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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 four key quadrants considered pillars for sustaining health: Nutrition, Fitness, Mental Resilience and Sleep.



Peak Health tailors' bespoke treatments and programmes around these four 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 customised facials, therapeutic massages, body packages, muscle recovery, detox treatments and private classes. Our product offerings are based on natural, organic ingredients and clean science. Our curated list includes *Nescens Cosmeceuticals* – Swiss Anti-aging Science, *Jacqueline Piotaz Switzerland* – Swiss Plant Stem Cell Collection 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. A list of all massages and private classes can be found at the back of this brochure.

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.

Treatments

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	85 CHF
50 min	170 CHF
80 min	250 CHF

Optional extras

With <i>Alpienne</i> organic products	15 CHF
With a face mask and face massage	25 CHF

Private Classes

We offer a range of private classes from yoga to meditation to Chi Gong

45 min	95 CHF
75 min	140 CHF

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.

Private Classes: Yoga Nidra, Breathing, Chi Gong, Meditation.

Products: Alpienne St John's Worth.

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.

Private Classes: Mindful Talks, Energetic Care, Tantsu, Meditation.

Products: Alpienne St John's Worth.

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.

Private Classes: Stretchings, Yoga, Tai Chi, Chi Gong.

Products: Alpienne Arnica, Alpienne Marmot.

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, Hot & Salt Stones, Dorn.

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 foods 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.

Private Classes: Yoga, Meditation.

Products: Alpienne Arnica, Alpienne St John Wort.

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.

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

Products: Alpienne Arnica.

Body Packages

At the Peak Health Spa, we also offer precise and complete combinations of wellness packages and treatments.

The Peak Health

A treatment that contains elements of all four Peak Health Pillars: Nutrition, Fitness, Mental Resilience and Sleep. Includes a peeling, a wrap, a massage and a meditation.

105 min 300 CHF

The Capra

A treatment designed specifically to address muscle recovery after a day on the mountains. Includes a short-session infrared detox wrap and a massage

80 min 220 CHF

The Infrared Detox Wrap

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

50 min 95 CHF

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: *Nescens Cosmeceuticals* – Swiss Anti-aging Science, *Jacqueline Piotaz* Switzerland – Swiss Plant Stem Cell Collection.

Signature Facial Treatment: A treatment to address your skin's health and unique needs with a customised selection of products from our partner brands

50 min 150 CHF

80 min 240 CHF

105 min 300 CHF

Eye Treatment: A uniquely designed care to smooth eye contours, enhance circulation and beautify your features

25 min 60 CHF

Peak Health Retreats

Every summer, Peak Health offers its Signature Retreat, a week-long immersive well-being experience at The Capra that centres on the four key wellness pillars: Nutrition, Fitness, Mental Resilience, 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 in the Alps. We pair this environment conducive to physical and mental well-being with nudging strategies to rewire our guest's mindsets 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

-

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

-

Restorative Flow Yoga

-

Nourishing Dinner

-

Peak Health Workshop Session on a wellness lifestyle

If you are looking for a wellness retreat **during the winter season**, we offer a bespoke wellness retreat package created for an individual to model our summer offering.

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

Day Spa, Private Spa, Membership

Day Spa

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

Private Spa

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

90 min 90 CHF
120 min 120 CHF
Additional hour 45 CHF

Spa and Fitness Membership

Standard Membership includes access to our facilities and a 10% discount on all treatments

1 month 250 CHF
5 months 900 CHF

Deluxe Membership- Standard Membership benefits in addition to the following:

1 month includes 50 min *J. Piotaz* Facial, 50 min Recovery Massage and 2 Private Yoga Classes.

1 month 450 CHF

5 months includes 50 min *J. Piotaz* Facial, 50 min Recovery Massage, 50 min Physical Pain Massage, 50 min Resilience Massage, 50 min The Infrared Detox Wrap and 10 Private Yoga Classes.

5 months 1'450 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 15 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 not sunbathe 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 folio and will appear on the account 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.

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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. Tailor-made on request. Can be steamed or used with warm oil.

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 detente that improves the body metabolism.

Stomach: deep and precise organs stimulations to improve digestion and balance emotions.

Stones: Can be placed on the body and used for massage like stroking and to apply pressure on knots.

Hot Stones: basalt stones that release body tensions, improve circulation and immune system.

Cold Stones: help to increase circulation, rejuvenation and ease veins' pain. Together with Hot Stones.

Salt Stones: help to reduce inflammation, improve sleep and detoxify. Together with Hot Stones.

Gem Stones: restore energy flow, brighten the mood and mineralize the body. Together with Hot Stones.

Thai: deep fascia work and body stretching. On the floor with comfortable clothes on and no oil.

Trigger Points: focused work on specific muscles knots to free the motion range and release pain.

Private Classes

Breathing: improves oxygen intake, clears the mind and rejuvenates the body.

Chi Gong: internal martial art to balance the flow of energy, relax the mind and improve health.

Energetic Care: specific work on energy channels to ease body, mind and emotional blockages. This can include Auratherapy, Reiki, Pranic Healing, etc.

Meditation: helps the mind to improve, concentration, healing and cognitive abilities.

Mindful Talks: inspired conversation to transform the impact of emotional and stressful events.

Pilates: active exercises to reduce hip and lower back pain by strengthening the core muscles.

Stretching: to help to melt the tensions and improve muscle recovery and flexibility.

Tai Chi: martial art to focus intention in movement and enhance inner strength.

Tantsu: holding movements for deep relaxation and stress relief. On the floor with comfortable clothes.

Yoga: specific postures with breathing and stretching to rejuvenate, relax and detoxify.

Yoga Nidra: mind relaxation to improve focusing, 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.

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.

Joboba 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.

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.



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.