

# SWITZERLAND.

SPA & VITALITY



# The Spa & Vitality Hotels and Wellness Destinations at a glance.

Switzerland is a small country with great variety; its Spa & Vitality Hotels and Wellness Destinations are just as diverse. This map shows their locations at a glance.

- A** Aargau
- B** Basel Region
- C** Bern
- D** Fribourg Region
- E** Geneva
- F** Lake Geneva Region
- G** Graubünden
- H** Jura & Three-Lakes
- I** Lucerne-Lake Lucerne Region
- J** Eastern Switzerland / Liechtenstein
- K** Ticino
- L** Valais
- M** Zurich Region
- Grand Tour of Switzerland



**i** The Grand Tour of Switzerland is a suggested route that makes use of the existing Swiss road network. Visitors follow the route at their own risk. Switzerland Tourism and the Grand Tour of Switzerland association accept no liability for construction works, diversions, signage, special events or safety provisions along the route.



# Profile of the Grand Tour

**Length:** 1,643 km plus starting stage

**Highest point:** Furka Pass, 2,429 m a.s.l.

**Lowest point:** Lake Maggiore, 193 m a.s.l.

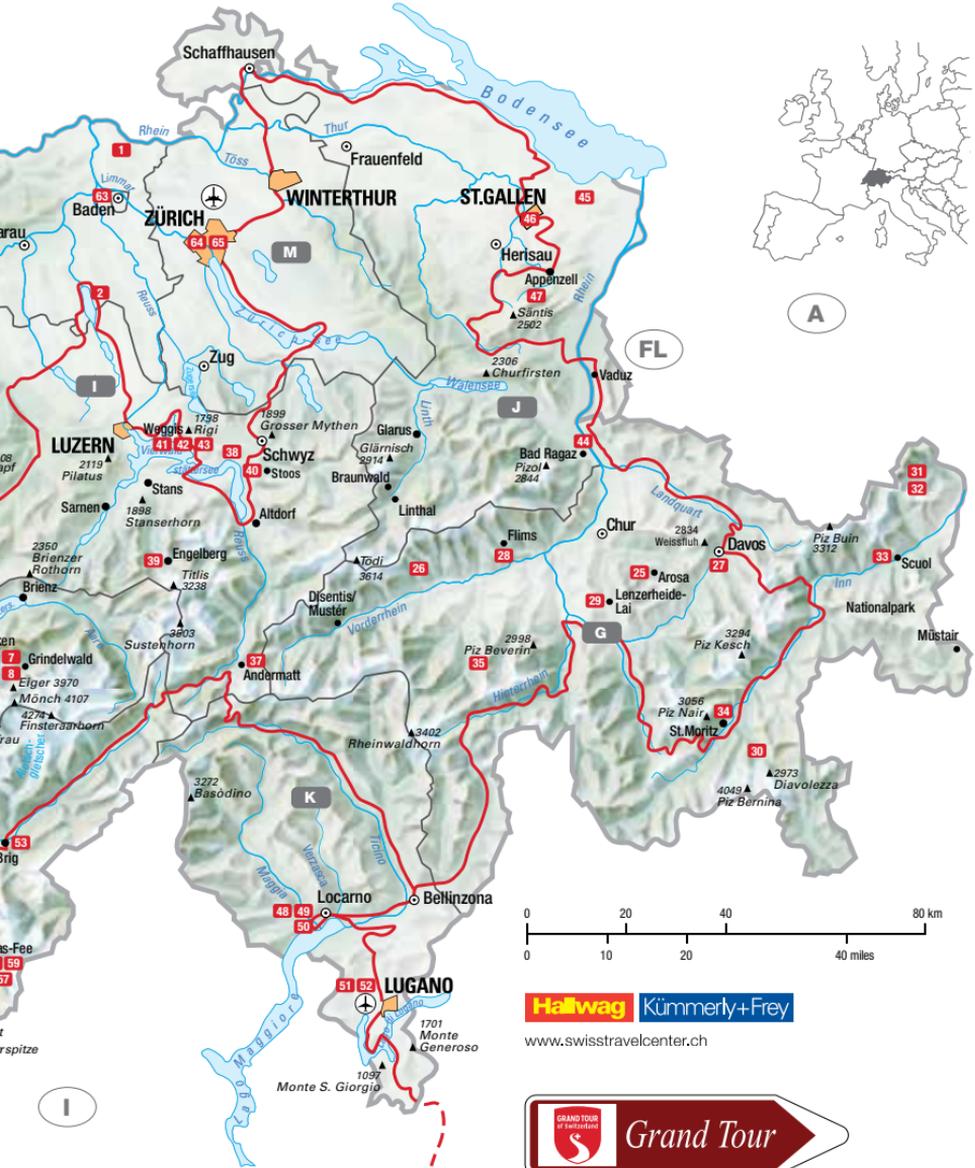
**Alpine passes:** 5 passes over 2,000 m a.s.l.

**Lakes along the route:** 22 lakes of more than 0.5 km<sup>2</sup>

**UNESCO:** 12 World Heritage Properties and 2 biospheres

For more information on the Grand Tour:

[MySwitzerland.com/grandtour](http://MySwitzerland.com/grandtour)



The Grand Tour is signposted in a clockwise direction.



# Grüezi

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Simply take a moment, allow yourself to be pampered and get moving! Switzerland's Spa & Vitality worlds are all about helping you to relax and recharge. Gather strength, revitalise and unwind. Whether you're in search of medical wellness or just a little time out, whether that's a fun sporting activity, relaxation or preventive treatment: the choices on offer include a range of luxurious and natural retreats. But it's not just the specialist hotels but also our Wellness Destinations that dedicate themselves to your well-being. Switzerland's unique beauty provides the perfect place for body and soul to find balance. Fresh air, quiet woodlands, stunning mountain landscapes, healing springs: Swiss wellness has it all.



**Martin Nydegger**  
*CEO Switzerland Tourism*



**Claude Meier**  
*CEO HotellerieSuisse*

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### **Always the best offers**

Discover a wide range of accommodation options and find inspiration for a truly memorable holiday.

**[MySwitzerland.com/spa](https://www.myswitzerland.com/spa)**



## Hotel classification

- ★  
simple
  - ★★  
comfortable
  - ★★★  
comfortable superior
  - ★★★★  
good middle class
  - ★★★★★  
good middle class superior
  - ★★★★★  
first class
  - ★★★★★  
first class superior
  - ★★★★★  
luxury
  - ★★★★★  
luxury superior
-  Swiss Lodge
-  Hotel Garni (breakfast only)

Details of Michelin stars and GaultMillau points can be found at [MySwitzerland.com/food](http://MySwitzerland.com/food)

