

CARLTON SPA  
ST. MORITZ



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SPA MENU

## GOOD TO KNOW

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Our aim is to make your stay with us a thoroughly enjoyable experience; we hope that you will find the following information useful:

For your own convenience please arrive 10 minutes prior to your appointment. During this time please inform us of any special medical conditions.

We provide single-use briefs for our massages and body treatments, and appropriate clothing for treatments such as the Thai massage.

If you arrive late for your appointment and your therapist or treatment room are booked afterwards, we regret that your session will have to be shortened accordingly.

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If you are unable to attend the agreed appointment, please notify us at least 24 hours beforehand. A 100 % charge has to be levied for reservations cancelled less than 24 hours in advance. For no-show appointments, the full service fee will be charged.

Please note that smoking is not permitted throughout the spa area. Out of courtesy to other spa users, we would ask you not to use your mobile phone. Animals are not allowed on the premises.

We aim to make dreams come true! If a particular treatment is not listed on our spa menu, please contact the spa reception desk. We will be happy to arrange the treatment or coaching of your choice.

Prices subject to change.

# NAIL LOUNGE

		CHF
Nail polish renewal		30
Nail polish during treatment		20
French polish		40
French polish during treatment		30
Classic manicure or pedicure without polish	45 min.	70
Medical pedicure without polish	60 min.	95
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SPA MANICURE, EXCLUDING NAIL POLISH	70 min.	100
Professional manicure including complete beauty and wellness programme for your hands. Consists of revitalising hand bath, peeling, anti-ageing serum and moisturising massage.		
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SPA PEDICURE, EXCLUDING NAIL POLISH	70 min.	100
Professional pedicure including wellness programme for stressed feet. Consists of foot bath, smoothing peeling, moisturising mask and massage.		

OPI's GelColor represents an innovation that lets you keep your natural nails and still have a durable colour. GelColor is applied in several layers like a nail varnish and cured under a UV lamp. Tedious waiting for lacquer to dry is a thing of the past. Choose from a range of fashionable colours.

		CHF
OPI GelColor treatment for hands	approx. 30 min.	70
OPI GelColor treatment for feet	approx. 30 min.	70
OPI GelColor complete incl. classic manicure	approx. 75 min.	125
OPI GelColor complete incl. classic pedicure	approx. 75 min.	125
OPI GelColor removal	approx. 20 min.	30

# CELLCOSMET FACIALS

Cellcosmet and Cellmen – Swiss Cosmetics for her and him.

Preserve the capital of your youthfulness with cosmetic products of the highest quality, containing the best available ingredients of cellular, herbal or marine origin. The product lines Cellcosmet (for her) and Cellmen (for him) are efficient against skin ageing and restore tonicity and elasticity. Used daily, Cellcosmet and Cellmen cosmetics are the best guarantee to keep a long-lasting youthful appearance of your skin.

CHF

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SWISS DELUXE

120 min.

290

Absolute Deluxe programme based on the cellular therapy. Well defined facial contour, radiant and youthful with an intensive revitalization of the functions of the skin. A highly efficient luxury care including hand and feet care.

		CHF
<p>SWISS REVITALISING ANTI AGE CELL FACIAL</p> <p>Deluxe Anti-Age treatment based on the cellular therapy. Well defined facial contour, radiant and youthful with an intensive revitalization of the functions of the skin.</p>	90 min.	240
<p>SWISS RELAXING ANTI-STRESS</p> <p>Soothing and relaxing for complete well-being. Makes the signs of tiredness and stress disappear and gives the skin intensive moisture and vitality.</p>	60 min.	190
<p>SWISS DEEP PURIFYING</p> <p>In-depth special treatment in the case of skin problems. Thanks to the enzymatic action impurities and bacteria are gently removed. The concentrated cellular ingredients restore the balance of your skin.</p>	60 min.	190
<p>SWISS QUICK</p> <p>Relaxing cellular treatment with immediate visible effect. Extremely beneficial after sunbathing, stress or simply in between for a quick beauty treatment.</p>	30 min.	85

# COMFORT ZONE FACIALS

Comfort Zone combines Far Eastern wisdom with the Italian beauty ideal. The premium products and applications offer a unique pampering experience individually tailored to the specific needs of your skin.

