



OBERWAID

DAS HOTEL. DIE KLINIK.

Welcome to a world
of relaxation and
well-being.

Upgrade yourself.

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

The Oberwaid Tau Spa is a place where body, mind and soul can recharge their batteries. Here you will find the luxury to relax, switch off and enjoy well-being. Arrive and find peace and quiet in an exclusive wellness oasis.

By treating the human body holistically, we aim to maintain and even enhance vitality. All our therapies have a sound basis in medicine and are delivered by qualified spa, nutritional, sport and medical staff. The benefits of our treatments are therefore long-lasting and contribute to a healthier lifestyle, which helps our guests preserve and take responsibility for their health.

The Oberwaid Tau Spa is equipped with two steam baths in the Hamam area, a bio sauna (65°), an outdoor whirlpool, an indoor pool, a private spa suite, six individual treatment rooms and three relaxation rooms.

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 80 minutes | CHF 190

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

Customized Deep Cleansing 50 minutes | CHF 130

..... 80 minutes | CHF 170

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

Facial Treatments

By Kerstin Florian

Refresher - Quick Facial Treatment 25 minutes | CHF 65

Diese perfekte Einstiegsbehandlung inkl. unserer Bio-Moormaske reinigt und entschlackt die Haut und versorgt sie mit Nährstoffen und neuer Energie für einen frischen Teint.

Gentleman's Facial 50 minutes | CHF 120

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

Facial Treatments

By Kerstin Florian

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

CHF 20 for each upgrade

Beauty

Spa Manicure60 minutes with varnish | CHF 80
..... 45 minutes without varnish | CHF 60

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.

Quick Manicure25 minutes | CHF 40

A short individual hand care

Beauty

Spa Pedicure60 minutes with varnish | CHF 90
.....45 minutes without varnish | CHF 70

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.

Quick Pedicure25 minutes | CHF 40

A short individual hand care

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 80 minutes | CHF 175

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.

Body Firming Detox 50 minutes | CHF 120

..... 80 minutes | CHF 170

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.

80 minutes includes Spirulina BodyWrap.

Body Treatments

By Kerstin Florian

Spirulina Body-Wrap 50 minutes | CHF 120

..... 80 minutes | CHF 170

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

Turkish Salt Scrub & Massage 50 minutes | CHF 120

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

Chamomile Body Scrub & Massage 50 minutes | CHF 120

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

Massages

Time Out – Classic Massage25 minutes CHF 60
.....	50 minutes CHF115
.....	80 minutes CHF 165

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

Head And Neck Massage25 minutes CHF 60
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Gezielte Massagegriffe lösen Anspannungen im Kopf- und Nackenbereich.

Foot Reflexology Massage25 minutes CHF 60
.....	50 minutes CHF115

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.

Massages

Hot Stone Massage 50 minutes | CHF 120

..... 80 minutes | CHF 170

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.

Lomi Lomi Massage 50 minutes| CHF 120

..... 100 minutes | CHF 190

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.

Complete your body treatment with an effective

Turkish Body Scrub or Chamomile Body Scrub

..... 25 minutes | CHF 60

Hamam

The Hamam in its original form serves the cleansing of the body, well-being and cleanliness. This includes oriental sensuality, fragrant scents and luxurious equipment. 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. Through holistic treatments you will experience the visit as extremely refreshing and invigorating. The complete relaxation with peeling, soap and massage applications is a pleasant consequence of these rituals. All rituals begin with a briefing and include visits to the steam baths.

Tau Spa recommendation: All individual experiences can also be booked in pairs.

Hamam Walkthrough

Hamam – Independent Walkthrough 1 hour 30 minutes

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 extraordinary. 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 cleanses 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 – The Purity 65 minutes | CHF 120

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.).

Hamam – The Care 65 minutes | 1 person | CHF 105

..... 2 persons | CHF 190

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 yourself in another world with the whole body oiling (25 min.).

Hamam Rituales

Hamam – From Head To Toe 100 minutes | 1 person | CHF 155
.....2 persons | CHF 295

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.

Hamam – The Indulgence 2 hours 10 minutes | CHF 240

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.

Hamam Individual Experiences

Cleansing

Hamam – The Peeling Massage 25 minutes | CHF 80

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

Head Washing And Foot Massage..... 25 minutes | CHF 80

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

Hamam – The Soap Foam Massage..... 25 minutes | CHF 80

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

Hamam Individual Experiences

Care

Hamam – The Whole Body Oiling 25 minutes | CHF 80

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

Hamam – The Aroma Oil Massage 50 minutes | CHF 135

Erleben Sie eine wohltuende und pflegende Ganzkörpermassage mit duftenden Aromen.

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.

Hamam Etiquette

- We recommend that you take 1 - 2 hours to visit the Hamam. If you would like to enjoy additional Hamam treatments, we recommend that you book them in advance (tauspa@oberwaid.ch, T +41 (0)71 282 0540 or personally at the spa reception).
- Our Hamam is not a nude area. The wearing of the Pestemal (wrap cloth) is obligatory. The Pestemal may be removed during body cleansing and washing. During the treatments your privacy will be protected with special covering techniques.
- For hygienic reasons it is not allowed to wear swimsuits or underwear under the Pestemal.
- For hygienic reasons, please use the Kесе (peeling glove) and the soap only in the designated room.
- The Hamam is a place of seclusion, purity and relaxation. We ask you to be considerate of the other guests during conversations.

