

LECRANS

SPAMENU



TREATMENTS MENU

LeCrans Spa offers personalised experiences in a cosy mountaintop hideaway. Enjoy magnificent views over the Valais mountains from our heated pool, book a specialised aesthetic or health therapy treatment, or simply soak up the atmosphere in our dedicated relaxation area.

OPENING HOURS

7 HR - 21 HR

Call us on: + 41 (0) 27 486 60 60

Or request a consultation: lespa@lecrans.com

FACE

HYDRAFACIAL LUX

120 MIN | CHF 490

The keystones of our Lux facial include a lymphatic massage to calm inflammation and soften fine lines, LED therapy to even tone and texture, and plumping serums to maximise youthful glow – all without down-time. The crowning glory of dermatological science, and a wonderfully indulgent treat, this facial leaves skin visibly luminated, lifted, and velvety soft. Elevate this face, neck, and décolleté treatment to a higher level of luxury by choosing between an inclusive Champagne or Ice Masque, as well as the option to add extra perks for eyes and lips.

CHAMPAGNE MASQUE

This sensational foaming masque uses powerful bioactive enzymes to reveal a polished, healthy, and sparkling complexion, leaving all skin types - even sensitive skin - purified and effervescent. Embrace the fizz!

ICE MASQUE

Packed with botanical anti-inflammatory and anti-ageing ingredients and coupled with an ice globe facial massage, this treatment soothes the trickiest of problem skins and boasts a bevy of Hollywood enthusiasts. Its restorative effects include intense hydration, naturally plumped skin, and a diamond-bright complexion.

HYDRAFACIAL YOUTH

60 MIN | CHF 280

This custom treatment for the under 18s combines key aspects of our Lux package in a convenient 60-minute session. Starting with a deep exfoliation and an invigorating deep cleanse, the treatment incorporates healing antimicrobial blue light therapy to soothe and restore the skin's natural beauty. Breakout-busting multi-peptides and a protective antioxidant blend result in immaculately clean, hydrated, and glowing skin.

HYDRAFACIAL PERKS

(Only to be used as add-ons, in conjunction with a Hydrafacial treatment)

EYES

15 MIN | CHF 125

Re-energise tired eyes, with multi-peptides and serums to banish dark circles and restore delicate skin. A transformative treatment from which guests emerge looking well-rested, and sparkly-eyed.
A 30-day aftercare serum wand is included.

LIPS

15 MIN | CHF 125

A superb mini treatment for an irresistible smile. Smoothing exfoliation and a lightly plumping hydration boost using peppermint oil and peony extracts.
The result? Beautiful, naturally plumped lips.
A 30-day aftercare serum wand is included.

FIRE AND ICE

75 MIN | CHF 340

Famous the world over for delivering an incredible, instantaneous glow - for having a host of A-list acolytes - and for being the perfect red-carpet pick-me-up. Upgraded by our therapists to include a deep, stimulating massage, this facial is effective for use against pigmentation, to improve overall skin quality, and to impart a mental reset, making you ready to take on the world. Find the best version of yourself with this facial.

PURE OXYGEN

90 MIN | CHF 390

The most scientifically complex of all our facials; ionised gas (plasma technology) actively detoxifies and breaks down unhealthy substances in the dermal layer, whilst stimulating local regenerative activity at an individual cellular level. Moisture-binding capacity and skin elasticity are improved with a collagen masque, regeneration processes are accelerated, and the skin texture becomes smoother – helped along by a specifically selected serum. A building block for robust dermal health, this facial is a panacea for every skin type.

SYNERGY

120 MIN | CHF 550

The ultimate synergy of two state-of-the-art treatments in one facial; plasma, electromagnetic, and radio frequency technologies rejuvenate skin at a cellular level. Healthy metabolic function is reactivated, leading to contoured features and significant improvements in overall

skin health. With no down-time - and an immediate plumping and lifting effect, and bolstered by an additional collagen masque - this facial is a game-changer in the world of skincare.

ELEVATE

60 MIN

A revolutionary system that incorporates highly advanced electromagnetic and radio frequency technology to boost lymphatic and circulatory function, and promote collagen development. This entirely non-invasive, long-lasting treatment is combined with a Botox masque and nourishing serums to provide an ultimate lifting effect, alongside remarkable improvements in dermal health.

Optimal results occur when this treatment is taken every 2-3 days; we recommend a course of 6 treatments. Results last up to 12 months.

Discovery	1 session CHF 460
Standard	3 sessions CHF 1320
Optimal	6 sessions CHF 2520

MASSAGE

ENERGY MASSAGE

60 MIN | CHF 195

90 MIN | CHF 255

Meridians are pathways along which natural energy ebbs and flows around the body; based on the principles of meridian and organ stimulation – to enliven at a cellular level – this treatment is fundamentally focussed on energy-building. Stagnant and blocked energy is released, and with this deepened level of relaxation, stronger detox, regeneration, and balancing effects emerge. The perfect high-level signature treatment for release, harmony and inner peace.

