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GRAND HOTEL KRONENHOF  
PONTRESINA  
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*Kronenhof Spa*

2023/24

**OPENING HOURS**

*Pool and fitness*

7.00 to 20.00 h,  
9.00 to 20.00 h for external guests

*Saunas*

10.00 to 20.00 h

*Treatments*

9.00 to 20.00 h



*Discover the Kronenhof Spa on our website.*





## DEAR GUESTS

Feel the power of nature... breathe the crystal-clear air...

You will experience a true sense of wellbeing when you first arrive at Pontresina's Grand Hotel Kronenhof. Immerse yourself in the wide, peaceful yet breath-taking valley, with its wild Swiss stone pine and larch forests, and the magnificent view of the pristine Roseg glacier.

The Kronenhof Spa, covering an area of more than 2,000 square metres, brings a natural freshness and a rejuvenating spirit indoors, making it the ideal place for guests looking to relax and restore their natural body-soul balance.

Our team of professional beauticians and therapists are ready to pamper you with exquisite treatments and products of the highest quality.

You will feel it deep within yourself: before your stay comes to an end, your mind and body will be at one with our all-empowering nature thanks to a combination of relaxation, detoxification and regeneration.

Welcome to the Kronenhof Spa.

## THE AWARD-WINNING KRONENHOF SPA

*The Kronenhof Spa opens up new dimensions of relaxation and wellness, both restful and stimulating, detoxifying and regenerating. You will feel reborn.*

### *Indoor Pool (29°C)*

Our generous pool, measuring 8 by 20 metres with a counter current system, helps you relax and engage in the water exercise, such as Aqua Fit sessions. Swim towards the mountains while listening to underwater music.

### *Children's Pool (34°C)*

Children simply love our water world, its slide and its many water games.

### *Water in motion (34°C)*

At 34°C, water has a relaxing effect: after a day of sports or a workout, our Jacuzzi, water jets and waterfall will soothe your body and help you unwind.

### *Finnish Sauna, Mixed and Women Only (80°- 90°C)*

Relax in our Grisons-style Finnish sauna at an air temperature of 80° to 90°C. We pamper our guests with changing infusions based on different essential oils. (Nude area)

### *Bio Sauna for Women (60°C)*

With above-average humidity and air infused with essential oils, our sauna helps body and soul to relax in its own, unique way. Coloured lights energise and give a sense of wellbeing, strengthens your nervous system and regenerate your metabolism. (Nude area)

### *Stone Grotto Steam Bath (45°C)*

With the unique shape of a stone pit and a humidity of 100% our steam bath strengthens your immune system and lets you breathe freely. (Swimwear required)

### *Salt Water Grotto (45°C)*

The positive effect of a salt bath, at an air temperature of 45°C, frees airways and improves skin texture. (Swimwear required)

### *Relax-Floating Grotto (34°C)*

Relax as you float along in our water grotto with gentle wave projection and underwater sounds. Regenerate body and soul. (Swimwear required)

### *Kneipp Footpath*

Re-energise tired legs and your whole system as you step through alternating cold and warm water basins.

### *Relaxation Room with Fireplace*

Complete your spa visit with some deep relaxation on one of our water beds heated to 37°C.



## BODY TREATMENTS

*Effective and intensive treatments tighten the skin, revitalize and give you a healthy, fresh skin feeling.*

### *Love your Age by Pharmos*

🌿❤️🕒 1 h 20 min/CHF 240

A holistic and effective feel-good treatment including a gentle algae peeling, an activating massage and a firming body pack. The highlight: feel the fresh, cooling aloe vera plant leaf on your skin - a fantastic moisture booster.

### *Love your Age Body Scrub by Pharmos*

❤️🕒 25 min/CHF 110

Noble herbal peeling with rejuvenating plants that vitalises the skin and regenerates and promotes healthy blood circulation. Your skin becomes smooth, velvety soft and firm.

### *Detox Salt Body Scrub by Pharmos*

❤️🕒 25 min/CHF 110

High-quality sea salt from Palestine, precious medicinal plants and black sesame oil stimulate your metabolism, detoxify and tone the tissue - for silky soft skin.

### *Detox Body Wrap by Pharmos*

🌿❤️ 30 min/CHF 95

The precious mixture of rhassoul and aloe juice, enriched with traditional medicinal plants, activates the lymph flow, detoxifies and tightens the tissue. This treatment is carried out on the 37°C warm soft pack lounger.