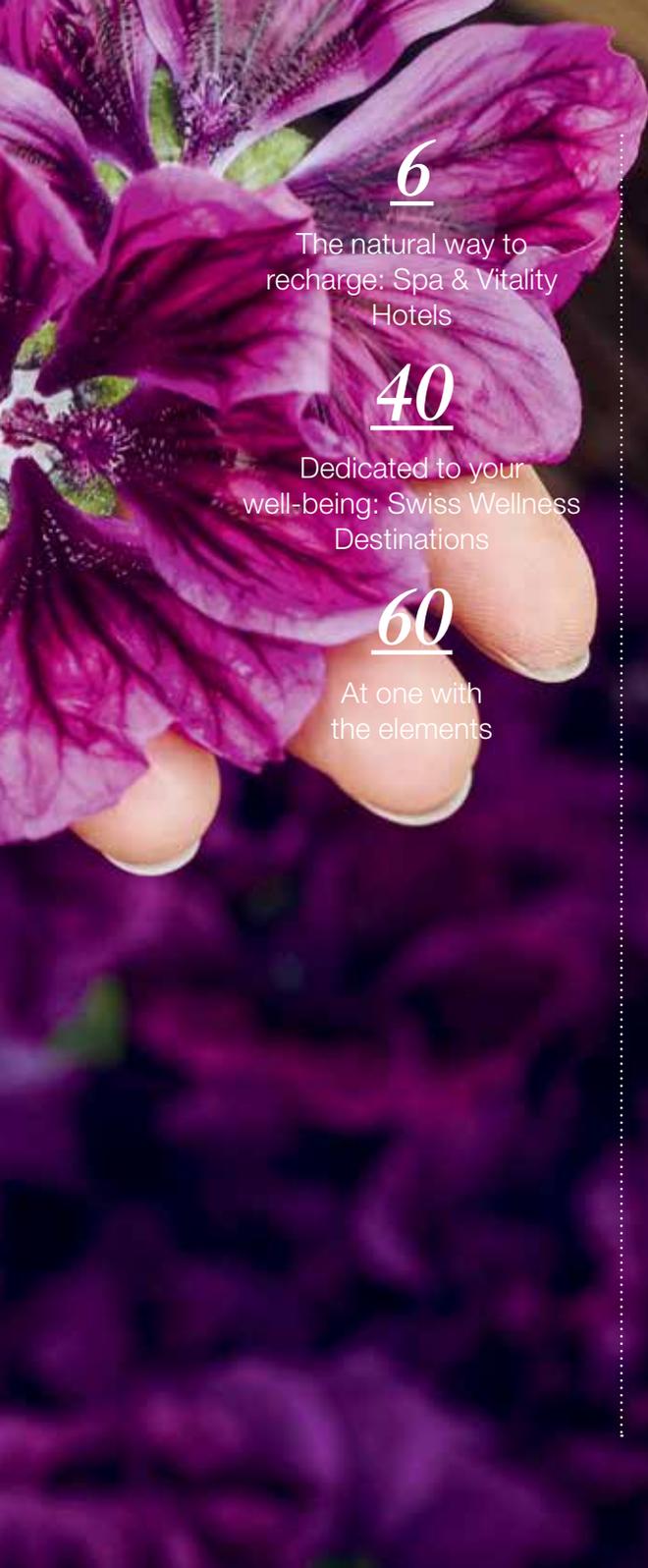
## Pictograms

-  In the city
-  By the water
-  In the mountains
-  In the country
-  Medical Wellness
-  Medical Wellness & Spa
-  Outstanding cuisine
-  Luggage special\*

There are two hotel classification systems in Switzerland. You will find information on both systems at [www.hotelleriesuisse.ch](http://www.hotelleriesuisse.ch) and [www.gastrosuisse.ch](http://www.gastrosuisse.ch).

\*Take advantage of great value offers for luggage transport. [sbb.ch/gepaeck-special](http://sbb.ch/gepaeck-special)





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The natural way to  
recharge: Spa & Vitality  
Hotels

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Dedicated to your  
well-being: Swiss Wellness  
Destinations

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At one with  
the elements

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Aargau

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Basel Region

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Lake Geneva Region

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Graubünden

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Jura & Three-Lakes

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Lucerne-Lake Lucerne Region

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Eastern Switzerland /  
Liechtenstein

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Ticino

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Valais

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Zurich Region

Swimming holidays in the mountains: whatever the season, water plays a major role in the five-star Ermitage hotel and its large wellness complex as a source of energy in the midst of the magical Bernese Oberland.

© Peter Giezendanner



# The natural way to recharge

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Welcome to the  
Spa & Vitality Hotels

**Take a deep breath, recharge and unwind.**

Switzerland's Spa & Vitality Hotels are powerhouses of energy, combining luxurious indulgence with the power of untouched nature.

One of the first and most renowned wellness hotels in Switzerland, the Ermitage in Schönried above Gstaad, focuses on six ways in which to unwind: water, warmth, movement, nutrition, relaxation and mindfulness. For hotel manager Romuald Bour, these factors are more relevant than ever. The warm, familial atmosphere is another feel-good factor at this exclusive hotel.

Following extensive luxury renovation, guests can now enjoy the versatile 3,700m<sup>2</sup> wellness complex, finding harmony between mind, body and soul. The new Thai-inspired Banyan Lounge with infrared heat strengthens the immune system, while the relaxation area allows you to forget the cares of your day-to-day life.

**Which wellness area is your main focus?**

*Water in all seasons. Our salt water bath and our outdoor sports pool offer a unique experience in winter, as the steam rises from the warm water amidst the glistening snow.*



**Romuald Bour**

Manager of the Ermitage hotel

**Active movement is a key part of recovery.**

**What do you specialise in?**

*Refreshing aqua spinning, open-air yoga and morning hikes at sunrise are all unforgettable activities. Wellness and conscious movement go hand-in-hand.*

**If you were a guest at your hotel, which room would you book?**

*Without a doubt the exclusive wellness suite with jacuzzi set in a bay window.*

## Good vibes only

It takes more than simply having a sauna in the basement to be considered a wellness hotel. This is best demonstrated by Switzerland's certified Spa & Vitality Hotels, where wellness is a holistic experience combining various beauty treatments, methods to reduce stress, sports and fitness programmes, and health-promoting activities.

Getting healthy and staying healthy – breathing, recovery and prevention: the **Oberwaid hotel** has its own **private clinic** and offers yoga classes and professional programmes.



Say goodbye to the hustle and bustle: the exclusive **aja Resort** invites you to take some time out and experience wellness high above the vibrant city of Zurich.

The conscious way to experience movement and revive body and soul with active programmes: **The Cambrian hotel** in Adelboden combines outdoor fitness with exclusive treatments.



In the uniquely beautiful Wellness Destination of **Scuol**, power comes from nature: hot mineral springs, an unspoilt mountain setting and crystal-clear air offer new energy all round.



## Checked and recommended

These Wellness Hotels, tested by hotelleriesuisse, all fulfil criteria including:



All minimum criteria of star category



Qualified spa and wellness staff



At least four different treatments offered



Treatments in separate rooms



Appropriate selection of food and drink

[MySwitzerland.com/spa](https://www.myswitzerland.com/spa)



**Aargau.** Aargau is the river canton and the water tower of Switzerland. It is also the home of fortresses and castles with fascinating histories. The Wellness Destinations Bad Zurzach and Rheinfelden offer the very latest in relaxation.



**1** Bad Zurzach: **Parkhotel Bad Zurzach** ★★★★★



**In the hotel's own salt water baths, massage jets stimulate your circulation while the healing water relaxes your muscles.**

**Wellness tip**

Underground connection to the largest open-air thermal baths in Switzerland. Guests can enjoy free admission – including on the day of arrival and the day of departure.

+41 (0)56 269 88 11  
info@parkhotel-bad-zurzach.ch  
[parkhotel-bad-zurzach.ch](http://parkhotel-bad-zurzach.ch)

**2** Meisterschwanden: **Seerose Resort & Spa** ★★★★★



**The family-run Seerose Resort & Spa is located on the sunny shores of beautiful Lake Hallwil, surrounded by trees, water and fields.**

**Wellness tip**

The Cocon Thai Spa with a view of the lake guarantees peace and relaxation.

+41 (0)56 676 68 68  
hotel@seerose.ch  
[seerose.ch](http://seerose.ch)



# Basel Region.

Basel is home to the largest concentration of museums in Europe (40). The city also has an old town rich in history and ground-breaking architecture. This makes Basel synonymous with art and culture.



3 Basel: **Gaia Hotel** ★★★★★



**Everything in one place:  
a consistent approach to  
sustainability with the com-  
fort of a top hotel – modern,  
biodynamic, natural.**

**Wellness tip**

Relax in the Kneipp pool or Finnish sauna, or try out a sports, classic or reflex zone massage.

+41 (0)61 225 13 13  
welcome@gaiahotel.ch  
[gaiahotel.ch](http://gaiahotel.ch)

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## ***Edelweiss*** (*Leontopodium*)

*No other plant is as emblematic of Switzerland as edelweiss. Swiss Alpine edelweiss was traditionally boiled with milk and honey as a cure for stomach ache.*





**Bern.** A canton as diverse as any country: magnificent mountains, majestic lakes, the lovely Emmental and historical cities such as Switzerland's capital Bern make for unforgettable memories.



**4** Adelboden: **Bellevue Parkhotel & Spa** ★★★★★



**It's easy to lose track of time at the Bellevue Parkhotel, with its splendid views of the mountains and enchanting spa pavilion in the middle of the park.**

**Wellness tip**

Guests love the therapeutic rituals with natural essences made from local Alpine herbs.

+41 (0)33 673 80 00  
info@bellevue-parkhotel.ch  
[bellevue-parkhotel.ch](http://bellevue-parkhotel.ch)

**5** Adelboden: **The Cambrian Adelboden** ★★★★★



**The alpine wellness complex offers a panoramic view of the mountains. Time in the spa is the perfect complement to communing with nature and enjoying mountain sports.**

**Wellness tip**

A private spa evening with massages will make your stay a truly special experience.

+41 (0)33 673 83 83  
info@thecambrianadelboden.com  
[thecambrianadelboden.com](http://thecambrianadelboden.com)

**6** Bern: **Hotel Schweizerhof Bern & Spa** ★★★★★



**The wellness oasis is as stylish as the award-winning hotel itself. It is the only spa hotel in Bern, and also welcomes guests who are there just for the day.**

**Wellness tip**

A fascia massage with the hotel's own Sky Deluxe honey releases even the most stubborn tension and promotes circulation.

