



GUARDA SANA

Healing power
of nature.



A close-up photograph of a hand floating in water. The hand is positioned in the center-left of the frame, with fingers slightly spread. The water is dark and has a textured, rippling surface. In the background, there are some colorful, abstract shapes, possibly part of a patterned fabric or a decorative object, in shades of red, white, and blue. The overall mood is serene and light.

Feel the lightness.

LET GO AND JUST BE

The Guarda Sana welcomes you with the healing powers of nature. This is where body and soul come into a new harmony, tensions are released, and stress falls away.

Choose from our wide range of holistic treatments, massages, baths, peelings, cosmetic treatments and much more. Our experienced therapists will take care of your well-being. They make tired skin glow, relieve aches and pains of the muscles, and allow your energy to flow again.

BY THE WAY, YOU CAN FEEL THE NATURAL HEALING POWER AS SOON AS YOU ENTER THE GUARDA SANA. BUILT FROM PURE LARCH WOOD, THE ROOMS HAVE A MOOD-ENHANCING, STRESS-RELIEVING EFFECT AND FREE THE BREATH DUE TO THE ESSENTIAL OIL OF LARCH. FIND PEACE, LET GO AND BECOME ONE WITH NATURE AND YOURSELF.



HOLISTIC TREATMENTS

LOSLO

Let go of the daily stresses and treat your body and soul to a holistic treatment. This begins with our regenerating full-body Guarda Sana scrub, followed by a whey bath with melissa and Alpine herbs in a rustic wooden tub. The treatment concludes with the Schwingerkönig massage with nourishing almond oil.

30 min. 1 person CHF 175

30 min. 2 persons CHF 280

GNÜSA

Treat yourself with some time to relax, let go of everyday life and simply enjoy the moment. Our holistic treatment supports you in that. The full-body Guarda Sana peeling stimulates the cell renewal of your skin and its regeneration. Afterwards, take a balancing lavender-eucalyptus bath and finish with an energetic Sporzer stone massage to recharge your batteries.

60 min. 1 person CHF 250

60 min. 2 persons CHF 440

GMEINSAMI USZIIT

Give yourself and your loved one moments of complete peace and relaxation together. The full body Guarda Sana scrub stimulates your skin's cell renewal, followed by a goat's milk bath to leave your skin silky soft. The treatment concludes with the Schwingerkönig massage with nourishing almond oil.

50 min. 2 persons CHF 399

FRÜHAUFSTEHER

Start your day with a hearty breakfast. Then relax with time to rest and enjoy the healing powers of nature. Body, mind and soul become one.

- Rich breakfast buffet
- Detoxifying sauna visit
- Exfoliation and silky nourishing herbal bath
- Vitamin buffet and complimentary drinks in the relaxation area
- Bergluft massage 60 min.

