



lenkerhof

gourmet spa resort

PURER GENUSS IST BEI
UNS INKLUSIVE

5-STERNE-WEIN- & SPA-WEILKLIMA
GOURMET GASTRO- & SPA-ANBIETER
7 SOURCES BEAUTY & SPA

Spa menu

7
sources
beauty & spa

Stop the march of time!

Pure power of water at the recognised "place of vitalisation": the river "Simme" has seven springs - seven places that give the water of the river in the Bernese Oberland its energy. That's why our spa, our oasis of well-being, at Lenkerhof gourmet spa resort is called "7sources". Seven wells and one sulphur spring - hotel Lenkerhof is truly blessed by nature.

On more than 2000 square metres, everything in the spa revolves around you - In our newly renovated bathing and spa area, there is a relaxing attraction for everyone; might it be in the outdoor pool, which is embedded in a unique landscape, or in our newly designed sauna area, which leaves nothing to be desired, be it in the textile sauna or in the classic sauna area. The sulphur water from our own spring can of course also be drunk at our in-house fountain. Water, the source of all life, encourages you to linger, relax and reflect!

A range of sauna? Sure! There are nine of them to choose from. Indoor pool? Yes! It is flooded with sunlight and set at just the right temperature. Outdoor pool? Of course! Lenk spring water which is heated to 34 degrees for you. And all this is complimented by our experienced team, which performs little anti-stress miracles by providing everything from massage and extensive signature treatments to cosmetics with the exclusive products of PEVONIA Botanica, Ligne St. Barth, Mavala, Dr. BAUMANN®, O'right and massage oils developed in-house.

Come in - we are looking forward to meeting you!

Your 7sources beauty & spa team



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Legend 🤏 - 🤏🤏🤏

Some massages are marked with one or more biceps emojis, which indicate the intensity of the possible massage pressure, from gentle to classic to strong. Massages without this marking can be adapted to your needs. Please express your needs regarding the intensity during the preliminary conversation with the therapist.

Recomendation

Dear guests, in order to make the choice easier for you, we have put together various overviews for your orientation. **You will find further details and offers for the treatments on the following pages.** We will be happy to assist you in order to choose the best treatment for you and your needs..

For intensive care and deep relaxation

Treatment	recommended for / special features	Duration	Price
St. Barth Sensation	after sunbathing	60 min	CHF 165.-
St. Barth Pureness	relaxing facial	60 min	CHF 170.-
St. Barth Elasticity	cleansing body wrap	40 min	CHF 105.-
St. Barth Harmony	gentle massage with skin care	50 min	CHF 145.-
Lomi Lomi	full body relaxation ritual from Hawaii	90 min	CHF 245.-
Ocean Massage	Deeply relaxing well-being massage	60-90 min	CHF 150.- CHF 220.-

Powerful massages to knead the muscles

Treatment	recommended for / special features	Duration	Price
Foot reflex zones	improves blood circulation	45 min	CHF 105.-
Classic full body massage	all over the body	50 min	CHF 130.-
All signature treatments	are individually adaptable	35-90 min	CHF 95.- to CHF 230.-

Gentle massages and treatments

Treatment	recommended for / special features	Duration	Price
St. Barth Harmony	gentle massage with skin care	50 min	CHF 145.-
St. Barth Chill out	massage with mussel shells	90 min	CHF 245.-
All signature treatments	are individually adaptable	35-90 min	CHF 95.- to CHF 230.-
Rendez-vous or whey bath	in pairs or alone	25 min	CHF 60.- CHF 90.-
Lomi Lomi	full body relaxation ritual from Hawaii	90 min	CHF 245.-
Ocean Massage	Deeply relaxing well-being massage	60-90 min	CHF 150.- to CHF 220.-

I'm treatin' myself!

Treatment	recommended for / special features	Duration	Price
St. Barth Freshness	revitalizing facial	90 min	CHF 230.-
Lenker stone and mountain crystal massage	our favourite for versatility	90 min	CHF 225.-
St. Barth Sensation	after sunbathing / hiking	60 min	CHF 165.-
Pevonia Luxury Anti-Aging	recommended from the age of 50	120 min	CHF 265.-
Lomi Lomi	full body relaxation ritual from Hawaii	90 min	CHF 245.-
Ocean Massage	Deeply relaxing well-being massage	60-90 min	CHF 150.- to CHF 220.-

Recommendation for expectant mothers

This overview shows only a few possibilities. Please tell us in which month of pregnancy you are at the time of the treatment. We will be happy to give you advice.