+41 (0)31 326 80 99  
spa@schweizerhof-bern.ch  
[schweizerhof-bern.ch](http://schweizerhof-bern.ch)

**7** Grindelwald: **Eiger Selfness Hotel** ★★★



**With its natural materials and warm natural colours, this holiday hotel at the foot of the Eiger North Face provides relaxation at the highest level.**

**Wellness tip**

In the private spa, you can enjoy a hay flower bath in a bathtub for silky smooth skin, or there's the option of a mountain pine infusion in the Cocoon sauna.

+41 (0)33 854 31 31  
hotel@eiger-grindelwald.ch  
[eiger-grindelwald.ch](http://eiger-grindelwald.ch)

**8** Grindelwald: **Sunstar Hotel Grindelwald** ★★★★★



**At the “Sunstar Grindelwald” you stay in style, with splendid views of the Eiger north face, Wetterhorn and the glacier gorge.**

**Wellness tip**

The saunascape with Roman thermal baths promises relaxation, beauty and pleasure.

+41 (0)33 854 77 77  
grindelwald@sunstar.ch  
[grindelwald.sunstar.ch](http://grindelwald.sunstar.ch)

**9** Gstaad: **Gstaad Palace** ★★★★★



**From the private spa suite to the 50m outdoor pool – guests can enjoy a top-quality wellness programme in the Palace Spa.**

**Wellness tip**

The 1,800m<sup>2</sup> spa is an oasis of relaxation, with facilities including a hammam and private spa suite. Those looking to get active can work out in the fitness studio or enjoy a game of tennis.

+41 (0)33 748 50 00  
info@palace.ch  
[palace.ch](http://palace.ch)

**10** Gstaad: **Le Grand Bellevue** ★★★★★



**Fitness, spa and thermal baths spread over 3,000m<sup>2</sup>, set against the picturesque background of the Alps – welcome to the hotel’s wellness temple Le Grand Spa!**

**Wellness tip**

Discover 17 wellness and experience zones – from an invigorating ice fountain to a relaxing herb sauna.

+41 (0)33 748 00 00  
info@bellevue-gstaad.ch  
[bellevue-gstaad.ch](http://bellevue-gstaad.ch)

**11** Gstaad: **The Alpina Gstaad** ★★★★★



**This top-class hotel combines exquisite experiences with authenticity and friendly, innovative service.**

**Wellness tip**

The Six Senses Spa offers holistic treatments, an indoor lap pool, jacuzzi, outdoor pool and a gym.

+41 (0)33 888 98 88  
info@thealpinagstaad.ch  
[thealpinagstaad.ch](http://thealpinagstaad.ch)



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wellness holidays.**

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on the way there.**

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and hospitality from the first minute. With delicious specialities  
from the Swiss regions, for example.**

A STAR ALLIANCE MEMBER 

[swiss.com](https://www.swiss.com)

**Made of Switzerland.**

**12** Gstaad: **Ultima Gstaad** ★★★★★



**The luxurious boutique hotel with suites and private chalets offers exceptional sophistication, relaxation and style.**

**Wellness tip**

Exclusive anti-aging cell therapy from La Prairie in the Ultima Spa supplies moisture to the skin and leaves it looking radiantly fresh.

+41 (0)33 748 05 50  
info@ultimagstaad.com  
[ultimagstaad.com](http://ultimagstaad.com)

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**13** Gstaad-Schönried: **Ermitage, Wellness- & Spa-Hotel** ★★★★★



**The chalet hotel is one of Switzerland's leading Wellness Hotels, with a wide range of active courses and massage treatments.**

**Wellness tip**

Enjoy an open-air swim in any weather in the heated sports pool, followed by a relaxing dip in the indoor and outdoor salt water baths.

+41 (0)33 748 04 30  
welcome@ermitage.ch  
[ermitage.ch](http://ermitage.ch)

**14** Gwatt: **Deltapark Vitalresort** ★★★★★



The resort on the shores of Lake Thun boasts a 2,000m<sup>2</sup> spa area with salt water bath, outdoor jacuzzi, saunas and a gym.

**Wellness tip**

The three private spa suites, “African Lodge”, “Asia Lagoon” and “Swiss Chalet”, offer a unique area of privacy.

+41 (0)33 334 30 30  
info@deltapark.ch  
[deltapark.ch](http://deltapark.ch)

**15** Interlaken: **Victoria-Jungfrau Grand Hotel & Spa** ★★★★★



Time to unwind: 5,500m<sup>2</sup> of pure wellness and relaxation await guests at Spa Nescens.

**Wellness tip**

The exclusive Nescens Better Aging Programme promotes a healthy and sustainable lifestyle.

+41 (0)33 828 28 28  
interlaken@victoria-jungfrau.ch  
[victoria-jungfrau.ch](http://victoria-jungfrau.ch)

**16** Interlaken-Unterseen: **Salzano Hotel-Spa-Restaurant** ★★★



**The large spa features surprising naturalistic Alpine wellness elements and special treatments for beauty and well-being.**

**Wellness tip**

Body wraps with hay and a visit to the herbal steam bath promote muscle relaxation.

+41 (0)33 821 00 70  
welcome@salzano.ch  
[salzano.ch](http://salzano.ch)

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**17** Lenk-Simmental: **Lenkerhof gourmet spa resort** ★★★★★



**The youngest five-star hotel in Switzerland proves its versatility: with a sauna landscape, an outdoor sulphur pool as well as an indoor pool for active types.**

**Wellness tip**

Massage oil from the essence of Swiss herbs is used for relaxing Lenkerhof treatments.

+41 (0)33 736 36 36  
welcome@lenkerhof.ch  
[lenkerhof.ch](http://lenkerhof.ch)

**18** Merligen, Lake Thun: **Beatus, Wellness- & Spa-Hotel** ★★★★★



In a beautiful location with a view of the Niesen, the “Beatus” is the quintessential example of exquisite taste – with a unique wellness area covering 2,000m<sup>2</sup>.

**Wellness tip**

Enjoy relaxation with a lake view in the magnificent 12,000m<sup>2</sup> park – complete with private beach.

+41 (0)33 748 04 34

welcome@beatus.ch

[beatus.ch](http://beatus.ch)

**19** Saanenmöser: **Golfhotel Les Hauts de Gstaad & Spa** ★★★★★



The hotel has a casual atmosphere and boasts rooms and suites decorated in alpine chic style, three restaurants and a spacious spa, making it perfect for a break in the mountains.

**Wellness tip**

Special highlights are the herb stamp massages and the 28°C pool with warm mountain water.

+41 (0)33 748 68 68

mail@golfhotel.ch

[golfhotel.ch](http://golfhotel.ch)

**20** Sigriswil: **SolbadHotel Sigriswil** ★★★★★



**On the sunny plateau, high above Lake Thun, you can immerse yourself in a 35°C salt water bath – for pure relaxation.**

**Wellness tip**

The private spa pampers couples with the oriental Rasul bathing ritual for health and beauty.

+41 (0)33 252 25 25

info@solbadhotel.ch

[solbadhotel.ch](http://solbadhotel.ch)

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**21** Spiez-Thunersee: **Eden Spiez** ★★★★★



**The tranquil hotel resort in Spiez is synonymous with exclusive wellness and pleasure. It will delight you with its breathtaking views and its very own park.**

**Wellness tip**

The wellness area has a range of tempting offers, including Switzerland's only outdoor saltwater pool and a Himalayan salt cave.

+41 (0)33 655 99 00

welcome@eden-spiez.ch

[eden-spiez.ch](http://eden-spiez.ch)



**Geneva.** The world's smallest big city with its centre on the lakeshore is located near the foothills of the Jura. International organisations such as the UN and ICRC underpin the city's multicultural vibe.

**22** Bellevue-Geneva: **La Réserve Genève Hotel, Spa and Villa** ★★★★★



**This exclusive oasis lies in a four-hectare park on the shores of Lake Geneva and boasts 2,000m<sup>2</sup> of everything you could want to ensure your well-being.**

**Wellness tip**

The Nescens Better Aging Programme, developed by Prof. Jacques Proust, a pioneer of anti-aging medicine in the health spa.

