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# Welcome to the Peak Health Spa at The Capra

Peak Health is a wellness company offering holistic health programs designed in collaboration with a global team of medical and wellness experts. Our aim is to help clients improve overall well-being while developing habits for continuous healthy living. The underlying philosophy centres on five key quadrants considered pillars for sustaining health: Nutrition, Fitness, Mental Resilience, Habits and Sleep.



Peak Health tailors bespoke treatments and programmes around these five areas to help foster positive lifestyle changes. Each of our offerings, treatments and products is based on the latest scientific advances, focusing on intelligent recovery, regeneration and holistic wellness. These are constantly tested and evaluated on strict criteria to provide maximum value to our clients.

Peak Health has two signature offerings:

## Peak Health Spa

The Peak Health Spa has uniquely curated treatments including facials, body packages, customised therapeutic massages and private classes; specialized for muscle recovery, detox and better-aging. Our product offerings are based on natural, organic ingredients and clean science. Our curated list includes *Biologique Recherche* – French Anti-aging Science, *The Organic Pharmacy* – Luxurious UK Organic Brand and *Alpienne* – Austrian Organic Plants from the Alps.

## Peak Health Retreats

The Peak Health Retreats provide an immersive, personalised, educational experience to promote optimal health and create habits for a holistic approach to resetting one's health. The bespoke program of events includes hikes in the Alps, spa treatments, yoga, meditation as well as workshops and talks by health experts. Our food menu is designed by top nutritionists and based on locally sourced products. We teach strategies aimed at rewiring your mindset and habits to promote better sleep, stronger mental focus and increased energy.

# Our Personalised Philosophy

Peak Health believes in a holistic approach to well-being tailored to the individual.

With this in mind, we created a bespoke offering of spa treatments, private classes and products built to address every guest's specific health goals. Books supporting self-learning are available at the Spa's library and the Peak Health Spa team welcomes all inquiries around health and enhancing the quality of life.

We pride ourselves on the use of eco-friendly products and we provide complimentary organic fruits and nuts in the Spa.

Every day the Spa also offers complimentary classes for the hotel guests. Please ask for the schedule upon your arrival.

## Our partners

*Biologique Recherche*: French Brand, leader for highly effective anti-aging and deep slimming effects with targeted products for all skin types.

*Alpienne*: Handpicked ingredients from the Austrian Alps providing the highest potential of supporting the immune system with plants.

*The Organic Pharmacy*: Luxurious organic UK Brand that focuses on internal and external beauty to rejuvenate the skin, improve digestion and increase detoxification.

## Peak Health Recommendations

We invite you to choose a focus area from the following options. We have selected the best of our offerings to fit your body and mind and we can advise on a combination of massages and private classes based on individual requirements and preferences.

We suggest a single massage and/or a private class from the selected list in the chosen focus area. The Peak Health Spa Team would be delighted to provide advice and more information based on your needs.

## Relaxation & Sleep

A healthy night of rest allows our body to work most optimally with high energy. It is important for brain function, metabolic health, and the strength of our immune system, to name a few. These treatments can help relax our mind in preparation for a restful and peaceful sleep.

Recommended options:

Massages: Head Massage, Breuss, Relaxing.

Relaxing Therapies & Private Classes: Yoga Nidra, Breathing, Chi Gong, Meditation.

Products: *Alpienne St John's Worth The Organic Pharmacy* Rose and Jasmine.

## Resilience

Resilience is the ability to recuperate from negative events, which can otherwise be consuming and energy draining. Being resilient includes developing the proper resources and support to overcome setbacks when they may arise. Treatments are restorative and revitalizing.

Recommended options:

Massages: Reflexology, Stomach, Herbal Stamps, Hot & Gem Stones.

Relaxing Therapies & Private Classes: Mindful Talks, Energetic Care, Tantsu, Meditation.

Products: *Alpienne St John's Worth, The Organic Pharmacy* Rose and Jasmine.

