



CASTELLO_{DEL}SOLE

ASCONA

BY THE LIVING CIRCLE



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WELCOME

We warmly welcome you to *Castello SPA & Beauty* and look forward to pampering you. Our goal is your physical and mental well-being. In addition to the listed offerings, our SPA reception is happy to provide you with personalized advice and create a holistic treatment program tailored to your needs. Let yourself be cared for by the soothing hands of our therapists.

You can reach the SPA reception at +41 91 785 86 85.

OUR SPA OFFER

Castello Signature Treatments	6
Baths, Peelings & Body Wraps	8
Body Treatments Methode TEAM DR JOSEPH	9
Massages	10
Valmont Facial Treatments	14
TEAM DR JOSEPH Facial Treatments	15
Oxy GeneO+ Facial Treatments	17
Manicure & Pedicure	18
For a soft and smooth skin	20
Around the eyes	20
Make-Up	20
Relaxation and care for Kids & Teens	21
Hairdresser	23
Movement and Mindfulness	24
Private Moments	27
Resort Feeling for our external Guests	28
Memberships	29
Good to know	30





CASTELLO MOMENTS

Indulge in a relaxing massage ritual.

Your experience begins with a full-body exfoliation, leaving your skin silky smooth. For ultimate relaxation, enjoy a combination of a massage with warm herbal stamps and slow, deep massage strokes inspired by the Lomi Lomi technique. Escape from everyday life and immerse yourself in pure serenity.

90 min | CHF 240

CASTELLO HARMONIE

Experience a unique treatment that combines singing bowls, hot stone therapy, Ayurveda, and craniosacral massage. The healing power of 100% pure essential oils harmonizes body and mind.

The session begins with the soothing vibrations of a singing bowl, followed by a hot stone massage to relieve tension and improve circulation. Ayurvedic techniques stimulate energy flow, while craniosacral therapy calms the nervous system and releases blockages. The treatment concludes with the gentle sounds of the singing bowl, promoting deep relaxation.

90min | CHF 250

CASTELLO SIGNATURE TREATMENTS

VINOQUA THERAPY

The healing properties of grapes have been used since ancient times. Modern vinotherapy traces its origins back to 17th-century France, where grape marc baths were used to treat sciatica and arthritis. In 1991, French scientist Serge Renaud scientifically demonstrated the positive effects of vinotherapy. The ingredients in grape seed oil promote cell regeneration, protect against free radicals, and revitalize the skin. The VinoAqua Therapy at *Castello del Sole* uses 100% grapes from the hotel's own vineyards at *Cantina alla Maggia*.

The treatment begins with a renewing grape seed scrub, followed by a detoxifying and draining body wrap. You can then enjoy a revitalizing Chardonnay bath or a soothing Merlot bath. Finally, your skin is pampered with a deeply hydrating body care treatment.

	105 min CHF 230
without bath	80 min CHF 180



BATHS, PEELINGS & BODY WRAPS

BATH RITUALS

Baths stimulate body functions and contribute to overall regeneration. The combination of underwater massage and the healing properties of sea salt, algae, and essential oils delivers outstanding results.

20 min | CHF 60

PEELINGS

Healthier, fresher skin with our full-body peelings

Sea salt scrub 30 min | CHF 80

Grape seed peeling 30 min | CHF 80

BODY WRAPS METHOD TEAM DR JOSEPH

Calming body wrap
gentle recovery 30 min | CHF 90

Moisturizing body wrap
sweet allure for a deeply moisturized skin 30 min | CHF 90

Skin repair anti-aging body wrap
effective beauty 30 min | CHF 90

Sport & vitality body wrap
bundled energy 30 min | CHF 90

Ask about combined offers for your individual pampering programme

BODY TREATMENTS METHOD TEAM DR JOSEPH

DETOXIFYING CELLULITE TREATMENT

A highly effective cellulite treatment that sustainably improves your skin texture and connective tissue! The cupping technique, combined with powerful natural products, visibly reduces cellulite and has a decongesting effect on body tissue. An invigorating foot bath, stimulating body scrub, and specialized massage technique work together to enhance this detox concept. For optimal results, combine it with an algae wrap.