			CHF
FACIALS	CLASSIC FACIAL	90 min.	190
	Facial tailored to your particular skin type, consisting of cleansing, peeling, eyebrow shaping, steam, deep cleansing, massage, mask and face care.		
	RELAXING FACIAL	50 min.	160
	Facial tailored to your particular skin type, consisting of cleansing, peeling, massage, mask and face care.		



# COSMETICS

			CHF
MAKE-UP	DAYTIME MAKE-UP	ca. 30 min.	50
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	EVENING MAKE-UP	ca. 45 min.	80
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	EYELASH COLOURING during treatment	20 min.	30 25
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	EYEBROW COLOURING during treatment	10 min.	25 20
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EYELASH AND EYEBROW COLOURING during treatment	35 min.	50 40	
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EYEBROW SHAPING (as needed)	from 20 min.	25	


# HAIR REMOVAL / WAXING

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HAIR REMOVAL	Upper lip/ chin		from	20
USING WAX	Bikini line or underarms		from	35
	Legs, half length		from	55
	Legs, full length		from	90
	Legs incl. bikini line		from	120

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ESPECIALLY	Underarms	20 min.		35
FOR MEN	Chest/ abdomen	20 min.	from	40
	Back	30 min.	from	40



			CHF
FACIALS FOR MEN	SWISS EXECUTIVE REVITALISING ANTI-AGE CELL FACIAL Unique and exclusive cellular facial treatment adapted to the individual requirements of men's skin.	90 min.	240
	SWISS RELAXING ANTI-STRESS Relaxing and soothing for complete well-being.	60 min.	190
	SWISS DEEP PURIFYING In-depth special treatment in the case of skin problems.	60 min.	190
EYES	Colour eyelashes	20 min.	30
	Shaping eyebrows	15 min.	from 25
MANICURE AND PEDICURE	Classic manicure or classic pedicure	45 min.	70
	Spa manicure or spa pedicure	70 min.	100
	Medical pedicure	60 min.	95
BACK TREATMENT	Cleansing, peeling, steam, deep cleansing, mud pack and skin care.	45 min.	90

# COMFORT ZONE BODY TREATMENTS

Comfort Zone combines Far Eastern wisdom with the Italian beauty ideal. The premium products and applications offer a unique pampering experience individually tailored to the specific needs of your skin.


			CHF
PEELINGS	FRUITY PEEL BODY SCRUB Nurturing full body peeling with fruit extracts, anti-ageing effect for a silky skin.	30 min.	80
	AROMASOUL RITUAL SCRUB REGENERATING, NOURISHING PEELING WITH ESSENTIAL OILS This treatment imbues all skin types with new energy and a radiant, youthful appearance. Choose between: «Indian» Rice Peeling – for sensitive skin «Arabian» Coconut Peeling – for normal skin «Oriental» Pearl Dust Peeling – for combination skin «Mediterranean» Olive Stone Peeling – for resistant skin	45 min.	130

			CHF
REDUCTION /DETOX	<p>CELLULITE REMODELLER</p> <p>Caffeine and carnitine are very effective when it comes to eliminating fatty deposits. The hot-cold effect contours and firms the tissue.</p>	50 min.	130
	<p>CLEANSING ALGAE BODY WRAP</p> <p>A rebalancing and detoxifying treatment that reaches even deeper-lying tissue layers. It eliminates toxins, stimulates the metabolism and removes excesses fluids.</p>	50 min.	130
MATERNITY	<p>NEW LIFE</p> <p>Rebalancing treatment during and after pregnancy. The skin is nourished, the tissue dehydrated. Soft massage techniques for the back and legs will reduce stress and tension.</p>	50 min.	130

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			CHF
RELAXATION AND SCENTS	<b>FOUR ELEMENTS MASSAGE</b> A unique massage ritual taking you on a journey of four distinct wolds: The exotic oriental cultures, the vibrant and warm diversity of the Mediterranean, the multi-coloured world and life philosophy of India and the ancient mesmerizing world of the desert tribes, the Berbers.  Each journey starts with the choice of your individual etheral oil:  ORIENTAL: anti-stress and calming MEDITERRANEAN: draining and energizing INDIAN: soothing, stimulating and warming ARABIAN: restoring and relaxing	50 min.	160