## Physical Pain & Sport

Pain as aches, cramps, tiredness and soreness are all indicators that our body is recovering from a strenuous effort. These massages and techniques help enhance and further encourage muscle repair.

Recommended options:

Massages: Thai, Deep Tissue, Hot & Cold Stones, Trigger Points.

Relaxing Therapies & Private Classes: Stretchings, Yoga, Tai Chi, Chi Gong.

Products: *Alpienne Arnica, Alpienne Marmot, The Organic Pharmacy* Detox.

## Recovery

Chronic pain, sickness and injuries need special attention. These therapeutic treatments encourage our body's natural healing process in a precise and careful way.

Recommended options:

Massages: Gua Sha, Deep Tissue, Gem Stones, Dorn.

Relaxing Therapies & Private Classes: Yoga, Stretchings, Tai Chi.

Products: *Alpienne Arnica*, *Alpienne Propolis*.

## Diet & Circulation

Diet and circulation work together to help nurture and detoxify our bodies. It is important to take care of our internal systems to optimise the nutrients we extract from the food we eat. These treatments help stimulate these processes, which are especially important for the immune system and metabolic health.

Recommended options:

Massages: Lymphatic, Stomach, Herbal Stamps, Indian.

Relaxing Therapies & Private Classes: Yoga, Meditation.

Products: *Alpienne Arnica*, *Alpienne St John Wort*, *The Organic Pharmacy Detox*.

## Pregnancy

Supporting the development of a new life is an ever-changing and exciting process. After 12 weeks of pregnancy we are happy to pamper a mother-to-be. The oil used in this treatment is organic Jojoba.

Recommended options:

Massages: Pregnancy, Breuss.

Relaxing Therapies & Private Classes: Yoga for Pregnancy, Tantsu, Meditations, Energetic Care.

Products: *Alpienne Arnica*, *The Organic Pharmacy Rose and Jasmine*.

## Relaxing Therapies

45 min

150 CHF

### Breathing

Improves oxygen intake, clears the mind and rejuvenates the body.

### Energetic Care

Specific work on energy channels to ease body, mind and emotional blockages.

### Mindful Talks

Inspired conversation to transform the impact of emotional and stressful events.

### Tantsu

Holding movements for deep relaxation and stress relief. On the floor with comfortable clothes.

## Private Classes

45 min

95 CHF

75 min

140 CHF

### Chi Gong

Internal martial art to balance the flow of energy, relax the mind and improve health.

### Guided Meditation

Helps the mind to improve concentration, healing and cognitive abilities.

### Slow Stretching

To help melt tensions and improve muscle recovery and flexibility.

### Tai Chi

Martial art to combine intention in the movement and enhance inner strength.

### Yoga

Specific postures with breathing and stretching to rejuvenate, relax and detoxify.

### Yoga Nidra

Mind relaxation to improve focus, relaxation and sleep. On the floor with comfortable clothes.

### Yoga for Pregnancy

Specific motions to gently stimulate, strengthen the back and nurture the body changes.

# Facials

Our skin is an important organ that reflects our emotional and physical condition. By nourishing it, we help to encourage improvements in our overall health. We work with *Biologique Recherche* – French Anti-aging Science and *The Organic Pharmacy* – Luxurious UK Organic Brand.

**Eye Treatment** – *Biologique Recherche* 25 min 90 CHF  
Lifting eye contour care to reduce puffiness and dark lines to enhance your look.

**Mini Facial** –  
*Biologique Recherche & The Organic Pharmacy* 25 min 100 CHF  
The best active ingredients for your skin in a tiny format for an instant glow.

**Personalized Facial** – *Biologique Recherche* 50 min 165 CHF  
80 min 265 CHF  
Relaxing facial for a radiant skin to nourish and oxygenate. Ideal in its longer version for mountain conditions, smoothing, refining and reducing redness for better rejuvenation and lifting effect.

