



TSCHUGGEN GRAND HOTEL
AROSA

GENERAL INFORMATION

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Tschuggen Bergoase: a new dimension of wellness

A world filled with light, space and rock, by star architect Mario Botta

The Tschuggen Bergoase is far more than a spa facility. Indeed, it has become a landmark of the Tschuggen Grand Hotel and of Arosa as a destination. As a place nestling between heaven and earth it opens up a new dimension of space and comfort, nature and geometry, of warmth, rock, light, and water. Into the mountainside, star architect Mario Botta has built a 5,000 sqm realm for all the senses, a haven of well-being and complete relaxation.

The mountains and the skies all around fill the innermost depths of this oasis of wellness through opulent yet filigree sails of glass and steel, flooding the four storeys with light and stunning panoramic vistas. Opening up inside the mountain rock is an oasis that unfolds perspectives from the third floor through to the ground floor, from the world of water to the spacious sauna area, the treatment suites, the fitness area, and the Medical Wellness area. The sheer dimensions, the spacious volumes, and the untouched natural materials provide an ideal setting for guests to draw breath and unwind. Lightness, comfort, unostentatious luxury and harmonious design blend with the aura of stone and water to create a natural urge for rest and relaxation. The stunning pool world on the top floor mirrors the alpine granite of the walls, enticingly inviting guests to swim in the indoor and outdoor pools, to enjoy the whirlpools, savour a Kneipp cure, or follow the shower and spray itinerary in the stone grotto of the original Arosa rock face.

The rustic mountain sauna and the choice of steam bath and sauna areas are complemented by two luxury spa suites of 70 and 100 sqm, where guests are able to enjoy complete privacy, alone or as a couple.



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The suites offer a private sauna and steam bath environment, with the whirlpool directly beneath the glass canopy bringing guests one step closer to heaven. The massage loungers and the beauty area provide a personal setting to enjoy a wide range of treatments.

Spa menu

For its selection of treatments the Tschuggen Bergoase focuses on lasting effectiveness and professionalism, a policy also reflected in the choice of massages and treatments. The extensive offer comprises first and foremost traditional and lasting methods that have stood the test of time and been shown to offer effective and demonstrable results, and also directly influence the well-being of the spa's guests. At the Tschuggen Bergoase, we have deliberately chosen to take a step back from some of more bizarre trends that appear to have established themselves in the world of wellness in recent years, as fanciful and as ingenious as they may seem. We prefer to rely on our experience of traditional forms of massage from the European spa culture and the Asian tradition as well as classic beauty treatments and bathing rituals.

Medical Wellness

Health and beauty help promote a positive lifestyle, physical vitality and a sense of well-being. The Medical Wellness Centre prepares personalised treatment programmes in such areas as aesthetic dermatology, laser medicine and anti-ageing, helping to promote and maintain good health and beauty to an advanced age. The Medical Wellness team also provides complementary forms of therapy, such as ozone therapy or comprehensive nutrition counselling.

Further information: www.tschuggen.ch/en

High resolution image material: www.tschuggenhotelgroup.ch/en/press

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