### *Detox Bath*

🌿❤️ 20 min/CHF 80

The detox bath helps to purify the body and promotes healthy sleep. The optimal preparation for subsequent treatments.





BEAUTY BASICS

*Hands And Feet with OPI & Londontown*

Manicure CHF 105  
Pedicure CHF 115  
Coloured Polish CHF 30

*Gel Colour with OPI & Londontown*

Manicure with Gel Colour CHF 160  
Pedicure with Gel Colour CHF 170  
Gel Colour Removal CHF 40

*Extras For Your Face*

Eyebrow shaping CHF 25  
Eyebrow or eyelash tint CHF 30  
Eyebrow and eyelash tint CHF 40

*Depilation/Waxing*

Partial leg CHF 60  
Full leg CHF 95  
Bikini Zone CHF 40  
Underarm CHF 35  
Arm CHF 40  
Upper Lip CHF 25  
Men: Back or Chest CHF from 90

*Hairdresser*

We have a cooperation with Coiffeur L'idea from Pontresina.  
With pleasure, we can make an appointment for you in our own  
salon or at the L'idea hairdresser.



## FACIAL TREATMENTS

### Valmont

*As a master of anti-aging care since 1985, Valmont combines its unique Swiss cell cosmetic expertise with unrivalled treatments that deliver instant and long-lasting results. Their exceptional quality is due to a subtle combination of Alpine ingredients and advanced scientific knowledge.*

#### Energy Boost Ritual

☞ ♥ Ⓞ 1 h/CHF 220, 1 h 20 min/CHF 290

The beauty booster for tired and lifeless skin.

Promotes the oxygen supply of the cells, purifies and activates the circulation. For more vitality!

#### Luminosity Boost Ritual

☞ ♥ Ⓞ 1 h/CHF 220, 1 h 20 min/CHF 290

The treatment for an even complexion and refined skin texture.

Activates the skin's reflex zones in a targeted manner for a healthy, radiant glow. For more luminosity!

#### Firmness Boost Ritual

☞ ♥ Ⓞ 1 h/CHF 220, 1 h 20 min/CHF 290

Through an intensive massage, this high-quality anti-aging treatment remodels the face and leads to a better defined volume.

Vitamin C further boosts the appearance of a young skin.  
For more firmness!

### Pharmos Natur

*Pharmos Natur Green Luxury is your introduction to an exciting world of facial treatments. Anti-aging properties using 100% pure aloe vera for more freshness und vitality.*

#### Love Your Age

☞ Ⓞ 1 h 20 min/CHF 260

Experience a holistic care ritual that replenishes moisture reserves and smooths out fine wrinkles, thanks to hyaluronic acid, highly effective antioxidants and aloe vera plant leaf. You will love the new feeling of your skin and the immediately visible rejuvenation effect.

#### Aloe Bio Lift

☞ Ⓞ 50 min/CHF 190

The aloe vera plant leaf moisturizes the skin and acts as a natural bio-lifting resulting in radiant facial skin.

#### Detox Facial

♥ Ⓞ 50 min/CHF 200, 1 h 20 min/CHF 270

A combination of herbs rich in active ingredients and healing clay activates the lymph flow, intensely cleanses and decongests the tissue. The metabolism is stimulated with the help of sesame detox oil. Includes cupping massage (silicone cups) in the 80-minutes treatment.

#### Aloe Refresher

☞ Ⓞ 25 min/CHF 110

Your express feel-good moment with the aloe vera plant leaf and the unique Sensual Repair Mask. Rejuvenating - regenerating - moisturizing.

#### Aloe Ritual Men

☞ Ⓞ 50 min/CHF 190

A deep cleansing, peeling and mask as well as a facial massage with the fresh aloe vera plant leaf and exclusive care products for men let your skin shine.



## KRONENHOF MESSAGES

*Classics*

### *Individual Massage*

☞ ♥ Ⓞ 25 min/CHF 90, 50 min/CHF 170, 1 h 20 min/CHF 240

Individual and personalised massage, custom-tailored to your wishes and needs.

### *Deep Tissue Massage*

☞ Ⓞ 50 min/CHF 180, 1 h 20 min/CHF 240

For your back and legs: Firm pressure relieves sports-related muscle tension and thus, muscle ache. Ideal after vigorous exercise.

### *Breuss Massage*

25 min/CHF 110

The Breuss massage is a gentle and effective massage technique that is mainly used for back complaints. With special attention to the meridians and by stretching the spine, tensions are released and pain is alleviated.

