

WELCOME TO PALACE WELLNESS

Dear Guests

Welcome to Palace Wellness, an Engadin haven with a vast array of facilities designed to enhance your state of wellbeing. There is something for everyone ranging from outdoor sporting activities, care and play areas for children, restaurant, gift shop, fitness centre, complete spa and pool facility, yoga, therapeutic treatments, advanced beauty systems, hairdressing and barber services. We have combined our wellness concepts and services using the best in specialised products and ingredients.

Our Palace Wellness team looks forward to welcoming and assisting you with all your wellness needs and wishes.



Martha Wiedemann
Wellness Advisor & Badrutt's Palace Associate Director

Daily opening times

TREATMENT CENTRE – EXT 2851
11.00 a.m. – 8.00 p.m.

PALACE SPA – EXT 2850
8.00 a.m. – 8.00 p.m.

POOL AND FITNESS – EXT 2850
8.00 a.m. – 8.00 p.m.

CONTENT

INTRODUCTION

ETIQUETTE	08
PALACE SPA	09
FACILITIES	10

WELLNESS OFFERS

MASSAGES THERAPIES	12	AESTHETICS	21
BALANCING THERAPIES	14	PALACE COIFFEUR AND BARBER	22
DETOXIFY AND REVITALISE	15	FITNESS – BODY AND MIND	24
FACIAL TREATMENTS	16	KIDS CARE, FUN AND PLAY	25
SPA SUITES	19		
HANDS AND FEET	20		

All prices are listed in CHF inclusive of satutory VAT.

Introduction

ETIQUETTE

RESPECTING THE PEACE

We kindly ask for your cooperation with respecting the desire for tranquility within Palace Wellness. Restful zones are located on the left side of the pool area. Active zones are located on the right side of the pool area.

ADULTS ONLY

Palace Spa/Wet Zone and Fitness Centre are adult only zones (age permission above 16 years).

ATTIRE

For your convenience you may arrive at Palace Wellness wearing your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings. Wardrobes with safes are also available upon request. The Palace Spa/Wet Zone is the only clothing optional zone within Palace Wellness. Sports attire and sport shoes are a requirement within the Fitness Centre. Outdoor footwear is not permitted in the Palace Spa/Wet Zone and indoor pool areas.

POLICIES AND ADVICE

Each body is unique in age, fitness, size and weight. Although we have guidelines for use of the therapies, we urge you to pay attention to your own health condition. Please consult your medical practitioner for advice on what stimulating or heat therapies, massages and treatments are suitable for you prior to using our facilities. Pregnancy, varicose veins, high blood pressure, the use of some medication, infections including colds and flu, fever and even sensitive skin are some of the conditions which are contraindicative to the use of saunas, steam baths and stimulating therapies.

Please note that we require 24 hours' notice for changing or cancelling any bookings for services provided by Palace Wellness. Without this prior notification a full charge of the service will be imposed. We thank you for your kind understanding as this allows us to better service the demands of scheduled appointments for our guests.

PALACE SPA

SUGGESTIONS ON HOW TO SPA

Keep hydrated by drinking sufficient water before and during therapies.

Commence with a warm massage shower to clean, hydrate, stimulate and promote circulation.

Sauna promotes circulation and relaxes the muscles without causing sweating.

Salt steam is best to treat clogged pores, problem skin and to cleanse and detoxify through sweating.

Aroma steam is most suited to clear the respiratory system, cleanse and detoxify through sweating.

Taking a cool Rain Shower cleanses the skin of toxin residue after heat therapies.

The Mist Room produces a light cold mist to settle on your skin for cooling and closing the pores. Alternatively, crushed ice from the ice room may be applied directly onto your skin for the same effect.

Rest on the warm stone bench between stimulating therapies.

The Relax Room provides an atmosphere for the necessary rest as a conclusion.

Mixed gender and adults only:
Clothing optional zone

Massage Shower

Ladies only Sauna
55 °C/55% (15–20 min.)

Mixed Sauna
85 °C/10–20% (10–15 min.)

Salt Steam Room
40 °C/100% (20–30 min.)

Aroma Steam Room
45 °C/100% (20–40 min.)

