

Created by: Debra C. Argen

Tschuggen Bergoase

Spa lovers know that a Spa experience can sometimes feel like being in another world, and in the case of the Tschuggen Bergoase at the [Tschuggen Grand Hotel](#), architect Mario Botta has created a covered bridge where guests literally walk into another world.



Viewed from the outside of the hotel, the 5,000 square meter Tschuggen Bergoase built in 2006, is an architectural delight with its curved glass "mountains." Inside, the Spa is gorgeous with natural light streaming into the treatment rooms from the floor to ceiling windows, with state of the art technology and design.

During our stay at the hotel in late January 2008, we indulged in much needed Spa pampering at the Tschuggen Bergoase after spending the day out on a snowshoeing adventure. (Edward's) Spa focus was having a massage, while (Debra) wanted to concentrate on the extensive beauty treatments that the Spa offers.

Edward: The Tschuggen Bergoase offers a wide selection of massage treatments including sports massage, back and neck massage, aroma oil massage, lymphatic drainage, and more exotic around the world treatments in the form of Lomi Lomi Nui from Hawaii, Thai Yoga Massage, Shiatsu from Japan, Acupuncture Massage from China, Le Stone Therapy from the United States, and Singing Bowls Massage from India, and after careful consideration, plus a consultation with my therapist, Carlos, I selected the Shiatsu treatment, which Carlos explained is a finger pressure massage that works via acupuncture points.

After changing into comfortable spa pants and a shirt supplied by the Tschuggen Bergoase, I lay down on a futon, and looked forward to experiencing Shiatsu massage for the first time. For the next 50 minutes, Carlos stretched, pressed, and tapped my body, which he said would increase my energy and rebalance the harmony, and at the end of the treatment, I felt refreshed and renewed and ready to enjoy the evening.

Debra: Although I too, love massages there is something absolutely wonderful about having a facial that makes me feel terrific, knowing that I am taking care of my skin. The Spa offers a fabulous menu of facials including Advanced Anti-Aging Firming Facial, Advanced Luminising Facial, Early Aging Silk Touch from Kanebo, Dermalogica facials, and Clarins Aroma Phyto Soin Facial, and their Classic Facial.

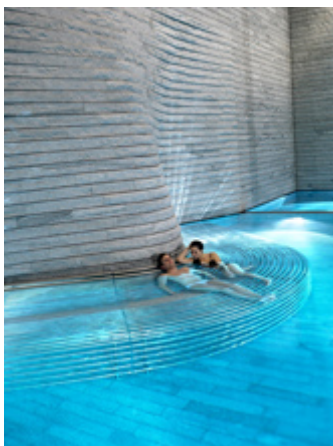
After a consultation with my therapist Roberta, I selected the Classic Facial. Roberta began the treatment with a hand scrub to polish away my winter skin, which did wonders for my hands. The next step was to pile my hair up on my head, and relax on the massage table listening to soft music, while for the next 90-minutes, Roberta cleaned, peeled, and steam cleaned my face and neck, followed by a face, neck, and shoulder massage, facial mask, and a finished with a hydrating.

After spending December and part of January basking in the sun on the beaches of Brazil, my eyebrows

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and eyelashes were so light that they were barely visible, so when Roberta suggested that I have a special eyebrow and eyelash coloring treatment, I readily agreed, and was delighted with my new look.

I emerged from the massage table looking refreshed with healthy, glowing skin, and went off in search of Edward. The Spa has two pools, an exercise pool kept at 30° C (86° F), where I dipped one toe in and like Goldilocks decided was too cold, and another pool kept at a temperature of 35° C (95° F) that was heavenly, and was where I found Edward.



However, since I had just had a facial and needed to wait at 30 minutes for the lotions to work their magic, I asked Edward if he would carry me on his back so that I could enjoy the water jets located throughout the pool. I know, I am the ultimate spoiled diva, but he readily indulges me, and I thoroughly enjoy my status. The warmer pool has several water jets at various locations, and since (Debra) needed to keep (her) head above water, we relaxed on a roll bar "lounge" where pulsating water jets gently pummeled our backs. It was so peaceful that we could almost have fallen asleep there.



We experienced every jet in the pool before we decided to pass through the plastic strips that divide the inside pool from outside, and explore the outdoors where the steam was rising in the air off the pool. Making our way to yet another water jet, we enjoyed breathing in the crisp, dry mountain air, and understood why Arosa has been an alpine health resort since 1877.



Warm Outdoor Pool

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When we saw people getting out of the warm pool and rolling in the snow, we thought that they must be crazy, but then thought, why not try it; so we did. Imagine what it felt like to have your body be nice and warm from swimming, and then to experience the sharp contrast of the coldness of the snow. It was absolutely exhilarating, but after a few minutes we all but jumped back into the warm water.

The Tschuggen Bergoase has a Solarium, Sauna, Steam room, fitness and exercise classes, a few of which include Tai Chi, Pilates, Dance-Aerobic, and Yoga, and also has a hair salon to ensure that guests can always look their best.

The Tschuggen Grand Hotel is open from June until mid-April.

Read about the **Tschuggen Grand Hotel** in the **Destinations, Hotels and Resorts**, and **Restaurants** sections, and in **Chefs' Recipes** where Chef Ivan Gotfredsen graciously shares recipes from our dinner.



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