60 min | CHF 170

with algae wrap

90 min | CHF 230

REVITALIZING AND FIRING ABDOMEN TREATMENT

This effective body treatment provides targeted firming and helps to decongest the abdominal area. Gentle stimulation improves skin elasticity, tightens the core, and subtly reduces abdominal circumference.

The perfect solution for your midsection!

60 min | CHF 170

FIRMING AND TONING BODY MASSAGE

A personalized body concept that tightens and firms your silhouette. Active ingredients and innovative massage techniques stimulate metabolism and lymphatic activity. An intensive peeling leaves your skin feeling silky smooth. A powerful body program with a slimming effect.

60 min | CHF 170

DYNAMIC FEET & LEGS MASSAGE

A leg revitalization program that energizes and refreshes tired legs, providing relief and relaxation. A special freshness boost for your feet and legs that actively supports you.

50 min | CHF 150

MASSAGES

CLASSIC MASSAGE

The classic massage helps to relax muscles, release tension, and provide new energy and vitality. Various techniques such as kneading, rubbing, and stroking are used.

60 min | CHF 180

75 min | CHF 210

90 min | CHF 250

Enjoy deep relaxation together with the «*You and Me*» couples massage and experience a classic full-body massage for two.

60 min | CHF 350

SPORT MASSAGE

This focused massage activates and mobilizes the muscles, effectively releasing even deep, persistent tension. It enhances physical performance and revitalizes the body. Alpine arnica extracts provide additional stimulation. A professional power treatment for your active musculoskeletal system!

60 min | CHF 180

COMBI MASSAGE

A combination of foot reflexology and back massage.

60 min | CHF 170

AROMAOIL MASSAGE

A relaxation massage that has a calming effect on both the body and mind. The scent of selected organic aroma oils and the gentle massage technique provide a holistic experience. A multisensory treatment that balances your muscles and soothes the soul.

Choose your aroma oil: deep relax, vitalizing, or firming & toning.

50 min | CHF 150

80 min | CHF 240

FOOT REFLEXOLOGY MASSAGE

A symbiosis of pressure point massage and delicate energy work. The stimulation of the foot reflex zones affects the organs and the entire body. It stimulates energy flow, strengthens the immune system, and restores balance to your body. Includes a foot bath.

50 min | CHF 150

LYMPHATIC MASSAGE

Manual lymphatic drainage is a massage technique that specifically stimulates the lymphatic system, promoting the drainage and detoxification of tissues.

60 min | CHF 180

TIME FOR ME: AN INDIVIDUAL MASSAGE

Book your personalized massage and trust in the expertise and sensitivity of our therapists. You choose your personal focus, the area, and the intensity, experiencing a massage tailored to your individual needs.

60 min | CHF 180

75 min | CHF 210

90 min | CHF 250

HEAD, NECK AND SHOULDERS MASSAGE

A massage highlight that awakens the senses! Special techniques for the head, neck, and shoulder area, combined with powerful plant extracts, relieve tension and clear the mind. Microcirculation is stimulated, strengthening blood vessels, sensory organs, and nerves. The deep touch and gentle aromatic experience allow you to disconnect from everyday stress.

50 min | CHF 150

BACK MASSAGE

A restorative back treatment tailored to your individual needs in both technique and intensity. The highly effective natural ingredients of the massage oil enhance the results. The unique combination of cupping glasses and singing bowls helps release tension and improves spinal mobility.

50 min | CHF 165

SHIATSU

A pressure massage based on Far Eastern tradition that harmonizes body, mind, and soul. Through gentle, deeply effective pressure, this holistic massage has a positive impact on life energy. The treatment is performed on a futon, with the guest remaining fully clothed.

75 min | CHF 200

90 min | CHF 240

TRADITIONAL THAI MASSAGE

Explore an essential part of Asian body culture. With Thai Yoga Massage, your muscles, tendons, ligaments, and joints are stretched and massaged along the «Sen» (energy lines). This enhances energy flow, promoting overall well-being.

75 min | CHF 200

90 min | CHF 240

ABHYANGA

The soothing Ayurvedic full-body massage with warm herbal oils brings harmony and deep relaxation. It supports the activation of self-healing powers, promotes detoxification, and ensures inner balance. At the same time, it calms the nervous system and relaxes muscles and organs — an intensive rejuvenation for body and mind.