PERFORMER MASSAGE

45 MIN | CHF 155

60 MIN | CHF 210

Ideal for athletic recovery, this comprehensive, dynamic treatment is specially formulated to combat persistent aches and pains, and reset any muscular strain or tension, and keep you performing at your very best.

EXPLORER MASSAGE

60 MIN | CHF 210

A wonderfully cathartic foot massage - incorporating reflexology - to stir the heart and release all tension: using key acupressure points to stimulate corresponding organs and areas of the body, this massage is an elegant and effective remedy against headaches and exhaustion whilst also promoting healing, aiding sleep, and boosting general wellbeing.

MASSAGE

HERBAL STAMP MASSAGE

90 MIN | CHF 255

A gentle, natural treatment, formulated to softly iron out stubborn muscle tension whilst enveloping the body in the aroma of a fragrant herbal blend. Wonderfully beneficial for guests with rheumatic or joint problems and for reinvigorating metabolic organ processes - this treatment is also recommended for improved sleep, and recovery.

CLASSIC AYURVEDIC MASSAGE

90 MIN | CHF 235

From Ayurveda - the ancient Hindu art of medicine and of prolonging life —, this customised treatment incorporates warm oils and kneading movements. Beneficial for pain relief, this massage is also particularly effective as a preventive method, to increase circulation, stimulate and strengthen the lymphatic system, and to cleanse and revitalise mind, body, and soul.

AYURVEDIC RITUAL MASSAGE

90 MIN | CHF 255

A combination of our Classic Ayurvedic Massage - designed to combat pain, increase circulation and stimulate the lymphatic system, and our special healing Shirodhara technique, which involves the pouring of warm, sweet-smelling oil onto the forehead. A supremely soothing ritual to calm the racing mind, aid sleep, and melt away the effects of anxiety and stress.

PREGNANCY MASSAGE

60 MIN | CHF 195

90 MIN | CHF 235

For expectant mothers; this massage quickly and expertly relieves neck and lower back pain, and water retention. A profoundly relaxing experience - as beneficial for mother as it is for the development of the baby.

BODY

LEGACY

The Legacy is a highly advanced, non-invasive medical device that safely and effectively softens wrinkles, smoothes cellulite, and melts away fat. A unique combination of pulsed electromagnetic fields, multipolar radio frequency technology, and heat stimulate lymphatic function and healthy circulation.

Treatments typically feel like a warm therapeutic massage, but the results are deeper-reaching, and longer-lasting. Clients experience noticeable aesthetic improvements even after a single session, including instantaneous circumferential reduction and a smoother contoured silhouette, as well as radiance, tightness and refinement in skin texture.

TREATMENT AREAS

45 MIN

Neck or Décolleté	Abdomen
Love Handles	Glutes
Back	Front or Back Thigh
Lower Leg	Upper Arm

* This list is not exhaustive; clients with a particular concern can request treatment for a specific area.

Treatments should be taken every other day, with optimal results after 8 sessions.

Discovery	1 session CHF 350
Standard	4 sessions CHF 1320
Optimal	8 sessions CHF 2520

SCULPTOR

A set of advanced non-surgical sculpting treatments using intense radiopolar frequency technology to swiftly and permanently remove fat cells and stimulate muscle tissue, replicating the transformative effects of a workout. Used simultaneously on multiple parts of the body in convenient 15 minute sessions, and with no down-time, 'Sculptor' treatments help to boost and maintain a svelte physique and build ultimate confidence in your body.

Sculpting treatments are designed to be taken as a treatment course over a 7-day period. For best results we recommend a combination of fat reduction (ID) and muscle building (FLEX) treatments.

ID

1 AREA | 30 MIN | CHF 1000

2 AREAS | 60 MIN | CHF 1700

Specifically designed to reduce fat coverage by up to 24% in a single treatment.

FLEX

1 AREA | 60 MIN | CHF 600

2 AREAS | 120 MIN | CHF 1000

A tailored treatment which strengthens, firms, and tones up to 8 different muscle groups, simultaneously, by simulating intensified exercise patterns including crunches, squats and twists. Provides up to 30% increase in muscle mass.

MASTERPIECE PACKAGE

CHF 3000

The ideal fat-loss and muscle-building package for a statuesque figure; build yourself a masterpiece.

Includes:

1 ID fat-reduction treatment

4 FLEX muscle-build treatments

SIGNATURE

SCRUB

60 MIN | CHF 165

Our invigorating natural scrubs offer dynamic exfoliation for velvet-soft skin, diffusing instant energy into the dermal layer, and finishing with a soothing oil rub for nourished and perfectly sleek results.