+41 (0)22 959 59 59  
info@lareserve-geneve.com  
[lareserve-geneve.com](http://lareserve-geneve.com)



***Elderberry*** (*Sambucus*) *The blossom and fruit of the black elderberry are frequently used for medicinal purposes. They are rich in vitamin B and C, essential oils and antioxidants, and help to reduce inflammation, relieve pain and lower fevers.*



# Lake Geneva Region.

A dazzling lake, sun-soaked vineyards and cultural capital Lausanne, with its ballet scene, fascinating museums and outstanding restaurants: celebrate the local “art de vivre”.



St-Saphorin (Lavaux), Lake Geneva Region  
© david&kathrin Photography and Film

**23** Lausanne: **Royal Savoy Hotel & Spa Lausanne** ★★★★★



**This 1,500m<sup>2</sup> spa in an Art Nouveau hotel has a stylish pool landscape, two spa suites and a 24-hour fitness centre.**

**Wellness tip**

The “signature massage” is tailored individually for each guest by an experienced therapist.

+41 (0)21 614 88 88

[info@royalsavoy.ch](mailto:info@royalsavoy.ch)

[royalsavoy.ch](http://royalsavoy.ch)

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**24** Le Mont-Pèlerin: **Le Mirador Resort & Spa** ★★★★★



**You can also enjoy a splendid panoramic view of Lake Geneva and the Alps from the exclusive Givenchy Spa, the only one of its kind in Switzerland.**

**Wellness tip**

The Mirador Health Centre offers a range of better-aging, stress management and weight control treatments.

+41 (0)21 925 11 11

[reservations@mirador.ch](mailto:reservations@mirador.ch)

[mirador.ch](http://mirador.ch)

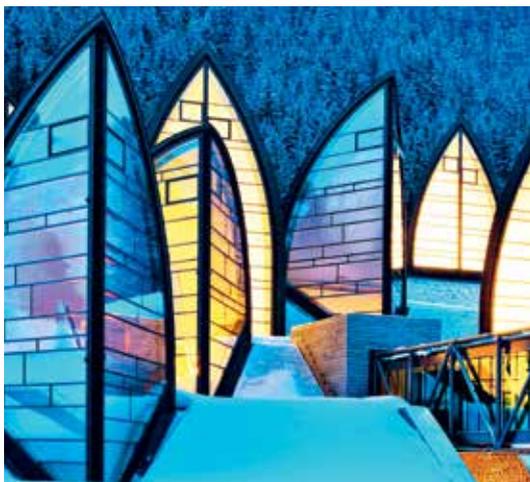


**Graubünden.** 937 peaks, 150 valleys, 615 lakes – Graubünden combines pristine nature with picturesque villages. Enjoy incredible views as the Albula/ Bernina railway route, part of the UNESCO World Heritage, crosses the landscape.



Bergün, Graubünden  
© André Meier

**25** Arosa: **Tschuggen Grand Hotel** ★★★★★



**Five restaurants take care of guests' culinary well-being, and the Tschuggen Express brings them directly to the ski runs or hiking trails.**

**Wellness tip**

When having a Kneipp treatment in the Arosa rock grotto, designed by Mario Botta, you experience the healing power of water close up.

+41 (0)81 378 99 99

info@tschuggen.ch

[tschuggen.ch](http://tschuggen.ch)

**26** Breil/Brigels: **Hotel La Val Brigels** ★★★★★



**The award-winning 500m<sup>2</sup> mountain spa in the Hotel La Val is a real gem, offering total relaxation for body and mind.**

**Wellness tip**

The mild, aromatic climate in the herbal sauna is relaxing and gently purifies the body.

+41 (0)81 929 26 26

hotel@laval.ch

[laval.ch](http://laval.ch)

**27** Davos Platz: **Sunstar Hotel Davos** ★★★★★



**This spacious holiday hotel offers a wide variety of sports and leisure activities, with an indoor swimming pool, fitness centre and wellness oasis.**

**Wellness tip**

After relaxing in the blockhouse sauna or Roman-Irish thermal bath, enjoy the view of the mountains from the quiet room.

+41 (0)81 836 12 12

davos@sunstar.ch

[davos.sunstar.ch](https://www.davos.sunstar.ch)

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**28** Flims Waldhaus: **Waldhaus Flims Wellness Resort** ★★★★★



**Take a deep breath and switch off: immerse yourself in peace and tranquillity at this multi-award-winning 3,000m<sup>2</sup> spa and fitness centre.**

**Wellness tip**

After relaxing in the in-ground sauna, cool down in the natural bathing pond filled with soft Flims mountain water while listening to the trickling stream.

+41 (0)81 928 48 48

info@waldhaus-flims.ch

[waldhaus-flims.ch](https://www.waldhaus-flims.ch)

**29** Lenzerheide: **Hotel Lenzerhorn Spa & Wellness** ★★★★★



**This atmospheric gem of a hotel offers a spa wellness programme in combination with exquisite food in three restaurants and on the sun terrace.**

**Wellness tip**

Relax in the open-air salt water bath or swim against the current in the indoor pool.

+41 (0)81 385 86 87  
welcome@hotel-lenzerhorn.ch  
[hotel-lenzerhorn.ch](http://hotel-lenzerhorn.ch)

**30** Pontresina: **Hotel Saratz** ★★★★★



**The Hotel Saratz is elegant yet cosy, contemporary yet charming – and its blend of old and new exudes one thing above all: atmosphere.**

**Wellness tip**

The Oriental Sarazenen Spa is located in the old vaulted cellar of the hotel and is a modern interpretation of the hammam.

+41 (0)81 839 40 00  
info@saratz.ch  
[www.saratz.ch](http://www.saratz.ch)

**31** Samnaun Dorf: **Chasa Montana Hotel & Spa** ★★★★★



**Thousands of bottles are stored in the wine cellar of the Relais & Châteaux Hotel, while its gourmet restaurant La Miranda boasts a Michelin star.**

**Wellness tip**

You can even measure your body-mind balance with the Prefit Body Scan in the Roman-inspired spa.

+41 (0)81 861 90 00  
info@hotelchasamontana.ch  
[hotelchasamontana.ch](http://hotelchasamontana.ch)

**32** Samnaun Dorf: **Chalet Silvretta Hotel & Spa** ★★★★★



**Pure nature can be found not only outside the hotel windows but also at the Silvretta Spa, with its in-ground sauna, mountain crystal and brine grotto.**

**Wellness tip**

The ultimate in rejuvenation therapies such as the anti-aging programme from Alpienne are based on the rich tradition of Alpine popular medicine.

+41 (0)81 861 95 00  
info@hotel-silvretta.ch  
[hotel-silvretta.ch](http://hotel-silvretta.ch)

**33** Scuol: **Hotel Belvédère** ★★★★★



The “Belvédère” is a contemporary take on Engadin grandeur with direct access to the famous Bogn Engiadina.

**Wellness tip**

The hotel’s Vita Nova Spa offers customised treatments for men and women using Sodashi and Alpienne body care products.

+41 (0)81 861 06 06  
info@belvedere-scuol.ch  
[belvedere-scuol.ch](http://belvedere-scuol.ch)

**34** St. Moritz: **Carlton Hotel St. Moritz** ★★★★★



A world-famous winter landscape awaits outside the window while inside there are 60 spacious suites and junior suites, not to mention two top restaurants for the ultimate in indulgence.

**Wellness tip**

The refreshing Swiss Quick Cellular Treatment is a true beauty booster.

+41 (0)81 836 70 00  
info@carlton-stmoritz.ch  
[carlton-stmoritz.ch](http://carlton-stmoritz.ch)

35 Vals: **7132 Hotel** ★★★★★



**The postcode of Vals is 7132 – as is the name of the hotel. The rooms were designed by four architects of worldwide renown.**

**Wellness tip**

The mystic atmosphere and highly mineralised spring water make a stay in the thermal baths of the 7132 Hotel a deeply relaxing experience.