### *Lymphatic Drainage*

♥ Ⓞ 50 min/CHF 170, 1 h 20 min/CHF 240

This gentle, specifically targeted massage moves along your lymphatic system to drain lymphatic fluid.

### *Foot Reflexology Massage*

♥ Ⓞ 50 min/CHF 170

Your feet reflect the entire body - through targeted pressure on specific foot reflex zones, the body's own healing powers are mobilised and the energy flow is stimulated.

### *Kronenhof Couple Massage*

☞ ♥ 2 x 50 min/CHF 360

Enjoy a relaxing massage for two in the exclusive beautiful ambience of our Kronenhof Private Spa Suite.

*Signature Treatments*

### *5 Senses Massage*

☞ ♥ Ⓞ 50 min/CHF 180, 1 h 20 min/CHF 240

This unique holistic massage based on the 5 elements stimulates all 5 senses at the same time. Find your perfect treatment intuitively by choosing a fragrance and a colour.

### *Release & Relax Massage*

☞ ♥ Ⓞ 50 min/CHF 180

A modern variation of the traditional myofascial massage. Deep-lying tensions and adhesions in the fascia tissue are released with a special massage wood. The high-quality CBD oil has a positive effect on the nervous system.

### *AktiVital Massage*

☞ ♥ Ⓞ 50 min/CHF 180, 1 h 20 min/CHF 240

A vigorous massage to dissolve persistent tensions and muscle aches. Special techniques such as active stretching combined with stimulating movements help the body regenerate.

### *Detox Massage*

♥ Ⓞ 50 min/CHF 180, 1 h 20 min/CHF 240

A gentle cupping technique helps detoxify the body; lymph circulation is improved three-fold and blockages, as well as deep-seated muscle tension, are relieved. The healing effect is reflected in a new lightness and more flexible joints.

*International Specials*

### *Lomi Lomi Massage*

🌀❤️🕒 1 h 20 min/CHF 240

This traditional oil massage incorporates flowing strokes of the hands and forearms, alternately gentle and powerful, while listening to Hawaiian sounds; ideal for cleansing and healing on both a physical and mental level.

### *Thai Massage*

🌀❤️🕒 1 h 20 min/CHF 240

Mindful touch, intensive, passive stretching and pressure on specific energy points release tension and loosen the whole body in a very short time. We recommend wearing comfortable and light clothing. This Far Eastern art of healing is traditionally performed on the futon.

### *Shiatsu*

🌀❤️🕒 1 h 20 min/CHF 240

Shiatsu literally means finger pressure. Through gentle pressure with fingers, palms, elbows and knees, combined with gentle, slow stretches and rotations, the body's own energies - the Qi in the body - are balanced and stimulated. The treatment is carried out classically on the futon.



## KRONENHOF PRIVATE SPA SUITE

*Book our Private Spa Suite for two hours to enjoy the luxury of absolute privacy with that special person in your life. Immerse yourself in its hydrojet tub and enjoy the water bed, treat yourselves to a refreshing body scrub in the steam bath while you savour small and exquisite delicacies and a glass of Champagne - ideal for everyone with exclusive demands in privacy.*

### *Private Spa*

*2 h/CHF 330*

For two people.

### *Including a 25 Minute Back & Neck Massage*

*2 h/CHF 420*

For two people.

### *Including a 50 Minute Relaxing Massage*

*2 h/CHF 500*

For two people.

### *Each Additional Hour*

*CHF 150*

## KRONENHOF SPA EXCLUSIVE USE

*For an especially unique experience, we offer you the option to exclusively book the entire sauna and pool area of the Kronenhof Spa from 20.00 h in the evening.*

### *2 Hours for up to 4 People*

*From CHF 600*

*Every Additional Person CHF 50.*

## FITNESS & SPORTS

*Our fitness area is equipped with modern Technogym equipment. **Susanne Staib**, certified sports therapist and Pilates trainer, organises indoor and outdoor personal trainings and group lessons.*

### *Personal Training*

*30 min/CHF 80, 50 min/CHF 160*

Would you like to improve your fitness, enhance endurance or lose weight? Then boost your health with mobility, strength and endurance training.

### *Pilates*

*50 min/CHF 160*

The holistic training concept combining matwork with circle, foam roller and ball strengthens the abdominal and back muscles, improves your posture as well as your flexibility and strengthens your body consciousness.