Rain Shower

Mist Room

Ice Room

FACILITIES

INDOOR

Wellness Reception
Garderobe with Personal Safes
Gift Shop
Restaurant La Diala
Pool and Diving Rock
Indoor Jacuzzi
Fitness Centre
Kids Club Palazzino
Outdoor sports Change rooms
Male & Female Change rooms
Ladies & Gents WC
Disabled WC
Palace Spa/Wet zone
Relaxation Lounge
Yoga Studio
Palace Coiffeur

TREATMENT CENTER

Reception
Hair & Beauty Spa
Iris Spa Suite
Veronica Spa Suite
Solarium
Manicure Room
Pedi Spa
5 Additional Treatment Rooms
Waiting Area
Relax Area
Alpine Garden

OUTDOOR

Garden
Outdoor Pool
Tennis Courts
Ice Rink
Multi Sports Court
Kids Playground
Sun Deck
Restaurant Deck

Wellness Offers

MASSAGES THERAPIES

RELAXATION MASSAGE

A complete body massage designed to relieve tension, promote circulation and relax the nervous system.

50 minutes	200.00
80 minutes	250.00

LYMPHATIC DRAINAGE MASSAGE

A light massage technique aimed to eliminate fluid retention and toxins through the lymphatic system.

50 minutes	170.00
80 minutes	230.00

REFLEXOLOGY

The application of pressure on specific points of the feet taps into various areas of the body to help promote the natural function of the organs and systems in the body. Loose clothing can be worn during this treatment.

50 minutes	150.00
------------------	--------

AROMA ALPINE MASSAGE

A warm and calming aromatherapy massage aimed to decongest and clear the system using a special blend of alpine essential oils with stimulating antiseptic qualities. Not suitable during pregnancy or breast-feeding.

50 minutes	210.00
80 minutes	260.00

DEEP TISSUE MASSAGE

This deep and penetrating muscular massage works on loosening general stiffness and congestion from the body.

50 minutes	230.00
80 minutes	280.00

APRÈS-SKI / APRÈS-SPORT MASSAGE

A massage technique aimed to reduce muscle fatigue brought about by its overuse and strain. Using a herbal oil it aids to strengthen and rejuvenate the muscles whilst improving mobility.

50 minutes	220.00
80 minutes	270.00

THERAPEUTIC MASSAGE

Beneficial for those suffering from muscle tension, restriction of movement brought about by either poor posture or misalignment of the physical body. It commences with specific breathing and stretches to assist in loosening the body. A series of therapeutic massage techniques then follows to bring relief whilst improving mobility and balance.

40 minutes	190.00
80 minutes	340.00

THAI MASSAGE

To align the body; this method works the body into a series of yoga like stretches, muscle compression, joint mobilisation and acupressure. Loose clothing should be worn during this treatment.

50 minutes	190.00
80 minutes	240.00

BALANCING THERAPIES

STRESS RELIEF IMMUNE BOOSTER THERAPY

This massage aims to de-stress, instil balance and strengthen the natural functions of the immun system. It activates the internal system to dispel toxins whilst opening the energy flow within. The deep rhythmic massage movements along with calming vibrations of Tibetan singing bowls are highly effective at returning the mind and body into a unified state if calm.

80 minutes 280.00

SHIRODHARA

A traditional Ayurvedic treatment designed to treat the neurological system and to regulate the mind. The repetitive hypnotic flow of oil over the forehead and 6th Chakra aim to instil peace and tranquillity. We advise that you refrain for any stimulating mental activity for at least an hour after this treatment.

Shirodhara with massage (80 minutes) 340.00

Shirodhara (40 minutes) 140.00

GUIDED MEDITATION

Take a journey within and connect to your inner being. Our coach will assist you using breathing techniques and visualisation to help reduce either physical, mental or emotional stresses. Use meditation to strengthen the power within you to heal yourself.

50 minutes 100.00

YOGA

Explore the art of Yoga bringing into union your mind, body and spirit. Discover the pathway to wellbeing by engaging your entire self into a single focus. For beginners, medium or advance levels.

