

SCULPT & RISE

LUXURY PILATES & WELLNESS RETREAT

*"Your Body is Unique,
It deserves Excellence."*

5 DAYS - 4 NIGHTS
CRANS-MONTANA



YOU FIRST.

Just you — the alpine air, the hushed silence, the scent of wood, and the serenity of luxury. A deep reconnection, a grounded posture, a glow reborn.

Five timeless days to listen, realign, and sculpt.
Tailored lessons, regenerative treatments, sound
immersions, and Gastronomy.
A return to self — designed to last.*

Audrey



SCULPT & RISE

DAY 1

- 3:00 pm Check-in & Refreshments
- 4:30 pm Meeting & Intentions with Audrey
- 5:00 pm BALANCE Signature Lesson
- 6:00 pm Fresh juice at the Pool
- 7:30 pm 3-Course Dinner

DAY 2

- 9:00 am SCULPT Signature Lesson
- 10:00 am Continental Breakfast
- 11:00 am Forest Sensory Walk
- 1:00 pm Chef's Picnic
- 4:00 pm Relaxing Massage
- 5:00 pm Recharge at the Spa
- 7:00 pm 3-Course Dinner

DAY 3

- 9:00 pm Continental Breakfast
- 10:00 pm Conscious Hiking
- 12:00 pm BALANCE Signature Lesson at 2200m
- 1:00 pm Lunch at Cabane des Violettes

... ..

PILATES POWER

CLUB



Aïda Hôtel
& Spa

Adults only

SCULPT & RISE ^{then}

DAY 3 ^{then}

- 4:00 pm LISTEN Signature Lesson
- 5:00 pm Collagen & Rejuvenation by Jana
- 7:30 pm 3-Course Dinner

DAY 4

- 9:00 am Continental Breakfast
- 10:00 am Collagen & Rejuvenation by Jana
- 11:00 am SCULPT Signature Lesson
- 1:00 pm Lunch
- 5:00 pm Relaxing Massage
- 5:00 pm Recharge at the Spa
- 7:30 pm 3-Course Dinner
- 8:30 pm Sound Immersion by Louise

DAY 5

- 8:30 am LISTEN Signature Lesson
- 9:30 am Questions & Feedback
- 10:00 am Continental Breakfast
- 12:00 pm Bye-bye Crans-Montana

PILATES POWER

CLUB



Aïda Hôtel
& Spa

Adults only

SIGNATURE LESSONS

LISTEN.

60 min

Learn to slow down, listen to your body and deeply release physical and emotional tensions.

Stretching & Myofascial Release

BALANCE.

60 min

For a stable, mobile and harmonious body, able to move with fluidity, elegance and confidence in everyday life.

Matwork & Pilates

SCULPT.

60 min

Reveal your power by sculpting a body that's toned, aligned and glowing with inner beauty.

Barre & Pilates

PILATES POWER **CLUB**



Audrey

RITUALS

RELAXING MASSAGE

A tailor-made treatment combining the effectiveness of Hormeta products with the expertise of our practitioners. Whether you're looking for purity, radiance, hydration, nutrition, soothing, anti-aging, or all of the above, we can meet your needs and your skin's expectations.

SPA AMENITIES

Immerse yourself in 300m2 of bliss and relaxation.

- Indoor Pool & outdoor (summer only)
- Sauna
- Hammam
- Jacuzzi
- Cheminée
- Resting Area
- Fitness Area



Aïda Hôtel
& Spa

Adults only

ON THE MENU

LE PARTAGE RESTAURANT

In a chic and inviting atmosphere, Chef Gioele Marzola and his crew invite you to savour local and summery dishes.

We offer a sensory journey through seasonal creations influenced by transalpine cuisine.

This experience, combining freedom and refinement, promises a unique gourmet moment.

Specific diet ? The chef is at your service.

YOUR COCOON

OVERLOOKING THE PEAKS

The setting for 18 wooded rooms and suites with the most beautiful mountain expressions.

All have large south-facing terraces.

Spectacular, breathtaking views over the valley and the Swiss Alps.

ONLY FOR YOU

- King-size bed 200x200
- Bath
- Shower
- Lounge area
- Television
- South-facing terrace with view
- Safe deposit box
- Minibar



Aïda Hôtel
& Spa

Adults only

SPECIAL

COLLAGEN & REJUVENATION

A deep, non-invasive treatment, validated by science (NASA & FDA) - to give you a long-lasting glow thanks to red & infrared light.

- Stimulates collagen production,
- Supports your hormonal balance,
- Drains & reduces inflammation,
- Recharges your energy,
- Improves sleep quality.

with JANA D.



GUESTS

SOUND IMMERSION

An introspective and enveloping sound journey, guided by the vibrations of Tibetan bowls — for deep relaxation and full realignment.

- Encourages graceful letting go,
- Calm the mind and reduces stress,
- Harmonizes body and mind,
- Releases energetic blockages,
- Welcomes a grounded serenity.

with LOUISE L.



PRICES

SCULPT & RISE

5 DAYS - 4 NIGHTS

SOLO	CHF. 6'190.-
DUO	CHF. 7'190.-
GROUP	ON REQUEST

- Prices include full board, meals, activities and treatments (excluding drinks).
- Tourist taxes to be paid on site at time of departure.
- Offer subject to availability.

PILATES POWER

CLUB



Aïda Hôtel
& Spa

Adults only