**Lift CVS** – *Biologique Recherche* 80 min 265 CHF  
105 min 345 CHF  
Anti-aging booster treatment with active ingredients to refine the skin texture and a remodelling massage to deeply firm and reshape the face contours.

**Skin Solutions Acne Facial** – *The Organic Pharmacy* 50 min 165 CHF  
80 min 265 CHF  
Designed to support specific conditions such as acne, eczema and psoriasis with the aim to restore balance, this facial leaves the skin looking fresh, luminous and revitalized.

## Nourishing Rose & Vitamin C – *The Organic Pharmacy*

50 min	165 CHF
80 min	265 CHF
105 min	345 CHF

This luxurious facial to smooth body and mind combines gentle and highly effective exfoliation with active massage and refreshing fragrances to revitalize, refine and brighten the skin.

## Body Scrubs

**Exfoliation – *Biologique Recherche*** 25 min 100 CHF

Combination of an acidic peeling with a massage glove to hydrate, balance and rejuvenate the skin, ideal before a massage.

**Peeling – *The Organic Pharmacy*** 25 min 100 CHF

Stimulating effect of this skin care to deeply detoxify and enhance circulation with targeted movements, ideal before a time in the wellness area.

**Dry Peeling - *The Organic Pharmacy*** 25 min 100 CHF

Deep relaxing peeling as well as a yogic practise with lymphatic and immune system boosting effects, ideal for pregnancy and before a private class.

## Body Wraps

**Anti-inflammatory – *Alpienne*** 25 min 100 CHF

After-sport and recovery treatment to nourish articulation and intervertebral discs, smoothen pain and improve the body flexibility.

**Detox 25 Min – *The Organic Pharmacy*** 25 min 100 CHF

Restores the skin's natural equilibrium while deeply nourishing it with vitamins and minerals for a refreshing effect.

## Body Treatments

**The Infrared Detox Wrap** 50 min 95 CHF

Increases core-body temperature to enhance the body's ability to release stored toxins and heavy metals allowing for cleansing from the inside out. Includes a wrap and a head massage.

**Light Legs – *Biologique Recherche*** 50 min 170 CHF  
Skin Exfoliation, taping and massage movements to increase lymph and blood circulations and relieve tensions. This care is suitable for congested legs as well as after exercise.

**Lift CVS Body - *Biologique Recherche*** 80 min 265 CHF  
Anti-aging treatment to beautify the skin, refining the skin's texture with exfoliation and preparing the body for detoxification with resculpting movements.

**The Capra – *Alpienne*** 80 min 265 CHF  
A treatment designed specifically to address muscle recovery after a day on the mountains. Includes a short-session with infrared detox wrap and a massage.

**The Peak Health – *Alpienne*** 105 min 345 CHF  
A treatment that contains the five Peak Health Pillars: Nutrition, Fitness, Mental Resilience, Habits and Sleep. Includes a peeling, a wrap, a massage and a meditation.

**Digestion - *The Organic Pharmacy*** 50 min 170 CHF  
Deep stomach massage to improve digestion and rejuvenate the organs in their functions. Recommended for hormonal and emotional balance as well as a first step for slimming.

**Detox Treatment - *The Organic Pharmacy*** 80 min 265 CHF  
Targeted treatment for the thighs, waist and abdomen, it stimulates the micro-circulation and lymphatic system with the aim of reducing fat. Includes a dry peeling and a massage.

**Wellness Experience - *The Organic Pharmacy*** 105 min 345 CHF  
Intensive and profoundly relaxing body treatment to improve self-healing by cleansing, detoxifying and moisturising. Includes a peeling, a wrap and a massage.

# Massages

For our massage therapies, we can use organic oils and herbs including almond and sesame oil. Couples have the option of having massages together in our double treatment room.

25 min	90 CHF
50 min	170 CHF
80 min	250 CHF

## Optional extras

With *massage products* – *Alpienne* and *The Organic Pharmacy* 15 CHF

With *eye patches* – *Biologique Recherche* 35 CHF

An even deeper relaxing effect with the eye patches to lift, reduce puffy eyes and dark circles.

