



S P A C H A K R A

G R A N D H O T E L P A R K

Spa Chakra™ is a renowned medi-spa that provides comprehensive health and wellness care in an environment that integrates conventional and holistic methods with a definitive sensorial experience. With more than 60 health and beauty therapies that nurture the skin, body, and well-being, Spa Chakra provides the ultimate experience in day and destination spas.

SELF-ASSESSMENT QUESTIONNAIRE

While enjoying the tranquility of the spa's facilities, clients undergo a systematic analysis to customise their therapies. Each treatment is individually tailored according to the results of a Self-Assessment Questionnaire. Spa Chakra created this fascinating tool to discover the client's primary stress, be it nutritional, emotional, electromagnetic, or physical. The results reveal personal lifestyle issues currently impacting the client's health and long-term vitality.

CELLCOSMET AND CELLMEN SPA PROFESSIONAL

Unique to the Grand Hotel Park Gstaad, Spa Chakra is proud to feature Cellcosmet and Cellmen Spa Professional high-tech skincare throughout our therapy selection. These highly acclaimed products are particularly renowned for their unique cellular rejuvenation effects and anti-ageing benefits.

Spa Chakra clients receive complimentary valet parking with their appointment. Please advise if you require this service at the time of booking.

MASSAGE THERAPIES

1h 00 / 1h 30

Impériale Massage

Stimulates blood and lymphatic circulation, detoxifies, and promotes relaxation.

Deep Tissue

Releases tension patterns and relieves repetitive strain injury.

Swedish

Improves circulation, relieves muscle tension, increases mobility, and reduces stress.

Aromatherapy

Enhances mood, boosts energy levels, and relieves stress.

Remedial

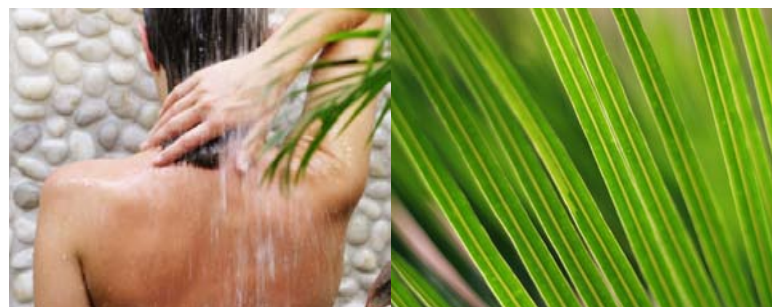
Induces a deep state of relaxation, promotes energy, increases suppleness, and stimulates lymph and blood circulation.

Reflexology

Dramatically reduces stress, induces deep relaxation, increases vitality, and improves every facet of physical and emotional health.

Pre & Postnatal Massage

Increases energy levels, alleviates discomfort, increases circulation, aids in the prevention of stretch marks, and stabilises hormonal activity.



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FACIAL THERAPIES

Exceptional Orchidée Impériale Treatment 2h 00

Experience results beyond your imagination. Spa Chakra unites aesthetic expertise with the extraordinary anti-ageing action of Exceptional Complete Care, Orchidée Impériale. This luxurious and deeply relaxing treatment uses two specifically targeted masks on the face, neck, and décolleté and offers a rejuvenating and detoxifying facial massage. Skin is intensely nourished and strengthened, facial contours are redefined, wrinkles and fine lines are smoothed, and your complexion becomes more luminous.

Spa Facial 1h 30

This exclusive therapy features a detoxifying and firming facial massage, deep cleansing, eyebrow shaping, eyelash and eyebrow tinting, exfoliation, paraffin hand treatment, pore extractions, plus footbath and foot massage.

Specialty Facial 2h 00

An intensive revival for devitalised skin. Your skin is enveloped in specialty infusion masks and massaged with an active skincare concentrate. This highly rejuvenating process acts on each layer of the skin to rebuild, strengthen, and reveal greater firmness and tone.

Power Facial 1h 00

Achieve a fresh, clear, and radiant complexion in one hour. This rapid facial treatment includes deep cleansing, exfoliation, facial steam, pore extractions, and mask.

HAND & FOOT THERAPIES

Spa Hand Therapy 1h 30

A facial for your hands. Experience a soothing hand bath followed by a gentle exfoliation, paraffin therapy, cuticle repair, hydrating hand and foot massage, and lacquer application.

