PALACE WELLNESS

BADRUTT'S PALACE ST.MORITZ

DAILY OPENING TIMES

TREATMENT CENTRE
10.00 am – 8.00 pm

PALACE SPA
8.00 am – 8.00 pm

POOL
8.00 am – 8.00 pm

FITNESS
24 hours

CONTACT DETAILS

PALACE WELLNESS
Via Serlas 27
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Switzerland

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*ALL PRICES LISTED IN CHF AND INCLUDE VAT
**FOR COIFFEUR AND BARBER SERVICES PLEASE REFER TO THE PALACE COIFFEUR MENU

INTRODUCTION

PALACE SPA

SUGGESTIONS ON HOW TO SPA

Keep hydrated by drinking sufficient amounts of water before, during and after your Spa & Wellness experience.

Commence with a refreshing shower to clean, lower body temperature and stimulate circulation.

Sauna promotes circulation, improves metabolism and relaxes the muscles.

Salt Steam improves breathing, detoxifies the body, heals the skin and relaxes the mind.

Aroma Steam clears the respiratory system, relaxes the body and mind, improves circulation, diminishes water retention, detoxifies and prepares the skin to receive further treatments.

Taking a refreshingly cold **Rain Shower** revitalises body and mind, and cleanses the skin of toxin residue after the heat experiences.

The **Mist Room** produces a light cooling mist to revive body and mind. Alternatively crushed ice from the **Ice Fountain** may be applied directly onto the skin for a cooling, toning and firming effect.

Rest on the **warm stone bench** between stimulating therapies.

The **Relaxation Room** provides an atmosphere of peace and tranquillity with refreshments.

The following facilities are quiet, mixed-gender and adults-only zones. Clothing is optional.

Experience Shower

Ladies only Sauna

Massage Shower

Ladies only Sauna
55 °C / 55 % (10 – 20 min.)

Mixed Sauna
85 °C / 10 – 20 % (6 – 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

ETIQUETTE

RESPECTING THE PEACE

We kindly ask for your cooperation by respecting the desire for tranquillity 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.

Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you keeping your mobile phone on silent mode.

ADULTS ONLY

The Palace Wellness heat experiences and the Fitness Centre are Adults-only spaces. The minimum age to access is 16.

ATTIRE

For your convenience you may arrive at Palace Wellness wearing the 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 and structure. Although we provide guidelines for the use of the Spa services, we highly recommend that each individual pay extra care and attention to their own health condition. Please consult your physician for advice regarding which stimulating or heat experiences, massages and treatments are suitable for you, prior to using our facilities and services. Pregnancy, breast feeding, varicose veins, cancer, heart conditions, recent surgery, trauma or fraction, high / low 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, jacuzzi, Spa treatments and body massages.

CANCELLATION POLICY

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 applied. We thank you for your kind understanding, as this allows us to better service the demands of scheduled appointments for our guests.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables in the safe provided or in your hotel room during your visit.

PALACE WELLNESS GIFT VOUCHERS

Vouchers to the Spa are the perfect gift for a special occasion. You can purchase these online at https://shop.tac.eu.com/badrutts/shop/ or in person at the Spa Reception. Gift Vouchers are valid for 24 months, are nonrefundable, cannot be exchanged for cash and must be presented upon redemption.

FACILITIES

TREATMENT CENTER

Beauty Spa
Iris Spa Suite
Veronica Spa Suite
Multifunctional Treatment
Manicure & Pedicure Cabins

Relaxation Area
Alpine Garden

INDOOR

Restaurant La Diala
Fitness Centre
Palace Spa / Wet Zone
Heat Experiences
Indoor Pool with Diving Rock
Indoor Jacuzzi
Relaxation Lounge
Body and Mind Studio
Gift Shop
Palazzino Kid's Club
Male & Female Changing Rooms

OUTDOOR

Outdoor Vitality Pool with Hydrojets
Tennis Court
Padel Court
Ice Rink
Kids Playground

THE PALACE WELLNESS COLLECTION

FACIAL AND BODY COLLECTION by Dr Burgener Switzerland

THE REPAIRING GOLD AND G-CAVIAR FACIAL

by Dr Burgener Switzerland

Using the latest technology in skin care, this treatment suits skin that is particularly in need of a regenerative boost. Ultrasound waves penetrate on a cellular level and are accompanied by an intense dose of green caviar, as well as extracted pearls from Okinawa Island which are combined with the antioxidant power of gold trace elements to repair and revamp the skin.

