

Kempinski
The Spa

spa menu
massages
& *Treatments*

ENGLISH



Contents

- General information 3
- Packages 4
- Massages 5
- Special massage 6
- Peelings & Packages 7
- Body treatments & Facials 8
- Extras for a glamorous event 10
- Hands & Feet 11
- Special treatments for the man & children 12
- Fitness 13
- Day Spa 14
- Spa Etiquette 15



General information

All yours on 2800 m²

- 31°C (winter), 29°C (summer) heated pool
- Mixed sauna landscape* with bio sauna, herbal sauna, stone sauna, Finnish sauna, steam bath and laconium
- Ladies SPA* with bio sauna, steam bath and aroma grotto
- Solarium
- Quiet areas with numerous amenities
- Fitness centre** with exercising equipment for strength and endurance
- Workout studio with scheduled fitness programs
- Alpine Kneipp Garden

* Access for children from 12 years of age. ** Access for children from 14 years of age.

Opening hours

Winter

Summer

Pool and Fitness	07:30 – 22:00	– 21:00
Mixed sauna	10:00 – 22:00	– 21:00
Ladies Spa	14:00 – 22:00	– 21:00
Beauty and Massage	08:00 – 21:00	– 20:00
Kinder-Zeit	07:30 – 19:00	(for all children up to 12 years of age)
Kinder-Plantschzeit	12:00 – 14:00	(with rubber toys and other toys)

Information and booking

by phone	+41 81 838 30 90
by phone from your hotel room	30 90
by e-mail	info.stmoritz@kempinski.com

Good to know

Early reservation ensures you get your treatment when you want it. The spa team would like to meet you at the spa reception 10 minutes prior to your treatment so that anything requiring attention can be dealt with ahead of time. Up to 12 hours prior to a treatment you may cancel a treatment without incurring any fees – after that time the hotel charges a 90% cancellation fee.

Packages

ST. MORITZ CLASSIC FOR HER, approx. 3 hours, CHF 395

Facial (60 min.), spa manicure or pedicure, full body massage

ST. MORITZ CLASSIC FOR HIM, approx. 3 hours, CHF 395

Maria Galland Men's Facial, pedicure, full body massage

ST. MORITZ ALPINE WARM WRAP approx. 2 hours, CHF 270

Alpine Honey Peeling, herbal steam bath, Alpine stone-mosaic-full body massage

ALPIEN WELL VITAL approx. 90 minutes, CHF 250

Alpine herbal footbath, foot massage, herbal steam bath, full-body massage with warm herbal pads, head and facial massage

ALPIEN RELAX VITAL approx. 90 minutes, CHF 190

full body peeling with Alpine honey, honey & Swiss stone pine bath, head and facial massage

SOGLIO AKTIV approx. 2 hours, CHF 275

Revitalizing bath with rosemary oil, full-body peeling using Gran Alpine grain, stimulating full-body massage with spirea muscle massage oil

FEUERSTEIN - Herbal pads "Engadine" approx. 100 minutes, CHF 260

Foot washing ritual, full-body toning and herbal pad massage, nurturing body pack

FEUERSTEIN - Deep cleansing and skin nourishment approx. 130 minutes, CHF 295

Full-body Feuerstein peeling, full-body toning and oil massage with rock crystals and warm igneous rocks, care packing

The 3 Day-Special

ANTI CELLULITE PACKAGE 6 x 60 minutes, CHF 795

A feeling of lightness is created through the detoxification of a morning lymphatic drainage. In the evening, your body will be ideally nurtured through a combination of anti-cellulite treatments and active Fuhlendorf ingredients.

Massages

PART OR FULL-BODY MASSAGE “CLASSIC”

approx. 25/50 minutes, CHF 80/155

Harmonizing and soothing deep-relaxation full-body massage for an increased feeling of well being and renewed energy.

Partial massage for head and neck or back or legs.

SPORTS MASSAGE

approx. 25/50 minutes, CHF 80/160

Vigorous and revitalizing muscle massage (kneading & manual manipulation). Ideal after any kind of physical activity or stress.