90 min | CHF 250

LOMI LOMI

The traditional Hawaiian ritual massage is also known as the «Queen of Massages.» This holistic treatment releases physical blockages and restores harmony between body, mind, and soul. The flowing movements from head to toe are performed with generous amounts of oil.

75 min | CHF 210

90 min | CHF 250

HOT STONE BACK

The Hot Stone Back Massage with warm stones relieves tension, promotes circulation, and provides deep relaxation and tranquility — ideal for stress relief.

45 min | CHF 140

HOT STONE BODY

The soothing warmth of the stones, combined with aromatic oils, provides a calming and relaxing effect on both body and mind. This deeply effective treatment promotes circulation, relieves tension, and creates an intense feeling of peace and rejuvenation — perfect for a refreshing break.

90 min | CHF 250



VALMONT FACIAL TREATMENTS

HYDRATION, ENERGY, LUMI, LIFT OR FIRM BOOST

Each of our treatment concepts is tailored to a specific skin condition. Our beauticians will be happy to advise you and recommend the perfect treatment for your individual needs. We use high-quality products from the Valmont skincare line.

60 min | CHF 240

REGENERATING MASK TREATMENT

Experience 90 minutes of pure indulgence with a regenerating collagen mask and a relaxing massage. Our expert beauticians will provide personalized consultation and recommend the perfect treatment tailored to your skin's needs. Using the exclusive Valmont products, you will enjoy an intensive skincare experience that is both revitalizing and deeply relaxing.

90 min | CHF 310

L'ELIXIR DES GLACIERS

This comprehensive treatment for the face, neck, and décolleté allows beauty to blossom in the most refined way. Thanks to various massage techniques, it provides nourishment, sculpting, and rejuvenation. Inspired by surgical lifting techniques, the sculpting and nourishing massage acts as a true facelift, strengthening facial muscles while completely relaxing the facial features.

120 min | CHF 390

TEAM DR JOSEPH FACIAL TREATMENTS

INTENSE PURIFYING

DEEP CLEANSING FACIAL

Starting with warm herbal steam compresses, followed by a gentle lymph-stimulating massage, exfoliation, deep cleansing using suction cups, and thorough purification. This is followed by a toning facial mask, peel-off mask, and a skin-specific day cream. The result is a visibly fresher complexion and a radiant glow.

60 min | CHF 210

CELLULAR RECREATION

DEEP-ACTING BEAUTY TREATMENT

A wonderfully natural skincare treatment, tailored to your skin's specific needs, delivering an instant effect and deep relaxation using the TEAM DR JOSEPH method: skin analysis, eyebrow shaping, lymph-stimulating massage, herbal steam compresses, exfoliation, deep cleansing with suction cups, special serum, modulated facial massage, intensive mask, and a final customized day cream. Featuring highly effective active ingredients for healthy and deeply nourished skin.

90 min | CHF 260

ADVANCED BIO LIFTING

THE HOLISTIC ULTIMATE PROGRAM

An intensive treatment with a biodynamic lifting massage, tailored to your skin's unique needs. Experience a truly exceptional beauty ritual, including skin analysis, eyebrow shaping, lymph-stimulating massage, herbal steam compresses, exfoliation, deep cleansing with suction cups, special serum, bioenergetic blossom stamp lifting massage, intensive mask, and a final customized day cream with stabilization. High-tech nature for long-lasting results, immediate radiance, and maximum effect.

120 min | CHF 350



OXY GENE^O+ FACIAL TREATMENTS

The New Generation of Wrinkle Reduction, Skin Firming, and Facial Rejuvenation

The healing effects of thermal springs on the skin have been known for centuries. The high concentration of carbon dioxide in the water enhances the skin's oxygen supply. With Oxy GeneO+ technology, we can replicate this effect and stimulate the body to produce more oxygen.

GENEO+ OXYGEN ACTIVATION

An oxygen peel with ultrasound! The top layer of the skin is gently exfoliated to remove dead skin cells, leaving the skin smooth and renewed. Thousands of tiny CO₂ bubbles encourage the skin to transport oxygen to the treated areas, ensuring optimal nutrient absorption.

