



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 AND FITNESS
8.00 am – 8.00 pm

FITNESS
24 hours

Content Details

PALACE WELLNESS
Via Serlas 27
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Switzerland

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*ALL PRICES LISTED IN CHF 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 water before, during and after your Spa & Wellness experience.

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

Sauna promotes circulation, improves metabolism, and relaxes the muscles.

Salt Steam is best to improve breathing, as well as detoxify, heal the skin, and relax body and mind.

Aroma Steam is most suited to clear the respiratory system, relax body and mind, improve circulation, diminish water retention, detoxify and prepare the skin to receive further treatments.

Taking a refreshing **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.

Mixed gender and adults only:
Clothing optional zone

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 with 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

Palace Spa/Wet Zone and Fitness Centre are adult only. The minimum age to access is 16 years old.

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 provide guidelines for the use of the Spa services, we highly recommend to pay extra care and attention to your own health condition. Please consult your doctor for advice on what 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 fracture, 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.

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 WELLNES GIFT VOUCHERS

The perfect gift for a special occasion. You can either buy them online at <https://shop.badruttspalace.com>, or in person at the Spa Reception. Gift Cards have a 24 months validity, are non-refundable, cannot be exchanged for cash and must be presented upon redemption.

FACILITIES

TREATMENT CENTER

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

Relaxation Area
Waiting Area
Alpine Garden

INDOOR

Palace Wellness Reception
Restaurant La Diala
Fitness Centre
Palace Spa/Wet zone
Heat Experiences
Indoor Pool with Diving Rock
Outdoor Vitality Pool with Hydro Jets
Indoor Jacuzzi
Relaxation Lounge
Yoga Studio
Wardrobe with personal safes
Gift Shop
Kids Club Palazzino
Outdoor Sports Changing Rooms
Male & Female Changing Rooms
Ladies & Gents Restrooms
Disabled Restroom

OUTDOOR

Restaurant Deck
Sun Deck
Outdoor Vitality Pool
Tennis Courts
Ice Rink
Multi Sports Court
Kids Playground
Garden with lake and mountain view

The Palace Wellness Collection

ADVANCED FACIAL COLLECTION

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 as well as advanced technologies to exfoliate, brighten, hydrate and re-balance your unique complexion.

50 minutes CHF 350.00

80 minutes CHF 430.00

MESOTHERAPY 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. 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. This extraordinary treatment can be booked also to lift and firm the skin of both face and body.

50 minutes face CHF 295.00

120 minutes face & body CHF 520.00

REGENERATING VERNIX FACIAL

by **Biologique Recherche**

Facial treatment for sensitive, dull, stressed skin using the highly effective Crème Masque Vernix with intensely repairing active ingredients to nourish, restore and protect your skin. This facial boost the repair of damaged skin, increasing overall hydration, epidermal reconstruction and regeneration.

50 minutes CHF 290.00

80 minutes CHF 350.00

VIP O2 OXYGEN GLOW 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 thanks to the Booster VIP O2, which helps detoxify and re-oxygenate the skin. An innovative micro-massaging foam texture and skin-rolling technique, will provide a healthy, luminous skin.

80 minutes CHF 320.00

MESOTHERAPY 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 scalp instants. For best results, a course of 5 sessions is recommended.

30 minutes CHF 280.00

5 sessions CHF 1250.00

NEIGES ÉTERNELLES by **Alpeor**

The perfection of Swiss skincare, using natural, organic ingredients, combined with the healing and revitalising effect of mountain crystals, and water from the purity of the Swiss Alps. Powerful alpine ingredients such as Edelweiss and Rhodiola Rosea are combined in this unique facial to provide cellular longevity, repair, restructure and protect the skin from harsh elements and environmental damage. Excellent after outdoor activities. The skin will look plumed, glowing and totally revitalised.

50 minutes CHF 240.00

80 minutes CHF 320.00

DEEP CLEANSING PURIFYING FACIAL

A purifying deep cleansing facial treatment designed to remove impurities, hydrate, rebalance, and calm the skin with non-invasive ultrasounds. 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 40.00

ANTI-AGING EYES PATCHES

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

..... CHF 45.00

RADIANCE MASQUE PIGM 400

An all-in-one skin-brightening mask for a radiant, smooth complexion. CHF 50.00

LIFT & FIRM PLATYSMA PATCH

Highly effective toning, firming, and lifting effect for the jawline and the area under the chin. CHF 45.00

CALMING NOURISHING FACE MASK

Toleskin Mask is an essential ally against all skin reactions. This new sheet mask calms, soothes & nourishes dehydrated, sensitive skins prone to redness. An ideal treat after an outdoor day in the mountains. CHF 85.00

GREEN CAVIAR MASK

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

..... CHF 55.00

PALACE MASSAGE COLLECTION

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 240.00
80 minutes CHF 290.00

RELAXATION MASSAGE

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

50 minutes CHF 240.00
80 minutes CHF 290.00

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

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

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

FOUR HANDS MASSAGE

A unique pampering experience which puts your entire body and mind in complete state of profound relaxation. The synchronized hands of our therapists will ease away any deep-seated tension making you feel deeply relaxed and light as a feather at the end of this amazing massage.

