



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.

Daily opening times

TREATMENT CENTRE
10.00 am – 8.00 pm

PALACE SPA
8.00 am – 8.00 pm

POOL AND FITNESS
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
Beauty Spa
Iris Spa Suite
Veronica Spa Suite
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 185.00
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FOOT MASSAGE

25 minutes	CHF 140.00
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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

MASSAGE DU DOS CHALEUR ET LUMIERE by Alpeor

Experience a new level of luxury and relaxation, this treatment helps to reduce stress and creates a total holistic effect. The Oil Candle will awaken your senses and deeply nourish your skin.

50 minutes	CHF 230.00
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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

ANTI-C SLIMMING TREATMENT *by Biologique Recherche*

Using Lipogen AC, this treatment is ideal to break down fat, eliminate excess water and reduce cellulite.

50 minutes CHF 280.00

GOMMAGE AUX CRISTAUX DES PRAIRIES *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

80 minutes+massage CHF 310.00

ENVELOPPEMENT GELEE DE GIVRE *by Alpeor*

An aromatherapy wrap and massage for the treatment of jetlag, fatigue or lethargy. The coco 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.

50 minutes CHF 350.00
80 minutes CHF 430.00

LE GRAND SOIN by Biologique Recherche

A unique fully personalized treatments experience for you to enjoy Biologique Recherche's expertise in face, body and hair care for a whole 3 hours. Using Grand Cream and Grand Serum.

120 minutes CHF 650.00
180 minutes CHF 750.00

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 450.00

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

MESOTHERAPY SCALP by Biologique Recherche

A scalp treatment using a Micro-Puncture machine combined with the complexe cegaba and bioproune intended to oxygenate the scalp, restore hair loss and improve hair quality.

30 minutes CHF 280.00
5 sessions CHF 1250.00

MESOTHERAPY FACIAL by Biologique Recherche

Excellent mesotherapy treatment for face.

Use of a single multi-needle head improve and stimulates intradermal collagen production and increases skin absorption of Cocktail d'Actifs Regenerants: 56 Active ingredients such us polypeptides, oligopeptides, amino acids, minerals and vitamins.

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

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

NEIGES ÉTERNELLES *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 320.00

DEEP CLEANSING PURIFYING FACIAL

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

50 minutes	CHF 280.00
80 minutes	CHF 340.00

ADD ON SERVICES

LIFTKISS PATCH

Improve smoothing and plumping lips CHF 40.00

EYE PATCH

Reduce puffy eyes, dark circles and minimise wrinkles ... CHF 45.00

MASQUE PIGM 400

Smoothing and glow effect CHF 50.00

PLATYSMA PATCH

Anti gravity and anti ptosis for area under the chin 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
80 minutes (removal of shellac, manicure with nude nails or standard polish)	CHF 180.00

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
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Dry pedicure with semi-permanent.

90 minutes	CHF 220.00
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NAILS DIP POWDER WITHOUT UV

Innovative technology not insurious to nails and skin. Does not require a UV light to cure. Resistant to cracking and chipping. Strengthening and longer lasting thanks to ingredients such as calcium and vitamin e.

110 minutes	CHF 220.00
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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
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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 100.00
Wedding hairstyling	CHF 300.00

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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