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cosmetic treatments
massages
private spa

www.solbadhotel.ch

The Yon-Ka brand

Created in 1954, the Yon-Ka brand is considered a pioneer of phyto-aromatic care and is based on many years of international experience. It provides your skin with the most valuable that a plant has to offer: its vitalising essential oil charged with solar energy and its complementary active ingredients such as vitamins, fruit acids, polyphenols, peptides and trace elements. A synergy that responds with precision, gentleness and efficiency to the specific needs of the most demanding skin.

The Quintessence Yon-Ka

At the heart of the products and treatments from the house of Yon-Ka is the "Quintessence" and its 5 essential oils with their extraordinary powers - lavender, geranium, rosemary, cypress, thyme - an olfactory treasure and exclusive formula that enhances the effectiveness of natural plant ingredients from all over the world.



YON
KA[®]
PARIS

Facial treatments



Face, décolleté, neck and head massage.

This massage is performed with products adapted to the skin condition.

CHF 55.00

«Escale Beauté»

Beauty break for new radiance

Compress, cleansing, soft peeling, aroma spray, short massage, mask and final care.

Result: a quick feel-good treatment.

CHF 75.00 (additional CHF 25.00 for brow correction)

"Plaisir d'arômes"

Aroma treatment

Compress, cleansing, short massage under steam, soft peeling, aromatic spray, relaxing massage, mask, final care.

Result: the skin is refreshed and fresh.

CHF 110.00 (additional CHF 25.00 for brow correction)

"Hydralessence" / "Hydrasun"

Intensive moisture / repair effect

Compress, cleansing, aroma spray, soft peeling, mask under steam, massage, moisturising mask, final care.

Result: Moisture depot is replenished. Repair effect after sunbathing.

CHF 125.00 (additional CHF 20.00 for brow correction)

"Le Grand Classique"

Deep cleansing

Compress, cleansing, aroma spray, soft peeling, deep peeling, removal of impurities, massage mask, final care (including brow correction).

Result: flawless, radiantly cleansed skin.

CHF 140.00

Anti-Aging à la carte

Elastine 35–45 years

Smoothing anti-wrinkle treatment (first wrinkles).

Time Resist 45–55 years

Regenerating and wrinkle-filling treatment against tired-looking skin.

Optimizer 45–55 years

Firming and restructuring treatment with a firming effect.

Excellence Code 55+ years

Global anti-aging treatment with lifting effect. Combats hormonal changes in the skin, tightens, firms, combats pigmentation marks.

Compress, cleansing, aroma spray, soft peeling, deep peeling, active ingredient ampoule, massage, anti-age mask and final care.

(including brow correction).

Result: The skin is regenerated, vitalised and tightened.

CHF 150.00

Additional treatments

Eyelash dyeing **CHF 30.00**

Brow dyeing **CHF 30.00**

Eyelash and
Eyebrow dyeing **CHF 50.00**

Brow correction **CHF 25.00**

Brow correction,
eyelashes +
eyebrow dyeing **CHF 65.00**

Hair removal

Face **starting at CHF 20.00**

per effort up to **CHF 45.00**

Depilation

with warm wax
(no final hair removal)

half leg
per effort up to **CHF 60.00**

whole leg
per effort up to **CHF 85.00**

Bikini line
per effort up to **CHF 40.00**

Armpit
per effort up to **CHF 35.00**

Make-up - how to do it!

We show you step by step how to apply make-up with simple hand movements.

Cleaning, basic care, advice,
explanation, execution

CHF 100.00



Manicure

Nail and cuticle care, final care.

without polish CHF 70.00

with polish CHF 80.00

Pedicure

Diabetics and people taking blood-thinning medication cannot be treated!

(**Attention:** no removal of corns/thorn warts, no treatments of ingrown nails)

Nail and cuticle care, callus removal, final care

without polish CHF 80.00

with polish CHF 90.00

«Express hand or foot care»

For brittle, dry, cracked skin.

Peeling, short massage, nourishing pack, final care. (can also be booked as an additional treatment).

CHF 40.00 each

«Wellness for your feet»

Stressed feet long for beauty and care.

