



OBERWALD

DAS HOTEL. DIE KLINIK.

«One hour in the Tau Spa
and I feel like a new person.»

Tau Spa & Gym



You are always very welcome.

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A wide range of treatments for health, beauty and well-being

[Medical Wellness for the Body, Mind and Soul](#)

Immerse yourself and disconnect. The Oberwaid Tau Spa invites you to relax with diverse wellness offerings that span an area of more than 1,110 m². Massages and luxurious treatments from the Scandinavian beauty brand Kerstin Florian offer you soothing moments of indulgence.

The Tau Spa is equipped with an original Hamam, two steam baths, a bio-sauna, an outdoor whirlpool (35°C) and a large indoor pool, as well as three serenity rooms and five treatment rooms. For extra special moments, you can also book the exclusive Private Spa Suite.

[Upgrade yourself.](#)

Facial Treatments

by Kerstin Florian

Kerstin Florian's luxurious results-oriented facials elevate skincare to an experience, featuring two distinctive facial massage techniques and 16-point acupressure for memorable treatments that provide visible results.



Signature Facial Treatment

Advanced formulas target hands, face, neck and décolleté for immediate improvement in texture, tone, clarity and luminosity.

80 minutes

CHF 190

Customized Deep Cleansing - Classical Facial Treatment

An exfoliating peel, deep-cleansing massage and personally selected masque to purify, balance and nourish any skin type.

50 minutes

CHF 130

80 minutes

CHF 170

Facial Treatments

by Kerstin Florian

Refresher - Quick Facial Treatment

Perfect introductory experience cleanses, detoxifies, remineralizes and energizes complexion featuring our organic Moor Mud masque.

25 minutes

CHF 65

Gentleman's Facial

A therapeutic deep-cleansing facial designed specifically for male skincare needs.

50 minutes

CHF 120

Facial Treatments

Upgrades

Can be combined with any treatment to optimally respond to the individual needs of the skin.

- Chitosan Masque – soothing, abit-inflammatory
- Brightening Facial Masque – illuminating, hydrating
- Eye Rescue – smoothing, brightening
- Co-Enzyme Q10 – oxygenating, nourishing
- Vitamin C Ampoule – protective, repairing
- PRO 30 Multi – Acid Peel – exfoliating, renewing
- Marine Biomatrix Sheet – replenishing, anti-aging
- Intensive Repair Ampoule – healing, anti-aging
- Intensive Hair Repair – nourishing, hydrating

Each upgrade CHF 20

Beauty

Manicure

Spa Manicure

After this all-round treatment – gentle pedicure, foot scrub and soak, followed by a lower-leg massage – your feet will feel light and revitalised. A complete care ritual that softens, soothes and spoils the feet.

60 minutes with varnish CHF 80

45 minutes without varnish CHF 60

Manicure with Shellac

Shellac is a special nail polish variant in gel form. After application, Shellac is hardened with UV light. This forms an extremely stable lacquer layer on the nail, which protects against scratches and flaking. Once applied, Shellac lasts for several weeks and only then needs to be renewed.

80 minutes CHF 90

Quick Manicure

A short individual hand care.

25 minutes CHF 40

Beauty

Pedicure

Spa Pedicure

Valuable active ingredients pamper the stressed skin of the hands. Complete with bath, peeling, pack, nail care and massage up to the elbow. An all-round programme with lots of added value.

60 minutes with varnish CHF 90

45 minutes without varnish CHF 70

Pedicure with Shellac

Shellac is a special nail polish variant in gel form. After application, Shellac is hardened with UV light. This forms an extremely stable lacquer layer on the nail, which protects against scratches and flaking. Once applied, Shellac lasts for several weeks and only then needs to be renewed.

80 minutes CHF 100

Quick Pediküre

Eine kurze individuelle Fusspflege

25 minutes CHF 40

Beauty

Beauty additions

Dyeing and Shaping

Dye and shape eyelashes and eyebrows CHF 45

Dye eyelashes or eyebrows CHF 25

Dye eyelashes and eyebrows CHF 35

Shape eyebrows CHF 25

Depilation

Face area CHF 20

Forearms CHF 30

Legs - lower leg CHF 55

Legs complete CHF 75

Armpits CHF 30

Bikinizone CHF 30

Back CHF 55

Body Treatments

by Kerstin Florian

Kerstin Florian's unique body treatments combine traditional healing methods with modern luxury to create particularly effective and relaxing wellness moments.



Signature Body Treatment

Inhale the calming, balancing benefits of wild lavender as you relax and enjoy a rejuvenating scrub, a warm cocooning wrap and a full body massage.