Treatment	recommended for / special features	Duration	Price
Hydrothermmassage	not in the 1 st to 6 th week or the last 4 weeks	50 min	CHF 145.-
Water Lily	moisturizing body wrap with gentle massage	60 min	CHF 165.-
all facials			
Special head massage	for tension in the head and neck area	25 min	CHF 75.-
Tropical peeling	for a fresh looking skin	30 min	CHF 90.-
Baths	all baths without lavender	25 min	CHF 60.-
Mani- and Pedicure	with and without polish	50-75 min	CHF 80.- to CHF 115.-



Lenkerhof pur – our signature treatments

Our Signature treatments are self-developed and incorporate local specialities and products. For example, we use pebbles we have collected ourselves from the river "Simme" for the massages, sand of the mentioned river for the peelings and, above all, our own developed massage oils such as Bühlberg Silence and Lenkerseeli Harmony. You may choose out of our 5 signature massage oils.

By the way, the stones are put back into the Simme so that the natural cycle of giving and taking strength is maintained. *Discover our Signature treatments and experience Lenk in a relaxed way.*

Lenk stone and mountain crystal massage 𐄂𐄂

90 min CHF 225.-

After a soothing foot bath and gentle foot peeling with sand of the river Simme, you will experience a **full-body massage individually tailored** to your needs with our self-chosen, signature massage oil, which contains mountain herbs. Cool mountain crystals and warm river stones from the Simme provide a vitalising body feeling and a well supplied blood flow to the muscles.

Our recommendation for everyone, as we can adapt the massage very well to your individual needs.

You can also take your favourite massage oil home with you.

We will fill your favourite oil freshly for you.

CHF 36.- for 50 ml and CHF 62.- for 100 ml



Back & neck relaxed in Lenk's way 𐄂𐄂

50 min CHF 145.-

This massage, which uses warm stones from river Simme to relax the muscles, provides a new sense of well-being in the back and neck area.

Our recommendation for a more powerful massage, which loosens tense muscles.

Light mountains legs 𐄂𐄂 - 𐄂𐄂𐄂𐄂

40 min CHF 110.-

Exhausted legs are revitalized by a foot bath and a subsequent massage to get them going again.

Our recommendation after a long hike or a skiing day.

Lenk hay peeling

35 min CHF 95.-

It's the mixture of hay and sand that makes it: Experience the mountain feeling, let go of the old to receive the new. Your skin will thank you for it.

Our recommendation is a combination with a subsequent whey bath, for an even deeper effect.

Lenk herbal stamp massage 𐄂

60 min CHF 155.- / 90 min CHF 230.-

Warm herbal stamps are used to massage the body. The scent of the carefully selected local herbs, bound in linen, combined with the art of harmonious massage strokes, allow you to experience a very deep relaxation.

Our recommendation for all those who want to enjoy the scent, warmth and massage to achieve a soothing relaxation.

Lenk whey bath

25 min CHF 60.- one person/ CHF 90.- two persons

Use the effect of lactic acid for your skin coat. Your skin feels fresher and softer. As we use fresh whey from the local cheese dairy, we kindly ask you to book early.

Our recommendation for every occasion.

Globetrotter

Lomi Lomi 🌿

90 min CHF 245.-

The relaxation ritual from Hawaii: Never ending smooth movements with warm oil and gentle stretches bring your body to rest. Dive slowly into a wonderful deep relaxation and experience a feeling of weightlessness.

Our recommendation for everyone who wants to relax from hairline to toes.

If you do not wish to have your whole body massaged, we recommend another massage such as the Lenker stone & mountain crystal massage, otherwise the intended effect of Lomi Lomi can only be achieved to a limited extent. For this massage you have to undress completely and you will be treated with hands and forearm/elbow.

Hot Stone 🌿 - 🌿🌿🌿

90 min CHF 225.-

The use of warm basalt stones strongly stimulates the body and harmonizes its energy flow. The heat releases strong tensions. You will feel light and vital afterwards.

Our recommendation for everyone who relaxes in warmth. You may choose between a softer or a stronger massage.

Ocean Massage 🌿

60 min. CHF 150.- / 90 min. CHF 220.-

Like a day at the sea! Ocean massage has its origins in the Hawaiian bodywork Lomi Lomi and is completely oriented towards the element of water/sea. Characteristic are flowing, smooth movements with warm oil that wash over the body and soul like waves. Rhythmic, recurring movements with the forearms and hands relax the muscles. Breathe in - refuel - relax!



