

# THE CHEDI

ANDERMATT, SWITZERLAND

## THERAPEUTIC MASSAGE

The Chedi Jade Massage 60 minutes – CHF 350

A dynamic style to dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronised movements using a variety of massage techniques including Shiatsu, Balinese, Thai, Swedish and Lomi- Lomi.

Ayurvedic Abhyanga Massage 90 minutes – CHF 300

An ancient ritual to balance mind and body using organic oils specific for balancing Vata, Pitta and Kapha. This massage employs long flowing strokes that follow the flow of prana according to Vedic physiology.

Himalayan Warm Stone Massage 90 minutes – CHF 300

Shamans have used heated river stones in their healing practice for centuries. Warm stones are placed on the chakras and then massaged over the body to promote a deep state of relaxation, soothing away stress and dissolving muscular tension.

ilá Tibetan Ku Nye Massage 90 minutes – CHF 300

This body treatment honours and respects the ancient Tibetan traditions of healing, restoring, harmonising and strengthening the body's natural flow of energy. A blend of wildgrown essential oils combine with traditional techniques of cupping, acupuncture, kneading and rocking, complemented by hot stones and poultices to purify the five elements of the body, stimulate the lymphatic system and energise the subtle body and meridian system.

Alpienne Mountain Massage 60 minutes – CHF 200

90 minutes – CHF 300

This classic full-body massage is adapted to target the most over-worked areas of your body. Whether your aches and pains are from a day on the slopes, or a round of golf, our special techniques will address problem areas to achieve a deep level of relaxation. Choose from Alpienne-branded therapeutic products to promote the massages' efficacy:

Marmot Oil: promotes blood flow, regenerates skin cells, relieves muscle cramps and strengthens the immune system

St. John's Wort Massage Milk: has a soothing effect in cases of exhaustion, insomnia and nervous disorders

Arnica Massage Milk: has a cooling effect and increases circulation to repair sore and tired muscles

Propolis Massage Milk: especially soothing and detoxifying for the skin

ilá Chakra Balancing Massage 75 minutes – CHF 250

This subtle energy therapy is aimed at balancing the nervous system and has a powerful effect. A synergistic blend of essential oils including cardamom, jasmine and patchouli in a base of pure organic argan oil is applied using ancient massage techniques. The energetic combination of botanical essences and marma point massage opens the flow of subtle healing energy through the chakras for increased vitality. The treatment is focused along the spine with some massage to the extremities. The massage technique is gentle with soft to medium pressure and is focused on the flow of energy rather than manipulation of muscle tissue.

Ancient Balinese Massage 60 minutes – CHF 200

90 minutes – CHF 300

This traditional Balinese-style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind.

Thai-Style Foot Reflexology 30 minutes – CHF 110

60 minutes – CHF 200

Firm pressure is used to stimulate the reflex points in the feet. Float into deep relaxation for a divine sense of balance and well-being.

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## INDULGENT ORIENTAL RITUALS

### The Chedi Oriental Ritual

150 minutes – CHF 750

Aromatherapy Foot Polish, The Chedi Jade Massage, Ren Facial, Thai-Style Foot Reflexology, Himalayan Crystal Body Polish for a Blissful Experience, Oriental Bathing Ceremony

### Bali Oriental Ritual

120 minutes – CHF 480

Aromatherapy Foot Polish, Ancient Balinese Massage, Choice of Body Polish, Oriental Bathing Ceremony

### Alpienne Mountain Ritual

180 minutes – CHF 650

Aromatherapy Foot Polish, Mountain Massage, Mountain Herbs Body Polish, Classic Mountain Herbs Facial, Choice of Alpine Botanicals Whirl or Steam Bath

### ilá Adreno Restore Ritual

120 minutes – CHF 480

Adrenal fatigue is a 21st century syndrome. Although we recognise that stress is an integral part of everyday life, we should be mindful of the impact that long-term stress will have on our health. Adrenal fatigue occurs when our adrenal glands can no longer meet the physiological demands of maintaining homeostasis due to stress triggered by physical, emotional or psychological factors.