50 minutes 150.00

PRANAYAMA

Explore the benefits of Yogic breathing techniques, which help to reduce stress, anxiety and increase the supply of life force and energy throughout the system. The regular practice of Pranayama is said to have the power to dissipate the manifestation of disease and stimulate the healing process.

20 minutes 50.00

REVIVE AND RESTORE

This holistic treatment for the face, scalp and body is ideal for those suffering from jetlag, tiredness, lethargy, dry and devitalised skin. It commences with an energising body massage, which promotes circulation and activates the lymphatic system, followed by a nourishing facial treatment using rich organic oils and concludes with a scalp massage. The process aims to revive and energize the system whilst restoring wellness and glow back to the skin.

110 minutes 420.00

DETOXIFY AND REVITALISE

DETOX AND BODY SHAPING

This highly effective treatment reshapes the body and energises the system. It is designed to breakdown fatty tissue and toxins using several detoxifying ingredients such as Algae. The process also opens the channels to facilitate the elimination of toxins and fluid retention. This treatment is recommended for immediate weight loss results and general body purification.

100 minutes 450.00

BODY EXFOLIATE

This exfoliating treatment uses a floral blend of Alpine salt crystals to remove the dead cells and polish the skin. It concludes with an application of rich nourishing ingredients to give the skin a satiny smooth finish.

80 minutes 280.00

BODY LIFT CVS

Recommended as a post weight loss treatment to firm up and tone the distended tissues. The treatment commences with a deep exfoliation using a sparkling cocktail of microcrystalline algae, silk extracts and natural amino acid. The system breathes new life into the skin to absorb a moisturizing and protective complex applied by a Bio-Reflex massage. As a result, the skin's texture is improved. Contours of body and décolleté are re-shaped and toned.

100 minutes 340.00

PURIFYING BACK SKIN

This detoxifying skin treatment purifies clogged pores on the back and neck area. It concludes with a neck and shoulder massage to further drain toxins through the lymphatic system.

50 minutes 180.00

FACIAL TREATMENTS

PERSONALISED FACIAL by *Biologique Recherche*

Each skin is unique often with varying imbalances and weaknesses in its different zones. With this in mind, our trained professionals will individualise the treatment of your skin according to its specific needs. This bespoke facial is best suited for those with varying skin conditions such as premature aging, hyper sensitivity, undernourishment or problems with impurities. Professional systems, machines, booster serums and specialised products from Biologique Recherche are used to target and treat the entire quality of the skin.

80 minutes	400.00
110 minutes	550.00

REGENERATING VERNIX FACIAL by *Biologique Recherche*

Facial treatment for sensitive, deficient, stressed skin using a recreated Vernix formula. This boosts the repair of damaged skin, optimizes hydration and accelerates epidermal reconstruction and regeneration.

50 minutes	250.00
80 minutes	310.00

TRIPLE LIFT FACIAL by *Biologique Recherche*

A specially designed facial treatment to lift, tone, refine and plump the skin, which has lost firmness and strength. This 120-minute process also helps to stimulate the epidermis' natural defence system and thus maintains the skin's youth capital.

120 minutes	450.00
-------------------	--------

SECOND SKIN FACIAL by *Biologique Recherche*

A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and treat signs of aging. It is an intense, regenerating treatment that, thanks to its action on the extracellular matrix, also accelerates the healing process. As an initial program, we recommend 3 sessions in 1 week for optimum results.

80 minutes	430.00
------------------	--------

BOOSTER VIP O2 FACIAL by *Biologique Recherche*

This is a detoxifying, anti-pollution facial treatment designed to clear the skin of impurities. The micro-massaging treatment, combined with Chlorella Sorokiniana microalgae, will stimulate the epidermis to re-oxygenate the cutaneous tissue.

The crackling felt during the treatment will interact with the formula to create exceptional results. The booster VIP O2 revitalizes and boosts the complexion. It improves the "soft focus", to add brightness and radiance to the face.

80 minutes	320.00
------------------	--------

SKIN INSTANT LAB by *Biologique Recherche*

A revolutionary device used to scan and identify the current condition and requirements of the skin. This unique analysis is the first stage in the Biologique Recherche's skin diagnosis.