100% Body Feeling

Full body massage -

50 min CHF 130.-

If you are looking for a all-round treatment our classical full body massage is just the right choice: relaxation of the musculature, stimulation of the blood circulation and optimal care of the skin thanks to the nourishing almond oil. *Our recommendation for everyone. We always adapt the massage pressure to your needs.*

Back massage -

25 min CHF 80.-

Use the benefits of our classical massage completely for your back. *Our recommendation for everyone with little time who wants to treat himself to some relaxation.*

Special head massage -

25 min CHF 75.-

Ideal for tension in the head and neck. This massage brings your lightness and well-being back. *Our recommendation for guests who tend to headaches and migraines.*

Foot reflexology massage -

45 min CHF 105.-

Experience how your organs are influenced by your feet and how the musculature of your feet also benefits. *Our recommendation for everyone who is not ticklish at the feet.*

Manual lymphatic drainage

60 min CHF 135.-

The lymphatic system is supported and stimulated by this treatment. Tissue is decongested, detoxified and the immune system is strengthened sustainably. You choose whether you want the lymph drainage for the face, a part of the body or the whole body. Please let us know already with booking the appointment, which part of your body you choose, so that we can reserve the appropriate time frame. *Our recommendation for heavy legs and water retention in the tissue.*

Hydrotherm massage

50 min CHF 145.-

We recommend this full body massage for pregnant women, as the use of water pillows allows a position on the back with back massage. This treatment is not suitable for pregnant women in the first 6 and last 4 weeks. As every pregnancy is different, please contact us for advice.

Rendez-vous bath

25 min CHF 60.- one person/ CHF 90.- for two persons

The pleasant underwater massage through the jets in our Rendez-vous tub leads to complete relaxation and stimulates your metabolism. Enjoy our homemade herbal infusion and choose from rosemary, thyme, lemongrass, rose and lavender or let us surprise you. Let us know your choice at least 1 hour before your appointment. *Our recommendation for a short relaxation.*

Quartz bench Sandor

20 min CHF 25.-

Enjoy the warmth of the Sandor bench before or after the treatment to enjoy mental and physical relaxation. We are also happy to offer you our massages on this bench. Please reserve this treatment 2 days in advance.

Depilation

Hair removal

10 - 60 min CHF 15.- to CHF 80.-

Hair removal with warm wax. You choose for which areas you would like the depilation. Please let us know at the time of the reservation which part of your body you choose, so that we can reserve the appropriate time frame.

Our recommendation is to avoid sauna, sun and peelings for about 24 hours after the removal, as these may cause irritations. We recommend using a soothing and moisturising skin care product afterwards, such as Aloe Vera Gel with mint from St. Barth.



Pevonia Botanica

Pevonia strongly believes, that the best ingredients in skin care come from nature and uses only 100% natural ingredients from flora and the ocean, free from parabens, mineral oils or artificial fragrances or colorants. Pevonia rejects animal testing. The products contain the highest possible concentration of active ingredients that is approved before they are classified as medication. Therefore, the products are individually adapted to you and thus treatment results are noticeable and visible even after a short time. You can look forward to fresh, well-cared for and radiant skin.

Pevonia Botanica Facial treatments

Classical Facial

90 min CHF 205.-

Enjoy a moisturizing treatment tailored to your skin type with all-round care and deep cleansing, after which your skin will glow. Including eyebrow correction, relaxing face massage and an effective face mask.

Our recommendation for every skin type, as the treatment can be specifically adapted. For all ages (starting from 19 years).

Pre-Anti-Aging

105 min CHF 235.-

Pampers skin that is stressed out by everyday life with special active ingredient preparations. The special mask counteracts premature skin aging. The skin is visibly regenerated and deeply cleansed. Including brow correction and relaxing massage. *Our recommendation for everyone over 30 years.*

Luxury Anti-Aging

120 min CHF 265.-

Feel how this intensively regenerating active ingredient treatment with high-quality caviar products visibly rejuvenates and tightens your skin. For the optimal end result, deep cleansing and brow correction are certainly not to be missed. A relaxing massage completes the treatment.

Our recommendation for everyone over 50 years.

Eye Treat

30 min CHF 75.-

This intensive care makes even tired eyes shine again. The skin is richly nourished, fine lines are smoothed and swellings are reduced.