# MASSAGES



			CHF
SPA MESSAGES	<p><b>CLASSIC FULL BODY MASSAGE</b></p> <p>Enhances your circulation, stimulates your metabolism and activates muscles and connective tissue. The massage soothes and relaxes joints and nerves to achieve a general feeling of wellbeing.</p>	50 min.	140
	<p><b>SPORTS MASSAGE</b></p> <p>Loosens and reinvigorates muscles and the locomotor system before and after sports. A refreshing blend of mountain pine and rosemary aroma oils improves the blood circulation.</p>	50 min.	155
	<p><b>BACK AND NECK MASSAGE</b></p> <p>Relaxes neck and back muscles and relieve tension, fatigue and stress.</p>	25 min.	80
	<p><b>BACK AND NECK MASSAGE WITH REFLEXOLOGY</b></p> <p>Combined massage for optimal relaxation.</p>	50 min.	140

CHF

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AROMA OIL MASSAGE

50 min.

150

The essential oils used reach beneath the skin.

They revitalise and soothe, relax and promote wellbeing.

Select your preferred aroma essence.

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HEAD AND NECK MASSAGE

25 min.

80

Gentle massage movements help alleviate slight tensions in the head and neck area. The techniques have an extremely relaxing effect on both body and soul.



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**REFLEXOLOGY INCLUDING FOOT BATH**

50 min.

140

The therapist uses his or her thumbs to massage the foot reflex points for a holistic effect on both metabolism and organs.

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**LYMPHATIC DRAINAGE**

50 min.

140

Soothing and rhythmic massage strokes activate the lymphatic flow, detoxify the connective tissue and improve the supply of nutrients to the cells. The treatment helps eliminate excess fluids and purifies and unblocks vessels.

CHF

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SPECIALITY MESSAGES	CARLTON-MASSAGE	75 min.	230
	«Five in one» – enjoy this exclusive Carlton massage experience. Five different applications combine to form one exclusive massage with the aim of fostering complete relaxation.		
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	THAI-MASSAGE	105 min.	250
	This distinctive massage technique is rooted in the Asian philosophy of yoga. The muscles are elongated, stretched and kneaded to energise them and keep them supple. The treatment is applied on a futon and the guest remains clothed.	80 min.	220

As some treatments require the presence of therapists with specialised training, they are not offered on a daily basis. Thank you for your understanding.

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**LOMI LOMI NUI**

90 min.

240

Lomi means pressing, kneading, rubbing, while Nui means important, unique, great. Also called the queen of massages, Lomi Lomi Nui is an ancient Hawaiian massage technique that promotes physical, emotional, mental and spiritual cleansing. Precious oils are massaged into the skin using an alternating sequence of gentle and hard massage strokes. A highly physical treatment.

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**STONE THERAPY**

75 min.

210

This unique massage featuring hot basalt stones stimulates the metabolism. At the same time, this form of bodywork promotes deep muscular and mental relaxation. Our massage therapists are all qualified in this therapy.

# MASSAGES

## AYURVEDA

«Complete knowledge (Ved) of life (ayus)». Ayurvedic medicine is one of the most ancient of health systems and has its origins in India. The science of Ayurveda is thousands of years old and is based on the understanding that we are entities consisting of body, mind and soul. According to Ayurvedic teachings, a fulfilled and healthy life require inner harmony and a balance of all the body's forces. Wonderfully relaxing oil massages provide a holistic treatment aimed at enhancing health, vitality and enjoyment of life.

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**ABHYANGA**

90 min.

240

Abhyanga is the ultimate Ayurvedic oil massage. Enjoy this massage with its lasting effects on body and soul. Using fragrant oils, sweeping and circular massage motions alternate with pressure applied to specific points to relax the body and bring it into harmony. According to ancient Indian writings, the massage has rejuvenating effects, softens and smoothes the skin and restores its radiance.

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**UPANAHA SVEDA**

40 min.

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The Upanaha Sveda is a particularly regenerating and soothing ayurvedic back massage with warm oil. It strengthens the back muscles and restores the natural energy flow along the spinal column. Vitality point massage will relieve tensions in the muscles, thus restoring mobility.

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**PADABHYANGA**

50 min.

160

Our feet carry us through life. Padabhyanga is also an excellent starting point for Ayurveda.

Warm herbal oils are used to harmonise and revitalise the feet. Padabhyanga exerts a balancing effect in the presence of headaches, nervousness, sleep disorders or chills. Marma points are activated to reawaken the flow of energy.

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**SHIRODARA**

60 min.