Vetivert, pine, cedarwood, ashwaghandha and pfa!a are blended with pink Himalayan salt crystals and applied with exfoliation techniques. A wrap with the same adaptogenic herbs is applied to the torso to target the adrenal glands. Naturopathic packs are warmed and applied over the adrenals to infuse healing herbs through the skin. Let your body sink into deep relaxation with a Tibetan-style massage called Ku Nye, perfect for grounding and restoring balance.

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## REVIVING BODY POLISH RITUALS

Alpienne Mountain Herbs Body Polish for Relaxing or Invigoration

60 minutes – CHF 220

A natural salt peel with the added benefit of mountain-grown herbs. Choose from Arnica for stimulating blood circulation, St John's Wort and Biopir for relaxing the body or Honey and Swiss Stone Pine to uplift body and mind.

ilá Himalayan Crystal Body Polish for Detoxifying or Uplifting

60 minutes – CHF 220

A body polish will stimulate the lymphatic system, aid circulation and refine the texture of the skin. This treatment is an ideal remedy for cellulite, stress and exhaustion. When warmed, the pink Himalayan salt emits many negative ions that refresh and energise on a subtle level.

Choose from wild-grown argan oil with juniper berry, organic rose geranium and wild poppy essence for energising and detoxifying or damascena rose otto with jasmine and organic rosehip seed oil for a blissful experience.

Ren Guerande Salt Exfoliating Body Balm for Delicate Skin

60 minutes – CHF 220

Hand-harvested French mineral rich salt from the sea is combined with basil and peppermint essential oils in a balm made from olive and almond oils. This exfoliating body balm gently removes dead cells and will leave your skin moisturised, renewed and glowing. Hot towels are applied to infuse the nutrients and essential oils for cell renewal and deep relaxation. The ritual concludes with an application of hydrating Rose Body Cream.

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## NURTURING ENVELOPMENT RITUALS

Alpienne Envelopments begin with an exfoliation using Honey Peeling Massage Milk to prepare the skin to absorb the therapeutic benefits of the pack and include a deep cleanse of the face while the envelopment is processing. You will be enveloped in an infrared sauna blanket to achieve optimum results from the benefits of the body pack. The treatment concludes with the application of body lotion.

Alpienne Marmot and Gentian Envelopment for Relief of Aches and Pains 90 minutes – CHF 280

Marmot oil, bee's wax, gentian root, lanolin, spelt flour and olive oil promote blood flow and relieve tensions and cramps in the muscles.

Alpienne Herb and Moor Envelopment for Invigoration 90 minutes – CHF 280

The application of this moorland Alpine herb pack enhances well-being and refreshes the body by stimulating the metabolism. It is a rich source of vitamins and minerals along with the added benefit of salicylic acid. It is recommended to follow this treatment with a massage.

Alpienne Birch and Juniper Envelopment for Purification 90 minutes – CHF 280

Powerful active ingredients of birch leaves, juniper and orange oil are mixed with olive oil, bee's wax and spelt flour for detoxification and draining the tissues of toxins for a strengthening effect.

ilá Indian Marma Point Head Massage and Hair Masque 45 minutes – CHF 180

Acupressure techniques release tension and open the flow of energy in the head and neck area. Essential oils of juniper berry and geranium nourish the hair for a healthy shine. A vitamin-rich hair masque feeds, fortifies, and thickens the hair.

ilá Amethyst Envelopment for Inner Peace 90 minutes – CHF 280

The amethyst wrap draws deep toxins from the cells and astral body. It revitalises and purifies the skin, lymphatic system and bio-energy field and can promote profound emotional and energetic healing. This wrap also incorporates a Jasmine and Pearl Body Renewal, mini crystal face massage and application of beautiful Jade body cream.

ilá Bio – Rhythm Envelopment for Jetlag 120 minutes – CHF 380

The aim of this treatment is to restore the body's natural flow of energy that can be disrupted by air travel and use of electronic devices. The treatment begins with an Energy Body Polish and continues with a Mud Wrap, both containing high levels of minerals in ionic form which emit negative ions when warmed. These ions charge and restore the magnetic field surrounding the body that is known as the aura. A Kundalini Back Massage soothes the nervous system finishing with a Marma Massage of the face while you are cocooned in a warm blanket. This treatment is the perfect remedy for jetlag.