Our recommendation for swollen eyes and/or to smooth wrinkles around the eyes. This is also ideal as an addition to a facial treatment.

Lip Treat

30 min CHF 75.- / in combination with eye treat 40 min CHF 105.-

Let your lips appear noticeably smoother and sensually fuller. *Our recommendation for smoothing wrinkles around the mouth and blood circulation in the lips. This is also ideal as an addition to a facial treatment.*

Gents Facial

60 min CHF 155.-

For stressed male skin. Actively moisturises for an even and radiant skin texture.

Our recommendation for every skin type and every age (from 20 years).

Gents Skinfrit

75 min CHF 185.-

Let us convince you of this effective treatment, which was developed especially for demanding male skin. Strongly regenerating caviar makes your skin look noticeably firmer and younger. Including eyebrow correction, relaxing face massage and an effective face mask. *Our recommendation for anyone over 30 years.*

Pevonia Botanica Body treatments

Water Lily

60 min CHF 165.-

Experience the pleasantly cooling and particularly moisturising effect of this body pack. Water lily and green tea let dry skin shine softly and smoothly again. A light massage tops off this treatment.

Our recommendation for everyone after sunbathing or hiking.

Tropical Peeling

peeling only 30 min CHF 90.- / with bath 55 min CHF 150.-

Enjoy the wonderfully fragrant De-Aging Salt Mousse Peeling, which smoothes and brightens your skin.

Our recommendation is to combine it with a rendez-vous bath, so you can enjoy the tropical feeling twice or with a gentle massage afterwards.



Ligne St. Barth

St. Barth lets you immerse yourself in the diversity of tropical nature by combining traditional knowledge of herbal medicine with new research into incomparable products. Innovative as well as timeless and always in tune with the needs of the skin and our modern life. Our St. Barth treatments combine effectiveness and well-being with Caribbean savoir-vivre.

Feel the ocean, fragrant flowers and exotic fruits for Caribbean moments.

Ligne St. Barth Facial treatments

St. Barth Freshness

90 min CHF 230.-

An intensive, cleansing and relaxing treatment for face, neck and décolleté. The effect of the high-quality products with vitamins and minerals is clarifying and stimulating the skin's own activity again. For a clear, even and fresh skin appearance. The facial treatment is tailored to the needs of your skin type. Cleaning, peeling, cleansing, brow correction, relaxing massage and clay mask.

Our recommendation for a particularly revitalising facial treatment with cleansing. For every age (from 18 years).

St. Barth Pureness

60 min CHF 170.-

A sensual, relaxing and restorative treatment for face, neck and décolleté. The effect of the high-quality herbal products with natural vitamins and minerals is clarifying and stimulates the skin's own activity again. The exotic freshness kick with frangipani, melon shower and papaya peeling. Relaxing massage with mango, aloe vera and exotic oils. Clay mask with passion fruit and pineapple.

Our recommendation for a relaxing facial treatment (without deep cleansing) with simultaneous scent experience. For every age (from 18 years).



Ligne St. Barth Body treatments



St. Barth Harmony

50 min CHF 145.-

Relaxing, very gentle full body massage with incorporation of various caring products into the skin, which are coordinated in their effect. Supports the decongestion and drainage of the lymphatic system, improves the elasticity of the connective tissue, smoothes and tightens the skin.

Our recommendation for a very gentle massage with simultaneous skin care. For an even more intensive effect we recommend a combination with St. Barth Softness.

St. Barth Softness

35 min CHF 95.-

The full body peeling with fruit enzymes from papaya and sea sand remove dead skin cells, coconut oil cares for the skin and pampers it with valuable nutrients. For a soft and even skin. Our recommendation for a velvety soft and smooth skin feeling suitable all year round...

St. Barth Harmony & St. Barth Softness

85 min CHF 225.-

St. Barth Sensation

60 min CHF 165.-

Intensively moisturizing body wrap that improves the appearance and elasticity of the skin through high lipid supply. After a pampering and wonderfully fragrant very gentle massage with the products your skin will have a silky shine. *Our recommendation after sunbathing or a hike, if a short massage is desired. You can also choose your favourite oil and lotion from St Barth.*

St. Barth Elasticity

40 min CHF 105.-

Intensive body wrap to improve the appearance of the skin with valuable minerals and vitamins, camphor and menthol oil and tightening ivy gel have a calming and stimulating effect. The tissue is activated and purified, the skin relief is visibly refined and tightened.