190

Come and explore new worlds. A stream of warm oil flowing over your forehead accompanied by a head massage restores harmony and relaxes the central nervous system. While warm sesame oil is gently poured over your forehead, you will fully relax as you never have before.

# HYDROTHERAPY TUB

The Sanospa tub features 252 powerful nozzles and a gentle play of coloured underwater lighting for a highly agreeable massage experience. This can be directed at specific parts of the body or the entire body.

			CHF
RELAXATION IN THE HYDROTHERAPY TUB	PURIFYING ALGAE BATH Accelerates natural fat burning and detoxifies.	20 min.	70
	THALASSO SEA SALT BATH Provides the body with minerals and trace elements, drains excess fluids and firms the skin.	20 min.	70
	TRANQUILLITY BAD A mix of essential oils from Comfort Zone of rosewood, orange and vanilla for a silky soft skin.	20 min.	70

# SPA SUITE

			CHF
SPA SUITE	Our spa suite offers entirely private and memorable luxury. In addition to the whirlpool, sauna and Dornbracht RainSky multi-sensory shower, flat screen with DVD player and relaxation area, guests are able to book individual beauty or massage treatments. We also provide a complementary bottle of champagne.	for two hours	400
		each additional hour	100



		CHF
LADIES	Shampoo, blow-dry	from 70
	Shampoo, set	from 80
	Shampoo, cut, blow-dry / set	from 120
	Up-styles / evening styling	from 60
	Styling	from 15
GENTLEMEN	Shampoo, cut	65
	Shaping	30
COLOURING	Colour	from 80
	Streaking	from 100
	Highlights	from 60
SCALP CARE	Lotion with massage	20
	Pack	from 15
	«Action 2 Phase» intensive care	from 30
	Scalp peeling with lotion	from 40
CHILDREN	Cut (up to 12 years old)	30 – 50

Prices subject to change.

# PERSONAL COACHING

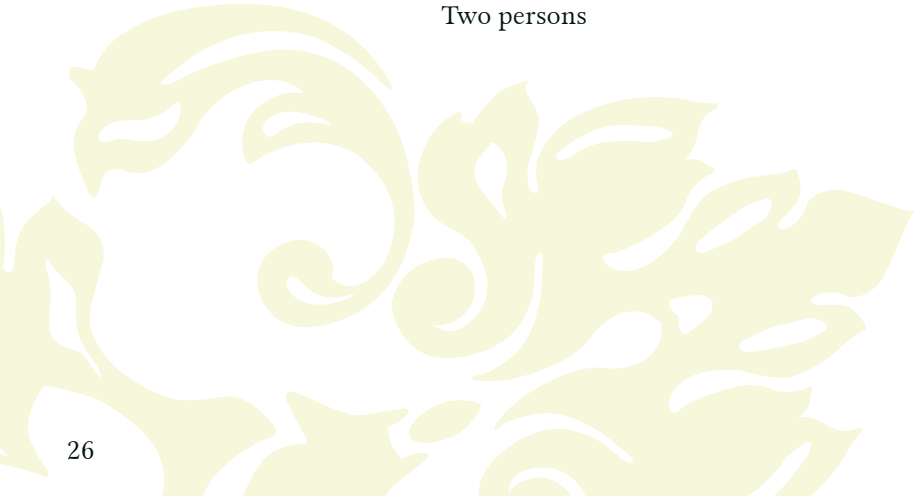
CHF

We are pleased to organise a workout tailored to your requirements supervised by our own skilled spa staff or a qualified coach:

Gym, Back Fitness, Stretching, Yoga, Pilates, Aqua Gym, Nordic Walking etc.

Please enquire at the spa reception desk.

One person	50 min.	from 100
Two persons	50 min.	from 150



## ADMISSION PRICES TO THE CARLTON SPA

		CHF
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SINGLE ADMISSION	Day Spa from 09.00 to 16.00 (reservation required)	100
	Day Spa from 09.00 to 16.00 before or after a beauty or massage treatment (reservation required)	70
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SUBSCRIPTION (TEN ADMISSIONS)	Prior notification required	500
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CARLTON SPA MEMBERSHIP	One month	400
	Two months	700
	Winter season (December – March)	1350

The prices include free use of the entire Carlton Spa with fitness centre, sauna and steam bath zone, relaxation rooms and water world, as well as a bathrobe, towels, refreshments and fruits.

Children aged 16 and over may access the spa. The Carlton Spa membership card is personal and non-transferable. Member numbers are limited.