BLACK LAVA SALT

HIMALAYAN PINK SALT

For those in need of an intensive treatment; our purifying salt scrubs deliver thorough, no-nonsense exfoliation, followed by a soothing oil rub to replenish lacklustre skin.

BROWN SUGAR COOKIE SCRUB

A softer, sweeter scrub, using natural brown sugar and sweet almond oil.

COCO SCRUB

The gentlest scrub we offer, for delicate or inflamed skin. Soft-ground coconut gently exfoliates whilst imparting nourishing oils, for a calm glow.

WRAP

60 MIN | CHF 180

The wrap is a key element in any detox programme, focusing on the skin – where internal imbalances often manifest themselves. Our Signature Wraps envelop our guests in a warming cocoon, improving the texture and appearance of skin whilst also working at a deeper level to stimulate the lymphatic system, detoxify the body, and replenish important minerals. Finishing with a pampering oil rub, this treatment is especially beneficial for those with cellulite, lacklustre skin, or in combination with contouring and skin-tightening treatments.

SEAWEED WRAP

With strong anti-inflammatory and detoxifying qualities, this treatment focuses on soothing and hydrating the skin, also working to relieve muscle tension.

CHOCOLATE WRAP

The ultimate comfort treatment; this warming, sweet-smelling wrap engages all the senses to lift tension, and actively work against cellulite, free radicals, and oxidative stress.

BAKE

Multiple layers of different therapies are used alongside herbal concoctions to work on improving the health of specific organs via the body's energy meridians. The results include improved metabolic, digestive, and organic detox function – in turn leading to increased energy and a strengthened immune system. Other effects include sensations of physical and mental lightness, the lifting of tension, and increased awareness of your body.

Bakes are designed to be taken once daily, on consecutive days - for 5 days or more - as a course of treatment. A treatment course can include a combination of back or belly bakes, and/or a combination of the herbal formulations (1, 2, or 3), below:

BAKE. NO. 1 - Energy Build

BAKE. NO. 2 - Detox and Digestion

BAKE. NO. 3 - Circulation and Muscle Recovery

BELLY BAKE

60 MIN

For the gentle and effective alleviation of stress, anxiety, fatigue, abdominal heaviness, and digestive issues. A multi-layered treatment including cupping, baking, and the application of bespoke herbal concoctions.

BACK BAKE

90 MIN

A deep-reaching signature treatment for back and neck fatigue, stress, and muscular pain addressing them at the root. A unique and multi-layered treatment carried out by two therapists which includes cupping, baking, and the application of bespoke herbal concoctions for each guest, followed by an uplifting massage.

Discovery Belly Bake 1 session 60 MIN | CHF 1000

Discovery Back Bake 1 session 90 MIN | CHF 1500

Combination Bake 5 sessions CHF 3900

Package Belly Bake 5 sessions CHF 3000

Package Back Bake 5 sessions CHF 4500

SIGNATURE COCOON & PEEL

120 MIN | CHF 445

A powerful combination of our signature body treatments. Starting with a thorough natural scrub to slough away the old and stimulate blood circulation to the refreshed skin, followed by a sensation of sublime comfort and deep calm as our expert therapists apply a warming mineral-rich cocoon to the entire body. Toxins are pulled from deep beneath the skin's surface and replaced with nourishing minerals. This treatment finishes with an energy massage, leaving you feeling refreshed, revived, and ready for the next challenge.

SIGNATURE COCOON & FULCRUM

90 MIN | CHF 545

Designed to mentally and physically rebalance; a warming mineral-rich cocoon is applied to the entire body – pulling out toxins from deep beneath the skin's surface and replacing them with nourishing minerals – in tandem with a balancing facial. The treatment concludes with an aromatic oil rub to relieve tension in the neck, head, and face, and to impart a deep sense of centred relaxation.

RIDGE BACK INTENSIVE

60 MIN | CHF 350

A holistic blend of several different massage techniques, cupping, and a foot massage - working in harmony to stimulate the body's natural biological responses. Benefits include improved organ health and energy levels, alongside the added benefits of stress reduction, the salving of aches and pains, detoxification, and improvements in quality of sleep.

SIGNATURE ENERGY MASSAGE

60 MIN | CHF 195

90 MIN | CHF 255

Meridians are pathways along which natural energy ebbs and flows around the body; based on the principles of meridian and organ stimulation - to enliven at a cellular level – this treatment is fundamentally focussed on energy building. Stagnant and blocked energy is released, and with this deepened level of relaxation, stronger detox, regeneration, and balancing effects emerge. The perfect high-level treatment for release, harmony and inner peace.