1 person CHF 286

2 persons CHF 518

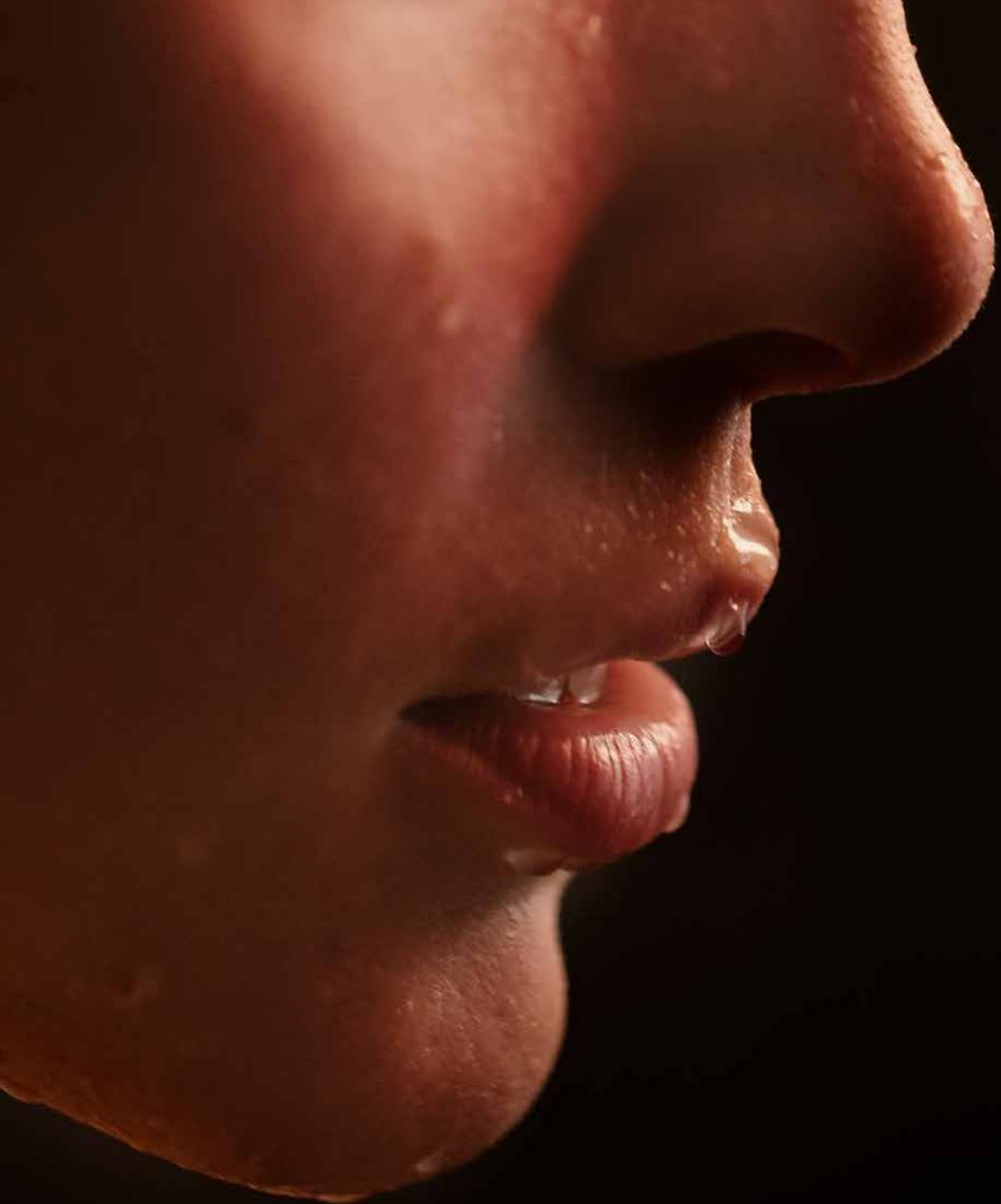
GENUSS PUR

Nourish your senses and your soul with the best that the alpine mountain world has to offer. Start with relaxing and regenerative treatments at Guarda Sana and end the day with a delicious meal at the Guarda Val gourmet restaurant.

- Detoxifying sauna visit
- Exfoliation and silky nourishing herbal bath
- Vitamin buffet and complimentary drinks in the relaxation area
- Bergluft massage 60 min.
- Sporzer 4-course menu in the Guarda Val gourmet restaurant (15 Gault-Millau points)

1 person CHF 381

2 persons CHF 694



MOUNTAIN- COSMETICS

MAIENSÄSS- COSMETIC

This treatment is beneficial for both your skin and your senses. Only high-quality, purely plant-based products are used. We start with a deep cleansing and a clarifying mask. This is followed by a regenerating facial massage, which stimulates your skin's cell renewal, and another highly effective mask. The subsequent day care is tailored to the specific needs of your skin type. Finally, we give your eyes new radiance with an eyebrow treatment.

90 min. CHF 230

BERGQUELLEN- COSMETICS

Because the sensitive facial skin is exposed to environmental influences on a daily basis, it deserves special attention. A detoxifying deep cleanse with a gentle facial peel removes old skin cells and impurities. After a stimulating face mask and day care specially adapted to your needs, carefully selected, purely plant-based products make your skin radiant again.

60 min. CHF 160

AUGENSTERN

Eyes are miracles of nature - which is why they deserve our special attention. We care for your sensitive, delicate eye area with natural plant cosmetics that are precisely adapted to your skin type. We use an eye cream with restorative active ingredients, a stimulating mask and a serum made from plant stem cells. This ensures that your eyes retain their radiance for a long time to come.

40 min. CHF 110

MANICURE

Hands are our most important tools, which is why they deserve special attention. Our gentle treatment method cares for men's and women's hands, shapes nails and cleans cuticles.

50 min. CHF 90

PEDICURE

When your feet feel good, you'll walk more lightly over hill and dale. Our pleasant foot and nail treatment relaxes your feet and gives you a new feeling when you walk.

50 min. CHF 110

BROW CORRECTION

Would you like to get back to your natural eyebrow shape? Let us give you professional advice and correct your eyebrow shape. This treatment can also be combined with Bergquellen cosmetics.