Spa Foot Therapy 1h 30

A relaxing and purifying mineral bath followed by a rapid exfoliation, cuticle repair, foot mask, paraffin therapy, relaxing hand and foot massage, and lacquer application.

Specialty Hand or Foot Therapies 2h 00

Two hours of anti-ageing bliss. This intensive therapy restores time-ravaged hands or feet with an intensive collagen concentrate massage and mask. A purifying mineral bath, exfoliation, cuticle repair, paraffin therapy, and lacquer application complete the treatment.

BODY REFRESHERS

Body Polish 1h 00

Intensive Vichy shower water massage, soothing body wash, invigorating exfoliation, and hydrating body treatment.

Purifying Back Therapy 1h 00

Deep steam cleansing, invigorating exfoliation, purifying pore extractions, revitalising mask, and relaxing massage.

Terracotta Tan 1h 30

Invigorating Vichy shower, body polish, two-layer tanning application, and hydrating moisture treatment.

Touch-up 45 minutes



Give the gift of good health, great skin, and total rejuvenation with a Spa Chakra Gift Certificate, redeemable for all spa therapies, packages, and products.

BODY THERAPIES

Design Contour Multi-Zone Redefining Programme

8 sessions / 4 sessions 16h 00 / 8h 00

Single session 2h 00

This unique contouring programme consists of two independent treatment phases to re-sculpt and firm the body.

- Detoxification: Unblocks localised accumulations of cellulite
- Firming: Intensively firms the body tissue and re-sculpts the body contour

Body Wrap 2h 00

Our array of distinctive body wraps brings the natural healing properties of vitamins, amino acids, minerals, and chlorophyll to firm, detoxify, and replenish your skin.

Specialty Body Therapy 2h 00

Divine body decadence. Your body is enveloped in collagen and thermal clay masks and massaged from head to toe with an intensive skincare concentrate.

Hydrotherapy 45 minutes

The ideal pre-massage therapy—it prepares the body by warming and loosening the muscles. Hydrotherapy has a special place in the Spa Chakra ethos, where we combine bathing traditions with state-of-the-art equipment.

Pre-Massage 30 minutes



Tailor your spa treatments with a wide array of Spa Additions.

CHAKRA HEALTH

Naturopathy

Naturopathy imparts natural healing power towards the primary stresses affecting your well-being. A Naturopathic Consultation determines a personal programme of nutrition, aromatherapy, herbal medicine, and spa therapies to improve your body's internal resistance.

First Naturopathic Consultation 1h 00

Maintenance Consultation 30 minutes

SPA CHAKRA FITNESS

The ideal wellness continuum, Spa Chakra Fitness offers an integrated and personalised course of action for all guests that includes state-of-the-art cardiovascular and strength-training equipment, Personal Training, The Kinetic Analysis, and Nutrition Consultations. Spa Chakra Fitness professionals encourage, motivate, and inspire guests to optimise fitness levels and achieve lasting health and well-being.



SPA ADDITIONS

Anti-Wrinkle Retinol Eye Treatment	15 minutes
Vichy Shower Water Massage	30 minutes
Revitalising Footbath	
with Exfoliation & Foot Massage	15 minutes
Naturopathic Consultation	15 minutes
Paraffin Hand or Foot Therapy	15 minutes
Eyelash/Eyebrow Tint	15 minutes
Chin/Lip/Eyebrow Wax	15 minutes
Standard Bikini/Underarm Wax	15 minutes
Brazilian Wax	45 minutes
Half-Leg Wax	15 minutes
Full-Leg Wax	30 minutes
Chest/Back Wax	30 minutes



THE NEW GENERATION OF SWISS CELLULAR COSMETICS

Beyond Skin Care, Ultimate Well-being

We are proud to feature Cellcosmet & Cellmen Spa Professional high-tech skincare from Switzerland. These leading skincare treatments are based on active bio-integral cells and specifically targeted ingredients, including phyto and marine extracts and 100% pure and natural essential oils.

VIBRANT BODY TREATMENTS

Slimming Anti-Cellulite Treatment 1h 30

A gentle body exfoliation eliminates impurities and activates lipolysis. It is followed by a deep tissue aromatherapy massage using a blend of active essential oils to break down fatty deposits. A cellulite mask completes the treatment to re-contour the silhouette, improve skin tone, and reduce the appearance of cellulite. Experience a treatment series for advanced results.