20 minutes	45.00
------------------	-------

24 HOUR BEAUTIFY by *Biologique Recherche*

An ideal 24 hour skin care experience which commences with the Skin Instant Lab followed by a prescription facial routine and concludes with a home care kit of 3 products to be used specifically within 24 hours. This facial routine aims to improve the texture and glow to the skin.

50 minutes	220.00
------------------	--------

7 DAY CLEANSE AND RENEWAL

DAY 1 – Detoxifying Facial

DAY 2 – Lymphatic Drainage

DAY 3 – CRYO 3R Facial

DAY 4 – Body Buff

DAY 5 – Hands & Feet Care

DAY 6 – Energizing Massage

DAY 7 – Glow on the Go Facial

1 week	1300.00
--------------	---------

SHODEEA'S SKIN CODE FACIAL

For skin which has become sensitive and prone to damage. It aims to calm, heal and strengthen the deeper layers of the skin by providing it with necessary nutrients. Shodeea's skin code works on restoring the proper function of the dermal layers using organic oils which have been sourced from seeds of plants with nutritive and healing properties.

50 minutes 210.00

OXYGEN FACIAL by Intraceuticals

Oxygen under light pressure aids in the delivery of rejuvenating, age defying serums to the skin. This instantly hydrates, firms and reduces the appearance of fine lines and wrinkles which improves facial contours and its overall radiance.

1 Serum – 50 minutes..... 400.00

1 Serum (additional cleansing) – 80 minutes 500.00

2 Serums – 80 minutes 550.00

Course – 6 treatments including home care kit 2400.00

REVIVE AND RESTORE

This holistic treatment for the face, scalp and body is ideal for those suffering from jetlag, tiredness, lethargy, dry and devitalised skin. It commences with an energising body massage, which promotes circulation and activates the lymphatic system, followed by a nourishing facial treatment using rich organic oils and concludes with a scalp massage. The process aims to revive and energize the system whilst restoring wellness and glow back to the skin.

110 minutes 420.00

SPA SUITES

VERONICA SUITE – CAVE THEME

Facilities include double Jacuzzi, steam room, double shower and WC, two treatment beds. Light refreshments and amenities offered. Treatments can be booked at additional charge.

3 hours (Suite occupancy) 550.00

IRIS SUITE – GARDEN THEME

Facilities include private garden, double Jacuzzi, soft sauna, shower, WC with bidet, two treatment beds (large and medium), double relax lounge, beauty and hairdressing station. Light refreshments and amenities offered. Treatments can be booked at additional charge.

3 hours (Suite occupancy)..... 760.00

HAIR AND BEAUTY SPA

Enjoy the luxury and privacy of this room ideal for consultations, hair and beauty services. Advance booking and upon availability.

HANDS AND FEET

MANICURE – A COMPLETE HAND CARE

40 minutes (nude nails)	90.00
50 minutes (standard polish)	100.00

MANI – JUST POLISH

30 minutes (standard polish)	50.00
40 minutes (French polish)	60.00

SEMI-PERMANENT NAIL LACQUER

80 minutes (dry manicure with semi-permanent)	180.00
90 minutes (dry pedicure with semi-permanent)	200.00

PEDICURE – A COMPLETE FOOT CARE

70 minutes (nude nails)	150.00
80 minutes (standard polish)	160.00

PEDI – JUST POLISH

40 minutes (standard polish)	60.00
50 minutes (French polish)	70.00

JUST NAILS

Clean, shape and trim nails and cuticles. 20 minutes	40.00
---	-------

AESTHETICS

MAKEUP

Trial makeup with consultation per hour	80.00
Makeup	150.00
Special Event Makeup	210.00

LASH AND BROW

Eyelash tint	60.00
Eyebrow tint	50.00
Lash and brow tint	90.00

SOLARIUM

15 minutes	55.00
20 minutes	60.00

EPILATION

Half leg	80.00
Full leg	120.00
Bikini	100.00
Brazilian	130.00
Under arms	60.00
Upper lip	40.00
Eyebrows	50.00
Arms	80.00

