

La Val Bergspa

Opening hours:

Pool: 8 am – 8 pm
Saunas in summer: 2 pm – 8 pm
Saunas in winter: 10 am – 8 pm

L A V A L

Wellness pool with hydro-massage beds at 31 degrees, Finnish sauna, herbal sauna, caldarium, steam bath, Rain-forest shower, foot baths, sun terrace, relaxation room, private sauna, 4 treatment rooms, changing rooms with lockers.

Sauna access from 16 years.

The relaxation room and pool are only accessible to children over the age of 14.

Every day from 4 - 5 pm the pool area is open for children.

Our products

QMS MEDICOSMETICS

For over 25 years QMS Medicosmetics has been the synonym for high-quality and revolutionary skincare. QMS founder and brand creator Dr. Erich Schulte is a dually certified physician, cosmetic surgeon and cosmetics developer with an international reputation.

Ligne St. Barth

The basis of the high-quality care series LIGNE ST BARTH are natural ingredients from Caribbean plants, whose healing and nourishing properties have been handed down for generations by the Native Americans of the Caribbean, the Arawaks.

Before each treatment we take you on a fragrance journey and the relaxation ritual "OUANALAO SERENITY".

Massages:

Full body massage	50 Min.	CHF	120
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Recharge yourself with the positive energies of a massage and pamper your body.

Neck and back massage	25 Min.	CHF	70
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The neck and back massage is based on the classical medical massage method. It focuses on relaxation and blood circulation of the back and neck muscles.

Foot reflex zone massage	40 Min.	CHF	85
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This treatment contributes to your health care provision and improvement to your general well-being.

Prenatal Massage	25 Min. / 40 Min.	CHF	70 / 95
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With a pregnancy massage expectant mothers can not only be pampered, but also alleviate some pregnancy discomforts.

Hot-Stone Massage	80 Min.	CHF	180
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In this treatment "hot" does not just mean warm, but proverbially hot. The massage promises a well-being program for your body, mind and soul. It is a combination of energy, pointed heat effect, together with a full body massage and soothing oils.

Aroma oil massage	50 Min.	CHF	140
Full body massage with an aromatic oil of your choice.			
Breuss massage	25 Min.	CHF	75
Back treatment with St. John's wort oil. Gentle but specific stroking movements directly on the spine, which stretches and relaxes the spine.			
Honey back treatment	25 Min.	CHF	75
This detoxifying and circulation-promoting treatment with its special technique has a vitalizing and calming effect at the same time.			
Ayurvedic head massage	40 Min.	CHF	105
It is an intensive and soothing massage for the scalp, head, ears, forehead, neck and shoulders. This special massage technique with a lot of warm sesame oil relieves tension and there is a purification and cleaning effect. This massage is first done while sitting and then lying on your back. We kindly ask you to come with dry hair and free of hairspray, hair gel etc.			
Purification pack	30 Min.	CHF	60
On our waterbed Energizing, remineralizing, purifying and detoxifying			
ST BARTH SLIMNESS	30 Min.	CHF	85
SOOTHING MASSAGE FOR HEAVY LEGS For quick relief by swollen legs e.g. after long walks. Has a decongestant and draining effect, stimulates the lymphatic system. Firms the tissue. For slim, smooth legs.			
ST BARTH HARMONY	60 Min.	CHF	150
PAMPERING BODY MASSAGE Relaxing, pampering massage with different products, according to desired effect. Has a decongestant and draining effect, stimulates the lymphatic system, improves elasticity of connective tissue, has a smoothing and firming effect on the skin.			
Cupping treatment with coloured light			
Relieves deep tension and glue in the tissue. Extremely effective for hardening, painful tension and poorly perfused tissue. The lymph flow is stimulated. Vacuum, the pressure-free lifting of the tissue, stimulates the blood circulation and the lymph alike. This vacuum is constant, finely controlled and adjustable. It has a gentle suction. This means that it can also be used on sensitive skin areas. Afterwards, by sliding the vacuum cups, the loosened matter is discharged through the lymph. Depending on the type of treatment, a special colored light is selected and used at the same time as the cupping treatment. Let our therapist advise you individually.			
Back treatment	50 min.	CHF	135

PEELINGS:

Vitalizing sea salt peeling	30 Min.	CHF	85
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ST BARTH SOFTNESS	30 Min.	CHF	95
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RELAXING BODY PEELING WITH COCONUT OIL AND PAPAYA PEELING

A mixture of fruit enzymes papaya and special sea sand remove dead skin cells. Coconut oil nourishes the skin and pampers it with valuable nutrients. For a soft and smooth skin.

IQMS Body lifting treatment	75 min.	CHF	190
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This treatment includes a body peeling, massage in the problem areas and subsequent firming pack as well as a final care.