Our recommendation for refining the pores and otherwise for rather oily skin. We recommend resting for 1 hour after the treatment for a stronger effect - preferably on the sandor lounger (additional CHF 20.-).

Slimness -

40 min CHF 105.-

For quick release and relief of heavy, swollen legs e.g. after long hikes. Has a decongestive and draining effect. For slim, smooth legs (only the legs are treated).

Our recommendation for a stimulating leg massage with simultaneous care.

Chill out

90 Min. CHF 245.-

The incomparable full-body spa massage with "warm shells" applies intensive grips that always feel gentle and fluid. They stimulate blood circulation, release muscle tension and can have a calming influence on stress-related states of tension. A gentle touch for body and soul that opens up a world of well-being with Caribbean savoir-vivre.



MAVALA Switzerland

Mavala is a Swiss family business, which develops and manufactures all products in Switzerland. All products combine innovation and safety with passion for care and beauty. Mavala offers many other nail care products besides nail polish.

Manicure & Pedicure

If you book a treatment with polish, you will receive your selected product as a gift to take home. Please note, these offers with polish are generally not suitable for gel nails.

Classic pedicure without polish / with polish 5ml	50 min. CHF 80.- / 65 min CHF 100.-
Pedicure with French polish	75 min CHF 115.-
Classic manicure without polish / with polish 5ml	60 min. CHF 80.- / 70 min CHF 95.-
Manicure with French polish	75 min CHF 105.-
Re-polish	25 min CHF 40.-

Dr. Baumann



The make-up for a special appearance

For the special quality of DR. BAUMANN® Make-up line, the successful cooperation of experts from various fields is of utmost importance. Everything follows the principles of skin-friendliness, animal-friendliness and environmental friendliness. The products are free of preservatives, perfume & fragrances and mineral oils, are vegan and do not generate unnecessary packaging waste.

Express make-up	15 min CHF 40.-
Day make-up	30 min CHF 70.-
Evening make-up	45 min CHF 100.-

Your personal make-up advice	60 min CHF 150.-
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Free of charge with a make-up purchase from CHF 100

Tips and tricks for your type-appropriate day or evening make-up including care advice.

Couple treatments - Time for two

The prices listed under "Time for two" are valid for two persons.

Back and neck relaxed in Lenk's way 𐄂𐄂

50 min CHF 290.-

This massage provides new strength and stability in the back and neck area, using warm stones from the river Simme to relax the muscles.

Lenker whey bath

25 min CHF 90.-

Use the talent of lactic acid. Your skin not only feels fresher, but is also protected from dehydration.

Lomi Lomi 𐄂

90 min CHF 490.-

The relaxation ritual from Hawaii: Never ending smooth movements with warm oil and gentle stretches bring your body to rest. Dive slowly into a wonderful deep relaxation and experience a feeling of weightlessness. Please read important further information about Lomi Lomi under the heading "Globetrotter".

Full body massage 𐄂𐄂

50 min CHF 260.-

If you are looking for a all-round treatment our classical full body massage is just the right choice: relaxation of the musculature, stimulation of the blood circulation and optimal care of the skin thanks to the nourishing almond oil.

Back massage 𐄂𐄂

25 min CHF 160.-

Use the benefits of our classical massage completely for your back.

Rendez-vous bath

25 min CHF 90.-

The pleasant underwater bubble will relax you and stimulate your metabolism. Choose the bath additive from salty to exotic, from calming to revitalizing.

St Barth Harmony

50 min CHF 290.-

Enjoy a relaxing, very gentle massage, which takes you into a Caribbean world of scents. Choose your individual massage oil with final skin care lotion.

Chill out 𐄂

90 Min. CHF 500.-

The incomparable full-body spa massage with "warm shells" applies intensive grips that always feel gentle and fluid. They stimulate blood circulation, release muscle tension and can have a calming influence on stress-related states of tension. A gentle touch for body and soul that opens up a world of well-being with Caribbean savoir-vivre.

Kids & Teens Treats

Kids massage (age 8 to 15) 🧒 - 🧒🧒

30 min CHF 80.-

A gentle, individually tailored relaxation massage with special aromatic oil.

Magic hand (age 5 to 12)

60 min CHF 75.-

An all-round care for small hands with great effect. Nail polish and rhinestones of your choice complete the glamour.