AROMA OIL MASSAGE

approx. 60 minutes, CHF 165

A harmonious combination of gentle massage strokes and relaxing kneading with special oils. Ideal to leave the daily job routine behind.

APRÈS SPORT WITH VITAL EFFECTS

approx. 70 minutes, CHF 195

Ideal after intensive physical activity – vigorous muscle massage (50 minutes) with cooling arnica milk. The gentian-marmot oil wrap (20 min.) is designed for the optimum restorative effect of muscles and joints.

LYMPH DRAINAGE

approx. 50/90 minutes, CHF 155/240

Activation of the lymph flow. Using gentle, rhythmic motions, excess toxins and water are released by the body, resulting in increased immune function.

FOOT REFLEX ZONE MASSAGE

approx. 50 minutes, CHF 155

Through stimulation of the various reflex zones, other targeted areas of the body can be affected. Causes relaxation and allows for innate healing and general well-being. With footbath.

MESSAGE TWIN MASSAGE FOR COUPLES

individual

Experience one of the massages described above together with your partner in our twin-cabin.

Massage specials

KEMPINSKI HIGH ALPINE TREATMENT

approx. 110 minutes, CHF 285

A dream of warm alpine stones combined with a full-body massage releases deep-seated tension. You will experience your body finding the balance through a hand and feet reflex zone massage and feel as your neck relaxes and is flexible again.



WARM HERBAL COMPRESS WITH STEAM BATH

approx. 70 minutes, CHF 185

Enjoy a power of alpine herbs! Full-body massage (50 minutes) with alpine herbal compresses stimulates circulation and gently eases tension.

ALPINE STONE MOSAIC

approx. 60 minutes, CHF 175

The full-body massage (50 min.) The warmth of the slate combines with alpine oils to give your body new radiance as the mosaic pattern of stones leave you with a lasting, healthy feel.

LA STONE MASSAGE

approx. 60/90 minutes, CHF 165/240

Alternating warm and cool stones are gently stroked over your body in fluid, circular patterns. This tingling, warm/cool effect promotes circulation and boosts the body's defence mechanisms.

HOT STONE MASSAGE

approx. 60/90 minutes, CHF 165/240

Warm stones are guided by expert hands to give you vitality and the deepest sense of well being.

LOMI LOMI NUJ

approx. 90 minutes, CHF 240

The queen of massages! This Hawaiian temple massage frees the body, mind and spirit of stress and persistent blockage by applying fluid and soothing motions in combination with warm oil. As a result, you experience long-lasting relief and a feeling of lightness.

BODY SCANNING INDIVIDUAL

60 minutes, CHF 170

90 minutes, CHF 250

A massage as unique as you are! After a one-on-one conversation with your therapist, your specific massage needs will be determined along with a customised therapy that meets your requirements.

Peelings

approx. 30 minutes, CHF 80

ALPINE HONEY PEELING

Natural honey extracts and finely milled crystallised quartz are used to extract the body's toxins and stimulate the immune system.

MARIA GALAND SEA SALT EYE PEELING

Sea salt cleanses the skin and activates the micro circulation. The skin becomes completely smooth. The algae's ingredients tighten the connective tissue.

FEUERSTEIN PEELING

Precious amygdala and olive stones deep-cleanse the skin. The creamy texture made of wheat germ oil and all-natural essence bonds the moisture in the skin.

Body pack

approx. 45 minutes, CHF 115

Wrapped in exquisite ingredients and relaxing on a 37°C heated floating water bed and subsequent treatment. A must for anyone who enjoys total relaxation!

ALPINE SPORT & VITAL

Recover from office stress, tight neck muscles and from strenuous physical activity. Special ingredients provide an immediate feeling of well being.

ALPINE PURIFICATION PACKAGE

Birch and juniper purify and detox the body – orange oil and spelt activate metabolism. The body is cleansed and the tissue tightened.

MARIA GALLAND ALGAE PACK

Algae provides a powerful way for the body to regulate its metabolism and remove excess water, resulting in a refined skin structure.

Body treatment

approx. 60 minutes, CHF 165

Your body is important to you – discover the ways to take your beauty to the next level!

