-body sports massage. Our experienced massage therapists cater specifically to your needs and relieve hardness and tension in the back, neck or legs. Targeted grips and the use of special massage oils promote circulation and accelerate recovery after physical exertion. Experience a pleasant feeling of relaxation and vitality after a part-body sports massage.

35 minutes CHF 95.–

7 · Foot reflexology massage

Our feet are one of the most neglected parts of our body. Targeted pressure on specific areas of the foot sends stimuli to distant organs to promote self-healing.

50 minutes CHF 120.–
with scrub and footmask 70 minutes CHF 135.–

8 · Manual lymph drainage

Manipulating the skin stimulates lymphatic flow, relieves congestion and alleviates pain in heavy legs. It can also be used to treat trauma-related issues resulting from dislocations and strains, for example.

50 minutes CHF 120.–

9 · Hot-Stone-massage

Hot stone massage activates the body's energy sources by using heated basalt stones. The special stones, which are able to store heat for a long time, are placed on the body's energy points. The aim is to use the heat to help the areas of the body being massaged to relax and to loosen up areas of tension.

80 minutes CHF 160.–

10 · Aromatic oil massage

This relaxing full-body massage is performed with beneficial aromatic oils. This promotes harmony between body, mind and soul. The autonomic nervous system is calmed and the body's defences strengthened.

50 minutes CHF 125.–

11 · Full-body scrub with honey and stone pine

This scrub, containing nutrient-rich extracts of honey and Swiss stone pine as well as the finest olive oil, gives the skin elasticity and suppleness. The valuable minerals activate cell metabolism, restore the skin's balance, and ensure fine, soft skin.

with arnica rosemary

Enjoy a moisturizing and refreshing mineral salt scrub with natural exfoliating grains made from mountain salt. With the powerful active ingredients of arnica flowers and rosemary oil, it has a cooling, regenerating, and revitalizing effect.

30 minutes CHF 70.–

12 · Fascia massages

Fasciae are an important component of connective tissue. They are interconnected, envelop the body's various organs, muscles, bones, blood vessels and tendons and give the body its shape and tension.

«Neck fit» 35 minutes CHF 95.–

«Back fit» 50 minutes CHF 125.–

13 · Pharmos Natur® mum-to-be

Careful strokes are a balm for body and mind, especially during pregnancy. Experience the effects of pure plant power in this well-being treatment for "two". Your legs will feel light again, strained connective tissue strengthened and the back relieved. Loving care of your baby belly completes the pampering programme.

The treatment can be booked from the fourth month of pregnancy onwards.

50 minutes CHF 135.–



14 · Hand and foot massage

Treat yourself to a soothing hand and foot massage to relax and promote your general well-being. Experience what it feels like to release tension and stress from your body. Enjoy how mindful touch can work wonders.

50 minutes CHF 110.–

Bathing facilities

15 · Rose oil bath

The queen of flowers is gentle, sensual, romantic and balm for the soul. Immerse yourself in harmony and well-being.

30 minutes CHF 65.–

16 · Cleopatra-bath

The Egyptian queen is said to have bathed in milk for a velvety soft skin. Milk softens the skin and replenishes lipids. Mixed with honey, the beauty bath is perfect.

30 minutes CHF 65.–

17 · Sulphur bath

As long ago as in ancient Rome, sulphur baths were considered a way to calm the body and mind. Especially ideal for rheumatic complaints or after sporting activities, it relaxes the muscles and joints. It is a healthy alternative to medical treatments for allergies and skin diseases.

30 minutes CHF 65.–

18 · Pharmos Natur® alkaline bath

The bath salt from Palestine contains high quantities of valuable minerals and is rich in magnesium and boron, which strengthen the muscles and are beneficial for sensitive skin. They promote purification and deacidification.

30 minutes CHF 65.–

19 · Body detox foot bath

Electrolysis ionises the saline water, triggering the organs to remove pollutants from the body. It also stimulates the lymphatic system and foot reflex zones and has a lasting 48-hour effect.

30 minutes CHF 65.–

Couple's treatments

Enjoy life together, enjoy together. Treat yourself and your loved one to some pampering at the spa.

20 · Rose oil bath

30 minutes CHF 75.–

21 · Cleopatra-bath

30 minutes CHF 75.–

22 · Sulphur bath

30 minutes CHF 75.–

23 · Pharmos Natur® alkaline bath

30 minutes CHF 75.–

24 · Aromatic oil couple's massage

50 minutes CHF 220.–



25 · Soap lather couple's massage

This treatment begins with a brush massage, followed by a relaxing soap lather massage.

50 minutes CHF 220.–

26 · Blossom dream

A feast for the senses for two – a delicate and pampering combination of a rose bath and rose oil massage. The rose bath has a balancing and harmonising effect. You can choose whether to have your back or your legs treated with the flowing rose oil massage.

65 minutes CHF 180.–

27 · 1001 nights

Sheherazade told the king exciting tales for a thousand and one nights and converted the king to good. Our Stoos ritual begins with a brush massage to stimulate your circulation and metabolism, followed by a relaxing lather massage. After a short break, you will be pampered with a full-body oil rub. Afterwards, you can reflect on the treatment as you enjoy your own stories, and we will serve you some oriental snacks. The ideal way to prepare for your 1001 Nights treatment is to go to the steam room to open your pores.