Kids and teen facial (age 11 to 15)

60 min CHF 135.-

The answer to youthful skin in any condition. Individually tailored products from Pevonia cleanse and moisturize.

Pampering programmes for full relaxation

Lenk men energy

- Back massage
- Gents facial
- One body lotion (125ml) of your choice (Tiaré, Vanille, Lily, Homme)

85 min total CHF 250.-

Miss Lenk

- Classcial facial
- Manicure and pedicure with polich (5ml)

225 min total CHF 390.-

Time for two

- Rendez-vous bath
- Back massage in our couple room

50 min total CHF 250.-



Hair styling

Ladies

Washing/head massage/cut/styling

⇒ short hair/ medium length/ long hair

CHF 85.-/ CHF 115.-/ CHF 135.-

Washing and styling

⇒ short hair/ medium length/ long hair

CHF 55.-/ CHF 75.-/ CHF 95.-

Braided hairstyle

depending on effort CHF 25.- to CHF 75.-

Updo

depending on effort CHF 75.- to CHF 140.-

Make-up und styling

depending on effort CHF 90.- to CHF 150.-

Bridal make-up and styling inclusive trial appointment

depending on effort - about CHF 430.-

Gentlemen

Beard trim and correction

CHF 20.-

Washing/head massage/cut/styling

CHF 60.-

Dry cut

CHF 49.-

Kids under 16 years

Cut for kids under 2 years

CHF 20.-

Cut for kids between 3 and 7 years

CHF 30.-

Cut for kids between 8 and 12 years

CHF 40.-

Cut for kids between 13 and 16 years

CHF 45.-

Dyeing and toning

Highlights

⇒ short hair/ medium length/ long hair

CHF 90.-/ CHF 110.-/ CHF 130.-

Dye / tone all hair

⇒ short hair/ medium length/ long hair

CHF 80.-/ CHF 100.-/ 120.-

Dye / tone all hair including streaks

depending on effort CHF 150.- to CHF 255.-

O'right – Green Hair Care Brand

The green hair care brand that offers more than excellent quality products.

In addition to high-quality, organic ingredients in the products, every step, whether procurement of raw materials, brand design, development, production, delivery, recycling or marketing, is checked with regard to its impact on the environment.

Tree in the Bottle - the greenest shampoo in the world that grows out of a tree!

This innovative bottle design is made from 100% PLA, the most environmentally friendly plastic made from plant waste. Given the right conditions, this eco-friendly, compostable material breaks down within a year and is converted into CO₂ and H₂O. They form the necessary nutrients so that the acacia or coffee seeds contained in the bottom of the bottle can sprout and grow into a tree.

All O'right products are gluten free. In addition, around 50 products currently have vegan certification.

Personal Training

Individual coaching

60 – 90 min CHF 130.- to CHF 195.-

Our experts will guide you to a better body feeling: The individual coaching offers you movement advice, fitness advice (strength, endurance) and back training. Simply make an appointment and let us put together your personal fitness training - even for use at home.



Spa etiquette

Booking & advice

We are happy to assist you in choosing from our wide range of offers. With pleasure we will help you to choose the treatment that suits your wishes and needs. Please also let us know your allergies, relevant medical history and your feel-good factors. Please book your treatments from home as early as possible to allow us to schedule them according to your wishes. Please also let us know about your massage preference (e.g. masseur or masseuse). Furthermore, note that the indicated massage time includes preparation and follow-up and thus corresponds to the gross time.

Cancellation

We would like to mention that you can cancel your appointments **free of charge up to 24 hours** before the start. In case you do not show up for your appointments or cancel them too late, they will be **fully charged**. If you arrive late for a treatment, you will have less time to "pamper yourself". You will be charged for the entire treatment.

Arrival / departure day

On the **day of arrival**, the entire wellness area is available to you **from 9:00 am**.

On the **day of departure**, the entire spa area is available for free use **until 3:00 pm**. We kindly ask you to take your bathrobe with you from your room - you are welcome to use the spa basket in your room for this purpose. Cloakroom lockers are available free of charge.

Atmosphere

Please be considerate of other guests and behave quietly in our spa. Especially in our relaxation room, it is important to us that a relaxed atmosphere prevails. We thank you for your understanding. The entire spa is a non-smoking area.

Use of mobile devices

We ask you to be considerate of other guests and keep usage of your mobile devices to a minimum. We are grateful that you set your device to silent, refrain from making phone calls, consume media only with headphones and do not take any photos altogether. Thank you.

