

the power of the alps - **kronenhof spa**



GRAND HOTEL KRONENHOF  
PONTRESINA



# 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.

### **Swimming 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, strengthen 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 in a very special way as you float along in our water grotto with gentle wave projection and to the sound of underwater music. 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.

### Peaks of Slimness by Valmont - firming 1 h/CHF 190

A high-performance treatment targeting cellulite, it leaves skin firmer and more toned, so the contours of the figure are redrawn, and your body feels incredibly fresh and light.

### Love your Age by Pharmos - firming 1 h 20 min/CHF 220

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.

### Full-body Peeling 25 min/CHF 95

The intensive salt peeling removes shed skin, promotes blood circulation and stimulates the metabolism. Essential oils also strengthen the connective tissue and ensure visibly smoother skin.

### Alpine Hydrojet Massage Bath 20 min/CHF 70

With this special form of hydromassage, a precious mixture of soothing herbs and essential oils is added to the bath water. The blood circulation and the lymph flow are stimulated - an optimal preparation for the following treatments.

### Relaxing Hydrojet Bath For Two 20 min/CHF 95

Enjoy a romantic bath for two in the jacuzzi of our Private Spa Suite.

## detox treatments

Consistently rid your body of accumulated deposits, acids and waste products with powerful ingredients. Feel newly gained energy and joie de vivre - feel good all round.

### Detox Bath 25 min/CHF 70

The detox bath helps to detoxify and clean the body. At the same time, the wellness effect ensures better sleep and beautiful, firm skin.

### Detox Body Wrap by Pharmos 25 min/CHF 85

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 ° warm soft pack lounger.

### Detox Massage 50 min/CHF 170

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.

**Kronenhof tip:** Before your activating body wrap, book a regenerating full-body peeling or a relaxing bath for an optimal effect.

relaxing

detoxifying

regenerating





## facial treatments



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 Ritual Facial Treatment** 1 h/CHF 200 1 h 20 min/CHF 270

This is the beauty booster for tired skin: the oxygen-rich, anti-aging treatment stimulates cell renewal and strengthens the vitality of the skin, resulting in a radiant complexion.

### **Hydration Ritual** 1 h/CHF 200 1 h 20 min/CHF 270

The special treatment for more moisture and a fresh complexion. Your skin is bolstered, leaving it refreshed, smooth and moisturised, so that facial features are refined and signs of fatigue disappear.

relaxing    detoxifying    regenerating



**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 240

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

### **Aloe Bio Lift** 50 min/CHF 170

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

### **Aloe Ritual Men** 50 min/CHF 170

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.

### **Aloe Refresher** 25 min/CHF 95

Your express feel-good moment with the aloe vera plant leaf and the unique sensual repair mask. Rejuvenating - regenerating - moisturizing.



# kronenhof **massages**

## CLASSICS

25 min/CHF 80  
50 min/CHF 160

   **Individual Massage** 1 h 20 min/CHF 220

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

50 min/CHF 160  
1 h 20 min/CHF 220

  **Deep Tissue Massage** 1 h 20 min/CHF 220

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

50 min/CHF 160  
1 h 20 min/CHF 220

  **Lymphatic Drainage** 1 h 20 min/CHF 220

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

50 min/CHF 160  
1 h 20 min/CHF 220

  **Foot Reflexology Massage** 50 min/CHF 160

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.

50 min/CHF 170

  **Craniosacral Massage** 50 min/CHF 170

With minimal movements of this pleasantly calm and at the same time profound body treatment, blockages can be released and the body's own vital functions strengthened. Will be performed while clothed.

 **relaxing**    **detoxifying**     **regenerating**



## SIGNATURE TREATMENTS

50 min/CHF 170  
1 h 20 min/CHF 220

   **5 Senses Massage**

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 color.

50 min/CHF 170  
1 h 20 min/CHF 220

  **AktiVital Massage**

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

25 min/CHF 85

  **Face Lifting Massage**

Gentle lymph stimulation and intense massage strokes create a natural lifting effect resulting in firm skin and a freshness of face.

## INTERNATIONAL SPECIALS

25 min/CHF 85  
50 min/CHF 170

  **Indian Head Massage** (face included)

Gentle and stimulating massage techniques on shoulders, neck and head relieve stress in cramped and painful areas. The traditional head massage soothes, improves concentration and leads to absolute deep relaxation. Benefit from fresh energy for a clear head. Carried out seated without oil.

1 h 20 min/CHF 220

  **Lomi Lomi Massage**

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.

50 min/CHF 170  
1 h 20 min/CHF 220

  **Thai Massage**

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.