60 min | CHF 220

GENEO+ TRIPOLLAR RF ENERGY

Experience an intensive treatment combining GeneO+ peeling, Tripollar radiofrequency, and ultrasound. This process causes collagen fibers to contract, resulting in an immediate skin-tightening effect. Additionally, it stimulates and enhances long-term collagen and elastin production. A nourishing mask and a short massage complete this rejuvenating treatment.

90 min | CHF 300

GENEO+ GOLDEN GLAM

A luxurious treatment for demanding skin that provides both a firming effect and intense hydration. GeneO+ GLAM gives your skin a new dimension of rejuvenation, enhancing elasticity, vitality, and radiance.

90 min | CHF 330

MANICURE & PEDICURE

Classic manicure or pedicure ca. 50 min | CHF 100
Optionally with nail polish or gel polish CHF 20 | CHF 40

Medical pedicure ca. 75 min | CHF 130
Optionally with nail polish or gel polish CHF 20 | CHF 40

SPA MANICURE OR PEDICURE BY KINETICS

Indulge your hands and feet with the exclusive, nourishing, and regenerating skincare of the professional Kinetics product line. This special SPA collection combines exquisite textures, high-quality ingredients, and the luxurious fragrance from Grasse, France, to envelop your skin in pure luxury. Experience the unique effects and ultimate relaxation as your hands and feet feel noticeably pampered and revitalized with every application.

A pampering programme for your hands or feet ca. 75 min | CHF 140
Optionally with nail polish or gel polish CHF 20 | CHF 40



FOR A SOFT AND SMOOTH SKIN

WARM WAX DEPILATION

Upper lip		CHF	25
Chin ears nose	each	CHF	20
Full leg	starting from	CHF	80
Half leg	starting from	CHF	60
Bikini	starting from	CHF	60
Arm pits		CHF	40
Back chest		CHF	75
Forearms		CHF	40

AROUND THE EYES

LASH LIFTING INCLUSIVE DYEING & CARE

Long-lasting eyelash lifting effect inclusive eyelash colouring and keratin care **ca. 60 min | CHF 150**

Eyelash or eyebrow tinting	CHF	40
Eyelash and eyebrow colouring and plucking	CHF	80
Brow correction according to effort from	CHF	30

MAKE-UP

Day make-up 45 min	CHF	80
Evening make-up 60 min	CHF	100

Wedding make-up including a trial make-up **based on effort from CHF 160**

RELAXATION AND CARE FOR KIDS & TEENS

TEENIE FACIAL TREATMENT

Gentle facial treatment tailored to the skin condition with natural, high-tech cosmetic products from Team Dr Joseph, especially for young skin from 12 to 16 years of age

50 min | CHF 150

KIDS MANICURE OR PEDICURE

Hand or foot care with trendy nail polish up to 12 years old

ca. 30 min | CHF 60

CASTELLO KIDS MASSAGE

Relaxing full body massage up to 12 years old

30 min | CHF 90





HAIRDRESSER

Give your hair the attention it deserves! Our hair salon offers everything you need to pamper, nourish, and style your hair. With high-quality products and an experienced team, we ensure healthy, shiny hair and the perfect look. Enjoy a personalized consultation and take a break that enhances your natural beauty!

WOMEN

Wash & blow-dry	from CHF 70	to CHF 120
Wash, cut & blow-dry	from CHF 105	to CHF 140
Styling	from CHF 40	to CHF 60
Sunkiss	from CHF 40	to CHF 60
Colour	from CHF 85	to CHF 105
Highlights	from CHF 95	to CHF 115
Highlights & colour	from CHF 105	to CHF 125
Wedding trial hairstyle	from CHF 80	to CHF 120
Wedding hairstyle	from CHF 170	to CHF 250
Care ritual (e.g. keratin)	from CHF 50	to CHF 70

MEN

Wash & cut	CHF 70
Styling	CHF 45
Beard trim	CHF 45
Colour	CHF 55
Highlights	CHF 45

KIDS

Girls up to 12 years	from CHF 50	to CHF 70
Boys up to 12 years	CHF 50	

MOVEMENT AND MINDFULNESS

PERSONAL TRAINING WITH A FOCUS ON PILATES AND/OR YOGA

This individualized training combines body strengthening with inner balance. Pilates promotes a strong core, improves posture, and strengthens deep muscles. Yoga complements the practice by enhancing flexibility, relaxation, and mindfulness.