With a *face mask* – *Biologique Recherche* 40 CHF

Enjoy your massage while receiving an anti-aging, nourishing and firming leave-on mask.

## Massage Treatments

### Breuss

Gentle back massage to release tensions, stress and to nourish the spinal cord.

### Deep Tissue

Active work on the fascia muscle to release tensions and improve the range of motion.

### Dorn

To correct misalignments in the spinal column and other joints.

### Gua Sha

Sensitive scraping technique to work on specific blockages and improve rejuvenation.

### Head Massage

Precise stimulation of the energetic points that reflect to the whole body to relax and heal.

## Herbal Stamps

Integrate the benefits of the herbs to improve circulation and detoxify. *Please inform the Team in advance for preparation.*

## Indian

Continuous flow with warm oil to increase circulation, detoxification and rejuvenation while balancing the body energies.

## Lymphatic

Light touch to stimulate the immune system, decrease water retention and heavy legs.

## Pregnancy

Gently relax the back, help leg circulation, prepare breast feeding and calm the mind.

## Reflexology

Precise pressure on points that are linked to body, emotions and mind.

## Relaxing

Smooth continuous massage to induce a nervous system release that improves the body metabolism.

## Stomach

Deep and precise organ stimulation to improve digestion and balance emotions.

## Hot Stones

Basalt stones that release body tensions, improve circulation and immune system. *Please inform the Team in advance for preparation.*

## Cold Stones

Help to increase circulation, rejuvenation and ease veins' pain. Together with Hot Stones. *Please inform the Team in advance for preparation.*

## Gem Stones

Restore energy flow, brighten the mood and mineralize the body. Together with Hot Stones. *Please inform the Team in advance for preparation.*

## Thai

Deep fascia work and body stretching. On the floor with comfortable clothes on and no oil. *Please inform the Team in advance for preparation.*

## Trigger Points

Focused work on specific muscles knots to free the motion range and release pain.

## Detox Day

495 CHF

A day to deeply rejuvenate and relax with a well-balanced meal, activities and rich organic spa treatments with our partner brand The Organic Pharmacy.

Detox Treatment 80 Minutes

-

Peak Health Lunch

-

Chi Gong, Guided Meditation or Yoga Class 45 Minutes

-

Detox Smoothie

-

Free time for the Wellness Path

-

Nourishing Rose & Vitamin C Facial 50 Minutes

## Spa Day

595 CHF

A time for oneself to feel elated and beautified with a precise methodology for tailor-made skin treatments with our partner brand Biologique Recherche.

Lift CVS Body 80 Minutes

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Chi Gong, Guided Meditation or Yoga Class 45 Minutes

-

Free time for the Wellness Path

-

Personalized Facial 50 Minutes

-

Eye Treatment 25 Minutes

Add-ons available with a 10% discount on all products, a 20% discount on all treatments and 20% discount on the Private Spa.

For more information and personalised packages, please visit [www.capra.ch](http://www.capra.ch) or speak to the Peak Health Spa Manager.

## Product Range

Each treatment includes a selection of products from our range below:

Almond oil: reduces inflammation, improves dry skin conditions and strengthens the immune system.

Jobba oil: antibacterial properties, regulates sebum production, improves dry skin conditions and smooths sunburns.

Magnesium oil: rejuvenates the nerves and muscles and improves circulation. Homemade with almond oil and stones with magnesium.

Sesame oil: nourishes joints and articulations, enhances circulation, digestion and detoxification, and prevents oxidation.

### Recommended *Alpienne* Upgrade:

Arnica: reduces inflammation, soreness and muscles pain, improves circulation and rejuvenation.

Marmot: cortisone-like natural product, deeply anti-inflammatory and a pain killer. Nourishes intervertebral disc.

Propolis: enhances immune system, improves dry skin conditions, anti-inflammatory, antibacterial and antiseptic properties.

