

kulm spa **st. moritz**



dear **guests**

Step in and learn to enjoy life with all your senses. In a fast paced world, the Kulm Spa St. Moritz presents itself as a haven and ideal hideaway for those seeking ultimate relaxation. Experience the aromas of fine pine wood, the unique views over Lake St. Moritz and let your mind wander.

Based on a modern and harmonious design and combined with the latest wellness trends, the Kulm Spa offers a three-pillar wellness concept that unites relaxation, detoxification and regeneration. Deceleration for body and mind is achieved while finding your inner balance.

Our spa specialists provide tailored treatments, catering to your individual preferences, by either using the harmonising power of natural products or applying new high-tech active ingredients from biotechnological research. The result: more energy, vitality and joie de vivre.

Pharmos Natur Green Luxury introduces a luxurious world of exciting green products made from 100% pure BIO Aloe Vera active ingredients, taken directly from the plant. The award-winning Italian brand Comfort Zone offers science-based and holistic products, which rely on natural and clinically effective ingredients without use of silicone, parabens or animal products. Specialising in medical wellness, Ericson Laboratoire Paris is scientifically proven to be effective and is supported by the geneO+ device, achieving impressive instant results and satisfying the desires of even the most discerning guests.

Welcome to the Kulm Spa St. Moritz!



relax



detoxify



regenerate



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Based on its pioneering wellness concept, adapted to the individual needs of our guests, as well as a modern spa architecture, the Kulm Spa offers 2,000 square metres of a new dimension in relaxation and wellness - experience wellbeing at the highest level.

Indoor Pool (29°C)

Swim laps or simply float in our luxuriously heated 10 x 20m indoor pool, to the accompaniment of underwater music and against the backdrop of our Alpine panorama or start your day with an aqua-gym session at 8.00h.

Open-Air Pool (34°C)

Watch the clouds fly by as you go swimming, regardless of the time of year, surrounded by pristine nature and amazing views. The jacuzzi with waterfall and waterjets will soothe the muscles after a day of sports.

Whirlpool (34°C)

Lose all track of time while immersing yourself in our effervescent, revitalising whirlpool.

Children's pool (34°C)

Your little ones have their very own pool in which to splash, play and swim.

Salt Water Grotto (45°C - swimwear required)

Enjoy the positive effects of salt contained in the soothing aerosol vapor, clear your lungs and refine your skin.

Steam Baths (45°C - swimwear and nude area)

Regenerate and strengthen your immune system - there is no better way to describe the benefits of our natural stone grottos.



Finnish Sauna (80-90°C - mixed nude area)

Clear your body of accumulated toxins in our cosy sauna, designed in local Grisons style. Daily at 18.00h our guests can enjoy a new infusion each day based on select essential oils.

Bio-Sauna (60°C - nude area, exclusively for women)

The essential oils used in our Swiss pine wood bio-sauna stimulate your metabolism and nervous system.

Infrared cabin (30-37°C - swimwear required)

A deep heat therapy treatment that relieves muscle tension and enhances blood circulation.

Kneipp Footpath

There is no better way to revitalise fatigued legs and boost your circulation than to walk through the cold-hot pools.

Relaxation Lounge

Cool down after a treatment or sauna session and rest in style on the 37°C waterbeds in our relaxing lounge area.

OPENING HOURS

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

Saunas: 16.00 - 20.00h, or earlier upon request

Treatments in winter: 8.00 - 20.00h

Treatments in summer: 9.00 - 12.00h and 15.00 - 20.00h

facial treatments

 **Individual facial treatments** 55 min/CHF 170
by **Pharmos, Comfort Zone or Ericson** 1 h 25 min/CHF 220

Our beauty experts select the optimal cosmetics brand and treatment, individually tailored to your needs. Whether your skin requires additional moisture, hyaluronic acid or proteins, it will be rebalanced with a deep cleansing treatment and soothed with conditioning ingredients applied using relaxing massage techniques - resulting in a fresh, clear and radiant complexion.