Your Benefits:

- Customized exercises tailored to your needs
- Improved posture, flexibility, and strength
- Stress reduction through breathing and relaxation techniques
- Personal guidance for safe execution

Whether you're a beginner or experienced, Pilates and Yoga help harmonize body and mind, enhancing your overall well-being in the long term.

for two people 50 min | CHF 150
50 min | CHF 180

PILATES ON THE REFORMER

Offers an intensive yet joint-friendly workout that effectively strengthens and stretches the entire body. Thanks to the innovative spring system, muscles are specifically strengthened and mobilized. The versatility of the Reformer provides countless exercise possibilities, making the training especially varied and efficient.

Training with the reformer 50 min | CHF 170

TECHNOGYM EQUIPMENT EXPLANATION

With our personal trainer and individual training

50 min | CHF 150

Power Plate usage including consultation and instruction by our personal trainer

20 min | CHF 60





PRIVATE MOMENTS

SPA SUITE

Enjoy exclusive and unforgettable luxury in our SPA Suite. Here, you will experience absolute privacy and relaxation in a luxurious setting. The atmosphere of tranquility and harmony enhances your well-being, allowing you to fully unwind, far from everyday life.

Our spa team will be happy to assist you.

SPA Suite Onsernone, 69m² for 2 people
Whirpool, steam bath, and sauna

120 min | CHF 350
per additional person (max. 2 P.) | CHF 50
each additional hour | CHF 100
per additional person | CHF 25

ONSERNONE SPECIAL

Immerse yourself in pure relaxation with our exclusive Onsernone Special. Enjoy two hours in our luxurious SPA Suite Onsernone, exclusively for you and your companion. Leave the stresses of daily life behind and experience soothing peace and relaxation in a private atmosphere. Your pampering experience is completed with two 50-minute aroma oil massages, indulging your senses and bringing body and mind into perfect harmony.

CHF 650

RESORT FEELING FOR OUR EXTERNAL GUESTS

Spend an unforgettable day at *Castello SPA & Beauty* and indulge in pure relaxation.

SHORT RESORT FEELING

From 09.00 AM or 2.00 PM

Resort access for half a day (4 hours)

Accessories for your wellness day: bathrobe, slippers, and towels

CHF 95

Including breakfast at Ristorante «Tre Stagioni» or a lunch menu at our Ristorante «Al Parco»

CHF 145

Entry (4 hours) after a 60-minute treatment

CHF 50

DAILY RESORT FEELING

From 09.00 AM

Resort access for a full day (8 hours)

Accessories for your wellness day: bathrobe, slippers, and towels

CHF 130

Including breakfast at Ristorante «Tre Stagioni» or a lunch menu at our Ristorante «Al Parco»

CHF 180

SPECIAL RESORT FEELING

Resort access for a full day (8 hours)

Extensive breakfast buffet at Ristorante «Tre Stagioni»

Lunch menu at Ristorante «Al Parco»

10% discount on Spa & Beauty treatments from 09.00 AM to 1.00 PM

Participation in our daily changing fitness program

Bathrobe, slippers, and towels

CHF 230 pro Person

CHILDREN AND TEENAGERS UP TO 16 YEARS

Access to the swimming pool only

4 hours | CHF 40

8 hours | CHF 60

SUBSCRIPTION

5 entries Short Resort Feeling (4 hours)

CHF 405

5 entries Daily Resort Feeling (8 hours)

CHF 550

Guests booking the Daily and Special Resort Feeling receive 10% off SPA & Beauty treatments from 09.00AM to 1.00PM.

YOUR TIME OUT AT CASTELLO DEL SOLE

MEMBERSHIP FOR THE ENTIRE SEASON

ACQUA MEMBER

As an ACQUA Member, you enjoy exclusive access to the pool area as well as our private beach. Additionally, you receive a 10% discount on spa and beauty treatments between 9.00AM and 1.00PM. Furthermore, we provide you with a credit of CHF 200, which can be redeemed at the *Castello SPA & Beauty* for treatments and/or cosmetic products. For your comfort, we also offer accessories such as bathrobes, slippers, and towels. Of course, changing facilities are also available to you.