Kids

The bathing area is open for children (under 12 years) **from 07:30 am to 5:30 pm!** Children under the age of 12 are not permitted in the sauna area. Thank you very much for your consideration!

Access to the textile area is permitted for children from 12 years up to 15 years accompanied by an adult. The nude area in the sauna landscape is permitted from the age of 16.

Dear parents, please note that your children have **no access to the entire wellness area outside the indicated hours**.

Health & pregnancy

Please inform us already when you make your booking about your pregnancy, recent operations and any health problems such as high blood pressure, heart disease, allergies, and so on. We are also happy to offer you a pregnancy massage after individual consultation.

Pre- and postprocessing

Please arrive at the spa reception in your bathrobe 5 minutes before the start of your treatment or 10 minutes if you still need to change. For facial treatments, please come without make-up and gentlemen should be shaved if possible. If you have booked a treatment with peeling, please do not shave, wax or depilate beforehand, as the peeling can otherwise be very painful and cause unnecessary irritation.

After multiple treatments, we recommend a voluntary rest in our resting area or on our sandor bed (CHF 25.- extra charge) to intensify the effect. Please allow some time for this.

Massage intensity

Massages with a given intensity from gentle to classic to strong are marked with a bicep emoji. Massages without this marking can be adapted according to your needs. Please express your needs regarding the intensity during the preliminary talk with the therapist.

Combination of several treatments

You are very welcome to combine several treatments for an all-round wellness experience. We are happy to advise you. In general, we recommend that you stay within one product line (like Pevonia or St Barth), as the treatments and products used within a line are optimally coordinated. Our recommended order of treatment is to start with a peeling, then a massage for the muscles and finally to choose a treatment such as a body wrap. Independent and at any time you can add facial treatments and manicure and pedicure (without polishes) to this recommended order. We suggest make-up or hairdressing treatments at the end.

Let us advise you for an optimal relaxation experience. We will gladly put together the ideal spa package for you and are looking forward to welcoming you.

You can reach us at the telephone number 033 736 36 46 or by e-mail to 7sources@lenkerhof.ch



For our external guests



Entries

Single entry excl. all accessoires

Mon – Thu Fri – Sun

Sport indoor and outdoor pool	CHF 40.–	CHF 48.–
Kids under 3 years	free of charge	free of charge
Kids 3 to 12 years	CHF 15.–	CHF 20.–
Kids 12 to 15 years incl. textile sauna	CHF 25.–	CHF 30.–
Sport indoor and outdoor pool, sauna area, and gym	CHF 60.–	CHF 68.–
Morning entry from 09:00 am to 12:00 am incl. pools and textile sauna and gym	CHF 50.–	CHF 58.–
Evening entry from 6:00 pm Incl. pool areas, sauna area and gym	CHF 43.–	
Entry gym	CHF 25.–	CHF 25.–
Fitness Group Lessons	CHF 25.–	CHF 25.–

Subscription for 10 usages

Entry pools all days	CHF 360.–
Entry saunas only all days	CHF 390.–
Entry pool/sauna/gym all days	CHF 540.–
Entry gym	CHF 250.–
Sports classes	CHF 250.–
Full body massages (50 minutes each)	CHF 1170.–
Back massages (25 minutes each)	CHF 720.–

Entry in combination with a treatment

Mon - Thu Fri Sun*

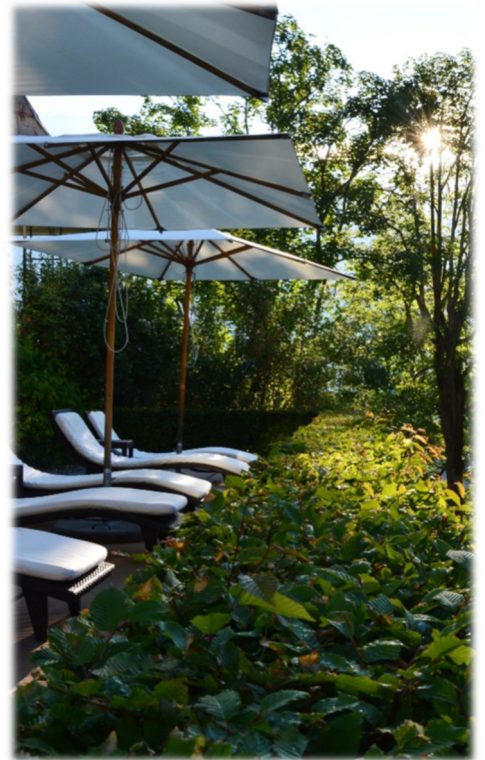
Sport indoor and outdoor pool	CHF 20.–	CHF 22.–
Sport indoor and outdoor pool, sauna area and gym	CHF 32.–	CHF 35.–

* This price is also valid during the holidays and the whole month of February.