80 minutes CHF 175

Body Firming Detox

Refine and firm body contours with a purifying scrub to energize and detoxify while a cellulite-reducing massage with clinically-proven actives promotes slimming results. Scrub + Massage Slimming Serum.

50 minutes CHF 120

80 minutes CHF 170

Body Treatments

by Kerstin Florian

Spirulina Body-Wrap

Naturally skin-nourishing spirulina algae imparts essential vitamins, minerals and protein to revitalize the body.

50 minutes CHF 120

80 minutes CHF 170

Turkish Salt Scrub & Massage

An invigorating, remineralizing experience uses thermal salt in this dual exfoliation with natural mine-rals and loofah scrub to thoroughly energize and smooth the body.

50 minutes CHF 120

Chamomile Body Scrub & Massage

A rich, herbal scrub with chamomile aromatherapy and gentle buffing grains sweeps away dull surface cells as an invigorating loofah massage stimulates circulation.

50 minutes CHF 120

Massages

by Kerstin Florian

Time Out – Classic Massage

Classic massage techniques to warm up, stimulate blood flow to and relax the muscles.

25 minutes	CHF 60
50 minutes	CHF 115
80 minutes	CHF 165

Head And Neck Massage

Targeted massage techniques relieve tension in the head and neck area.

25 minutes	CHF 60
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Foot Reflexology Massage

Pressure points on the feet correspond directly to the rest of the body. Intensive manipulation of these areas can contribute to the achievement of various treatment goals.

25 minutes	CHF 60
50 minutes	CHF 115

Massages

by Kerstin Florian

Hot Stone Massage

The application of warm and cool basalt stones using smooth massage strokes and a warming, soothing oil promotes a feeling of calm and balance. Muscles are relaxed and the metabolism is stimulated.

50 minutes	CHF 120
80 minutes	CHF 170

Lomi Lomi Massage

Lomi Lomi Nui originated with the old Hawaiian healers, or Kahunas, and is well known for its wonderfully calming, soothing and relaxing effect. Long, smooth massage strokes alternate with gentle joint manipulation and firm body kneading.

50 minutes	CHF 120
100 minutes	CHF 190

Complete your body treatment with an effective Turkish Body Scrub or Chamomile Body Scrub

25 minutes	CHF 60
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Hamam

Oriental sensuality

In its original form, the Hamam was used for bodily cleansing, well-being and purity. This involved Oriental sensuality, fragrant scents and a luxurious interior.

The personal well-being is noticeably increased. Tensions are released, the blood circulation of the skin is stimulated. Regular hamam visits create a high cosmetic effect for the whole body. Regular visits to the Hamam produce a strong cosmetic effect in the whole body. Dip into the fascinating bathing ceremony of the Hamam and discover a new form of wellness.



Hamam

Walkthrough

Independent Walkthrough

Care of body, mind and soul. The Hamamritual follows a traditionally given operational sequence. In order to enjoy the oriental bathing cult, you need time, desire and curiosity for something extraor-dinary. We will give you an introduction to the process as well as Pestemal, peeling glove and soap, with which you can peel and wash yourself independently. This is followed by a Rasul with caring mineral mud. The healing muds in different colours and granulations are applied to the body in self-application. The combination of moist warmth and mud stimulates the metabolism and clean-ses the skin deep into the pores.

Hotel guests

1 person	CHF 45
2 persons	CHF 70

External Day Spa guests (incl. day admission)

1 person	CHF 75
2 persons	CHF 140

Hamam

Rituales

Hamam Ritual – The Purity

This traditional cleansing ritual begins with warm water pours and a full body peeling with a peeling glove (20 min.). Your skin now feels wonderfully soft. Then you are wrapped in a fragrant cloud of foam and massaged at the same time (20 min.).

65 minutes CHF 120

Hamam Ritual – The Care

Various mineral slurries are applied to the skin, which in combination with steam cleanse the body and care for it silky smooth (20 min.). Flowing strokes with aromatic oils allow you to immerse your-self in another world with the whole body oiling (25 min.).

65 minutes

1 person CHF 105

2 persons CHF 190

Hamam

Rituales

Hamam Ritual – From Head To Toe

Feel like you're reborn. First, your skin is cleansed and nourished with caring mineral mud (20 minutes). During the traditional head wash with subsequent foot massage (20 minutes), tensions in the whole body are released. The following massage (20 min.) - you are wrapped in fragrant foam - lets space and time flow.