## beauty basics

	CHF
<b>Hands and Feet</b>	
Manicure	95
Pedicure	105
Coloured polish	25
<b>Gel Colour (OPI &amp; Londontown)</b>	
Manicure with Gel Colour	155
Pedicure with Gel Colour	165
Gel removal	30
<b>Extras for your face</b>	
Eyebrow shaping	20
Eyebrow or eyelash tint	25
Eyebrow and eyelash tint	40
Daytime make-up	from 50
Evening make-up	from 65
Wedding make-up, including a test run	from 150
<b>Depilation/Waxing</b>	
Partial leg	60
Full leg	95
Bikini zone	40
Underarm	35
Arm	40
Upper lip	25
Men: back or chest	90
<b>Hairdresser</b>	

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.

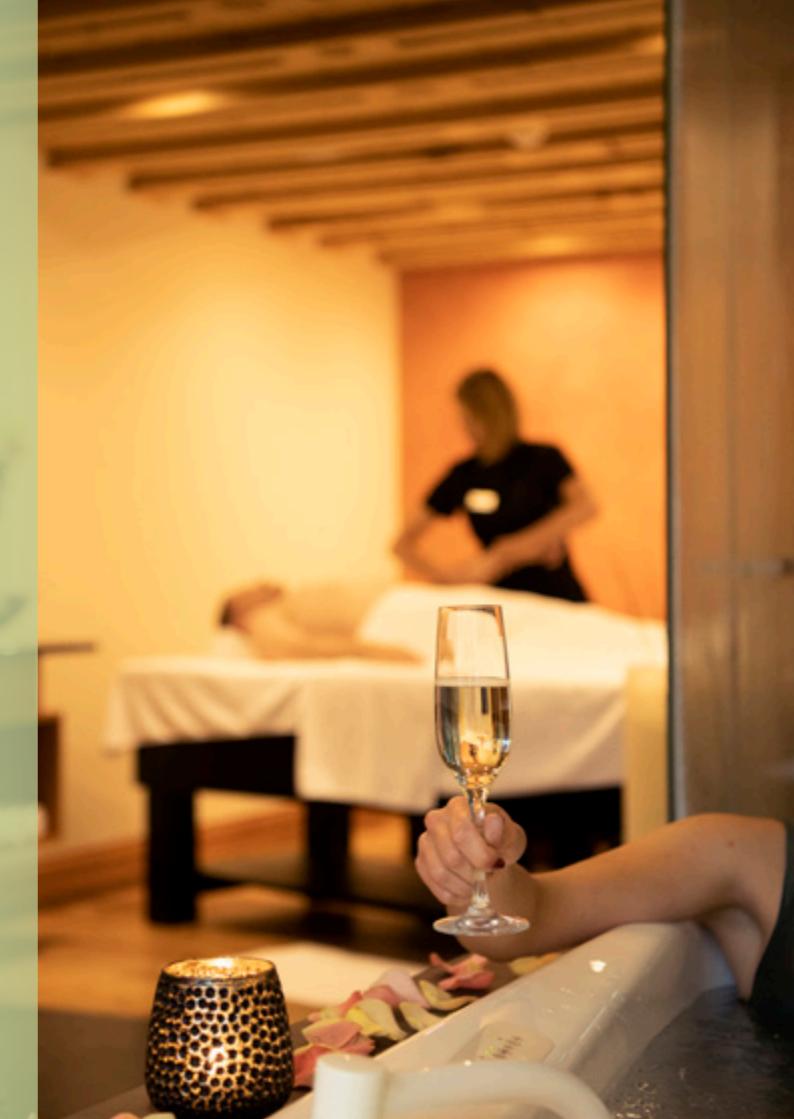
## kronenhof private spa suite

Use 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 of privacy.

<b>Private Spa</b> for two people	2 h/CHF 300
<b>including a 25-minute Back &amp; Neck Massage</b> for two people	2 h/CHF 380
<b>including a 50-minute relaxing Massage</b> for two people	2 h/CHF 460
<b>each additional hour</b>	CHF 100

## 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 20.00h in the evening - from CHF 500. We would be pleased to advise you for your tailor-made offer.



# 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.



## YOGA & MORE @ KRONENHOF

Find your inner peace through gentle stretching, controlled breathing and discover the relaxed and calming effect on the body. Strengthen your mental balance.

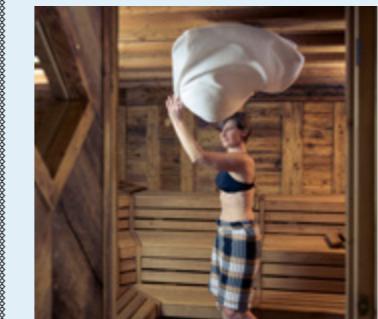
## YOGA SUMMIT WITH BEN RAKIDZJA

Experience the combination of Hatha Yoga, Yin Yoga and meditation at our Yoga Summit. Refine your flexibility and body awareness and get to deeper relaxation through conscious breathing. According to the motto „come up to slow down“, you will find the perfect inner balance over 3 days.