### *Personal Yoga & Meditation*

*50 min/CHF 160*

Find inner peace through gentle stretching, controlled breathing and experience the relaxing and calming effect on the body. Regain your mental balance.

### *TRX Yoga*

*50 min/CHF 170*

TRX Yoga combines the best of classical yoga and the TRX training. With the help of the sling trainer, yoga exercises can be intensified or simplified. This creates a new, exciting training method. Train the body - relax the mind.

### *Outdoor Activity*

*2h/CHF 250*

Whether mindful or intensive hiking, a joint run or active training in the fresh air - we accompany you.



## SWIMMING TRAINING

*At the Kronenhof Spa, our qualified swimming instructor is available for both technical courses for adults as well as baby and children's swimming lessons.*

### *Swimming Training for Adults*

*30 min/CHF 50, 1 h/CHF 100*

Improve your swimming style and optimize your technical skills in coordination, endurance and breathing when swimming breaststroke, backstroke or front crawl. We would be happy to create your personal training plan.

### *Swimming Training for Children*

*30 min/CHF 50, 1 h/CHF 100*

*2 children 30 min/CHF 75, 1 h/CHF 150*

Our swimming trainer looks forward to teaching your children and to laying the foundation for a variety of water sports. From the first contact with water, through the basic techniques to diving, jumping and other advanced activities, there is something for every level.

## KRONENHOF SPA MOMENTS

*Let yourself be inspired - the Kronenhof Spa offers a variety of wellness experiences for relaxing and enlightening moments. We are happy to advise you in detail on these and other offers at the Spa Reception. Free of charge for hotels guests.*

### *Weekly Fitness Classes*

Be active and take part in the weekly programme of classes which includes Yoga, Pilates, Fascia Training, TRX workout and Power Circuits. Advance booking is requested.

### *Aqua Fit & Aqua Step*

Active movement training in the water offers gentle strength and conditioning exercises for the joints, back and muscles and strengthens the cardiovascular system.

### *Sauna Infusion*

Relax with a soothing infusion ceremony enjoying various fragrances & sounds in the finnish sauna - daily at 18.00 h.

## SPA ETIQUETTE

### *Prior To Arrival*

We recommend leaving all valuables in your room. Enjoy a visit to our sauna world before your treatment, in order to stimulate your blood and lymphatic system thereby increasing the positive effect of your spa treatment.

### *Cancellation Policy*

We kindly ask that you cancel no less than 24 hours prior to your appointment. Please understand that, should you fail to cancel by this deadline, we reserve the right to charge you the full price of the treatment if we are unable to resell your slot.

T +41 81 830 32 76 or spa@kronenhof.com

### *Arrival*

In order that we can collect some important information from you, we kindly ask you to arrive at the spa reception 10 minutes before your treatment.

### *After Your Treatment*

After some treatments, we do not recommend sunbathing; please ask your therapist for further details. To extend your spa experience at home, you can purchase a variety of products at the Spa Reception.

### *Fitness Centre*

For your personal safety, we ask you to wear indoor sports shoes when using the fitness equipment. Towels and drinking water are always available.

### *Children*

The water world is open to children from 12 years, the sauna and fitness areas to children over 14 years of age, accompanied by their parents; we ask that you never leave your children unattended. Jumping from the edge of the pool is prohibited. We are happy to provide water wings and swimming goggles. For hygienic reasons, swimming diapers for toddlers are mandatory.

### *Opening Hours*

Pool and fitness area: 7.00 - 20.00 h,  
9.00 - 20.00 h for external guests  
Treatments: 9.00 - 20.00 h

### *Admission For External Guests*

<i>Admission Types</i>	<i>Winter (From 01.12.2023)</i>	<i>Summer/Autumn (Until 30.11.2024)</i>
Children's entrance (3-14 year)	40	30
Single entrance	80	60
Single entrance with booked treatment	40	30
Single entrance fitness centre	40	40
Single admission fitness class	45	45
6 admissions (transferable)	400	300
12 admissions (transferable)	800	600
Monthly subscription	600	500
Season subscription	1'500	1'200
Yearly subscription (10 months)	2'500	2'500

With a season subscription you receive a 10% discount on our product lines as well as a 50-minute massage and a Day Spa entrance for your partner, free of charge.

When choosing an annual subscription, we grant a 10% reduction on all treatments and product lines as well as a 50-minute massage and a Day Spa entrance for your partner, free of charge.

Use of the Kronenhof Spa for non-resident guests requires a reservation.

All rates are in CHF and include value-added tax. Subject to change.

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