80 minutes ..... CHF 490.00

RESTRUCTURING COLLAGEN FACIAL

by Dr Burgener Switzerland

Stimulating the skin from the inside out, ultrasound waves will boost the natural collagen and elastin production. A firmer, smoother and more uniform complexion is then obtained through the repairing effect of the Collagen Mask, made by biotechnology, as well as the firming effect of the acacia collagen cream.

80 minutes ..... CHF 490.00

ANTIOXIDANT BRIGHTENING FACIAL WITH PEARLS OF VITAMIN C

by Dr Burgener Switzerland

This facial uses pearls of pure Vitamin C, glycolic acid and fruit acids to reduce pigmentation and harmonize your skin tone, with a boost of radiance. The soft peeling it induces will help the first skin layers regenerate and fine wrinkles fade. The oxidative power of the products used will contribute to protecting your skin from radicals.

50 minutes ..... CHF 375.00

NOURISHING FACIAL

by Dr Burgener Switzerland

From the Swiss Alps, our soothing and nourishing honey is extracted directly from the hive. This facial commences with a deep cleansing and exfoliation using a black-pearl, face-peeling element. A rejuvenating massage, followed by an application of a nourishing rich serum and essential oils, will combat the signs of aging. Your skin feels nourished, hydrated and signs of aging are diminished.

50 minutes ..... CHF 325.00

EXPRESS FACIAL - QUICK GLOW

by Dr Burgener Switzerland

Our express facial offers a condensed version of a comprehensive treatment in a significantly shorter duration. It is tailored to address the specific concerns of each guest and can be adjusted to accommodate all skin types.

30 minutes ..... CHF 190.00

BODY EXFOLIATING PERFECT SKIN

by Dr Burgener Switzerland

Suitable for all skin types, even the most sensitive, this treatment removes impurities and is perfect for stimulating blood circulation and firming the skin. The polyphenol contained in the grape combats free radicals.

40 minutes ..... CHF 165.00

80 minutes with massage ..... CHF 310.00

DETOX SWISS SALTS AND ALGAE RITUAL

by Dr Burgener Switzerland

This treatment begins with a full-body exfoliation using our therapeutic Purifying Swiss Alps Salts drawn from the Swiss Aletsch Glacier. Rich in essential minerals, these salts help reduce water retention and stimulate blood circulation. The exfoliation is followed by a Detoxifying and Purifying Fucus Algae Remineralizing Wrap. This refined blend of fresh Fucus and Lithothamnium algae promotes effective drainage and delivers deep remineralization and revitalization to the body. To complete the ritual, a massage using our Precious Body Oil, enriched with the Fit Body Booster, melts away tension while helping to eliminate toxins and restore overall balance.

80 minutes ..... CHF 370.00

110 minutes ..... CHF 470.00

ADD-ON-SERVICES *by Dr Burgener Switzerland*

HYDRA FILLER MASK

The fine structure of the bio-cellulose mask, obtained by the natural fermentation of coconut water, provides a feeling of a second skin, and delicately deposits the active serum on the skin. The moisturizing effect of hyaluronic acid and collagen offers the skin a rejuvenating moment. The skin thus regains a fresh complexion full of softness.

..... CHF 135.00

ANTI-PUFFINESS AND DARK CIRCLES EYE PATCHES

The fine bio-cellulose structure of the patches provides a feeling of a second skin on the eye contour. The Acti-flow combined with Hamamelis extract reduce the tiredness of eye area. The look is relaxed in a pleasant sensation of freshness and comfort.

..... CHF 135.00

FACIAL COLLECTION by Biologique Recherche

SIGNATURE “SECOND SKIN” FACIAL

by Biologique Recherche

A genuine alternative to fillers, this exceptional anti-aging facial will visibly lift and treats signs of aging. Sterile electro-spun 80% hyaluronic acid patches are massaged into your skin until being fully absorbed. It is a highly effective regenerating treatment, which helps accelerate cell renewal.

80 minutes ..... CHF 450.00

THE ULTIMATE BESPOKE FACIAL

by Biologique Recherche

A thoroughly personalized treatment that serves the exact needs of your skin to bring optimum results. This bespoke facial is best suited for those with varying skin conditions such as premature aging, loss of tone, fine lines, hypersensitivity, as well as impurities. It includes a signature sculpting massages and advanced technologies to exfoliate, brighten, hydrate and rebalance your unique complexion.