MARIA GALLAND CONTOUR STYLING FOR STOMACH & LEGS OR BUTT & LEGS

Shapes, tightens and firms: A refined «slim-complex» of green coffee extract delivers a dynamic radiance.

MARIA GALLAND TIGHTENING THERMAL MASK

A thermal mask treatment designed to accelerate circulation and the uptake of active ingredients.

FUHLENDORF ANTI CELLULITE TREATMENT

The rhythmic cupping massage «aerates» the tissue and so allows for the optimum removal of waste products. Ultrasonic sound penetrates the tissue without resistance, activating metabolism. It promotes metabolism and tightens the connective tissue.

Facials

FUHLENDORF MICRODERMABRASION*

approx. 90 minutes, CHF 265

In combination with ultrasound and cupping massage. Fine crystals gently yet thoroughly carry away the outer layer of skin cells. This process increases the uptake of vital nutrients from subsequent skin care product applications.

** Inclusive of Fuhlendorf care products at home.*

BASIS FACIAL TREATMENTS

approx. 60 minutes, CHF 165

Skin analysis, cleansing, peeling, mask, facial massage, maintenance

VALMONT DISCOVERY TREATMENT

A relaxing treatment for every skin type – gives you smooth features and refreshes your complexion.

MARIA GALLAND CLASSIC

Basic treatment that cleanses and soothes – your individual treatment concept.

VALMONT COLLAGEN MASK

approx. 40 minutes, CHF 110

Freshen up with pure collagen and take notice of your increased skin firmness and tone.

HOMAGE TO FEMALE BEAUTY

approx. 90 minutes, CHF 230

VALMONT «VITALITY TREATMENT»

This unique, 100% natural collagen mask provides the skin with a natural lift.

MARIA GALLAND «MASQUE THERMAL MASK»

All areas of your facial skin will be nurtured by the highly effective emollients, which penetrate even further into the skin as heat is applied. Optimized for the individuality of your skin. Three variants: Intense moisture, anti age or flawed and sensible skin.

MARIA GALLAND «MASQUE THALASSO»

A cooling, balancing and cleansing mask that draws its inspiration from the treasures of the sea. Experience this wonderful sensation as the waves of moisture flow through your skin.

MARIA GALLAND «PROFILIFT»

The perfect treatment for demanding skin – let yourself be spoiled by the cocoon of foam and exquisite elixirs. And feel how precisely the moisture loss of your skin is corrected.

VALMONT «INTENSIV DERMO TREATMENT»

Your skin is extremely sensitive and susceptible to redness and irritation. This SOS treatment in combination with a 100% natural collagen mask balances and revitalises the skin for a calming, soothing effect.

VALMONT «OXYGENATION & PURITY TREATMENT»

Deep cleansing and refreshing – ideal for stressed, combination-skin types that are seeking intensive, stimulating treatment!

FEUERSTEIN FACIAL TREATMENT

Your skin is lastingly regenerated and nourished with natural ingredients. Inclusive of rock crystal facial massage.

MARIA GALLAND «SYSTÈME DERMATOLOGIQUE»

Assists the skin in helping itself! This dermo-cosmetic care system supports the regeneration process of the skin, provides active stimuli and significantly increases the skin's cell renewal rate – paraben, paraffin and colourant free.

DELUXE – THE ULTIMATE TREATMENT

approx. 110 minutes, CHF 315

Precious, velvety and highly concentrated textures are being used in this special experience. For all who want to treat their skin to this special luxury.

VALMONT “VITALITY OF THE GLACIERS”

The manually processed products of the “L’Elixir des glaciers” line are made with biological live-cells and pure glacier water. They make your skin radiant with vitality, smoother, stronger and firmer (inclusive of a natural collagen mask).

MARIA GALAND “ART DE PEAU HYDRA LUXE”

This treatment produces an all-round lifting effect by adding nutrients in a very tailored fashion. The reactivating caviare collagen fleece mask stimulates the renewal of cells, achieving a breathtaking result.

Your radiant eyes

approx. 40 minutes, CHF 90

VALMONT COLLAGEN MASK “YEUX”

Moisturising, tightening, delumescencing – including an eye collagen mask for use at home.