HANDS & FEET

SWIFT MANICURE

45 MIN | CHF 115

A natural nail treatment including a soothing hand massage with nourishing oils, to stimulate robust nail health. Finished with a clear polish or with nails buffed to a shine, or one of the 'Additions', below.

SWIFT PEDICURE

45 MIN | CHF 115

A natural nail treatment including a foot massage with nourishing oils, to soothe tired muscles, and stimulate robust nail health. Finished with a clear polish or with nails buffed to a shine, or one of the 'Additions', below.

PHOENIX MANICURE

75 MIN | CHF 195

A rejuvenating spa experience for hands; this exceptional treatment includes a gentle scrub, nutritive skin mask, cuticle treatment, and massage to soothe out any residual tension. Promoting healthy, supple hands from your wrists to the tips of your fingers. Finished with a clear polish or with nails buffed to a shine, or one of the 'Additions', below.

PHOENIX PEDICURE

75 MIN | CHF 195

An exceptional spa experience, ideal for the weary traveller, the mountain explorer, or those who simply want to treat their feet. Including a gentle scrub, softening skin mask, healthy cuticle treatment, and cathartic massage, this treatment literally allows rejuvenation from the ground upwards. Finished with a clear polish or with nails buffed to a shine, or one of the 'Additions', below.

ADDITIONS:

OPI Colour Polish 20 MIN | CHF 40

OPI Gel Polish 30 MIN | CHF 80

OPI Gel Polish Removal 30 MIN | CHF 40

EYES

Eyebrow Tint CHF 60

Eyelash Tint CHF 60

Lasts for 2-4 weeks

WAXING

Upper lip CHF 35

Eyebrow CHF 35

Face CHF 60

Classic bikini CHF 40

Brzilian bikini CHF 55

Full bikini CHF 75

Full leg CHF 100

Half leg CHF 75

Under arm CHF 55

Arm CHF 75

Back CHF 75

Chest CHF 75

FITNESS

EQUIPMENT

RUNNING MACHINE

CROSS TRAINER

FREE WEIGHTS

CABLE WEIGHTS

EXERCISE BIKE

Please note:

- A reservation is required to use fitness suite facilities.
- Appropriate sports attire and shoes must be worn in this area.
- Children are not permitted to use fitness equipment, nor to enter the fitness suite.

FITSONIC METHOD

This simple and effective method combines everyday fitness activity with the use of a special belt to speed up the elimination of excess fat, with almost immediate results. Used in the gym, whether on a bike or on the treadmill – the belt harnesses powerful ultrasound waves, heat-amplified vasodilation, and targeted lymphatic drainage to provide significant circumferential reduction alongside improvements in cardiovascular and muscular capacity, and athletic ability.

60 MIN (with personal trainer) CHF 250

90 MIN (with personal trainer) CHF 350

PERSONAL TRAINER

Personal trainers can be arranged for those who wish to focus on in-house fitness. Alternatives are available for those who prefer their fitness to be experience or outdoor activity-based.

OUTDOOR SPORTS AND ACTIVITIES

Please contact the Concierge via conciierge@lecrans.com for more details of outdoor sports and fitness activities in the area.

INFORMATION

FACILITIES

Sauna
Hammam
Jacuzzi
Fitness Suite
Indoor pool heated to 28°C (12 m)
Outdoor pool heated to 34°C (9 m)

GENERAL

Entry to the spa, pool, and fitness suite is free for hotel guests, and for those visiting to take a treatment. Reservations are required for the fitness suite, and for spa treatments.

All guests are provided with a bathrobe, slippers, and towels; please ask at reception if you are in need of replacements. Shampoo, conditioner, and shower gel are also provided, as well as complimentary water, and other selected refreshments.

Appropriate sports attire and shoes must be worn in the fitness suite, and appropriate swimwear in the pool area and other spa facilities.

Secure lockers are provided for personal items; we cannot be held responsible for the loss or damage of any personal belongings in the spa or fitness suite.

If you are aware of any health conditions that we should know about, please keep us informed. We cannot be held responsible for guests undertaking treatment or fitness activities against the advice of their physician.

Children are not permitted to use fitness equipment, nor to enter the fitness suite, and must also be supervised in the pool area.

TREATMENTS

Guests should arrive 10 minutes before their appointed treatment time, so that they can prepare and relax before it begins. Arriving late may mean that we cannot deliver the whole treatment.

Guests with bookings for body treatments will be offered disposable spa underwear to wear for the duration; our therapists use draping techniques to respect privacy.

Treatments cancelled less than 9 hours prior to the appointment will be subject to a 50% cancellation fee. Non-attendance or cancellation with less than 6 hours' notice will be charged at the full rate.