It has a firming and moisturizing effect and gives your skin a velvety soft and well-groomed feeling.

In addition to this treatment, a cupping treatment with coloured light can be booked to work even deeper in the tissue in problem areas.

It stimulates the lymph flow and intensifies the tightening of your skin.

BODY WRAPS:

ST BARTH ELASTICITY	30 Min.	CHF	110
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BODY WRAP WITH CLAY, IVY-GEL, MENTHOL- & CAMPFER-OIL

Intensive body wrap to improve appearance of the skin through precious minerals and vitamins. The tissue is stimulated and detoxified, the skin looking visibly refined and firmed.

ST BARTH SENSATION	60 Min.	CHF	140
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OPULENT BODY WRAP WITH SOOTHING RELAXING MASSAGE

Intensive moisturizing body wrap that improves the appearance and elasticity of the skin with a high lipid supply. After a pampering and wonderfully scented massage the skin receives an appearance with a beautiful silky shine.

FACIAL TREATMENTS:

IQMS Pure Oxygen Facial Treatment	90 Min.	CHF	190
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One of our top anti-aging treatments, in which active substances with oxygen molecules are effectively applied on and into the skin. The intensified supply of oxygen supports blood circulation and stimulates the regeneration process of the skin. An especially effective treatment which creates a firmer, soothed and brightened appearance of the skin.

IQMS Urban Repair Facial Treatment	75 Min.	CHF	165
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This treatment reduces the negative impact of external factors, acts on cellular level and supports natural well-being of the skin. This facial combines pore-deep cleansing with an advanced detox treatment, promotes epidermal regeneration and increases metabolism.

IQMS Activator Facial Treatment	60 Min.	CHF	149
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Through the application of innovative techniques which help to nourish the skin with active components, the skin becomes moisturized and revived. For a fresh and radiant look. The treatment is ideal for cases of jet lag and tired skin.

ST BARTH PURENESS	80 Min.	CHF	180
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FACIAL AND DECOLLETÉ TREATMENT WITH HAND MASSAGE

An intensive, cleansing and relaxing treatment of face, neck, décolleté and hands. The high quality herbal products with natural vitamins and minerals clarify the skin and stimulates its regeneration. For a clear, smooth and fresh skin.

This facial treatment is tailored to the needs of your skin. Cleansing, exfoliation, brow correction, relaxation massage and clay mask.

ST BARTH FRESHNESS	60 Min.	CHF	150
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FACIAL AND DECOLLETÉ TREATMENT WITH HAND MASSAGE

The high quality herbal products with natural vitamins and minerals clarifies the skin and stimulates its regeneration processes.

The exotic freshness kick with frangipani, melon shower and papaya peeling. Relaxing massage with mango, aloe and exotic oils. Clay mask with passion fruit and pineapple.

LA VAL ST BARTH PACKAGE:

ST BARTH Flamands	120 Min.	CHF	255
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Immerse yourself in Caribbean lightness with the body wrap and aroma massage SENSATION and the relaxing and rejuvenating facial FRESHNESS.

Beautiful eyes:

Eyelash tinting	30 Min.	CHF	40
Eyebrow tinting	20 Min.	CHF	35
Eyelash & Eyebrow tinting	35 Min.	CHF	55
Eyebrow correction	15 Min./30 Min.	CHF	15/30

Shellac:

CND Shellac, is a permanent nail polish, which is applied as a normal nail polish. 14 days of a flawless result – no defects, scratches or dull colours anymore!

Manicure:

Classic, without nail polish	60 Min.	CHF	80
With nail polish	75 Min.	CHF	95
Shellac	90 Min.	CHF	110
Filing nails, treating cuticles, small massage, nail oil, care cream			
Deluxe, without nail polish	75 Min.	CHF	95
With nail polish	90 Min.	CHF	110
Filing nails, treating cuticles, small massage, mask, nail oil, cream			

Pedicure:

Classic without nail polish	60 Min.	CHF	95
With nail polish	75 Min.	CHF	110
Shellac	90 Min.	CHF	125
Filing nails, treating cuticle, foot bath, small massage, nail oil, cream			

Deluxe without nail polish	75 Min.	CHF	100
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With nail polish	90 Min.	CHF	115
Filing nails, treating cuticle, foot bath, small massage, mask, nail oil, cream			

Shellac removing	20 Min.	CHF	25
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Waxing:

Eyebrow	15 Min.	CHF	20
Upperlip Chin	15 Min.	CHF	20
Armpits Bikini Arms	20 Min.	CHF	35
Back Calves	30 Min.	CHF	60
Chest & Abdomen	30 Min.	CHF	60
Entire legs	50 Min.	CHF	90

Please note that booked appointments can be cancelled free of charge up to 12 hours in advance.

The treatment is going to be charged in full in case of no-show.

Thank you for understanding.