BodyContour Refirming Treatment 1h 30

Visibly improves skin firmness and redefines the figure. The pre-treatment body exfoliation is followed by a deep tissue aromatherapy massage using a synergetic blend of essential toning oils. A firming body mask completes the treatment. Experience a treatment series for advanced results.

BustContour Defining Treatment 45 minutes

This luxurious bust treatment works deep within the tissue to firm and impart a beautiful contouring effect. It smoothes skin texture and provides exceptional radiance to the décolleté. At the same time, you enjoy total relaxation, breathing in the essence of aromatherapy.

FOR HER AND FOR HIM

BodyRelax Treatment 1h 00

Delight your senses with this relaxing treatment. A gentle body scrub, followed by a deep, tension-releasing aromatherapy massage, melts away stress and relaxes the mind. The self-heating mask applied to the back prolongs the ultimate sensation of well-being.

BodyPure – BodyDetox Treatment 1h 00

Relax and detoxify your skin—the back, chest, and abdomen. Treatment starts with a gentle body exfoliation, followed by a deep aromatherapy massage that purifies the skin and relaxes the mind. Treatment is completed with a Detox mask.

Jet-Lag Renewal Heavy Legs Circulation Treatment 1h 30

Ideal after a long-haul flight, this treatment boosts blood circulation of heavy legs and tired feet with a deep or lymphatic drainage massage using essential oils. The treatment includes a revitalising body exfoliation and foot scrub, a gentle massage with essential oils, and a circulation mask to provide an extraordinary sensation of lightness.

HIGH-TECH MEN'S FACIAL TREATMENTS

Experience Cellmen's revolutionary high-tech cellular facial treatments, designed for men's skin revitalisation and anti-ageing therapy—the only facial treatments that respect men's hormonal identity.

Executive Revitalising CellVital Men's Facial 1h 30

Anti-Stress Elasto-Collagen Men's Facial 1h 00

Lightening Elasto-Collagen Men's Facial 1h 30

DAY AT THE SPA

Queen for a Day 5h 30
60-minute Body Polish, 60-minute Massage, Spa Facial, and Spa Foot Therapy.

Total Detox 7h 00
Purifying Back Therapy, Body Wrap, Spa Facial, Spa Hand or Foot Therapy, plus your personal selection of one of the following:

- Naturopathic Consultation
- 60-minute Impériale Massage

Package inclusion: Personal detox vitamin and mineral starter pack.

Anti-Ageing Retreat 8h 00
Spa Foot Therapy, Specialty Body Therapy, Specialty Facial, Spa Hand Therapy, plus your personal selection of one of the following:

- Anti-Ageing Naturopathic Consultation
- 60-minute Massage

Package inclusion: Personal anti-ageing vitamin and mineral starter pack.

Bridal Glow 7h 30
Specialty Body Therapy, Specialty Facial, Specialty Hand or Foot Therapies, plus your personal selection of one of the following:

- Pre-Consultation Bridal Makeup
- Terracotta Tan Full-Body Application

PARTIAL-DAY SPA PACKAGES

Spa Sampler 3h 30
Power Facial, Body Polish, and 60-minute Massage.
Package inclusion: Skincare starter collection.

Take a Break 3h 00

- SERENITY: Revitalising Footbath, Body Polish, Power Facial, and 60-minute Impériale Massage
- ENERGY: Revitalising Footbath, Body Polish, Power Facial, and 60-minute Remedial Massage
- PURITY: Revitalising Footbath, Purifying Back Therapy, Power Facial, and Body Polish

Travel Prescriptions 3h 30

- JET-LAG: Body Polish, 60-minute Massage, and Spa Foot Therapy
- PRE-FLIGHT: Power Facial, Body Polish, and Spa Hand Therapy

Package inclusion: Super Aqua-Serum 30ml Optimum Hydration Revitalizer for the face.

CANCELLATION POLICY

If you need to cancel your appointment, please provide 24 hours' notice to avoid incurring the full therapy fee or voiding Gift Certificates.

NO GRATUITIES POLICY

Spa Chakra provides a robust compensation and benefits plan for its staff so that they need not rely on gratuities. Cash gratuities will therefore be politely declined.



Create a unique and memorable experience.

Spa Chakra is the perfect setting to host groups and special events.