20 min. CHF 20

EYEBROW & EYELASH COLORING

The solution for anyone who wants to start the day with minimal effort. You can also combine this treatment with our Maiensäss or Bergquellen cosmetics.

20 min. CHF 25

APPLY NAIL POLISH

Colour brings joy to life and accentuates well-groomed hands and feet.

20 min. CHF 20



▲
MOUNTAIN
MASSAGES

SCHWINGER-
KÖNIG

This massage with nourishing almond oil is adapted to your individual needs. You are also welcome to choose your favourite fragrance from our high-quality essential oils.

30 min. CHF 85
50 min. CHF 140
90 min. CHF 220

BACK- STRENGTHENING

The healing powers of nature give your back new strength so it can withstand the stresses and strains of everyday life. This treatment focuses on your spine and arnica. The extract helps to relax the muscles and restore their elasticity. It also has a positive effect on joints and tendons. Eucalyptus, rosemary and fennel also relieve tension and alleviate pain. Juniper, mountain mint and thyme strengthen strained muscles and restore muscle tone. Sesame oil stimulates blood circulation and supports the removal of toxins. Thanks to these natural active ingredients, you will feel relaxed and invigorated.

60 min. CHF 170

MOUNTAIN- HERB-STAMP -MASSAGE

The positive and soothing effect of a full body massage is combined with the power of natural herbs and warmth. Your body is massaged with hot herbal bags in a stamp-like manner. The heat and the special massage technique stimulate the circulation and have a relaxing effect.

60 min. CHF 180

ALPEN-STRECKER

We support you with this multifaceted massage so that you remain flexible and agile for a long time to come. We work with targeted pressure points and various stretching exercises that are good for your joints, muscles and fasciae.

70 min. CHF 190

90 min. CHF 240

SPORZER HOT STONEMASSAGE

Forget everyday life, reduce mental and physical stress and relax your muscles - hot lava stones can help you do just that. Their soothing warmth helps you to relax deeply during the full body massage.

60 min. CHF 170

70 min. CHF 190

ARVENTRAUM

The healing power of the Swiss stone pine gives you peace, relaxation and new strength. The ritual begins with a reflex tapping massage with wooden sticks on the feet and ends with a fiery candle massage on the back. We also offer this treatment outdoors when the weather is good.

60 min.

CHF 180

30 min. reflex tapping massage only

CHF 95

30 min. candle massage back only

CHF 95

GUARDA-SANA- MASSAGE

Give your mind a state of complete calm. With very gentle movements, cold-pressed sesame and almond oil and a subsequent facial massage with rock crystals, you can leave everything behind and find new serenity.

50 min. CHF 150

60 min. CHF 170

90 min. CHF 230

FOR YOUR HEAD

Our head and neck massage with gentle almond oil will help your mind find peace and relaxation. Stress is reduced, negative thoughts disappear and a liberating feeling of well-being sets in.

30 min. CHF 85

FOR YOUR FEET

A stimulating foot massage can release blockages throughout the body and increase well-being. There are various massage techniques with which we can respond specifically to your wishes.

30 min. CHF 85

50 min. CHF 140

BERGLUFT- MASSAGE

Alpienne is considered a pioneer of natural alpine cosmetics. The high-quality, 100% natural formulas are produced using a traditional artisan approach and combine traditional knowledge with modern findings.

Choose your Alpienne massage lotion and the massage technique that suits you best.

Arnica massage milk has a cooling and anti-inflammatory effect, increases performance and helps with muscle and joint regeneration.

Johannis herb massage milk has a calming effect on exhaustion, insomnia and nervous complaints.

Propolis massage milk has a nourishing and detoxifying effect, ideal for sensitive skin and skin problems.

60 min. CHF 170



WOODEN TUB – BATHING CHAMBER

1 -4 persons 30 min. CHF 80

WHEY BATH

Taking a soothing whey bath in a rustic wooden tub is a unique experience. Even Hippocrates was aware of the healing power of whey. It has a nourishing and soothing effect on the skin and the milk proteins it contains make the skin supple and soft.

GOAT'S MILK- BATH

The regional goat's milk is an insider tip from our farmer. Important minerals such as potassium, sodium, magnesium and calcium strengthen your skin's immune system.

AROMA BATH

Choose your favorite from various essential oils and enjoy the aromatic scent, which has an immediate neurological effect. We will be happy to advise you on the various applications of the individual fragrances.



SCRATCH CHAMBER

GUARDA-SANA- PEELING

The circulation-boosting full-body salt scrub, mixed with mountain herbs and high-quality oils, stimulates cell renewal in your skin and thus promotes regeneration. Your face receives a gentle, natural cream peeling. It is then nourished with our remineralizing mountain honey.