50 minutes CHF 390.00
80 minutes CHF 460.00

“SLIM & THIN” DETOX MASSAGE

A light lymphatic drainage 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 195.00

TAILORED TOUCH BODY MASSAGE

Tailored to specific needs, this customized massage releases tension localised in specific areas of the body such as: back & neck, head & shoulders, legs & feet or just legs and limbs. It can be personalized upon request.

30 minutes CHF 140.00
30 minutes with hot stones CHF 170.00

FOOT MASSAGE

25 minutes CHF 130.00

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 310.00

PAIN RELIEF MASSAGE

Ideal for those suffering from pain brought on by degenerative, arthritic or weakening 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

VITALITY 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

ULTIMATE BODY TREATMENTS

SUPER BODY LIFT & FIRM CVS TREATMENT

by Biologique Recherche

Using Silica powder to exfoliate and renew, as well as Hyaluronic Acid with silk to hydrate, smooth, lift and firm the skin also thanks to unique techniques and the application of the super lifting and toning Lift CVS Booster. Your skin is luminous, firm and toned.

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 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 165.00
80 minutes+massage CHF 310.00

ENVELOPEMENT 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 310.00

HANDS & FEET CARE

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 – PEDI JUST POLISH

30 minutes (standard polish) CHF 55.00

SEMI-PERMANENT NAIL LACQUER

Dry manicure with semi-permanent.

80 minutes CHF 200.00
Pedicure with semi-permanent.
80 minutes CHF 220.00

NAILS DIP POWDER WITHOUT UV

Innovative gentle technology for nails and skin, which does not require UV light. Resistant to cracking and chipping. Strengthening and longer lasting thanks to ingredients such as calcium and vitamin e.

110 minutes CHF 220.00

PEDICURE – A COMPLETE FOOT CARE

50 minutes (express pedicure) CHF 140.00
70 minutes (nude nails) CHF 160.00
80 minutes (standard polish) CHF 180.00

GENTLEMEN'S MANICURE & PEDICURE

30 minutes express manicure CHF 70.00
50 minutes manicure CHF 100.00
60 minutes pedicure CHF 140.00

JUST NAILS

Clean, shape and trim nails and cuticles.

20 minutes CHF 60.00

ADD ON

Callus Peeling.

30 minutes CHF 50.00

BEAUTY SERVICES

MAKE-UP

Trial makeup with consultation (per hour)	CHF 80.00
Make-up	CHF 165.00
Special event make-up	CHF 225.00
Express Make-up (eye 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

Per 20 minutes	CHF 80.00
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PRIVATE SPA SUITES

VERONICA SPA SUITE – COCOONING THEME

Facilities include a double Jacuzzi, private steam room, showers, two treatment couches. Light refreshments and amenities included. Treatments can be booked at additional charge.
2 hours 30 minutes (Suite occupancy) CHF 550.00

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. Light refreshments and amenities included. Treatments can be booked at additional charge.
3 hours (Suite occupancy)..... CHF 760.00

HAIR AND BARBER SPA

Please refer 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 design just for you, to help you achieve your desired objectives.

50 minutes CHF 150.00
80 minutes CHF 180.00

TENNIS

Please refer to the Palace Wellness reception for further information.

Racket Rental CHF 15.00

ICE RINK

Ice Skating lessons – 30 minutes CHF 60.00
Ice Skate Rental per person CHF 20.00
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

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 180.00

PRIVATE EXERCISE LESSONS

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

KIDS CARE, FUN AND PLAY

KIDS CLUB PALAZZINO

We offer bright, cheerful, wide-ranging indoor and outdoor facilities for the fun and play of our young guests. 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 soothing massage just for kids aimed at supporting a healthy growth, performed by our experienced female therapists only, with gentle organic massage body oils.

20 minutes CHF 90.00

KIDS COIFFEUR (UNDER 10 YEARS)

Please refer to the Palace Coiffeur menu.



BADRUTT'S PALACE
ST. MORITZ SWITZERLAND

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