



Spa

Massages

Bamboo Massage

Bamboo Massage therapy: Originating in Asia, this wonderful therapy is great to have if you like deep tissue work. Bamboo massage therapy utilises the technique of deep tissue massage, but with a firmer and more extensive surface area pressure to reach knots formed by lactic acid and other tension-causing wastes. After starting with traditional massage to warm up the body, the heated bamboo sticks are rolled over the muscles to break down tension and stretch tight muscles. This is super effective for those who like strong massage, ideal as an apres ski treatment. It will leave you feeling relaxed and energised and with a sense that your muscles have been stretched, warmed and elongated.

50 minutes 150 CHF - 80 minutes 210 CHF

Hôtel de Verbier Mountain Massage

Our Signature HDV sports massage will rejuvenate and restore. This is a strong full body massage working deeply to relieve tense muscles, as well as releasing the connective tissue and fascia. We work on the whole body for ultimate balance, but can also customize the massage to focus on specific areas at request. Whether you have been sitting too long at a desk or have skied all day, the Mountain Massage will revive you to be in your best condition.

50 minutes 140 CHF - 80 minutes 195 CHF

Reflexology

Our relaxing reflexology treatment helps to restore balance and harmony to the body. Reflexology follows the Chinese theory that the feet are a complete representation of the entire body and by stimulating specific reflex points through gentle manipulation and pressure, reflexology can help to improve circulation, eliminate toxins, reduce stress and encourage the body's natural healing abilities, leaving you feeling calm and refreshed.

50 minutes 140 CHF

Hot Stone Massage

This treatment uses smooth, heated stones on specific points of your body during your massage. The localised heat and weight of the stones warms and relaxes the muscles, allowing the therapist to apply deeper pressure on these areas without causing discomfort. This is a strong, yet relaxing treatment, ideal for the mountains.

50 minutes 150 CHF - 80 minutes 210 CHF

Hôtel de Verbier Signature Duo Mountain Massage

Indulge in shared relaxation with our Duo Massage experience. Unwind side by side with a friend or loved one as skilled therapists tailor soothing techniques to your preferences, creating a tranquil haven for relaxation and rejuvenation. Escape together and let the calming ambiance elevate your shared well-being.

60 minutes 350 CHF

Fitness

Private Yoga Class

125 CHF per hour

Après-Ski Stretching Session

120 CHF per hour

Personal Training

125 CHF per hour

Beauty

Hôtel de Verbier Nourishing Facial

We've created the perfect nourishing treatment for the mountains with a vitalizing peel gel, rich in organic colloidal oatmeal that helps maintain a healthy and strong skin barrier. This is a rich and nourishing treatment that soothes, hydrates, balances and protects your lips and skin from harsh conditions and dehydration.

50 minutes 125 CHF

Hôtel de Verbier Signature Facial

All skins need daily care to cope with environmental stresses. We use only natural products to rehydrate and moisturise and have created a real bubble of relaxation with Farfalla products. This facial is nourishing with 20 minutes of facial massage for deep rehydration and a hand or foot massage for total peace.

80 minutes - 195 CHF

Farfalla

Swiss manufacturer, Farfalla of Switzerland. For 40 years, production in the Zurich area. Certified natural cosmetics, 100% natural fragrances. Every life, every skin has its own rhythm. This is where the highly active plants in Farfalla natural cosmetics improve the texture, well-being and radiance of the skin. Care with essential oils has never been so individualised, so holistic, so inspired as it is today.

To book a treatment: Call/Whatsapp +41 77 463 06 47 or email on spa@hoteldeverbier.com

Terms & Conditions

Spa & Gym is open from 08.30-21.00

No unaccompanied children under 16 (no children under 14 in sauna, hammam, jacuzzi or gym), no animals or outdoor boots.

The gym and spa is unsupervised and hence used at your own responsibility.

Massage cancelled between 24 and 12 hours before the start of the session will be charge 50% of the session price.

If cancelled less than 12 hours before the start of the session then 100% of the session price will be charged.