FOR MEN

Men's Power Facial by Pharmos - This revitalising, energising and smoothing facial treatment is perfectly attuned to the demands of a man's skin. Intense active ingredients care for the skin, giving it more resilience and the strength to cope with external factors such as dry weather.



 **Premium facial treatments** 1 h 25 min/CHF 260

Upon request, our premium facial treatments incorporate the SkinVital device, which results in a gentle but very efficient peeling. It also helps active ingredients penetrate deeper skin layers resulting in a more revitalised and tighter facial appearance.

Kulm Signature Facial Rohini by Pharmos - Especially created for the Kulm Hotel, healing plants with a unique spectrum of active ingredients were selected for their regenerating powers that result in a rejuvenating effect on the face. Deft strokes, combined with fresh BIO Aloe Vera plant leaf, ensure all the facial cells are well moisturised resulting in skin that is firm to touch.

Sublime Skin Deluxe by Comfort Zone - This firming and revitalising treatment uses a highly effective, skin-renewing fruit acid peel that adds volume to the skin and makes it appear smoother. The unique Active Lift Massage, inspired by traditional Japanese Kobido massage, relaxes the facial muscles while harmonising mind and body.

UltimateLift by Ericson - The latest lifting treatment with gentle micro needling and hyaluronic acid for smoothing and cushioning the skin. Results are already visible after the first treatment.

ProVitamin by Ericson - The multi-vitamin cocktail of essential vitamins is an energy booster and revitalises tired, saggy skin. The combination of pure vitamin C, the amino acid taurine and the application via the high-frequency device Energetic T.Bar visibly firms and gives the skin a fresh, radiant complexion.



facials with the **geneo technology**

Discover the exclusive, unique treatments based on the OxyGeneo technology: from detoxing to rejuvenation and removing fine facial lines - the gentle and effective treatments combine deep exfoliation of the skin, natural oxygenation of skin cells and the diffusion of essential revitalizing nutrients. The results are remarkable and immediately noticeable. Let us help you create your personalised treatment programme.

Geneo Skin Booster 25 min / CHF 170

For a stunning first result - cleanses the skin and exfoliates it for new vitality and a radiant appearance.




Geneo Power Detox 50 min / CHF 220

Extends the Skin Booster treatment with a select mask - calming, refreshing or rejuvenating - as well as a short massage. Activates the oxygen production in the cells and vitalises the tissue.

Geneo Ultimate Skin Rejuvenation 1 h 20 min / CHF 300

For an intense and a lasting effect resulting in smooth, firm and rejuvenated skin. Collagen production is stimulated, the skin is bolstered up and the face shape is re-modeled.



 relax  detoxify  regenerate

beauty **basics**

HANDS AND FEET	CHF
Manicure or pedicure	110
Reshape & polish	70
Coloured polish	30

SHELLAC	
A UV-resistant, long-lasting colour service	
Shellac manicure or pedicure	150
Shellac removal	35

FACE	
Eyebrow shaping	25
Eyebrow or eyelash tint	40
Eyebrow and eyelash tint	50
Collagen mask	35
Eyes mask	25

WAXING	
Partial leg	75
Full leg	130
Upper lip	25
Underarm or arm	40
Bikini zone	50
Men: back or thorax	90



body treatments

Listen to your body and restore your inner balance. Our range of body treatments restores your vitality, lets you relax and recharges your batteries.

Body Wrap by Pharmos - detox 20 min/CHF 90

The precious black sesame oil enriched with traditional medicinal plants activates the lymphatic flow, purifies and tightens the tissue. This treatment is carried out on the 37°C soft pack lounger.

Osmo Therymy by Ericson - detox 50 min/CHF 160

Cleansing and detoxification through body peeling and wrap with precious Guérande salt leads to drainage of excess water via osmotic processes. Ideal as a first treatment to intensify the subsequent treatments.

Slim & Lift by Ericson - tightening 1 h 10 min/CHF 190

An effective treatment leading to fat reduction all over the body. Tightens the skin, reduces stretch marks, repairs and strengthens the capillaries.