Private Spa Suite

Experience the benefits of privacy - alone or in pairs - in our 70 m2 Private Spa. Equipped with a whirlpool, rain shower, steam bath, sauna and relaxation area with plasma TV.

The Private Spa Suite can be booked daily at 10:00, 13:30 and 17:00.

3 hours for 2 persons CHF 250

Includes entrance to the spa area, bathrobe, slippers and towels.

Private Spa & more – Upgrade yourself

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

Indulge yourself with a treatment in a private atmosphere. We will be happy to advise you.

Day Spa Offers

Day admission Tau Spa & Gym CHF 60 per person

The daily admission includes the stay in the Tau Spa and the spacious gym including bathrobe and towels, water, tea and fresh fruit, parking in our underground garage and 10% off the personal training.

Morning Tau CHF 95 per person

Breakfast buffet from 07.00 to 10.00 a.m. followed by day admission to the Tau Spa & Gym including bathrobe and towels, water, tea and fresh fruit as well as a treatment of your choice (25 minutes).

Day Spa Offers

Day Tau CHF 145 per person
Lunch or dinner menu, day admission to Tau Spa & Gym including bathrobe and towels, water, tea and fresh fruit as well as an a treatment of your choice (25 minutes).

Evening Admission.....CHF 35 per person
Evening admission to Tau Spa & Gym from 18.00 to 20.00 including bathrobe and towels, water, tea and fresh fruit.

Day admission in combination with a treatment CHF 20 per person

Coiffeur

Washing, blow-drying short hair | CHF 45
..... long hair | CHF 50

Washing, laying short hair | CHF 45
..... long hair | CHF 50

Washing, cutting, blow-drying short hair | CHF 65
..... long hair | CHF 80

Washing, cutting, laying short hair | CHF 65
..... long hair | CHF 80

Coiffeur

Washing, dyeing, blow-drying short hair | CHF 90
..... long hair | CHF 100

Washing, cutting, dyeing, blow-drying short hair | CHF 120
..... long hair | CHF 130

Hooded strands, washing, blow-dryingshort hair | CHF 120

Hooded strands, washing, cutting, blow-drying..... short hair | CHF 140

Foil strands, washing, blow-drying long hair | CHF 150

Foil strands, washing, cutting, blow-drying long hair | CHF 180

Gentlemen washing, cutting, blow-dryingCHF 40

*From the shoulder the hair is counted as long.

Spa Etiquette

- Book treatment: In order to ensure your desired treatment, we recommend that you make the booking before your arrival (tauspa@oberwaid.ch, T +41 (0) 71 282 0540 or personally at the Spa reception). You will receive your appointment confirmation by e-mail and, as a guest of the house, also directly upon your arrival.
- Clothing: 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.
- 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.

Spa Etiquette

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

Öffnungszeiten

Öffnungszeiten für Hotelgäste:

Sauna und Hamambereich

Montag bis Donnerstag von 10.00 bis 20.00 Uhr

Freitag von 10.00 bis 21.00 Uhr

Samstag von 08.00 bis 21.00 Uhr

Sonntag von 08.00 bis 20.00 Uhr

Hallenbad täglich von 07.00 bis 21.00 Uhr

Öffnungszeiten Day Spa Gäste:

Sauna- und Hamambereich

Sonntag bis Donnerstag von 10.00 bis 20.00 Uhr

Freitag und Samstag 10.00 bis 21.00 Uhr

Hallenbad täglich von 10.00 bis 20.00 Uhr

Spa-Empfang

Montag bis Freitag von 08.00 bis 19.00 Uhr

Samstag und Sonntag von 10.00 bis 19.00 Uhr

Behandlungsbereich von 10.00 bis 19.00 Uhr sowie
nach Vereinbarung

Das Tau Spa Team steht für Ihre Buchungen und
Fragen von Montag bis Freitag

von 08.00 bis 19.00 Uhr und Samstag und Sonntag
von 10.00 bis 19.00 Uhr unter

T +41 (0)71 282 0540 oder tauspa@oberwaid.ch
zur Verfügung.

Member Öffnungszeiten

Öffnungszeiten für Hotelgäste:

Sauna und Hamambereich

Montag bis Donnerstag von 10.00 bis 20.00 Uhr

Freitag von 10.00 bis 21.00 Uhr

Samstag von 08.00 bis 21.00 Uhr

Sonntag von 08.00 bis 20.00 Uhr

Hallenbad täglich von 07.00 bis 21.00 Uhr

Öffnungszeiten Day Spa Gäste:

Sauna- und Hamambereich

Sonntag bis Donnerstag von 10.00 bis 20.00 Uhr

Freitag und Samstag 10.00 bis 21.00 Uhr

Hallenbad täglich von 10.00 bis 20.00 Uhr

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