



# PALACE WELLNESS

BADRUTT'S PALACE ST.MORITZ

## *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 am – 8.00 pm

PALACE SPA – EXT 2850  
8.00 am – 8.00 pm

POOL AND FITNESS – EXT 2850  
8.00 am – 8.00 pm

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\*ALL PRICES LISTED IN CHF INCLUDE 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 Changing Rooms  
Male & Female Changing 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*

## *MASSAGE THERAPIES*

### *RELAXATION MASSAGE*

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

50 minutes ..... CHF 230.00  
80 minutes ..... CHF 280.00

### *LYMPHATIC DRAINAGE MASSAGE*

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

50 minutes ..... CHF 230.00  
80 minutes ..... CHF 280.00

### *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 ..... CHF 175.00

### *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 ..... CHF 210.00  
80 minutes ..... CHF 260.00

### *DEEP TISSUE MASSAGE*

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

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

### *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 ..... CHF 250.00  
80 minutes ..... CHF 290.00

## BALANCING THERAPIES

### APRÈS-SKI / APRÈS-SPORT MASSAGE

A massage aimed to support an active, athletic lifestyle. The use of an Ayurvedic herbal oil helps to strengthen muscles or fascia which may be damaged, debilitated and need restoration.

50 minutes ..... CHF 260.00

80 minutes ..... CHF 300.00

### PAIN RELIEF MASSAGE

Ideal for those suffering from pain brought on by degenerative, arthritic or neurological conditions. A massage using an ancient Ayurvedic herbal oil with analgesic, nourishing, strengthening and rejuvenating qualities.

50 minutes ..... CHF 230.00

80 minutes ..... CHF 280.00

### DESTRESS MASSAGE

A firm massage designed to reduce anxiety, improve sleep and generally calm nervous energy. Referred to in Ayurveda as Vata pacifying.

50 minutes ..... CHF 230.00

80 minutes ..... CHF 280.00

### ANTI-INFLAMMATORY MASSAGE

A soothing massage designed to calm irritation, reduce inflammation and help remove toxins. Treats the skin and its deeper layers. Referred to in Ayurveda as Pitta pacifying.

50 minutes ..... CHF 230.00

80 minutes ..... CHF 280.00

### SLIMMING MASSAGE

An invigorating and stimulating massage designed to reduce lethargy and stagnation to promote vitality. Referred to in Ayurveda as Kapha pacifying.

50 minutes ..... CHF 230.00

80 minutes ..... CHF 280.00

### CUSTOMIZED 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.

50 minutes ..... CHF 350.00

80 minutes ..... CHF 390.00

## DETOXIFY AND REVITALISE

### 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. 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 ..... CHF 450.00

### ALPINE RENEWAL by Alpeor

A body exfoliation using rich Alpine ingredients and floral salt crystals to remove layers of dead cells. New cells are nourished giving the skin a renewed smooth silky finish.

40 minutes ..... CHF 150.00

### REVITALISE by Alpeor

An aromatherapy wrap and massage for the treatment of jetlag, fatigue or lethargy. The wrap works on releasing heaviness and fluid retention from the legs and a lymphatic drainage massage for the body helps eliminate toxins from the system giving it new vitality.

80 minutes ..... CHF 280.00



## 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 ..... CHF 400.00  
110 minutes ..... CHF 550.00

### *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 restructure and re-tense the features and contours of the face, neck and décolleté.

120 minutes ..... CHF 450.00

### *SECOND SKIN FACIAL* by *Biologique Recherche*

A genuine alternative to fillers, this exceptional anti-aging treatment will visibly treat signs of aging. It is an intense, regenerating treatment that, thanks to its action on the extracellular matrix, also accelerates the healing process.

80 minutes ..... CHF 430.00

### *TOLESKIN* by *Biologique Recherche*

For skin which has become intolerant or suffering from allergies. Specifically developed for epidermises that no longer tolerate “classic” cosmetic, treatments and products. This soothing facial will calm reactive skin, reduce sensitivity, itching and redness.

80 minutes ..... CHF 300.00

### *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 ..... CHF 280.00  
80 minutes ..... CHF 340.00

### *BOOSTER VIP O2 FACIAL* by *Biologique Recherche*

This is a detoxifying, anti-pollution facial treatment designed to clear the skin of impurities. It re-oxygenates, revitalizes and boosts the complexion.

80 minutes ..... CHF 320.00

### *ALPINE RECOVERY* by *Alpeor*

The perfection of Swiss skin care, using raw organic ingredients and water from the purity of the Swiss Alps. Powerful alpine ingredients such as Edelweiss and Rhodiola Rosea come together in this facial treatment to provide cellular longevity, repair, restructure and protect the skin from harsh elements and environmental damage.