Cellu VIB by Ericson - anti-cellulite 50 min/CHF 160

A partial body wrap for legs and buttocks. Three methods encourage subcutaneous fat melt-away, drain and eliminate water deposits and improve connective tissue structure leaving the skin smoother and tighter.

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

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



BODY SCRUB

Buff away old skin and stimulate micro circulation, leaving your skin refreshed and soft.

Salt Scrub 20 min/CHF 95

The extraordinary effect of the salt, rich in essential minerals, provides a cleansing and light body feeling, stimulates the metabolism and brings back lost energy.

HYDROJET MASSAGE BATH

In preparation for a massage or as an ideal relaxation method after exercise, indulge in our stimulating underwater hydrojet massage of 252 jets. As your muscles relax, a special coloured, under-water light source promotes regeneration and soothes body, mind and spirit.

Hydrojet Massage Bath 20 min/CHF 65

Relaxing, purifying or regenerating options are available.

Tranquillity Bath for two 20 min/CHF 110

Enjoy a romantic bath for two with our unique Tranquillity Oil in our exclusive Private Spa Suite's twin tub.

Recommendation: for an optimal effect, combine our body treatments with one of our relaxing or activating massages.

kulm massages

Our high-quality, 100% pure natural herbal BIO oils contain carefully selected powerful ethereal agents. They make all our massages a special experience, custom-tailored to your individual needs.

KULM SIGNATURE TREATMENTS


The Kulm Signature Treatments have been developed directly by our therapists for our guests to experience truly unique moments.

 **Spa Ritual Massage** 50 min/CHF 160
1 h 20 min/CHF 240




Winner of the «**Best Signature Treatment**» at the **European Health & Spa Awards**. Flowing movements, inspired by Polynesian healing methods, warm fragrant oils and energetic massage techniques will take you on a special journey.

 **AktiVital Massage** 50 min/CHF 160
1 h 20 min/CHF 240

An effective massage to dissolve persistent tension and muscle aches. Progressive stretching, activation of trigger points and stimulating movements help the body regenerate and relax.

 **5 Senses Massage** 50 min/CHF 160
1 h 20 min/CHF 240


This holistic treatment stimulates all 5 senses at the same time. Enjoy a completely personalised massage and enter a whole new sphere of well-being.

 relax  detoxify  regenerate



KULM CLASSICS

25 min/CHF 85
50 min/CHF 160
1 h 20 min/CHF 240

 **Individual Massage**

Personalised treatments targeting specific problem areas, using the latest techniques along with more traditional methods.

50 min/CHF 150
1 h 20 min/CHF 230

 **Full-Body Massage**

Our classic relieves muscle tension from head to toe, promotes circulation and restores vitality.

50 min/CHF 160
1 h 20 min/CHF 240

 **Deep Tissue Massage**

Firm pressure relieves sports-related muscle tension and thus, muscle ache. Ideal after vigorous exercise.

50 min/CHF 160
1 h 20 min/CHF 240

 **Partial Body Lymphatic Drainage**


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

50 min/CHF 160

 **Foot Reflexology Massage**

Your feet reflect the entire body - targeted pressure points of the reflex zones on the feet, which are in connection with the various organs of the body, mobilise the body's own healing powers and realign the energy channels.

50 min/CHF 150

 **Tranquillity Pro Sleep Massage**

Innovative and exclusive, this massage affects all senses equally and ensures a deep feeling of relaxation, promotes a restful sleep and brings peace of mind and body.



kulm private **spa suite**

Quality time spent together is twice as nice and a wonderful opportunity to cultivate your cherished relations.

Benefit from the private sauna and steam bath, the twin hydro-jet bathtub, or simply lounge on the waterbed with its view of our majestic Alpine panorama. Enjoy fresh fruits and fruit juice, exquisite delicacies and a glass of Champagne.

