

HOTEL  POST
Zermatt

restaurants • bars • clubs



*Give your spirit
wings.*



*Unwind from the
day and...*



Where peace and harmony stir the senses...

Enjoy the touch in its most restorative form and indulge yourself the luxury of „ME TIME“.

Place yourself in the hands of our graduated masseuses and cosmeticians who will make your day a cathartic experience.

The range of treatments covers relaxing, revitalizing and therapeutic massages.

We gladly accept reservations at the reception desk.



Massage treatments

Classic Massage

The classic massage is used to relax and regulate your skin, cellular tissue and especially the muscles. With targeted pressure point massage to ease tension, to improve circulation, to reduce stress and aid your general well-being.

Sport Massage for the Legs

After a long and tiring day in the mountains let your legs have a hard earned relaxing massage. The muscles will be manipulated with a blood circulating enhancing fluid. This elevates the oxygen delivery to your whole body and accelerates the removal of waste from your metabolism. You will be revitalised faster and the risk of injury will be minimised.

Aroma oil therapy

In aromatherapy essential oils will be softened into your skin. The aromatic oils act on your body as well as on your spirit. Various aromas will be used to either relax or stimulate the body.

Ying-Yang-Massage (Anti-Stress Massage)

The anti-stress massage works mainly towards the neck, head and hands. Through rhythmic and very slow movements one can relax and regenerate very deeply. Just the right thing after a hectic day.

The Pantha Jama (Hot Herb Massage)

The Pantha Jama has evolved out of the ancient art of East Asian massage. Soft movements, warm oils and the aromatic scents of the slowly heated herbs ensure deep relaxation. The power of the finely selected herbs combined with the essence of the oils enhances blood flow, clarity of skin and cell rejuvenation. As well, this form of massage can aid sleep disorders, rheumatic problems and strengthens the immune system.

Lomi-Lomi-Nui (The Hawaiian Temple Massage)

A deeply relaxing whole body oil massage. „Lomi-Lomi“ means massaging and kneading. The century old way of massaging is founded on the belief that sickness is prevented by a relaxed body, spirit and soul. This massage is directed to remove blockages, relax you and ease pain points softly but surely from your body.

Hot Stone Wellness Massage

Hot Stone is a combination of massage and the pleasant action of warm stones. Smooth, round, warm lava stones are the basis of this treatment. The whole body will be energised and revitalised. The combination of massage and „old wisdom“ makes the hot stone treatment a unique and rewarding method which helps us to bring harmony and balance into our lives.



Massage treatments

Hot Chocolate Massage

The hot chocolate massage is a pampering, detoxifying and rejuvenating massage therapy. Slightly warmed chocolate cocoa balsam will be poured slowly over your skin and softly massaged into it. Taut muscles due to stress will be eased and heart and blood circulation will be positively enhanced. The delicate scent of the cocoa-butter sharpens the scenses and stimulates serotonin. On top of this the various ingredients of the chocolate will slow down the ageing process of skin cells, firms soft tissue and leaves a soft feel to the skin.

Honey Therapy

The honey therapy is based on the knowledge of Chinese and Tibetan medicine and played a very important role in Russian healing. Due to the plentiful vitamins, minerals and enzymes in honey it detoxifies, cleanses and revitalises the whole body. Special kneading techniques purge the waste from the skin and the underlying tissue and enhance the self-healing process of the body. The honey therapy eases problems such as tension, stiff joints, sleeping disorders and migraine, and enhances the immune system. Used on your back this form of massage provides a strong stimulation of the connective tissue so that even the most stubborn of muscle tension is alleviated. As well, through your reflex points the inner organs are also stimulated. Used on legs and buttocks it frees the knots in the connective tissue and enhances blood flow to work against cellulite.



Cosmetic

The word cosmetic is based on the old Greek verb „Kosmoeo“ which means to regulate or decorate and it describes the condition of body and beauty, preservation, revival and the enhancement of beauty in the human body. One separates between rejuvenating cosmetics and nurturing cosmetics. The nurturing cosmetics aim, via creams, lotions, peelings, aftershaves and shampoos to assist the beautifying of the skin and hair. The decorative cosmetics try, with the help of coloring cosmetics such as make-up, mascara, lip gloss, rouge etc to change ones appearance.

With a classic facial therapy the following products, for example, cleansing milk (to clean the skin of makeup and dirt), toner (to disinfect), peeling (to remove dead skin cells), masks (to tauten, tone and moisturise) and various creams (day and night creams) are adjusted to your skin type as well as the order in which they are used. This is done to optimise the cleansing of your skin and ensures that it is protected from light and day to day grime. The ingredients in our products used above fight against the negative changes of your skin and work against the ageing process.



Offer and prices

Classic Massage

Full body massage	50 Min	CHF	99.–
Part body massage	25 Min	CHF	59.–
Sport massage for the legs	25 Min	CHF	59.–

Aroma oil therapy

Full body massage	50 Min	CHF	99.–
Part body massage	25 Min	CHF	59.–
Ying-Yang-Massage (<i>Anti-Stress-Massage</i>)	50 Min	CHF	99.–
Tibetan back massage	25 Min	CHF	59.–
Anti-Rheumatism-Massage with marmot balsam	25 Min	CHF	59.–
Pantha Jama (<i>Hot Herb Massage</i>)	50 Min	CHF	109.–
Lomi Lomi Nui (<i>Hawaiian Temple Massage</i>)	75 Min	CHF	149.–
Prana Stone Massage (<i>Mix of Lomi Lomi Nui and Hot Stone</i>)	75 Min	CHF	149.–

Hot Stone Wellness Massage

Hot Stone full body massage	75 Min	CHF	149.–
Hot Stone back massage	45 Min	CHF	89.–

Hot Chocolate

Hot Chocolate Massage	50 Min	CHF	99.–
Hot Chocolate Deluxe (<i>incl. facial</i>)	75 Min	CHF	149.–

Honey Therapy

Anti-Toxing Massage (<i>Back</i>)	50 Min	CHF	99.–
Anti-Cellulite-Massage (<i>Legs and buttocks</i>)	50 Min	CHF	109.–

Cosmetics

Facial CLASSIC (<i>Cleaning, Toner, Peeling, Mask, Massage</i>)	50 Min	CHF	109.–
Facial SPECIAL (<i>Classic & hand and head massage</i>)	60 Min	CH	129.–
Facial Lomi Lomi (<i>incl. massage with mussels and warm oil</i>)	45 Min	CHF	89.–
Facial and head massage (<i>with creams and facial toner</i>)	25 Min	CHF	59.–
Shaping eyebrows	25 Min	CHF	39.–
Manicure	50 Min	CHF	89.–
Pedicure	50 Min	CHF	89.–