+41 (0)58 713 20 00

hotel@7132.com

**7132.com**

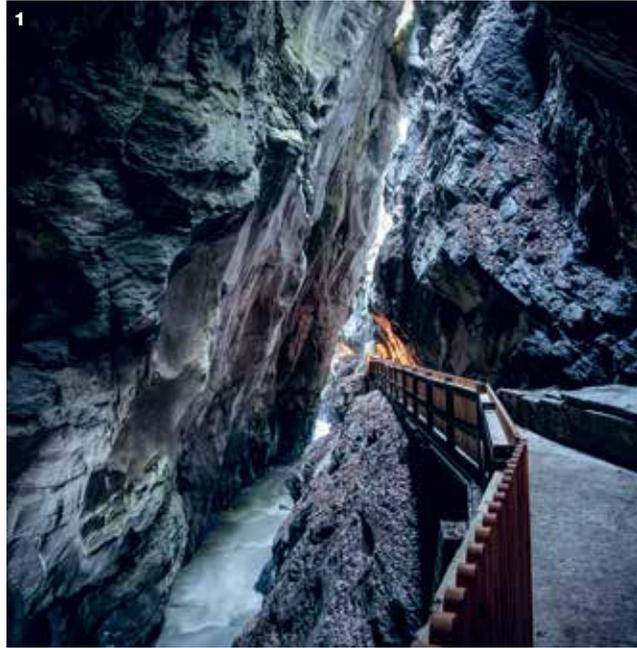
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***Linden blossom*** (*Tilia platyphyllos*) *Linden blossom has been taken for medicinal purposes since the Middle Ages and is still used today in tea and in baths. It contains substances that help to ease colds, cramps and anxiety.*



## Destination: wellness

Here, the well-being of guests is the priority not only of each individual hotel, but of the entire region as well. At the heart of the ten certified Swiss Wellness Destinations are exercise, nutrition and relaxation. Far from the stress of everyday life, these Wellness Destinations capitalise on the interplay of extraordinary baths, balanced health concepts and active deceleration in the midst of Switzerland's unique nature. The extensive options on offer across the country turn every stay into a veritable wellspring of health.



### **1** Bad Ragaz: blue gold

The water from the Tamina Gorge has been flowing at a temperature of 36.5°C into the spa town of Bad Ragaz since 1840. Guests from around the world have since been enjoying the water's beneficial and healing properties (at body temperature).

[MySwitzerland.com/  
bad-ragaz](https://www.myswitzerland.com/bad-ragaz)



**3 Leukerbad:  
source of energy**

The benefits of the most famous Alpine spring were known and appreciated even in Roman times. Every day, 3.9 million litres of natural 51°C thermal water pour out of the mountains and into the thermal baths of Leukerbad.

[MySwitzerland.com/  
leukerbad](https://www.myswitzerland.com/leukerbad)

**4 Engadin Scuol:  
the land of springs**

Over 20 freshwater springs are located in and around Scuol, drawing guests to the Lower Engadin for 650 years. The Bogn Engiadina mineral baths, with spa and sauna facilities and a unique mountain view, are a particular highlight of the National Park region.

[MySwitzerland.com/  
scuol](https://www.myswitzerland.com/scuol)

**4 Interlaken:  
a panoramic gem**

Nestled between Lake Thun and Lake Brienz, nine specialist Wellness Hotels and numerous other spa and health facilities provide an oasis of relaxation with stunning panoramic views of the lakes and mountains.

[MySwitzerland.com/  
interlaken](https://www.myswitzerland.com/interlaken)



6



5

**5 Baden: primal energy force**

Baden has always taken pride of place on any wellness programme: the Romans found relaxation here 2,000 years ago. And still today, one million litres of mineral-rich thermal water pour out of its 18 springs every day.

[MySwitzerland.com/baden](https://www.myswitzerland.com/baden)

**6 Bad Zurzach: open-air fun**

This is Switzerland's largest thermal bath, where 39.9°C spring water pours into nine pools. The thermal pools, natural swimming pools and salt water bath are a pleasure for all the senses – the highlight being the 14 saunas and steam baths and the wide range of massages on offer.

[MySwitzerland.com/bad-zurzach](https://www.myswitzerland.com/bad-zurzach)



7



8

**7 Charmey: thermal baths and mountains**

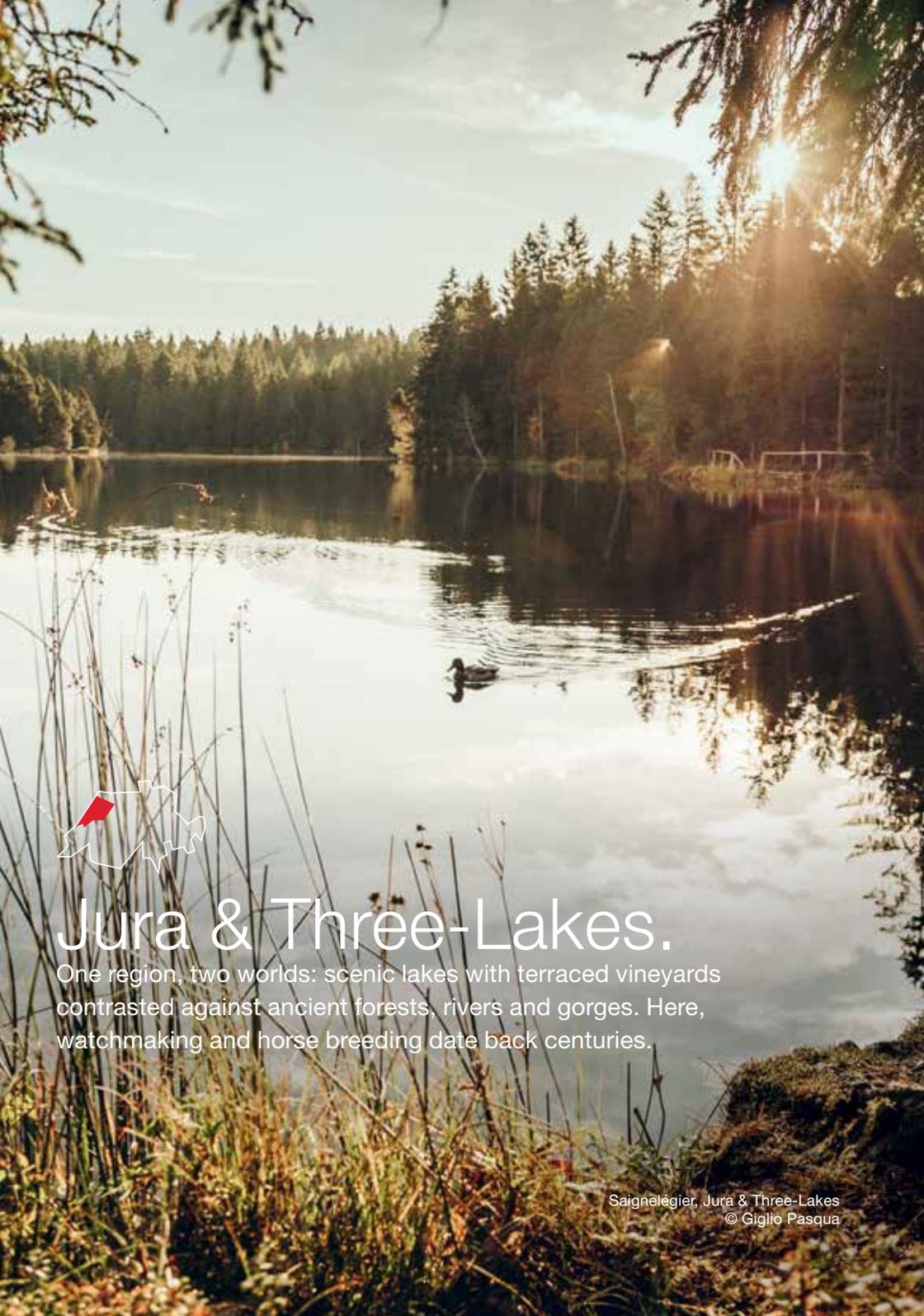
Indoor and outdoor pools, a sauna landscape, a hammam, two Turkish baths, massages with extracts of mountain herbs – the Bains de la Gruyère, nestled in the idyllic Pre-Alps, work wonders on your body, mind and soul.

[MySwitzerland.com/charmey](https://www.myswitzerland.com/charmey)

**8 Ascona-Locarno: Mediterranean**

The modern centres for well-being, the enchanting environment on the shores of Lake Maggiore and the subtropical nature of the region make it the perfect location for beneficial rest and relaxation.

[MySwitzerland.com/ascona-locarno](https://www.myswitzerland.com/ascona-locarno)



# Jura & Three-Lakes.

One region, two worlds: scenic lakes with terraced vineyards contrasted against ancient forests, rivers and gorges. Here, watchmaking and horse breeding date back centuries.

36 La Chaux-de-Fonds: **Grand Hôtel les Endroits** ★★★★★



**Seven saunas invite you to relax in the 1,000m<sup>2</sup> wellness area. In addition, there are treatments from the Cinq Mondes Spa Paris.**

**Wellness tip**

Enjoy the comfortable 75°C and breathe in the splendid scent of 17 herbs in the absinthe sauna.