GENTLEMEN'S EPILATION

Per 20 minutes	80.00
----------------------	-------

PALACE COIFFEUR AND BARBER

HAIR WASH AND BLOW-DRY

Short (ear length)	70.00
Medium (shoulder length)	90.00
Long (past shoulder length)	110.00
Long with extensions	150.00
Additional styling time of 15 minutes	30.00

WASH AND HAND HAIR DRY	70.00
------------------------------	-------

HAIR TRIM	50.00
-----------------	-------

HAIR CUT	90.00
----------------	-------

UP STYLES AND SETS (Not including wash and blow-dry)

Chignon	90.00
Elaborate	160.00

EVENTS AND WEDDINGS

Trial with consultation per hour	80.00
Wedding Hair Styling	230.00

REFRESH CLEAN HAIR

Dry Short (ear length)	50.00
Dry Medium (shoulder length)	55.00
Dry Long (past shoulder length)	60.00
Wet Short (ear length)	60.00
Wet Medium (shoulder length)	80.00
Wet Long (past shoulder length)	100.00

KIDS (UNDER 10 YEARS)

Hair cut	50.00
Blow-Dry	30.00

HAIR COLOUR

New 100 % Natural Colour	140.00 – 180.00
Colour Care – Roots regrowth	120.00
Intense Reflex – Shades	70.00
Reflex – Touch up colour	45.00
Highlights	180.00
Natural Henna Colour Program	140.00
Own Colour Application	100.00

SCALP AND HAIR TREATMENTS

For hair and scalp disorders	100.00
------------------------------------	--------

BARBER SERVICES

Hair Wash, Cut and Style	90.00
Hair Wash and Style	30.00
Beard Trim	30.00
Beard Clean Shave	50.00
Beard Wash, deep hydration	35.00

FITNESS – BODY AND MIND

PERSONAL TRAINING

Get ready for the new and improved you. Our specialist fitness trainer and coach designs and takes you through an individualised workout program to help you get the fitness and body you want.

50 minutes	150.00
80 minutes	180.00

TENNIS

Adult Lesson – 50 minutes	100.00
Adult 5 Private lessons	450.00
Juniors Lesson – 50 minutes	85.00
Juniors 5 Private lessons	340.00
Racket Rental	10.00

ICE RINK

Ice Skating lessons – 30 minutes	60.00
Ice Skate Rental per person	15.00
Hockey Equipment Rental per person	30.00
Curling per person	50.00

GUIDED MEDITATION

Take a journey within and connect to your inner being. Our coach will assist you using breathing techniques and visualisation to help reduce either physical, mental or emotional stresses. Use meditation to strengthen the power within you to heal yourself.

50 minutes	100.00
------------------	--------

YOGA LESSON

Explore the art of Yoga bringing into union your mind, body and spirit. Discover the pathway to wellbeing by engaging your entire self into a single focus. For beginners, medium or advanced levels.

50 minutes	150.00
80 minutes with Meditation	180.00

PRIVATE EXERCISE LESSONS

Pilates, Aerobics, Nordic Walking and Swimming

50 minutes	150.00
------------------	--------

KIDS CARE, FUN AND PLAY

KIDS CLUB PALAZZINO

We offer bright, cheerful, expansive indoor and outdoor facilities for the pleasure of our young clients.

Supervision is provided in the Kids Club Palazzino for children aged 3 to 12 years old. Complimentary for hotel guests.

Charges apply for external guests. 9.30 a.m. – 7.00 p.m. daily

KIDS YOGA (AGES 6–12)

This specially designed yoga program for our young clients includes a sense of play.

40 minutes (Private)	90.00
40 minutes (Group)	25.00

KIDS MASSAGE (AGES 6–12)

A therapeutic massage just for kids aimed at supporting healthy growth performed by our experienced female therapists using organic oils.

20 minutes	90.00
------------------	-------

KIDS COIFFEUR (UNDER 10 YEARS)

Hair cut	50.00
Blow-Dry	30.00



BADRUTT'S PALACE
ST. MORITZ SWITZERLAND

Telephone: +41 (0)81 837 1000, Reservations: +41 (0)81 837 2851, wellness@badruttspalace.com