50 minutes ..... CHF 220.00  
80 minutes ..... CHF 280.00

*SPECIAL EVENT PREP* by *Biologique Recherche*

This skin care prep addresses your skin's condition defined through BR's Skin Instant Lab assessment. A facial treatment is determined to bring out the best in your skin before any special event. Schedule 24 hours prior your event for optimum results.  
20 minutes skin analysis with 60 minute facial.  
80 minutes ..... CHF 280.00

*MESOTHERAPY* by *Biologique Recherche*

A scalp treatment using a Micro-Puncture machine combined with the Cocktail d'Actifs Régénérants intended to oxygenate the scalp, restore hair loss and improve hair quality.  
30 minutes ..... CHF 280.00  
5 sessions ..... CHF 1250.00

*SKIN INSTANT LAB* by *Biologique Recherche*

An expert dermo-cosmetic analysis and measurement of the skin offers accurate advice of Biologique Recherche products and treatments that perfectly match your current skin condition.  
20 minutes ..... CHF 45.00

## *HANDS AND FEET*

*MANICURE – A COMPLETE HAND CARE*

40 minutes (nude nails) ..... CHF 120.00  
50 minutes (standard polish) ..... CHF 150.00

*MANI – JUST POLISH*

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

*SEMI-PERMANENT NAIL LACQUER*

Dry manicure with semi-permanent.  
80 minutes ..... CHF 200.00

Dry pedicure with semi-permanent.

90 minutes ..... CHF 220.00

Semi-permanent manicure without UV

Non-Chip, strengthening & longer lasting.

110 minutes ..... CHF 220.00

*PEDICURE – A COMPLETE FOOT CARE*

70 minutes (nude nails) ..... CHF 160.00  
80 minutes (standard polish) ..... CHF 180.00

*PEDI – JUST POLISH*

40 minutes (standard polish) ..... CHF 70.00  
50 minutes (French polish) ..... CHF 80.00

*JUST NAILS*

Clean, shape and trim nails and cuticles.

20 minutes ..... CHF 60.00

## AESTHETICS

### MAKEUP

Trial makeup with consultation per hour .....	CHF 80.00
Makeup .....	CHF 150.00
Special event makeup .....	CHF 210.00

### LASH AND BROW

Eyelash tint .....	CHF 60.00
Eyebrow tint .....	CHF 50.00
Lash and brow tint .....	CHF 90.00

### SOLARIUM

15 minutes .....	CHF 55.00
20 minutes .....	CHF 60.00

### 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

Per 20 minutes .....	CHF 80.00
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## PALACE COIFFEUR AND BARBER

### HAIR WASH AND BLOW-DRY

Short (ear length) .....	CHF 80.00
Medium (shoulder length) .....	CHF 100.00
Long (past shoulder length) .....	CHF 120.00
Long with extensions .....	CHF 160.00
Additional styling time of 15 minutes .....	CHF 30.00

### WASH AND HAND HAIR DRY .....

CHF 80.00

### HAIR TRIM .....

CHF 60.00

### HAIR CUT .....

CHF 100.00

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

Chignon .....	CHF 90.00
Elaborate .....	CHF 160.00
Optional hair extension purchase	

### EVENTS AND WEDDINGS

Trial with consultation per hour.....	CHF 80.00
Wedding hairstyling.....	CHF 230.00

### REFRESH CLEAN HAIR

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

### KIDS (UNDER 10 YEARS)

Hair cut .....	CHF 50.00
Blow-dry .....	CHF 30.00

### HAIR COLOUR

Colour Care – Roots regrowth .....	CHF 130.00
Intense Reflex – Shades .....	CHF 70.00
Reflex – Touch up colour .....	CHF 45.00
Highlights, based on hair length .....	from CHF 180.00 to 260.00
Natural Henna Colour Program .....	CHF 140.00
Color Correction (80 minutes) .....	CHF 200.00
Own Colour Application .....	CHF 100.00

### SCALP AND HAIR TREATMENTS *by Biologique Recherche*

For hair and scalp disorders .....	CHF 100.00
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### SEMI PERMANENT HAIR EXTENSIONS

Four pieces with application .....	CHF 300.00
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### BARBER SERVICES

Hair Wash, Cut and Style .....	CHF 90.00
Hair Wash and Style .....	CHF 30.00
Dry Cut .....	CHF 70.00
Beard Trim .....	CHF 30.00
Beard Clean Shave .....	CHF 50.00
Beard Wash, deep hydration .....	CHF 35.00

## 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) ..... CHF 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)..... CHF 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.

## *FITNESS – BODY AND MIND*

### *PERSONAL TRAINING*

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

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

### *TENNIS*

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

### *ICE RINK*

Ice Skating lessons – 30 minutes .....	CHF 60.00
Ice Skate Rental per person .....	CHF 15.00
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 100.00
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### *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 .....	CHF 150.00
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### *PRIVATE EXERCISE LESSONS*

Pilates, Aerobics, Nordic Walking and Swimming

50 minutes .....	CHF 150.00
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## *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. Complimentary for hotel guests.

Charges apply for external guests. 9.30 am – 7.00 pm daily

### *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 .....	CHF 90.00
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### *KIDS COIFFEUR (UNDER 10 YEARS)*

Hair cut .....	CHF 50.00
Blow-dry .....	CHF 30.00





BADRUTT'S PALACE  
ST. MORITZ SWITZERLAND

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