Self-treatment CHF 40

30 min. treatment CHF 65

FOAM BRUSH- MASSAGE

This extraordinary treatment stimulates all the senses and the energy flow of your body. Wrapped in fragrant mountain herb foam, you are massaged all over your body with natural hair brushes. This stimulates your circulation and metabolism, allowing your energy to flow again. Your skin is then deeply cleansed and silky smooth.

30 min. CHF 90

50 min. CHF 130





SAUNA

SAUNA- INFUSION

To enhance the positive effects of the sauna, we perform infusion ceremony with essential oils in the log cabin sauna.

You will find further information at the reception.



MOTHERS-TO-BE

You have very special needs during pregnancy. That's why our trained staff will beautify your time until the birth with special massages and treatments.

SCHWINGER KÖNIG- MASSAGE

A special cushion system enables this soothing massage with nourishing almond oil in a comfortable prone position. A real treat for soon-to-be moms after the 12th week of pregnancy.

60 min. CHF 160

COSMETICS

We only use purely plant-based and organic products for our cosmetic treatments, which are free from synthetic and harmful additives. You can also rely on our nail polishes without hesitation because they do not contain any aggressive plasticizers.

SPOILING- PACKAGE

Or treat yourself to an individual pampering package. So that you can enjoy some peace and quiet, recharge your batteries, sleep in and experience undisturbed togetherness in the time until your new family member arrives. It's best to book your pamper package with your overnight stay.

A PERFECT GIFT

All treatments, pampering packages and accommodation options are also available as vouchers and make a welcome gift for expectant mothers.



BECOME ONE.

GOOD TO KNOW

OPENING TIMES

Chrafthütte with Chratzstube and Holzuber	8-22 h
Log cabin sauna and hot tub	11 -21 h
Treatments by appointment	

RESERVATIONS

We recommend that you make your initial reservations from home so that we can accommodate your preferred dates more individually. You can reach us from abroad on +41 81 385 85 85 or by e-mail at spa@guardaval.ch. Of course, you can also make appointments directly at reception or from your room, direct internal dial: 590.

MESSAGE – SELECTION

Not sure which massage is right for you? Book a treatment time of your choice (50/60/90 minutes) and together we will find out which treatment is best suited to your needs.

TIME PLANNING

Please come to the Guarda Sana reception 5-10 minutes before your treatment. There you can relax with a cup of tea and get in the mood for your treatment and clarify any questions you may still have.

CLOTHING

We recommend that you arrive in a bathrobe and slippers. You will find both in your guest room. Alternatively, you can bring your personal bathing basket from your room and change in the Guarda Sana checkroom area.

SAUNA

To visit the textile-free sauna, we ask you to use the sauna towels provided. The Guarda Sana team will be happy to answer any questions you may have.

CANCELLATION

If you are unable to keep an appointment, please let us know 12 hours in advance. You are welcome to arrange a new appointment with our team. Otherwise we reserve the right to charge 80% of the amount.

VALUABLES

It is best to leave your valuables in your room safe. We accept no liability for valuables left behind.

CHILDREN AND ADOLESCENTS

Children accompanied by their parents may visit the Guarda da Sana until 3 pm. Access to our entire Guarda Sana is permitted for young people aged 16 and over, taking into account the peace and quiet of other guests.

EXTERNAL GUESTS

The entrance fee for non-hotel guests is CHF 55 per day including bathrobe, bathing shoes, drinks and vitamins.

PERSONAL

Please inform us of any allergies, intolerances, recent injuries or operations so that we can find the ideal treatment for you. We would also ask expectant mothers to inform us of their pregnancy.

RETENTION

Smoking is prohibited throughout Guarda Sana. Out of consideration for other guests, we ask that you refrain from using cell phones. Animals are not permitted.

AS OF SEPTEMBER 2021. ALL PRICES IN CHF. SUBJECT TO CHANGE WITHOUT NOTICE. IN THE EVENT OF CHANGES TO THE VAT RATES, PRICE CHANGES ARE EXPRESSLY RESERVED. PLEASE NOTE THE GENERAL TERMS AND CONDITIONS OF THE MAIENSÄSSHOTEL GUARDA VAL SPORZ AG.

GUARDA VAL
MAIENSÄSS-HOTEL
SPORZ • Lenzerheide
☎+41 (0)81 385 85 85
guardaval.ch



guardaval
MAIENSÄSS-HOTEL
SPORZ • Lenzerheide