+41 (0)32 925 02 50  
contact@lesendroits.ch  
**lesendroits.ch**



***Gentian*** (*Gentiana*)  
*The bitter substances in yellow gentian stimulate the digestive system. Only the root is used. Gentian also improves blood circulation.*



# Lucerne- Lake Lucerne Region.

Peaks offering a great view, such as Pilatus, Rigi and Titlis, the fjord-like Lake Lucerne and the eponymous city – this central Swiss region offers plenty of variety.



Pilatus, Lucerne-Lake Lucerne Region  
© Beat Brechbühl

**37** Andermatt: **The Chedi Andermatt** ★★★★★



**Alpine chic meets Asian zen: the 2,400m<sup>2</sup> Spa and Health Club at “The Chedi Andermatt” is the ultimate design and lifestyle experience.**

**Wellness tip**

The spa boasts a multi-award-winning 35m indoor infinity pool as well as a luxurious spa and hydrotherapy area.

+41 (0)41 888 74 88  
info@chediandermatt.com  
[thechediandermatt.com](https://www.thechediandermatt.com)

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**38** Brunnen: **Seehotel Waldstätterhof Brunnen** ★★★



**This hotel with a long tradition and a familiar atmosphere was founded in 1870. It is located on a car-free promenade on the shores of Lake Lucerne and boasts a spa on its roof terrace.**

**Wellness tip**

Our outdoor whirlpool has a grandiose view of the lake and the surrounding mountains.

+41 (0)41 825 06 06  
info@waldstaetterhof.ch  
[waldstaetterhof.ch](https://www.waldstaetterhof.ch)

**39** Engelberg: **Hotel Waldegg** ★★★★★



**The good feeling in the Waldegg Spa is certainly also due to the splendid view of Engelberg and Titlis.**

**Wellness tip**

The sauna landscape will spoil you with its scents, steam baths and tranquillity, and the beauty centre with massages for your well-being.

+41 (0)41 639 69 00  
info@waldegg-engelberg.ch  
[waldegg-engelberg.ch](http://waldegg-engelberg.ch)

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**40** Stoos: **Seminar- und Wellnesshotel Stoos** ★★★★★



**Here in the mountains of central Switzerland, people in search of peace and quiet and active nature lovers can find their own personal me-time.**

**Wellness tip**

The award-winning haki® treatment eases physical tension and provides deep relaxation for the mind.

+41 (0)41 817 44 44  
info@hotel-stoos.ch  
[hotel-stoos.ch](http://hotel-stoos.ch)

**41** Weggis: **Alexander & Gerbi Wellnesshotels** ★★★★★



**These two well-kept hotels are located right on the shores of Lake Lucerne and are managed by the fifth generation of the Hasler family.**

**Wellness tip**

Regional herbs and flowers play a central role in Alpine body and facial treatments.

+41 (0)41 392 22 22  
info@alexander-gerbi.ch  
[alexander-gerbi.ch](http://alexander-gerbi.ch)

**42** Weggis: **Chenot Palace Weggis** ★★★★★



**A spectacular health resort on the shores of Lake Lucerne. The Chenot Method® combines Western and Chinese medicines with the Chenot nutrition concept.**

**Wellness tip**

The 5,000m<sup>2</sup> medical spa offers relaxation and the Chenot detox programme.

+41 (0)41 255 20 00  
info@chenotpalcaceweggis.com  
[chenotpalcaceweggis.com](http://chenotpalcaceweggis.com)

43 Weggis: **Hotel Rössli Gourmet & Spa** ★★★★★



The 900m<sup>2</sup> beauty and spa area is the perfect place to relax and unwind: with an outdoor salt water bath, Finnish, herbal and steam saunas, caldarium, and a unique range of massage and beauty treatments.

**Wellness tip**

You can float weightlessly in salt water in the floating tank.

+41 (0)41 392 27 27

mail@roessli.ch

**roessli.ch**

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**Nettle** (*Urtica*) This stinging plant has long been used for medicinal purposes. For instance, it helps to alleviate rheumatism, cystitis and prostate problems.





# Eastern Switzerland / Liechtenstein.

From the mystical mountains of the Alpstein with the iconic Säntis to the vast expanse of Lake Constance – this region is a treasure trove of natural and cultural gems.





**44** Bad Ragaz: **Grand Resort Bad Ragaz** ★★★★★



**Europe's leading well-being and medical health resort boasts its own thermal spring and two five-star hotels, making it the perfect place to relax.**

**Wellness tip**

Tamina Flow is a unique full-body massage that pampers mind, body and soul with a series of flowing kneading techniques and motions.

+41 (0)81 303 30 30  
reservation@resortragaz.ch  
[resortragaz.ch](https://www.resortragaz.ch)

**45** Heiden: **Hotel Heiden** ★★★★★



**Two things stand out that make Well & See Spa the ideal spot for rest and relaxation: the peaceful view across Lake Constance and the diverse wellness applications.**

**Wellness tip**

Sounds great: enjoy a relaxing massage with singing bowls and find your inner balance.

+41 (0)71 898 15 15  
info@hotelheiden.ch  
[hotelheiden.ch](https://www.hotelheiden.ch)

**46** St. Gallen: **Oberwaid – Das Hotel. Die Klinik.** ★★★★★



**The “hydropathic institute” founded in 1845 now combines the best in medical expertise with the first-class service of a superior hotel.**

**Wellness tip**

The body-firming detox treatment using Scandinavian Kerstin Florian products detoxifies, tones and invigorates the body.

+41 (0)71 282 00 00

info@oberwaid.ch

[oberwaid.ch](http://oberwaid.ch)

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**47** Weissbad-Appenzell: **Hotel Hof Weissbad** ★★★★★



**Health plays a main role in the only F. X. Mayr Centre in Switzerland, where water pours out of the centre's own two springs.**

**Wellness tip**

Controlled fasting is a way to detoxify your body and mobilise the body's own healing powers.

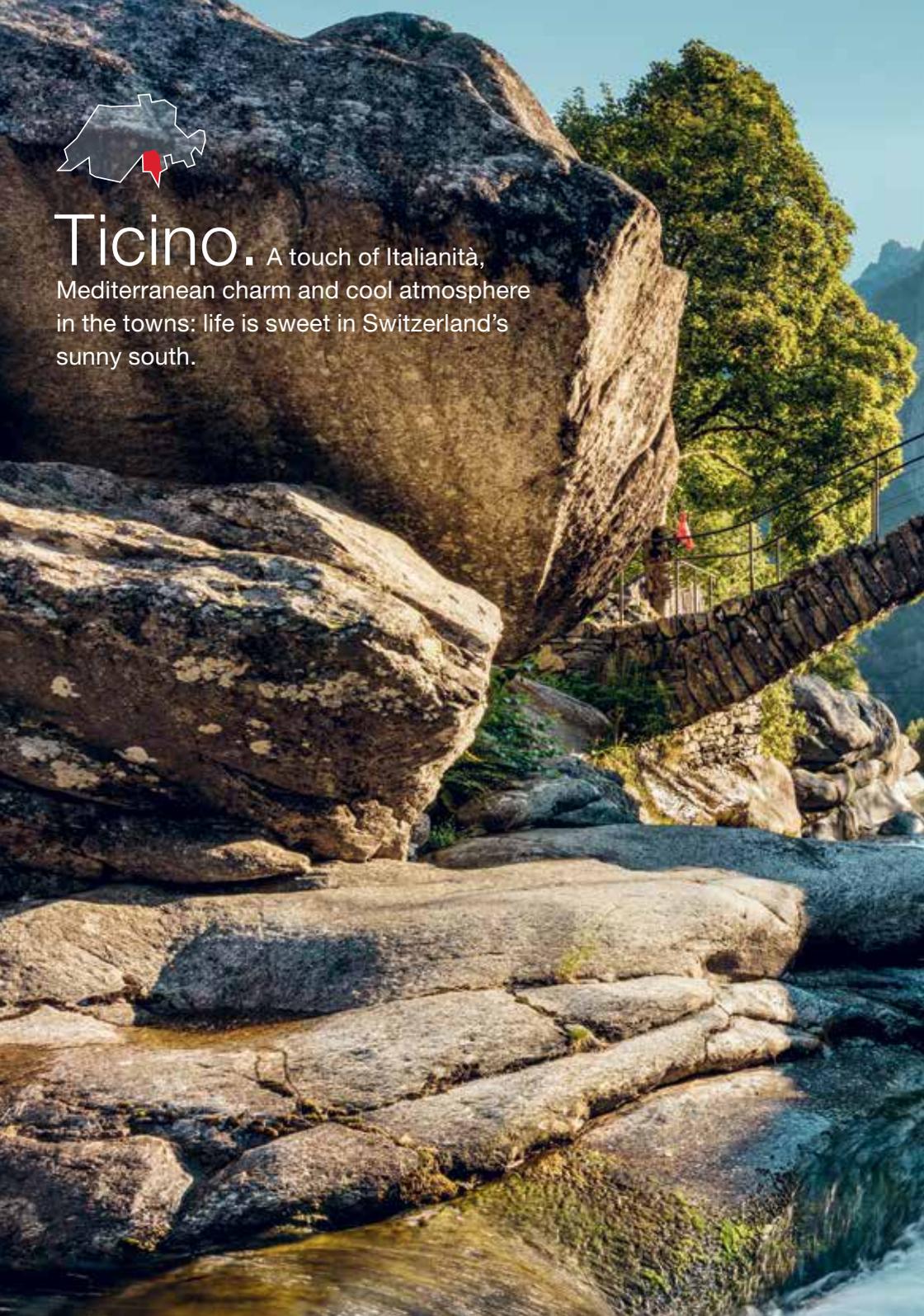
+41 (0)71 798 80 80

hotel@hofweissbad.ch

[hofweissbad.ch](http://hofweissbad.ch)