**Private Spa for 2 people
every additional hour**

**2 h/CHF 390
CHF 160**

For additional wellbeing we propose a relaxing massage or facial treatment. When booking directly before or after enjoying the Private Spa Suite, you will receive a **15% discount**.



kulm spa **exclusive use**

For an especially unique experience, we offer you the option to book the entire sauna and pool area of the Kulm Spa from 20.30h exclusively in the evenings - from CHF 600. We would be pleased to advise you individually for your tailor-made offer.

fitness & **sports**

Our fitness area includes state-of-the-art Technogym equipment. Highly professional staff members assist you with training programmes for individuals or groups.

50 min/CHF 160

6 x 50 min/CHF 960

12 x 50 min/CHF 1'650

Pilates Reformer

Experience a one of a kind, multi-faceted training with varying difficulty levels, allowing you to move your body in unimagined ways. For a more intensive training, the reformer works particularly intensely and effectively on deep muscles in the body and corrects movement as well as posture. Regardless of your age and fitness level, you will improve your strength, endurance, flexibility and balance in coordination with controlled breathing.

50 min/CHF 150

1 h 20 min/CHF 230

Personal Training / Yoga / Pilates

We are pleased to design your personalised workout, tailored to your individual needs.

20 min/CHF 75

50 min/CHF 150

TRX Body Workout

This multifunctional personalised full-body exercise uses your own body weight to promote increased endurance and core strength whilst also improving sports and overall performance.

Be active and take part in our weekly complimentary gym programme in the gym or an aqua gym course at 8.00h in the large indoor pool.



kulm coiffeur

Our hair specialists are delighted to assist you with a consultation as well as their great expertise in hairstyling. Catering to your hair type, they will individually advise you on the ideal active ingredients from our two new product lines.

PHILIP B

As one of Hollywood's preeminent hair-treatment experts, Philip B. has garnered international praise for his visionary approach to hair, scalp and body-care treatments. The award-winning blends, all based on pure botanicals and essential oils with extravagant fragrances at potent, unheard-of-in-the-industry concentrations, have redefined luxury care for hair and skin. The effect is lasting even after several hair washes - a treatment that easily becomes an addiction for your hair.

4 Step Hair & Scalp Treatment CHF 99

A rejuvenating cure for your hair and scalp. Soothes, balances, hydrates the scalp and normalizes the sebaceous glands when greasy. Builds up the outer layer of the hair for more volume and longer hair by altering the internal structure.

Straightening Hair Mask CHF 55

An intensive treatment that provides the hair with lasting moisture, more fullness, elasticity and shine. Anti-frizz effect with color protection.

Oud Royal CHF 55

Shampoo, mask & spray. Provides unique hair fullness, over several days lasting shine and fragrance. Enchants your environment with the secret of Pheromones.

OWAY

Organic Way represents the fruit of over 15 years of research within the world of natural, biodynamic, organic formulation and on a clean chemistry that offers real and concrete results.

Oway Rebuild CHF 55

The rebuilding treatment for damaged hair. Includes shampoo, mask, rebuild serum, scalp massage.

Oway Hair Growth Serum CHF 25

Oway Hair Growth Serum (with scalp massage) CHF 55

Ampulle for hair growth.

Oway Sensitive Scalp CHF 55

An organic treatment for sensitive scalps. Includes wash, serum & massage.

Herbs & Clay Peeling Cleanser CHF 65

Detox for the scalp - counteracts scalp problems such as itching, greasy hairline or dandruff. The peeling for your scalp and hair care for the tips.

Oway Silk & Glow CHF 55

Straightening hair treatment. Includes shampoo, mask, serum.

Infrared Treatment CHF 35

Moisture is quickly incorporated into the hair after washing - for catchy and thick hair.