Footbath with peeling, pack, nail and cuticle care, cornea removal, a short massage
massage concludes the treatment.

without polish CHF 120.00

with polish CHF 130.00





Body treatments



Body scrub "à la carte"»

Personalised body scrub. Choose your favourite from three peelings.

Gommage Douceur

Gentle, moisturising peeling with bamboo, apricot kernel powder and aroma concentrate.

Result: Silky soft, nourished skin.

CHF 70.00

Gommage Gourmand

Peeling with two types of sugar, aroma concentrate and vegetable oils.

Result: Vitalises, revitalises and smoothes the skin.

CHF 70.00

Gommage Marin

Remineralising sea salt peeling with algae, vegetable oil and aroma concentrate.

Result: flawlessly clean, smooth skin.

CHF 70.00

«Phyto Légerté»

Draining anti-fatigue treatment for heavy, tired legs with refreshing wraps.

Compress, massage (draining and purifying), pleasantly refreshing wrap, aromatic stimulation at the end.

Result: refreshingly light legs.

CHF 90.00

«Aroma Luxe»

Choose your favourite from four aroma concentrates.

Compress, relaxing massage with selected concentrate and vegetable oil.

Result: Detoxifying, firming, vitalising, relaxing and nourishing effect (depending on the concentrate).

CHF 115.00

«Phyto Fermeté»

Firming body treatment

Compress, specific massage with a care duo, relaxing massage with an aromatic concentrate and oil, wrap with firming effect, final care.

Resultat: Gefestigte, glatte, straffe und sanfte Haut.

CHF 120.00

«Phyto Marine»

Figure treatment with algae

Compress, targeted massage with contour creams and aroma concentrate, remineralising algae wrap, shower, final care.

Result: Visibly refined, newly modelled figure.

CHF 130.00



private spa

Immerse yourself in our wellness oasis and treat your body and mind to a few hours of relaxation, rest and tranquillity. The "Private Spa" has been developed with a contemporary, natural ambience and extends our offer with an exclusive area for partner treatments. An integrated steam bath with light showers, a rain shower, a generously spacious bathtub as well as a relaxation area extend the feel-good offer at the SolbadHotel.

THE RASUL

An oriental care ceremony that combines health, skin care and beauty!

An oriental care ceremony that combines health, skin care and beauty!

The healing effect of earth was recognised early on. But here too there are differences, which can already be seen in the colour of the earth. Depending on the part of the body, a fine or coarser grain structure is rubbed in. The result is on the one hand a cosmetic peeling with the success of a velvety soft skin, on the other hand a purifying and detoxifying effect. Under coloured light, you will experience a steam bath of a special kind followed by a pleasant tropical rain, which gently cleanses the body. After the application of the body lotion, resting in the stylish oasis is the crowning finale.

The Rasul for 1-hour incl. Prosecco

1 person, CHF 90.00, 2 persons, CHF 120.00



BATHS IN THE PRIVATE SPA

A romantic bath for two or one person can be enjoyed in our "Private Spa" with a glass of sparkling Prosecco.

Honey and pine bath

Delightfully fragrant, soothing relaxation bath with the valuable nutrients of honey and the calming effect of the essential oils of Swiss pine.

Herbal bath

The herbal bath is a wonderful extract from wild growing mountain herbs. The combined power of the selected herbs provides a relaxing and circulation-promoting effect and revitalises the body.

Nourishing Aloe Vera Oil Bath

Ein ausgesprochen nachhaltig duftendes Pflegeölbad. Die Wirkstoffe der Aloe Vera erhöhen A long lasting scented care oil bath. The active ingredients of Aloe Vera increase the skin's elasticity and give it back the moisture it needs.

Goat's milk bath

Experience the bathing pleasure that in ancient times was reserved only for the goddesses of Olympus. The high-quality oils give velvety soft skin that makes you forget any age.

Bath plus relaxation area for 1-hour incl. Prosecco
1 person, CHF 70.00, 2 persons, CHF 90.00





Steam Bath in the Private Spa Exclusively for You

Enjoy our beautiful steam bath in the Private Spa exclusively for yourself!

Afterwards, treat yourself to some peace and quiet in a stylish ambience.

Steam bath for 1-hour incl. Prosecco

1 person, CHF 80.00 / 2 persons, CHF 100.00

2 HOURS PRIVATE SPA EXCLUSIVELY FOR YOU

It's an exclusive place to relax and unwind!