50 minutes ..... CHF 350.00
80 minutes ..... CHF 430.00

MESOTHERAPHY FACIAL

by Biologique Recherche

Excellent mesotherapy treatment for the face (neck and décolleté additional). Use of a single painless multi-needle head improves and stimulates intradermal collagen production and increases skin absorption of a unique cocktail of 56 active ingredients such as polypeptides, oligopeptides, amino acids, minerals and vitamins.

50 minutes ..... CHF 350.00
80 minutes face, neck and décolleté ..... CHF 480.00

SUPER LIFT & FIRM CVS REJUNIVATING FACIAL

by Biologique Recherche

Tighten your face and renew sagging skin. This is a highly effective facial thanks to the Lift & Firm CVS booster, which stimulates natural toning, tightening and firming of the skin with a deeply moisturising effect. A gentle exfoliation will enhance cell renewal. The complexion is left smooth, toned and rejuvenated. Ideal for loose skin needing a rejuvenating boost.

50 minutes ..... CHF 295.00
80 minutes ..... CHF 360.00

MESOTHERAPHY SCALP

by Biologique Recherche

A scalp treatment using a micro-puncture device, which combined with the cegaba complex and bioproline anti-hair loss serum, will oxygenate the scalp, restore hair loss and improve hair quality. Recommended for thinning and sparse scalps. For best results, a course of 5 sessions is recommended.

30 minutes ..... CHF 280.00
5 sessions ..... CHF 1250.00

DEEP-CLEANSING FACIAL “PURE HARMONY”

A purifying, deep-cleansing facial treatment designed to remove impurities, hydrate, rebalance and calm the skin with non-invasive extraction. It is an ideal treatment to maintain the quality of the skin or prepare it for more specialised facial treatments.

50 minutes ..... CHF 260.00
80 minutes ..... CHF 340.00

ADD-ON-SERVICES ***by Biologique Recherche***

PLUMPED-KISS PATCH

Ideal treat for plumping lips, leaving them smooth and soft.

..... CHF 45.00

ANTI-AGING EYES PATCHES

Reduce puffy eyes, dark circles, minimise wrinkles, provides immediate and long-lasting rested look.

..... CHF 55.00

RADIANCE MASQUE PIGM 400

An all-in-one, skin-brightening mask for a radiant, smooth complexion. ..... CHF 60.00

GREEN CAVIAR MASK

Anti-wrinkle concentrate to help restructure, redensify and tone the face.

..... CHF 75.00

PALACE MASSAGE COLLECTION

SIGNATURE REBALANCING TIBETAN BOWLS MASSAGE

Embark on a journey to profound relaxation and holistic wellness. Our distinctive rebalancing massage promises to rejuvenate and harmonize your entire being. Feel completely revitalized and aligned as the gentle vibrations of ancient Tibetan Singing Bowls work to balance energy flow along your meridians, promoting inner healing and soothing both body and mind. Targeted massage of key tension points with aromatic essential oils melts away deep-seated stress, offering a one-of-a-kind experience of total restoration.

50 minutes ..... CHF 260.00
80 minutes ..... CHF 330.00

RELAXATION MASSAGE

Indulge in a comprehensive full-body massage crafted to alleviate tension, boost circulation, and soothe the nervous system.

50 minutes ..... CHF 240.00
80 minutes ..... CHF 290.00

HOT STONES MASSAGE – THE HEAT THAT REGENERATES

A sensory journey that combines the enveloping power of volcanic stones with the deep touch of massage. The heat of the basalt stones penetrates the tissues, melting away tensions and releasing trapped energy. A ritual that restores balance between body and mind, leaving a profound sense of well-being and inner harmony.

50 minutes ..... CHF 260.00
80 minutes ..... CHF 330.00

THE ULTIMATE DEEP-TISSUE MASSAGE

Experience the profound relief of this intensive muscular massage, targeting deep-seated stiffness and congestion throughout the body.

50 minutes ..... CHF 260.00
80 minutes ..... CHF 310.00

TAILORED-TOUCH BODY MASSAGE

Immerse yourself in a luxurious experience crafted exclusively for your body and spirit. This bespoke massage blends intuitive touch with carefully selected techniques to address your unique needs – melting away tension, rebalancing energy and restoring inner harmony. Elevate your ritual with a curated add-on, such as a rejuvenating mask, selected at the time of booking, to complete your personalized journey.