100 minutes

1 person CHF 155

2 persons CHF 295

Hamam Ritual – The Indulgence

During this royal ritual you will be pampered with warm water pours and a full body peeling with a peeling glove (20 min.). The skin becomes velvety soft. Then you will be wrapped in a fragrant cloud of foam and massaged at the same time (20 minutes). The final full body massage with aromatic oil (50 min.) immerses you in another world.

2 hours 10 minutes CHF 240

Hamam

Individual Experiences
Cleansing

Peeling Massage

Warm water showers and an energizing peeling massage make your skin velvety soft and fresh.

25 minutes CHF 80

Head Washing And Foot Massage

Switch off and wake up fresh with a soothing head wash, scalp massage and vitalising foam massage for the feet.

25 minutes CHF 80

Soap Foam Massage

Wrapped in fragrant foam, space and time flow. After the watering, your skin is silky cared for

25 minutes CHF 80

Hamam

Individual Experiences
Care

Whole Body Oiling

Flowing strokes give the body pure relaxation and intensive skin care.

25 minutes CHF 80

Aroma Oil Massage

Erleben Sie eine wohltuende und pflegende Ganzkörpermassage mit duftenden Aromen.

50 minutes CHF 135

All Hamam applications are inclusive day entrance. For hotel guests, the price for Hamam Rituals and Hamam Individual Experiences is reduced by CHF 20 per person.

This reduction does not apply to the Independent Hamam Walkthrough.

Private Spa Suite

Relaxation in Absolute Privacy

Leave the world behind and relax in absolute privacy. The exclusive Private Spa Suite at the Oberwaid provides a very unique place to recover. Covering over 70 m², it contains a whirlpool, a rain shower, a steam bath, a sauna and a relaxation lounge with a plasma TV. Reserve this hideaway if you like to spoil yourself on your own or if you simply want space to feel good and dream in private.



Private Spa Suite

Arrangements

Private Spa classic

3-hour use of the Private Spa Suite including «Day Spa» entrance, bathrobe, slippers and bath towels.

3 hours for 2 persons CHF 250

Private Spa & more

Accomplish your private spa experience with a bottle of champagne, a selection of canapés, soup, paninis with three different spreads and small sweets, and fruit with liquid chocolate.

3 hours for 2 persons CHF 350

Private Spa Package by Kerstin Florian

Inclusive:

A bottle of champagne, a selection of canapés, soup, paninis with three different spreads and small sweets, and fruit with liquid chocolate.

2 x Kerstin Florian Treatments à 50 minutes (Classical Facial Treatment, Gentleman's Facial or Time out – Classic Massage).

3 hours for 2 persons CHF 530

Etiquette

Spa & Hamam

Clothing for Treatments

Please come to your treatment in bathrobe. In order to protect your privacy, we offer you a disposable slip for each treatment and work with different covering techniques.

Clothing Hamam

Our Hamam is not a nude area. The wearing of the Pestemal (wrap cloth) is obligatory. The Pes-temal may be removed during body cleansing and washing. During the treatments your privacy will be protected with special covering techniques.

Clothing Pool & Sauna

Please wear swimwear in the pool area. For hygienic reasons, we ask you not to wear clothes in the sauna.

Cancellations

We accept cancellations until at least 24 hours before the start of treatment. If you cancel later, we will charge you the full price.

Hygiene Hamam

Bitte wenden Sie den Kese (Peelinghandschuh) und die Seife aus hygienischen Gründen nur in dem dafür vorgesehenen Raum an.

Etiquette

Spa & Hamam

Quiet zone Hamam

The Hamam is a place of seclusion, purity and relaxation. We ask you to be considerate of the other guests during conversations.

Children in the spa

The spa area is a place of peace. The pool and sauna area is open to children aged 16 and over. Children and adolescents accompanied by adults are allowed in the indoor pool.

Take your time

That your therapist can prepare himself individually for your treatment and you can enjoy your full treatment time, we ask you to be at our Spa reception approx. 10 minutes before the start of the treatment. Out of respect for the following guests, we ask for your understanding that if you are late, the treatment time will be reduced.

Opening Hours

Opening Hours for Hotel Guests

Indoor Pool

Daily from 07:00 am to 09:00 pm

Sauna & Hamam

Monday to Sunday 10:00 am to 08:00 pm

Opening Hours for Day Spa Guests

Indoor Pool

Daily from 10:00 am to 08:00 pm

Sauna & Hamam

Sunday to Thursday 10:00 am to 08:00 pm

Friday & Saturday 10:00 am to 09:00 pm