Away from the stresses of everyday life, take time to pamper yourself.

The ceremony starts with a bath of your choice. The steam bath that follows opens all the pores of your skin. Afterwards, treat yourself to some peace and quiet in a stylish ambience with some refreshments (fruit juice, mineral water, tea, fruit and small snacks).

Exclusive relaxation for 2 hours incl. Prosecco

1 person, CHF 150.00 / 2 persons, CHF 190.00



Massages

Whether classic massage or foot reflexology massage - it will be a treat for your body every time. Deep relaxation and at the same time a revitalisation of mind and body are experiences that will bring your days with us to full fruition. Problems such as stress, lack of energy, one-sided strain, sleep disturbances, exhaustion, headaches and backache can be alleviated with the right massage.

Book your well-being offer early.

Back / neck massage

A very widespread evil today is back pain. Often we have a wrong posture that damages the back. A back and neck massage can achieve a noticeable relaxation and loosening effect.

CHF 60.00 (25 minutes)

Foot reflexology

Reflexology has a stimulating effect on distant organs, stimulates the elimination of toxins, harmonises the body's functions in general and can thus increase your physical performance. This massage is suitable for everyone who wants to maintain their health.

Not suitable for: High-risk pregnancy, severe heart and circulatory problems.

CHF 100.00 (50 minutes)

Combination massage

Back / foot reflexology massage

CHF 100.00 (50 minutes)

Full body massage

With the classic full-body massage, tension can be relieved and the circulation of the muscles and connective tissue can be improved. Immediate reactions to the massage are relaxation, tiredness, a feeling of warmth and looseness.

CHF 100.00 (50 minutes)

Dry brush massage

The dry brush massage is a valuable method for improving well-being, activates the circulation and revitalises the nervous system. The body is cleansed from dead skin cells. By stimulating the metabolism, the skin is nourished with nutrients and oxygen and is purified at the same time. We use natural brushes for this massage.

Not used for: Skin inflammations, varicose veins and Couprouse.

CHF 100.00 (50 minutes)

Herbal stamp massage

In this type of massage, the body is massaged with warm herbal stamps. The scent of the exquisite herbs bound in linen, combined with the art of harmonious massage strokes, allow you to experience a very deep relaxation for body, mind and soul. Especially on tense parts of the body, the warmth is perceived as a pure blessing. As a result pores of the skin open particularly well and the essential oils can penetrate into deep layers. The self-healing powers and the purification processes are activated. By stroking the meridians, we bring you into balance. This ritual of scents, warmth and massage guarantees relaxation.

CHF 130.00 (50 minutes)

Hot Stones Massage

The Hot Stones Massage means to immerse people in another world. This wellness treatment with volcanic stones from Hawaii increases positive energy and brings body, mind and soul into harmony, The result is a state of deep relaxation and well-being of this extraordinary therapy.

Not suitable for: pregnancy, febrile infections, skin diseases, severe cardiovascular heart and circulatory problems and acute venous diseases / thromboses.

CHF 140.00 (approx. 80 minutes)





Body Detox - the electrolysis footbath

The electrolysis footbath offers a completely new approach to intensive and lasting deacidification, purification and detoxification. The Body Detox system stimulates the body in a physical way to the body's own systems (lymph, blood circulation) and organs (kidneys, lungs, intestines and thus enables the body to neutralise and eliminate harmful substances.

Very suitable for: Rheumatism, arthritis and gout problems.

Book your appointment today at the at the reception and see the amazing results for yourself.

Purifying foot bath

CHF 65.00 (30 minutes)

Purifying foot bath & partial body massage

CHF 100.00 (50 minutes)



Lomi-Lomi Nui

Lomi-Lomi Nui means in English: press, knead, stroke and stretch.

Through deep relaxation, you leave your everyday life and find harmony and balance. Very close body massage.

Not suitable for: acute skin diseases, fever, pregnancy, venous inflammation and heart diseases.

CHF 150.00

(80 minutes incl. resting time)



Strandhotel Belvédère, Spiez – Klinik Schönberg, Gunten - Erlebnisland Grizzlybär, Längenbühl
Restaurant Burehuus, Thun – Deltapark Vitalresort, Gwatt

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