**Ticino.** A touch of Italianità,  
Mediterranean charm and cool atmosphere  
in the towns: life is sweet in Switzerland's  
sunny south.





**48** Ascona: **Hotel Eden Roc** ★★★★★



**Located directly on the shores of Lake Maggiore, this hotel offers wellness, top-quality gourmet cuisine and stylish rooms with designer furnishings.**

**Wellness tip**

The private beach and Kneipp path with stones from the local river are perfect for relaxation.

+41 (0)91 785 71 71

info@edenroc.ch

[edenroc.ch](http://edenroc.ch)

**49** Ascona: **Hotel Giardino Ascona** ★★★★★



**A luxurious way to unwind: wellness at the exclusive Dipiù Spa is all about Ayurvedic treatments. Yoga and healthy eating will bring body and soul into harmony.**

**Wellness tip**

Kati Basti is an oil treatment intended to help with relaxation in the lumbar area.

+41 (0)91 785 88 88

welcome@giardino-ascona.ch

[giardinohotels.ch/ascona](http://giardinohotels.ch/ascona)

**50** Ascona: **Parkhotel Delta, Wellbeing Resort** ★★★★★



**The three-storey wellness oasis Delta Relax is also a modern and sensuous location for well-being. A genuinely exclusive retreat.**

**Wellness tip**

The 80,000m<sup>2</sup> subtropical hotel park features magnificent spaces for fitness and relaxation.

+41 (0)91 785 77 85  
info@parkhoteldelta.ch  
[parkhoteldelta.ch](http://parkhoteldelta.ch)

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**51** Cademario: **Hotel & Spa Cacciatori** ★★★★★



**This 1,000m<sup>2</sup> family hotel is located in the rolling hills and hiker's paradise above Lake Lugano. It has a diverse spa landscape with a salt water pool, swimming pool and adventure pool.**

**Wellness tip**

Women usually prefer the lavender compress, while men often go for a beer bath.

+41 (0)91 605 22 36  
info@hotelcacciatori.ch  
[hotelcacciatori.ch](http://hotelcacciatori.ch)



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52 Cademario: **Kurhaus Cademario Hotel & Spa** ★★★★★



The “Kurhaus” has been welcoming visitors to indulge in its wellness programme – featuring detoxification and relaxation – and its sumptuous cuisine for over 100 years now.

**Wellness tip**

The 2,200m<sup>2</sup> “Dot Spa” features three spectacular pools.

+41 (0)91 610 51 11  
info@kurhauscademario.com  
[kurhauscademario.com](http://kurhauscademario.com)

## ***Cotton thistle***

*(Onopordum) This plant is said to strengthen the heart and boost digestion. Additionally, the unopened thistle buds can be prepared and eaten like artichokes.*



# At one with the elements

« *The power of nature  
stimulates body and mind:  
taking time to unwind in  
the most beautiful places  
in Switzerland revitalizes  
from head to toe.* »

Sabina Sommerhalder  
Fitness trainer



La Réserve Genève Hotel,  
Spa and Villa, Geneva  
© Serge Hoeltzchi

## Holistic well-being

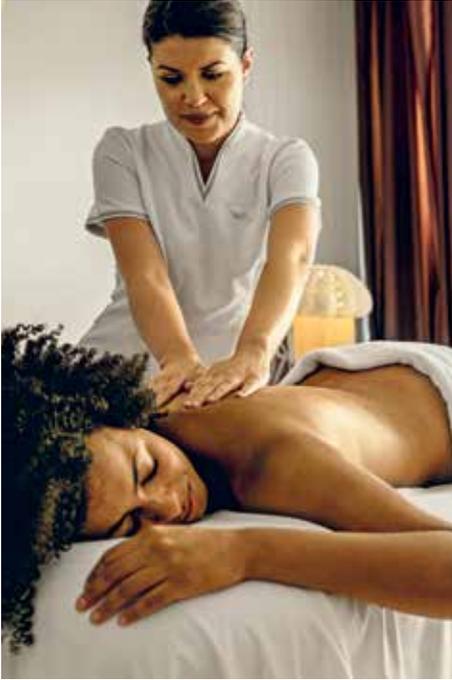
Professional yoga classes, guided fitness courses, healing baths, rejuvenating massages, medical treatments and market-fresh cuisine are the key to wellness holidays with lasting effects. Taking care of oneself should not be seen as a luxury.



**A vigorous start  
to the day**



**It's never a bad idea to stretch one's muscles, increase one's level of fitness, and exercise as part of a group. Targeted physical training has an impact on overall well-being.**



**Do not  
disturb**

**Massage is all about getting away from it all**

*Professional treatments – exclusively tailored to guests’ needs by experienced therapists – can also help keep illness at bay. And fragrant herbs from the Swiss Alps complement the treatments beautifully.*



**Simply  
forget  
the time**

**Inspiration for new ideas in a tranquil setting**

Good conversations, whether among friends or with experts, are a balm for the soul. Fresh smoothies and vitality cuisine enhance the quality of life and serve as an introduction to new flavours.





**Valais** . 45 four-thousanders, mighty glaciers, picturesque villages, cherished traditions and fine wines, with specialities such as raclette and dried meat: this mountain paradise is a treat for the eyes and the palate.



**53** Brig-Breiten: **Badehotel Salina Maris – Wellness & Vintage** ★★★★★



The inviting hotel in the spa resort of Breiten at the foot of the UNESCO World Heritage Aletsch-Jungfrau is located in the middle of a hiking and skiing paradise.

**Wellness tip**

In the only recognised Alpine thermal saltwater bath in Switzerland, you can relax in 10% natural saltwater from the primordial ocean.

+41 (0)27 928 42 42  
info@salina.maris.ch  
[salina.maris.ch](http://salina.maris.ch)

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**54** Crans-Montana: **Crans Ambassador** ★★★★★



Whether you're here for a ski trip or a golf outing, this legendary hotel's spectacular panorama is matched only by its luxurious design and relaxing atmosphere.

**Wellness tip**

Whether it's through a sports, better-aging, anti-stress or detox massage – you can unwind completely here.

+41 (0)27 485 48 48  
info@cransambassador.ch  
[cransambassador.ch](http://cransambassador.ch)

**55** Leukerbad: **De France by Thermalhotels** ★★★★★



**This hotel, located in the village square, has its own thermal baths and offers Swiss rituals, Ayurveda medical wellness and traditional Chinese medicine.**

**Wellness tip**

You can relax in great style as you bathe in the legendary Alpine thermal baths and wind down in its 12,500m<sup>2</sup> sauna landscape.

+41 (0)27 472 10 00 / 620  
info@thermalhotels.ch  
[thermalhotels.ch](https://thermalhotels.ch)

**56** Leukerbad: **Le Bristol Leukerbad** ★★★★★



**“Le Bristol” has a holistic understanding of wellness, and the food that is served is also tailored to guests’ needs.**

**Wellness tip**

Highly mineralised water flows into the largest private thermal bath in Leukerbad and has a beneficial effect on muscles and joints.

+41 (0)27 472 75 00  
welcome@lebristol.ch  
[lebristol.ch](https://lebristol.ch)

**57** Saas-Almagell: **Wellness & Spa Pirmin Zurbriggen** ★★★★★



The “SonntagsZeitung” refers to it as a “charming Valais hotel of superlative quality” and has awarded the hotel the top spot in its ratings several times.