COIFFEUR BASICS

LADIES Cuts CHF

Wash, cut, blow-dry from 110

Styling

Wash, set, blow-dry from 80

Hair styling from 25

Pinned-up hairstyle (without wash) from 70

Extra-long hair or extensions surcharge from 10-50

Colour

Hairline only from 65

New colour from 80

Highlights (upper head) from 80

Comb highlights from 70

Highlights (full head) from 90

Special Care

Head massage 30

Keraplex 35

GENTLEMEN

Wash, cut, blow-dry 70

Machine cut 35

Head massage 30

KIDS

Moistening / wash, cut, blow-dry up to 15 years 45

Trend cut, wash, blow-dry, 15-17 years 65

SPECIALS

Eyebrow shaping 25

Eyebrow and eyelash tint 50

helpful details

PLEASE NOTE

In order to best meet your individual needs, we encourage you to choose freely among our therapists and ask that you inform your chosen specialist of any particular problem zones, sensitive areas, injuries and health conditions you may have. Disclosing information of this kind is important as treatments could exacerbate the health risk.

HOW DO I BOOK MY TREATMENTS?

We recommend you reserve your Spa appointments when you make your hotel reservation. Book early to allow us to accommodate your wishes in regards to therapists and appointments. Reservations made at the Spa are subject to availability.

HOW CAN I CANCEL OR CHANGE MY BOOKING?

We kindly ask that you cancel early, no less than 24 hours before the appointment. Please understand that, should you fail to cancel within this time, we are obliged to charge you the full amount of the treatment if we are unable to resell your slot.

T +41 81 836 82 74 or spa@kulm.com

IMPORTANT INFORMATION FOR MY BOOKING

Please be at the Spa reception 5 minutes prior to your appointment. Delays would affect the duration of your treatment - the next guest will want to be treated on time. Please wear a bathrobe in the Spa area. Disposable underwear is available at the beginning of any treatment.

IS THERE A MINIMUM AGE FOR TREATMENTS?

As part of our Kids' Spa, we offer children under the age of 14 specifically customised offers. Children over 14 years benefit from the full range of treatments available to adults.

NOTEWORTHY INFORMATION CONCERNING CHILDREN

The outdoor pool and whirlpool are open to children under 14 years accompanied by parents. Sauna and fitness area are best suited for children aged 14 and above, accompanied by a parent. We ask that you never leave your children unsupervised in the pool and that they do not jump into the pool. For reasons of hygiene, swim nappies (diapers) are mandatory for small children.

SPA-AROUND & KRONENHOF NIGHT SPA

Kulm Hotel guests benefit from unlimited free access to the award-winning wellness area in our sister property Grand Hotel Kronenhof in Pontresina (6km away). Every month a Night Spa is offered at Kronenhof Spa - enjoy the unique evening ambience from 19.00h to midnight.

OPENING HOURS

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

Saunas: 16.00-20.00h, or earlier upon request

Treatments in winter: 8.00 - 20.00h

Treatments in summer: 9.00-12.00h and 15.00-20.00h

ADMISSION FOR EXTERNAL GUESTS

	winter	summer
children's entrance (3 to 14 years of age)	45	45
single entrance	85	75
single entrance with a booked treatment	50	50
12 admissions, each with a booked treatment	500	500
12 admissions	850	750
monthly subscription	550	400
season subscription	1,750	750
yearly subscription		2,350
yearly subscription, Kulm & Kronenhof		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.

For an annual subscription, we grant a 10% discount on all treatments and product lines as well as an exclusive, 2-hour use of the Private Spa Suite for 2 people.

For external guests, when booking treatments exceeding CHF 250 per person and day, admission to the Kulm Spa is free of charge.

All subscribers benefit from free daily changing fitness classes.

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

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kronenhof spa

The 2,000 square metre Kronenhof Spa with its 13 treatment rooms and the luxurious Private Spa Suite brings you the power of nature. Based on its state-of-the-art spa architecture and combination of modern and classic alpine wellness secrets, the Grand Hotel Kronenhof represents one of the top destinations for those wishing to relax and nourish body and soul in an exclusive environment.

All Kulm Hotel guests benefit from free access to the Kronenhof Spa.

Grand Hotel Kronenhof · 7504 Pontresina/St. Moritz · Switzerland

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