110 minutes CHF 450.–

For couples' treatments, prices are valid for two people.

Wraps

28 · Algae cleansing wrap

Feel the power of the sea. The wrap has a gentle purifying, draining, firming and detoxifying effect. The high iodine content stimulates cell metabolism and circulation.

35 minutes CHF 75.–

29 · Natural moor mud wrap

The centuries-old natural moor mud is heated and painted onto your body. Recommended for muscle tension, rheumatic diseases, spinal and joint diseases.

35 minutes CHF 75.–

30 · Goat butter wrap

Goat butter is rich in unsaturated fatty acids and vitamins and is an important ingredient in Alpine folk medicine. It penetrates deep into the skin's layers, moisturises and improves the skin's elasticity.

35 minutes CHF 75.–

31 · Evening primrose oil wrap

Evening primrose seeds contain oils, linoleic acid and gamma-linolenic acid, which are metabolised along with inflammatory messenger substances, resulting in an activating, soothing effect. Recommended for neurodermatitis and eczema.

35 minutes CHF 75.–





PHARMOS NATUR®

GREEN LUXURY

Pharmos Natur® Detox

32 · Pharmos Natur® Detox, face

with fresh aloe vera plant leaves / facial treatment

Discover our Pharmos Natur® detox facial treatment. A 60-minute treatment that utilises a number of valuable herbs rich in active ingredients, which activate lymph flow and improve your skin's elasticity.

Pharmos Natur® cosmetic products are 100% natural and based on pure aloe vera juice.

60 minutes CHF 140.–

33 · Pharmos Natur® Detox, body

with fresh aloe vera plant leaves / facial treatment

Enjoy our 60-minute full-body detoxification treatment with precious medicinal plants combined with pure organic aloe vera. This treatment purifies and cleanses the lymphatic system, strengthens and firms the connective channels and activates your metabolism.

After the Pharmos Natur® body detox treatment you will feel light and free.

60 minutes CHF 140.–

100%

Organic Aloe Vera Juice
Instead of water

Nature that works.

www.pharmos-natur-suisse.ch

Pharmos Natur®

Beauty for him & her

34 · Basic facial treatment

This short but highly effective treatment revitalises your skin. Facial cleansing, steaming, scrub, deep cleansing, application of Fresh Aloe Vera Plants, mask and finishing treatment. All care products are tailored to your skin type.

30 minutes CHF 110.–

35 · Classic facial treatment

Freshness and a natural glow to suit your complexion. Cleansing of face, neck and décolletage, scrub, eyebrow plucking, intensive moisturising with fresh aloe vera plant leaf, soothing massage of the face, neck and décolletage, mask to refine the overall result.

80 minutes CHF 160.–

36 · Love your age facial treatment

Pure nature with rejuvenation. After cleansing your face, neck, and décolletage, enjoy an enzyme peel with steam and a deep cleansing treatment featuring nature's most precious gifts. This is followed by our massage using fresh aloe vera leaves, which provide highly effective and valuable antioxidants, as well as a facial mask. Deep in the skin, they replenish moisture reserves and smooth out lines and wrinkles with an immediately visible rejuvenating and long-lasting effect.

90 minutes CHF 180.–

37 · Anti-stress treatment

A foot massage with high-quality Pharmos Natur oils will put you in the right mood for the treatment. The anti-stress elixir relieves tension and calms the nervous system. The relaxing facial treatment, which includes cleansing, gentle exfoliation, a fresh aloe vera treatment, a face, neck and décolletage massage, mask, and hand massage, alleviates stress.

90 minutes CHF 180.–

Hands & feet

38 · Manicure*

Let's be honest – our hands are our business cards, and beautiful fingernails a charming feast for the eyes. We care for your hands and fingernails. At the end of the treatment, we will pamper you with a soothing hand rub.

We do not offer gel/shell polish or gel/shell polish removal. Manicures are performed exclusively on natural nails.

50 minutes CHF 90.–

*with nailpolish 65 minutes CHF 100.–

39 · Pedicure*

Our feet carry us far – time to pamper them. Say thank you to your feet with foot care that includes a foot bath, callus removal and nail care. The pampering treatment concludes with a foot rub.

We do not offer gel/shell polish or gel/shell polish removal. Pedicures are performed exclusively on natural nails.

50 minutes CHF 90.–

*with nailpolish 65 minutes CHF 100.–

Eyelashes and Eyebrows

40 · Eyelash colouring

15 minutes CHF 25.–

41 · Eyebrows plucking

15 minutes CHF 25.–

42 · Eyebrows colouring

15 minutes CHF 25.–

43 · Eyelashes and eyebrows
colouring with correction

30 minutes CHF 50.–

Beauty-wax treatments

44 · Legs to knee

25 minutes CHF 55.–

45 · Legs complete

40 minutes CHF 85.–

46 · Arms and armpits

40 minutes CHF 85.–

47 · Bikini

25 minutes CHF 40.–

48 · Upperlip or chin

15 minutes CHF 20.–

49 · Back

50 minutes CHF 75.–



Show us your most beautiful moments



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PRIVATE SELECTION
HOTELS & TOURS