**Wellness tip**

The TCM treatments help to restore the balance of yin and yang.

+41 (0)27 957 23 01  
pirmin.zurbriggen@rhone.ch  
[wellnesshotel-zurbriggen.ch](http://wellnesshotel-zurbriggen.ch)

**58** Saas-Fee: **The Capra Saas-Fee** ★★★★★



Cosy as a chalet but with all the amenities of a luxury hotel, the “Capra” is a peaceful oasis in the heart of the Valais mountains.

**Wellness tip**

The Peak Health Spa tailors its programme to sustainably improve your long-term health and fitness.

+41 (0)27 958 13 58  
welcome@capra.ch  
[capra.ch](http://capra.ch)

**59** Saas-Fee: **Walliserhof Grand-Hotel & Spa** ★★★★★



The 2,100m<sup>2</sup> modern spa area revives the mind, body, and soul with saunas, a steam room, dream shower and indoor pool.

**Wellness tip**

Experienced wellness coaches help with relaxation and active recovery.

+41 (0)27 958 19 00  
info@walliserhof-saasfee.ch  
[walliserhof-saasfee.ch](http://walliserhof-saasfee.ch)

**60** Zermatt: **Le Mirabeau Hotel & Spa** ★★★★★



The quiet, centrally located Mirabeau offers a unique resort experience thanks to its diverse culinary and wellness offerings. All this plus a view of the Matterhorn.

**Wellness tip**

Aromatic steam at 48°C and humidity of almost 75% let you breathe deeply in the mountain-crystal flower-blossom steam bath.

+41 (0)27 966 26 60  
info@hotel-mirabeau.ch  
[hotel-mirabeau.ch](http://hotel-mirabeau.ch)

**61** Zermatt: **Resort La Ginabelle** ★★★★★



**This quiet hotel is located near the mountain railway and offers diverse, fresh regional cuisine.**

**Wellness tip**

In the adventure pool area featuring both indoor and outdoor pools, the water is above 34°C throughout the year – the perfect temperature for relaxing.

+41 (0)27 966 50 00

info@la.ginabelle.ch

[la.ginabelle.ch](http://la.ginabelle.ch)

**62** Zermatt: **Wellness Hotel Alpenhof** ★★★★★



**The family-run hotel with its own herd of black-nosed sheep is located next to the cable car and pampers its guests with wellness in an Alpine hut ambiance.**

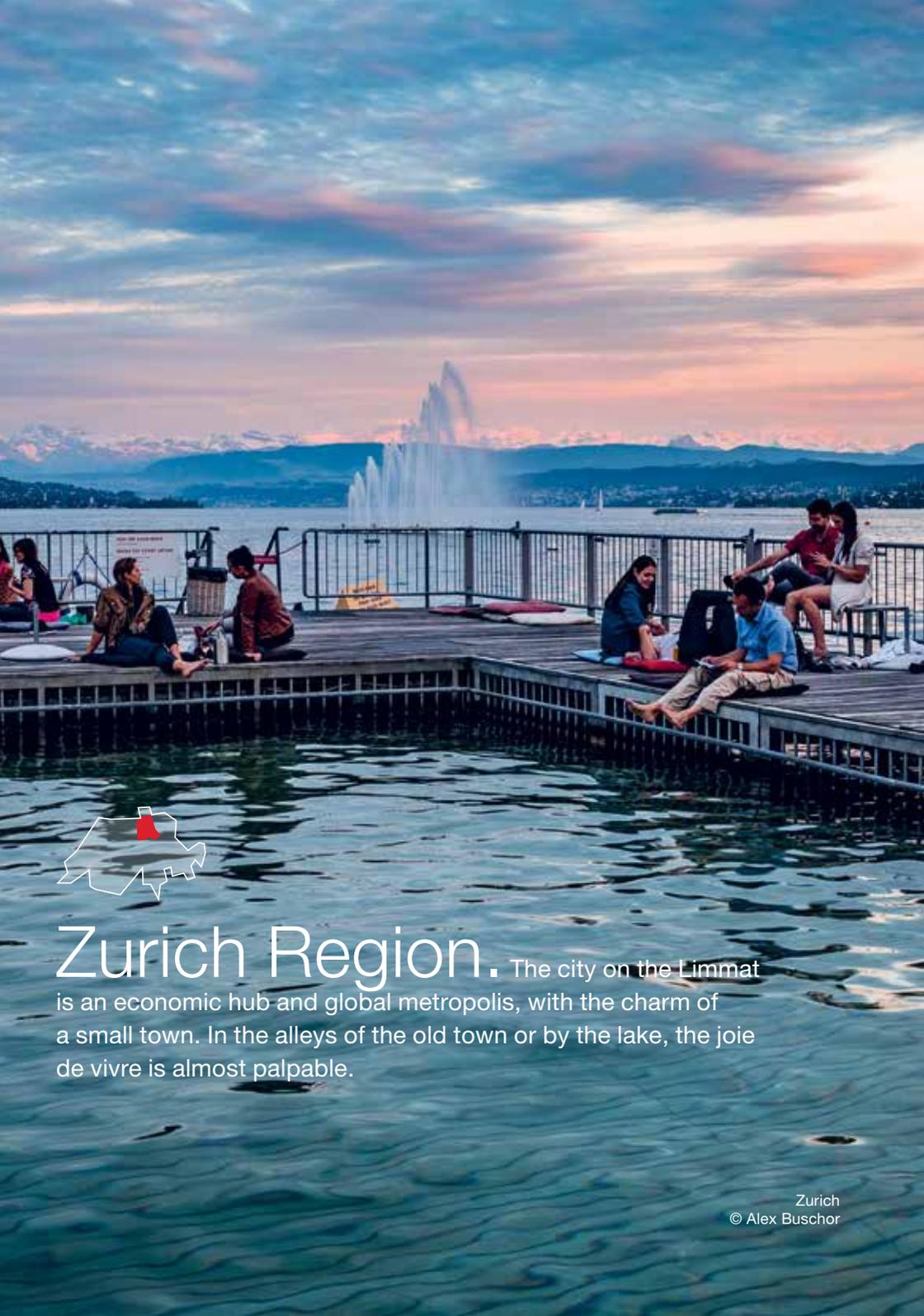
**Wellness tip**

An Alpine honey-pine bath in the rustic-looking spa is relaxing and a wonderful way of soothing aching muscles.

+41 (0)27 966 55 55

alpenhof@julen.ch

[julen.ch](http://julen.ch)



**Zurich Region.** The city on the Limmat is an economic hub and global metropolis, with the charm of a small town. In the alleys of the old town or by the lake, the joie de vivre is almost palpable.

**63** Baden: **Limmathof Baden Hotel & Spa** SWISS LODGE 



**Inside the two hotel buildings you will be immersed in a world of relaxation – and in Switzerland’s most mineral-rich thermal water.**

**Wellness tip**

The private spa suites, with their fresh thermal spring waters, exclusive water beds, steam baths and saunas, offer a place of stylish, quiet retreat.

+41 (0)56 200 17 17

info@limmathof.ch

[limmathof.ch](http://limmathof.ch)

**64** Zurich: **aja Zürich** SWISS LODGE 



**After a day in the city, there is nothing more relaxing than an infusion ritual in the panorama sauna at this urban wellness resort.**

**Wellness tip**

Enjoy massages and cosmetic treatments using products of the traditional brand for him and her at the Nivea flagship store.

+41 (0)43 523 12 00

info.zuerich@ajaresorts.ch

[ajahotel.ch](http://ajahotel.ch)

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65 Zurich: **The Dolder Grand** ★★★★★



**The award-winning Dolder Grand Spa with a panoramic view of Zurich offers a unique wellness programme over 4,000m<sup>2</sup>.**

**Wellness tip**

In addition to the spacious swimming pool, guests can enjoy the separate Ladies' and Gentlemen's spa areas.

+41 (0)44 456 64 00  
spa@thedoldergrand.com  
[thedoldergrand.com](http://thedoldergrand.com)

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## *Lady's mantle*

*(Alchemilla) The "little alchemist" is said to be good for all kinds of complaints, from stomach trouble to superficial wounds.*

*This is because the plant contains tannins, which act as an astringent on the skin and on mucous membranes.*





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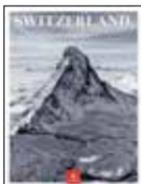
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**info@MySwitzerland.com**

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mystsnet.com

### **SWISS**

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europcar.ch

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zuerich-airport.com

### **GASTRO SUISSE**

GastroSuisse  
gastrouisse.ch



Switzerland Cheese Marketing  
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