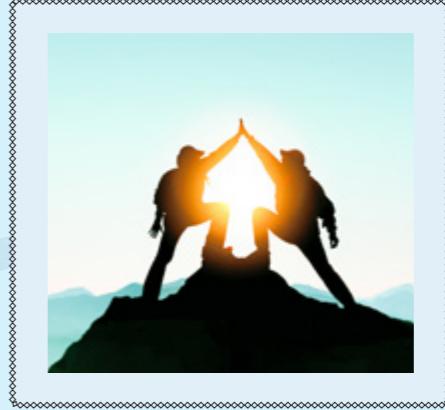
## YOGA DETOX DAYS

3 relaxing days, each with a morning session of either Flow or Restorative Yoga, plus detox tea and detox massages as well as a detox self-applicable kit to help purify your body in your own time and space await you with our Detox Yoga Days. The perfect programme to experience total relaxation.



## SPA & COCKTAIL NIGHT

On selected dates, from 19.00 h to midnight, you can enjoy a serene evening atmosphere in our oasis of wellbeing. Cocktails, infused ice balls on heated rocks in the sauna, a refreshing body peeling in the steam bath and night spa massages (upon request) await the discerning spa-aficionado.



## AQUA GYM & AQUA STEP FIT

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



Further information and dates concerning our offers can be found online at [www.kronenhof.com](http://www.kronenhof.com). Additionally, our spa team is at your disposal via [spa@kronenhof.com](mailto:spa@kronenhof.com) or T +41 81 830 32 76.

## ONE-DAY MENTAL COACHING THOMAS THEURILLAT & EVELYNE STOCK

Thomas Theurillat & Evelyne Stock, successful and renowned psychologists and mental coaches, combine empathy and an open manner in a coaching programme specially designed for Kronenhof guests that leads to greater success and satisfaction in life, using the latest scientific techniques while focusing on the interests and passions of individual clients.



## 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 150, 5 x 50 min/CHF 700**

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 150**

- Holistic training concept (matwork with hoop, foam roller and ball)
- Strengthening of the abdominal and back muscles
- Improves posture and flexibility
- Strengthens the body consciousness

**Personal Yoga & Meditation**      **50 min/CHF 150**

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

Be active and participate in the weekly complimentary course programme for hotel guests, which includes **Aqua Gym, Aqua Step, TRX, fascia training and Power Circuits**. We kindly ask you to book in advance.

## swimming training

At the Kronenhof Spa, we offer professional swimming training for all ages.

Our qualified swimming instructor Elena is available for both technical courses for adults as well as baby and children's swimming lessons. You either learn your first swimming movements or work on perfecting them depending on your level.

**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 applying breaststroke, backstroke or crawl techniques. Elena will be happy to create your personal training plan.

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

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

**Swimming training for children**      **30 min/CHF 50**  
**1 h/CHF 100**  
**2 children - 30 min/CHF 75**  
**2 children - 1 h/CHF 150**

Swimming trainer Elena looks forward to teaching your children to swim in a playful, empathetic and fun way and to lay 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.



# 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](mailto: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 - 20.00h, 9.00 - 20.00h for external guests

Treatments: 9.00 - 12.00h, 15.00 - 20.00h or upon request

## ADMISSION FOR EXTERNAL GUESTS

	winter	summer
children's entrance (3-14 year)	35	25
single entrance	70	50
single entrance fitness centre	30	30
single admission fitness class	35	35
6 admissions	350	250
12 admissions	700	500
monthly subscription	500	400
season subscription	1'500	1'200
yearly subscription	2'500	
yearly subscription Kronenhof & Kulm Hotel	2'700	

- With a season subscription you receive a 10% discount on our product lines as well as a 50-minute personal training or massage.
- When choosing an annual subscription, we grant a 10% reduction on all treatments and product lines as well as an exclusive 2-hour use of the Private Spa Suite for 2 people.
- 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. © 2022



## kulm spa st. moritz

The wellbeing concept of the Kulm Spa St. Moritz rests on the three pillars relaxation, detoxification and regeneration, in combination with tradition and innovation. In a space of more than 2,000 square metres with 12 treatment rooms and a Private Spa Suite, we invite you to relax and enjoy.

Kronenhof guests enjoy free access to the Kulm Spa St. Moritz.

**Kulm Hotel · 7500 St. Moritz · Switzerland**

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