20 minutes ..... CHF 140.00
50 minutes ..... CHF 260.00
80 minutes ..... CHF 310.00

APRÈS-SPORT / APRÈS-SKI MASSAGE

Benefit from a massage tailored to complement your active, athletic lifestyle. This treatment strengthens muscles or fascia that may be strained, depleted and in need of rejuvenation.

50 minutes ..... CHF 260.00
80 minutes ..... CHF 310.00

LYMPHATIC DRAINAGE MASSAGE

Experience a gentle lymphatic drainage massage technique designed to effectively eliminate fluid retention and toxins by stimulating the lymphatic system.

50 minutes ..... CHF 250.00
80 minutes ..... CHF 290.00

REFLEXOLOGY

By applying pressure to specific points on the feet, this technique stimulates corresponding areas of the body, enhancing the natural function of organs and systems. Loose clothing is suitable for this treatment.

50 minutes ..... CHF 195.00

FOOT MASSAGE

25 minutes ..... CHF 130.00

THAI MASSAGE

This method aims to realign the body by incorporating yoga-like stretches, muscle compression, joint mobilization and acupressure techniques. Loose clothing is recommended for optimal comfort during the treatment.

50 minutes ..... CHF 260.00
80 minutes ..... CHF 310.00

AYURVEDA-INSPIRED THERAPIES

VITALITY - KAPHA PACIFYING MASSAGE

Experience an energizing and revitalizing massage crafted to diminish lethargy and stagnation, fostering vitality. Known in Ayurveda as Kapha-pacifying, this treatment invigorates the body and spirit.

50 minutes ..... CHF 240.00
80 minutes ..... CHF 290.00

QUIESCENCE - PITTA PACIFYING MASSAGE

Indulge in a calming massage tailored to soothe emotional and physical irritation, alleviate inflammation and aid in toxin removal, targeting both the skin and its underlying layers. In Ayurveda, this treatment is known as Pitta-pacifying, fostering inner wellbeing and balance.

50 minutes ..... CHF 240.00
80 minutes ..... CHF 290.00

SERENITY & PEACEFUL SLEEP - VATA PACIFYING MASSAGE

Experience a firm massage crafted to alleviate anxiety, enhance sleep quality and promote overall relaxation by calming the nervous system. Known as Vata-pacifying in Ayurveda, this treatment brings a sense of tranquillity and balance.

50 minutes ..... CHF 240.00
80 minutes ..... CHF 290.00

LOCAL DHARA

Traditional Ayurveda therapy with a gentle stream of warm herbal oil poured over specific body areas to relieve pain, reduce stiffness and restore balance.

30 minutes ..... CHF 170.00
5 sessions ..... CHF 750.00

ULTIMATE BODY TREATMENTS by Biologique Recherche

SUPER BODY LIFT & FIRM CVS TREATMENT *by Biologique Recherche*

Through the use of Silica powder to exfoliate and renew, as well as Hyaluronic Acid with silk to hydrate, smooth, lift and firm, your skin becomes luminous, firm and toned. Unique techniques and the application of a toning Lift CVS Booster further enhance the skin.

50 minutes localized ..... CHF 295.00
100 minutes full body ..... CHF 450.00

DETOX AND BODY SHAPING *by Biologique Recherche*

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. This treatment is recommended for immediate weight loss results, and the elimination of excessive fluids and toxins, leaving the skin soft and toned.

100 minutes ..... CHF 450.00

ANTI-C SLIMMING TREATMENT *by Biologique Recherche*

Using Lipogen AC, this treatment is ideal for breaking down fat, eliminating excess water and reducing cellulite.