St John's Wort: balances the hormonal, emotional and digestive systems, smooths sunburns and scars.

### Recommended *The Organic Pharmacy* Upgrade:

Detox: support the body's functions for drainage, water and weight loss and natural rejuvenation of the tissues.

Rose and Jasmine: perfect combination to soothe and moisturize the skin as well as lifting emotions.

# Peak Health Retreats

Peak Health offers its Signature Retreat, an immersive well-being experience at The Capra that centres on the five key wellness pillars: Nutrition, Fitness, Mental Resilience, Habits and Sleep. During this time, we help guests understand which small changes will make the biggest impact. Education plays an important role in what we do; from workshops and in-depth reports, to take home practices, we strive to help our guests continue to live a life of peak health and wellness once they return home. Peak Health provides the highest-quality offerings including nutritious meals, access to the Peak Health Spa, yoga classes and hikes or snowshoeing in the Alps. We pair this environment conducive to physical and mental well-being with nudging strategies to rewire our guest's mindset and habits around health.

## Sample Day at Peak Health

Smoothie Shot & Body Activation and Warm-Up

-

Healthy Breakfast Bar

-

Hike in the Alps (~ 3 hours)

-

Light Lunch

-

Peak Health Workshop Session on a wellness lifestyle

-

Restorative Flow Yoga

-

Free time for Spa Treatments and use of the Peak Health Spa

-

Nourishing Dinner

If you are looking for a wellness retreat **during the winter season**, we offer a bespoke wellness retreat package as well as thematic retreats with experts.

For more information on Peak Health Retreats at The Capra, including dates, rates and booking information, personalised packages and details on special workshops, events and visiting practitioners, please visit [www.peakhealth.ch](http://www.peakhealth.ch) or speak to the Peak Health Spa Manager.

# The Peak Health Spa Facilities

Wellness facilities make the body detoxify and dehydrate. We recommend to drink plenty of water and in case of dizziness to intake something sugary. In any body conditions like pregnancy, cardiovascular needs, sickness or body pain, please refer to your doctor or our Spa team to use the facilities for the best of your health.

## Sauna

A heated room that causes an increase in core body temperature to promote sweating.

Benefits: The dry heat improves muscle recovery, blood circulation, sleep quality and mental resilience.

## Bucket Shower

A bucket of icy water is hung from the ceiling. By pulling the attached chain, the water is poured suddenly over the body.

Benefits: The icy water promotes blood circulation to internal organs and improves metabolism and mental resilience.

## Active Salt Cave – Salt Therapy (Halotherapy)

A room with a controlled air medium that simulates a natural salt cave microclimate.

Benefits: The natural salt cave improves the lungs functions, mental clarity, brain function and dry skin conditions.

## Steam Room

A heated room that causes an increase in core body temperature to promote sweating.

Benefits: The wet heat improves muscle recovery, blood circulation, sleep quality and mental resilience.

## Hydrotherapy Pools

The indoor pool can be used for exercising and the warm water outdoor pool has water jets and water fountain for relaxing.

Benefits: The aquatic facilities improve overall fitness, muscle recovery, blood circulation and relax the mind.

# The Peak Health Spa Facilities – Wellness Path

Enter the Spa and discover a journey to reinforce body strength, detox and unwind. Hydrotherapy and Wellness facilities are carefully combined in a Spa Ritual time to boost recovery, mental resilience and sleeping.