Prices Accessories

Hammam towel (rental)	CHF 3.– each
Towel (rental)	CHF 5.– each
Bathrobe (rental)	CHF 10.– each
Slippers	CHF 6.– each
Diapers	CHF 2.– each
Basket with 1 towel, 1 hammam towel, 1 bathrobe, and slippers	CHF 20.–
VIP package – guaranteed locker room closet with basket of 1 towel, 1 hammam towel, 1 bathrobe, slippers, and inkl. a 0.5 l water bottle (PET)	CHF 25.–
Our spa basket (empty) for you to take home	CHF 41.–



Membership

	Club Member*	Fitness Member
3 months	CHF 570.–	CHF 350.–
6 months	CHF 870.–	CHF 450.–
12 months	CHF 1550.–	CHF 650.–

Club Member advantages:

- Valid daily from 09:00 am to 08:00 pm / 10:00 pm incl. weekends and festive days (except closure).
- Bathrobe, bath slippers, bath towel and hammam towel included with every visit

Benefits 6 months Club Member:

- 10% on treatments (only from Monday to Friday)
- 10% on sales products

Benefits 12 months Club Member:

- 15% on treatments (only from Monday to Friday)
- 10% on sales products

Day-Spa offers

Breakfast & Spa

- Entry to our wellness area of over 2000m2
- Rich breakfast buffet with regional products

CHF 98.-



Day Spa & Lunch

- Entry to our wellness area of over 2000m2
- 1 relaxing whey bath
- 3-course lunch in the restaurant "Oh de vie" (drinks not included)

CHF 160.-

Time for friends

- Entry to our wellness area of over 2000m2
- Choose: Express facial care, manicure or pedicure each 60 min
- 1 Aperol Spritz
- Small delicacy from our pool menu

CHF 198.-



Day Spa Gourmet

- Entry to our wellness area of over 2000m2
- 1 relaxing whey bath
- 5-course dinner in the restaurant "Spettacolo" (drinks not included)

CHF 240.-



Time for myself – 1x Caribbean and back

- Entry to our wellness area of over 2000m2
- St. Barth Pureness (Gesichtsbehandlung)
- St. Barth Harmony Massage
- St. Barth product of your choice (25ml) to take home

CHF 355.-

For Day Spa offers we kindly ask you to book in advance and for treatments to make an appointment.

Opening hours pool and sauna area

Sport indoor and outdoor pool incl. gym	April – November	Daily 9.00 am – 8.00 pm
	December – March	Daily 9.00 am – 8.00 pm Tuesdays 9.00 am – 10.00 pm Thursdays 9.00 am – 10.00 pm
Kids under 12 years	All year round	Daily 9.00 am – 5.30 pm
Textile Sauna area	April – November	Daily 09.00 am – 8.00 pm
	Decemebr – March	Daily 9.00 am – 8.00 pm Tuesdays 9.00 am – 10.00 pm Thursdays 9.00 am – 10.00 pm
Nude sauna area	April – November	Daily 14.00 am – 8.00 pm
	December – March	Daily 11.00 am – 8.00 pm Tuesdays 11.00 am – 10.00 pm Thursdays 11.00 am – 10.00 pm
Entry gym	April – November	Daily 9.00 am – 8.00 pm
	December – March	Daily 9.00 am – 8.00 pm Tuesdays 9.00 am – 10.00 pm Thursdays 9.00 am – 10.00 pm
Sports classes	All year round	See separated timetable

The last admission before the spa closes is:

- 1 hour before for external guests
- 30 min before für hotel guests
- Treatments daily from 9.00 am to 7.00 pm

During the Christmas and New Year's period, in February, as well as on Saturdays and some Sundays, external guests can generally only use the facilities to a limited extent and by prior arrangement.

The number of admissions per day is limited.

Children under 16 years of age must be accompanied by their parents.

For further information please visit our homepage or simply use the QR code.

We will be happy to assist you with any questions or requests for advice and look forward to welcoming and treating you.

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