CHF 1'980 per Person

ACQUA & FITNESS MEMBER

Our ACQUA & FITNESS Members benefit from exclusive access to the pool area, the fitness room, and our private beach. Additionally, you receive a 10% discount on spa and beauty treatments between 9.00AM and 1.00PM. Furthermore, we provide you with a credit of CHF 200, which can be redeemed at the *Castello SPA & Beauty* for treatments and/or cosmetic products. For your comfort, we also offer accessories such as bathrobes, slippers, and towels. Changing facilities are also available to you.

CHF 2'300 per Person

VIP-MEMBER

As our VIP Member, you enjoy unlimited access to the *Castello SPA & Beauty*, including the pool area, various saunas (Bio-Sauna and Finnish Sauna), the steam bath, the Kneipp course, and the private beach. You can also participate in the daily changing fitness program and receive a 15% discount on spa and beauty treatments between 9.00AM and 1.00PM. Additionally, we offer you the *Castello del Sole* breakfast experience twice, a lunch menu at the Ristorante «Al Parco» twice (excluding drinks), as well as a 50-minute personal training session with our personal trainer. For your comfort, accessories such as bathrobes, slippers, and towels are provided. You will also receive a wardrobe locker for the entire season.

CHF 2'800 per Person

*Our memberships and subscriptions are personal and non-transferable.

GOOD TO KNOW

To ensure that you fully enjoy your stay at *Castello SPA & Beauty*, please take note of the following guidelines:

TAKE YOUR TIME

For optimal preparation of body and mind, we recommend arriving at *Castello SPA & Beauty* in your bathrobe ten minutes before your treatment begins. During this time, please inform us of any health conditions that may be relevant to your treatment.

If you arrive late, we will not be able to extend your treatment beyond the scheduled time. The session will be shortened accordingly. For massages and body treatments, we provide a disposable slip. For Shiatsu and Thai massages, we are happy to provide comfortable clothing.

SPA ETIQUETTE

Out of respect for other guests, please refrain from phone calls and set your mobile devices to silent mode. Photography and filming of other guests is strictly prohibited in the SPA area. Please speak softly in all areas to maintain a tranquil atmosphere. Pets are not allowed in the SPA.

EXTERNAL GUESTS

We are happy to welcome external guests by prior appointment. Enjoy treatments from our SPA menu or relax as a day guest and experience the resort feeling with our DAY SPA offer. We provide a bathrobe, slippers, towels, and a secure locker for your visit.

SAUNA

For hygiene reasons, we kindly ask you to use the sauna cabins without clothing and always with the provided towels. For additional privacy, we offer Hamam towels upon request.

CANCELLATIONS

Please notify us at least 24 hours in advance by phone at +41 91 785 86 85 or by email at spa@castellodelsole.com for cancellations or appointment changes to avoid a cancellation fee.

Cancellations less than 24 hours before the appointment will be charged 50% of the treatment price. In case of no-show, the full amount will be charged.

PRICES

All prices are in Swiss Francs (CHF) and include VAT. Prices are subject to change.

MINIMUM AGE

Children are welcome in our swimming pool area from birth. The pool area is open to children (under parental supervision) from 10.00 AM to 6.00 PM. We kindly ask you to respect other guests.

From 12 years old, children may use the fitness room when accompanied by an adult. However, adults have priority in the fitness area. Access to the SPA area (saunas, steam bath, and hydro pool) is permitted from 16 years old.

LIABILITY

The use of all facilities such as saunas, steam baths, pools, and the lake is at your own risk. Please follow the safety and usage guidelines. *Castello del Sole* assumes no liability for accidents or damages caused by improper use.

OPENING HOURS

Pool & Fitness	7.00 AM – 8.00 PM
Saunas	9.00 AM – 7.30 PM
Treatments	9.00 AM – 7.00 PM
Hairdresser (Monday – Saturday)	9.00 AM – 7.00 PM
Sauna opening hours	1:00 PM – 7:30 PM*

**On request and by prior arrangement (approx. 30 minutes in advance), we will be happy to switch on the saunas and steam bath for you at the desired time.*