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## REJUVENATING BEAUTY RITUALS

### Alpienne Mountain Herbs Facials

Exquisite skin care with the power of unrivalled natural anti-ageing substances. Biopir forms the basis for all products in the Alpienne cosmetics range. This substance extracted from brewer's yeast contains a diversity of natural B-complex vitamins along with biotin, niacin, amino acids and important minerals and trace elements.

Anti-Ageing Facial 120 minutes – CHF 330

Power of the Alps Facial 90 minutes – CHF 250

Classic Facial 60 minutes – CHF 175

Alpienne Eye Bright 30 minutes – CHF 110

Camomile and eyebright natural essences bring new radiance to the eye area for a fresh and radiant appearance.

Ren Bio Active Bespoke Facial 60 minutes – CHF 210

75 minutes – CHF 250

A complete facial incorporating Japanese lymphatic drainage and hydration massage techniques to tone and moisturise. An application of eyelift gel, cell therapy and a hand treatment complete the ritual.

Ren Facial for Men 60 minutes – CHF 210

Vitamin C is the most potent antioxidant for the skin and assists in the production of collagen. This facial removes impurities and refines the skin as it hydrates and promotes cell regeneration.

Ren Bio Active Eye Care 30 minutes – CHF 110

A deluxe hydration to treat the delicate eye area.

ilá Gemstone Facial 75 minutes – CHF 280

During this gentle, non-invasive treatment, electro-magnetic light frequencies, colour therapy and the subtle energy of crystals combine to release facial tension, rejuvenate the complexion and raise the vibrational energy of the skin. Lymphatic drainage massage eliminates toxins and reduces puffiness in the face, while marma point massage with warm rose quartz crystals and targeted light therapy deliver energy where it is needed to balance the body and bring forth innate beauty. This facial is completed with a cooling jade mask that helps to reduce the appearance of fine lines and wrinkles.

Waxing Full Leg – CHF 150

Half Leg – CHF 110

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Bikini – CHF 100

Underarm – CHF 100

SpaRitual Manicure and Pedicure

Aura Balance Manicure

60 minutes – CHF 180

Aura Balance Pedicure

60 minutes – CHF 200

At The Chedi, we use only vegan, wildcrafted, organic Spa Ritual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products.

Enjoy an aroma therapeutic journey where you choose your intent...relax, uplift and inspire. Micro algae and mineral salt infused with wildcrafted Indonesian ginger will gently slough away dry skin. The aroma therapeutic properties of ginger are deepened with a full healing hand or foot massage using a hydrating blend of ginger and Chinese jasmine essential oils, aloe with shea butter, sesame oil, olive oil, avocado and vitamins A&E.

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## Romantic Bathing Ceremonies

Each spa suite features a private steam shower. Two double and two single spa suites feature therapeutic whirl baths. An invigorating steam bath or relaxing bathing ceremony is a great way to unwind and relax before or after any massage.

### The Chedi Love Bath Ceremony

30 minutes – CHF 250

### Love Potion, Champagne and Canapes

### Aromatic Herbal Steam Bath

30 minutes – CHF 125

### Swiss Stone Pine or Violet

### Alpienne Alpine Botanicals Bathing Ceremony

30 minutes – CHF 125

Herb – stimulates circulation, refreshing for the mind

Hay Flowers – stimulates circulation, calming for the mind

Marigold Blossom & Lavender – antiinflammatory, anti-bacterial and healing especially for dry skin, relaxing for the mind

Honey & Swiss Stone Pine – moisturising for the skin while soothing for the mind to promote a sense of well-being