50 minutes ..... CHF 280.00
80 minutes ..... CHF 380.00

HAND & FOOT CARE

MANICURE – COMPLETE HAND CARE
50 minutes (regular manicure) ..... CHF 150.00
80 minutes (removal of Shellac, manicure with nude nails or standard polish) ..... CHF 180.00

MANI – PEDI JUST POLISH
30 minutes (standard polish) ..... CHF 55.00

SEMI-PERMANENT NAIL LACQUER
Dry manicure with semi-permanent nail lacquer.
80 minutes ..... CHF 200.00
Pedicure with semi-permanent nail lacquer.
80 minutes ..... CHF 220.00

PEDICURE – COMPLETE FOOT CARE
50 minutes (essential touch) ..... CHF 145.00
80 minutes (standard polish or nude nails) ..... CHF 180.00

GENTLEMEN'S MANICURE & PEDICURE
50 minutes manicure ..... CHF 100.00
60 minutes pedicure ..... CHF 140.00

JUST NAILS
Clean, shape and trim nails and cuticles.
30 minutes ..... CHF 70.00

ADD-ONS
Callus Peeling.
30 minutes ..... CHF 50.00
French polish (normal polish or semi permanant).
30 minutes ..... CHF 60.00

BEAUTY SERVICES

MAKE-UP
Trial Make-up with consultation (per hour) ..... CHF 100.00
Make-up ..... CHF 225.00
Express Make-up (face contouring or smoky eyes)
30 minutes ..... CHF 75.00

EYELASH AND BROW
Eyelash tint ..... CHF 60.00
Eyebrow tint ..... CHF 50.00
Lash and brow tint ..... CHF 90.00

EPILATION
Half leg ..... CHF 80.00
Full leg ..... CHF 120.00
Bikini ..... CHF 100.00
Brazilian ..... CHF 140.00
Under arms ..... CHF 60.00
Upper lip ..... CHF 40.00
Eyebrows ..... CHF 50.00
Arms ..... CHF 80.00

GENTLEMEN'S EPILATION
20 to 50 minutes
(according to treated area) ..... from CHF 80.00 to CHF 200.00

HAIR AND BARBER SPA
Please refer to the Palace Coiffeur menu.

FITNESS, BODY AND MIND

PERSONAL TRAINING

Get ready for the new and improved you. Our specialist fitness trainer will take you through a specific, personalised workout program designed just for you to help you achieve your desired objectives.

50 minutes ..... CHF 150.00
80 minutes ..... CHF 180.00

TENNIS (summer)

Please refer to the Palace Wellness reception for further information.

Racket Rental ..... CHF 35.00

PADEL (summer)

Please refer to the Palace Wellness reception for further information.

Court rental (per hour) ..... CHF 80.00
Racket rental ..... CHF 35.00

ICE RINK (winter)

Ice Skating lessons – 30 minutes ..... CHF 60.00
Ice Skate Rental per person ..... CHF 30.00
Hockey Equipment Rental per person ..... CHF 30.00
Curling per person ..... CHF 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 ..... CHF 150.00

YOGA LESSONS

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 ..... CHF 195.00
80 minutes ..... CHF 285.00

PRIVATE EXERCISE LESSONS

Aerobics, Nordic Walking and Swimming
Please refer to the Palace Wellness reception for further information.

PILATES REFORMER

The Stott method on the reformer improves posture, strength and flexibility through precise, fluid movements. Suitable for all levels.

50 minutes ..... CHF 230.00
3 sessions ..... CHF 610.00
Exclusive group class for up to 4 guests ..... CHF 720.00

PRIVATE SPA SUITES

VERONICA SPA SUITE – COCOONING THEME

Facilities include a double Jacuzzi, private steam room, showers, two treatment couches, plus light refreshments and amenities. Treatments can be booked for an additional charge.

2 hours (Suite occupancy) ..... CHF 650.00

IRIS SPA SUITE – GARDEN THEME

Facilities include private garden, a double Jacuzzi, soft sauna, shower, two treatment couches (large and medium), relaxation lounge, beauty and hairdressing station, as well as light refreshments and amenities. Treatments can be booked for an additional charge.

3 hours (Suite occupancy) ..... CHF 900.00

CHILD CARE, FUN AND PLAY

PALAZZINO KID'S CLUB

Our bright, cheerful, and beautifully redesigned indoor space offer endless fun for our young adventurers. Supervision is provided for children aged 3 to 12 years, ensuring a safe and enjoyable environment. Complimentary for hotel guests, with charges applicable for external visitors.

Daily 11.30 am – 8.30 pm

KIDS MASSAGE (AGES 6 – 12)

A soothing massage just for kids aimed at supporting healthy growth and performed by our experienced female therapists only, with gentle organic massage body oils.

20 minutes ..... CHF 110.00

KIDS COIFFEUR (under 10 years)

Please refer to the Palace Coiffeur menu.

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