## Hydrotherapy Pools

Inside Pool: Active swimming and swimming against the tide 20 Minutes

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Outside Pool: Bubbles, Water Jets and Fountain in warm water 10 Minutes

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Inside Pool: Passive swimming, stretching and back swimming 10 Minutes

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Warm Detox Tea

## Wellness Area

Steam Bath with Eucalyptus: Conscious breathing while seated 10 - 15 Minutes

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Cold Detox Water

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Salt Cave with Salt Mist: Breathing while seated with feet up 20 - 30 Minutes

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Cold Bucket of Water: Once on the head and Once on the legs

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Finnish Sauna: lie wrapped in a linen cloth 10 - 20 Minutes

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Purple Shower: Once Rain, Once Tropic, Once Fresh and repeat

-

Dry the body

-

Footbath: Warm relieving activation 10 Minutes

-

Warm Detox Tea

-

Glass Ball: Focusing on the light's patterns 10 - 15 Minutes

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Relaxing Room: Resting time for rebalancing the body 15 Minutes

# Spa Access, Private Spa, Membership

## Spa Access

Indulge in our Peak Health Spa for a moment of relaxation and well-being. Facilities include a sauna, steam room, salt therapy room, indoor pool, outdoor hydrotherapy pool, cold bucket shower and a fully equipped gym.

per day 65 CHF

Spa Access including a Daily Class 45 Min at 4pm 85 CHF

## Private Spa

Enjoy the private spa area on your own with sauna and steam bath in natural light as well as hydrotherapy pool.

90 min 190 CHF

120 min 250 CHF

Additional hour 90 CHF

## Spa and Fitness Membership

Standard Membership includes access to our facilities and benefits of a 20% discount on all treatments and at the bar and restaurant.

1 month 250 CHF

Winter 900 CHF

1 Year 1'300 CHF

Deluxe Membership - Standard Membership benefits plus the following:

1 month includes 1 Facial 50 min, 1 Massage 50 min and 1 Private Class 45 min.

Summer includes 1 Facial 50 min, 3 Massages 50 min, 1 Relaxing Therapy 45 min and 1 Private Class 45 min.

Winter includes 1 Facial 50 min, 1 Body Treatment 50 min, 4 Massages 50 min, 1 The Infrared Detox Wrap 50 min and 1 Private Class 45 min.

1 month 450 CHF

Winter 1'450 CHF

1 Year 2'100 CHF

## Spa Etiquette

### Fitness centre

Indoor training shoes and sensible workout outfits are requested for the gym.

### Children

All children under 16 years must be accompanied by an adult when using swimming pools. Spa facilities are only available for children over the age of 16. For Spa treatments, children under 10 can have a 25 min relaxing massage.

### Spa reservations

For Spa enquiries or reservations, please dial 109 on your telephone or call the reception. Advance bookings are recommended to secure your preferred treatment time.

### Prior to arrival

We recommend that you leave all jewellery and valuables in your room before visiting the Spa. Male guests are advised to shave one day prior to all facial treatments to ensure maximum results. We recommend using the Peak Health Spa facilities prior to any treatment. This will stimulate the blood and lymphatic systems and enhance treatment benefits.

### Arrival

Please arrive 10 minutes prior to the treatment in order to complete a health assessment form.

## Late arrivals

Out of respect for other guests' reservations, please be aware that we may be unable to extend the treatment time in case of late arrivals.

## Cancellations

Any treatment can be changed, postpone or cancelled until 7pm the day before. Late cancellation and failure to keep your appointment will result in a 100 % treatment charge.

## In the Spa

In consideration of other guests, smoking and the use of mobile phones are not permitted in the Spa. Peak Health Spa is a sanctuary of peace and harmony, a soft voice encourages a serene atmosphere and a relaxed mind.

## After your treatment

We recommend no sunbathing for at least six hours. To extend your Spa experience at home, a variety of products are available at the Spa Gallery. The Spa Team can provide personalised recommendations.

## Payment

For hotel guests, all treatments will be charged to the guest room account and will appear on the invoice at the time of departure from the hotel. Major credit cards or cash are also accepted at the Spa reception. All treatments include VAT of 7.7 percent.



### Opening hours

Swimming Pool: Daily from 8 a.m. until 9 p.m.

Fitness: Daily from 8 a.m. until 9 p.m.

Spa Treatments: Daily from 10 a.m. until 8 p.m.

Wellness Area: Daily from 3 p.m. until 9 p.m.

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