MARIA GALLAND “SOIN MASQUE MODELANT YEUX”

Cooling, alleviates wrinkles and circumorbital rings. *Inclusive of Aktivkonzentrat 99 for use at home.*

Extras for glamorous events

DAY-MAKE-UP 30 min. CHF 40

EVENING-MAKE-UP 40 min. CHF 70

SHAPING OF EYEBROWS CHF 17

COLOURING EYELASHES OR EYEBROWS CHF 20

COLOURING EYELASHES AND EYEBROWS CHF 40

COLOURING AND SHAPING EYELASHES AND EYEBROWS CHF 50

Hands and feet

Highlight your personality with beautiful hands. Your feet deserve special attention too as they carry you all day.

CHANGE OF NAIL POLISH CLASSIK approx. 20 minutes, CHF 20

CHANGE OF NAIL POLISH FRENCH approx. 35 minutes, CHF 35

MANICURE approx. 45 minutes, CHF 95

Shaping of nails, cuticle treatment and correction, final care and treatment

SPA MANICURE approx. 70 minutes, CHF 150

Shaping of nails, special oil for the treatment of nails and skin, hand massage, cuticle treatment and correction, polishing, nail polish classic

PARAFFIN BATH approx. 30 minutes, CHF 75

Peeling, serum and hand massage

SPA PEDICURE approx. 60 minutes, CHF 150

Foot bath, shaping of nails, callus removal, special oil for treatment and care, foot massage, nail polish classic

CHIROPODY approx. 60 minutes, CHF 160

Our specialists treat callus, clavus and other feet problems.

Epilation using wax

Hot wax epilation prevents fine hair to grow after approx. 3 – 4 weeks only.

LEGS HALF 30 minutes, CHF 60

LEGS FULL 40 minutes, CHF 85

BIKINI ZONE (not complete waxing) 30 minutes, CHF 45

LEGS HALF AND BIKINI ZONE 85 minutes, CHF 90

ARMPITS 10 min. CHF 25

LEGS FULL, BIKINI ZONE AND ARMPITS 90 minutes, CHF 145

UPPER LIPS AND CHINE 10 minutes, CHF 20

Men at the “pole position”

Perfect performance for the perfect looks with the care products Maria Galland «Homme». Please arrive freshly shaved for best results.

45 MIN “SHORT CARE” CHF 110

Head massage, cleansing mask, maintenance

60 MIN “CARE” CHF 165

Head and face massage, peeling, cleansing and mask as well as final care and treatment

90 MIN “INTENSIVE CARE” CHF 230

Head, neck and face massage, peeling, deep cleansing and special mask as well as final care and treatment

SPECIAL TREATMENT

COOL DOWN

approx. 120 minutes, CHF 270

Full-body massage with marmot oil, manicure (30 minutes), alpine sport & vital pack
Releases tense muscles caused through office work.

Extras

SHAPING OF EYEBROWS CHF 17

COLOURING EYELASHES OR EYEBROWS CHF 20

COLOURING AND SHAPING EYELASHES AND EYEBROWS CHF 50

SPA PEDICURE WITHOUT NAIL POLISH 50 minutes, CHF 145

Foot bath, shaping of nails, callus removal, special oil for treatment and care, foot massage

EPILATION USING WAX

Chest or back 25 min., CHF 55

Chest or back 45 min., CHF 100

Kids time

KIDS MASSAGE (5 – 12 YEARS)

approx. 20 minutes, CHF 50

The gentle massage and the particularly soft honey-camomile baby and children oil have a very calming effect.

Fitness Centre *with a view*

WHATEVER YOU NEED TO STAY IN SHAPE

Enjoy the feeling of doing something good for your body. Take advantage of our many relaxation opportunities in our panoramic fitness centre for recuperation or for preparing your body for an exciting vacation day. Please inquire about the current course schedule at the spa reception desk.

Personal training

Our fitness trainers will work with you to create an individualized training programme. Treat yourself to a private one-hour training session with a personal trainer who matches your goals and abilities.

60 MINUTES

1 PERSON / 2 PERSONS CHF 110 / CHF 170

3 X 60 MINUTES

1 PERSON / 2 PERSONS CHF 270 / CHF 460

Solarium Ergoline

10 MINUTES CHF 10

15 MINUTES CHF 15

20 MINUTES CHF 20

25 MINUTES CHF 25

PLEASE NOTE

Proper fitness attire and clean training shoes are required in the fitness centre.

