



Spa

Massages

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

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

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

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

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

Fitness

Private Yoga Class

125 CHF per hour

Personal Training

125 CHF per hour

Beauty

NuSkin

Capturing the best in nature to bring you the best results is NU SKINS' mission. Powerful ingredients, innovative science & technology, deliver real benefits. With 30 years researching aging at a genetic level, plus Mother Nature's continual inspiration, nu skin push the boundaries of innovation, and only bottle what's best.

NuSkin also created their Force For Good Foundation- 25+ years of giving, 20+ social projects, and over 800M meals donated. Being a force for good is Nu Skins' purpose.

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.