The fitness centre may be used by persons from the age of 14 years.



Day Spa

The Day SPA covers the entrance fee to the sauna landscape, pool and fitness centre, water from the Mauritius spring, herbal teas and refreshing fruits.

FOR HOTEL RESIDENTS		free of charge
GUESTS OF HOTEL RESIDENTS		CHF 50
DAY ENTRANCE FEE 1 ADULT as available	Winter 07:30 – 22:00 Summer 07:30 – 21:00	CHF 75
KOMBINIERT MIT EINER BEHANDLUNG		CHF 45
HAPPY HOUR 1 ADULT as available	12:00 – 15:00 Winter 19:00 – 22:00 Summer 19:00 – 21:00	CHF 50
10 DAY ENTRANCE FEES ADULT		CHF 550
ENTRANCE FEE CHILD 3–12 YEARS OF AGE when accompanied by an adult, as available	07:30 – 19:00	CHF 45

Scheduled programmes

Indoor: Yoga, stretching, Pilates, body forming, deep relaxation and much more

Outdoor: Walking, Nordic Walking, Jogging and much more

WORKOUT CLASSES	(according to course schedule)	CHF 20
FOR HOTEL RESIDENTS		free of charge

The High Alpine SPA-Club

Become a club member! Please inquire about a club membership at the spa reception desk.

Spa Etiquette

The spa area is a place of rest and relaxation. Please respect our guests' desire for peace and privacy or to enjoy the moments of quietness and silence and speak in a soft voice.

Please do not use mobile phones, cameras or any other technical equipment in any part of the spa. Smoking and alcohol is not allowed in any part of the spa.

You can use a locker for the duration of your spa visit, however we recommend to leave jewellery and other valuables in your hotel room safe. The spa assumes no liability for any valuables.

RESERVATION

Please make early reservations so that we always can meet your preferred schedule and desired treatments. This applies in particular if you wish to make several appointments for spa treatments while staying at the hotel. We are happy to offer treatments without appointments when available. Please dial -3090 from your room phone if you wish to make reservations from your hotel room. Please let us know any special wishes, focal points, preferences or concerns you may have – your concerns are important to us.

SPA EXPERIENCE

To ensure a perfect spa experience and optimum results from spa treatments we recommend to get ready for your treatment 30 minutes ahead of the appointment made. Enjoy the inviting wellness area with pool, relaxation rooms and sun terrace, various saunas, steam bath, solarium and fitness room. Naturally, there are towels, bathrobe and slippers available while staying at the spa. To maintain proper privacy, you will always be sufficiently covered during treatments.

PREGNANCY

Please give the therapists an opportunity to recommend the appropriate treatments during your pregnancy. We recommend to consult your doctor prior to a spa visit.

HEALTH ISSUES

We kindly ask you to please inform us about any health issues and ailments you may have, such as allergies, accidents, injuries or other issues so that we can assure your well being, prevent risks and are able to match treatments to your individual needs.

MINIMUM AGE

The minimum age for using the sauna is 12 years and for using the fitness centre is 14 years. Please be advised that guests below the age of 12 must be supervised by an adult when using the swimming pool.

SAUNA AREA

The sauna area is a garment-free zone for men and women. Please use a towel to sit on.

GIFT VOUCHERS

Available at reception. Please ask for details.

CANCELLATION AND CHANGE OF APPOINTMENTS

Please cancel your appointment at least 12 hours prior to your scheduled time as otherwise we have to change you 90% of the treatment fee.

LATE ARRIVALS

Please note that a late arrival for a treatment may cause a shorter treatment period at full rates so that we can properly serve guests book after your treatment.

HAIR SALON

The spa reception is happy to make an appointment with an outside hair dresser that will visit you in the spa.

DRINKS AND SNACKS

Please ask the spa reception for a menu to perfectly round off your wellness experience. Drinks and snacks are only served in the lounge area.





Kempinski
Grand Hotel des Bains

ST. MORITZ

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