

the power of the alps – **kronenhof spa**



GRAND HOTEL KRONENHOF
PONTRESINA

★★★★★

dear **guests**

Simplicity is the ultimate sophistication.

At Grand Hotel Kronenhof, we interpret this as going back to our roots. Back to nature, breathing in the crystal clear mountain air...

You will experience a true sense of wellbeing when you first arrive at Pontresina's Grand Hotel Kronenhof. This is in no small part due to the wide, peaceful yet breath-taking valley, its wild Swiss stone pine and larch forests and the magnificent view of the pristine Roseg glacier.

The Kronenhof Spa boasts more than 2,000 square metres and brings natural freshness and rejuvenating spirit indoors - the ideal place for guests looking to relax and restore their natural body-soul balance in an exclusive setting.

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: as your stay comes to an end, your mind and body are at one with our all-empowering nature thanks to a combination of relaxation, detoxification and regeneration.

Welcome to 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 relax.

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 complete relaxation on one of our water beds heated to 37° C.





body treatments



Tighten your skin and lose a few centimetres with the effective detox treatments by Ericson Laboratoire and Pharmos Natur Green Luxury - feel the revitalising effect of the soft pack.

 **Osmo Therym by Ericson - detoxifying** **1 h/CHF 150**



Precious Guérande salts lead to the discharge of excess water via osmotic processes. Body scrub and body wrap leave your body cleansed and your skin velvety soft.

  **Slim & Lift by Ericson - firming** **1 h 20 min/CHF 190**




A highly efficient treatment to reduce fat deposits in the whole body. Tightens skin, reduces stretch marks, repairs and strengthens capillaries.

  **Cellu VIB by Ericson - anti-cellulite** **1 h/CHF 160**


Three methods stimulate subcutaneous melting away of fat, elimination of retained fluids and improve the structure of your connective tissue. As a result your skin feels 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 pack. The highlight: feel the fresh, cooling aloe vera plant leaf on your skin - a fantastic moisture booster.

 relaxing  detoxifying  regenerating

body wraps, peelings & baths

 **Honey Peeling by Alpienne** **25 min/CHF 95**

This refreshing honey scrub with mountain crystals boosts circulation and stimulates your metabolism. Its rich ingredients give a silky-soft feel to your skin.

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

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.

HYDROJET MASSAGE BATHS

As an ideal preparation for an effective treatment your body is massaged by 300 jets. Enjoy the extraordinary invigorating effect of the underwater massage for supremely relaxed muscles.

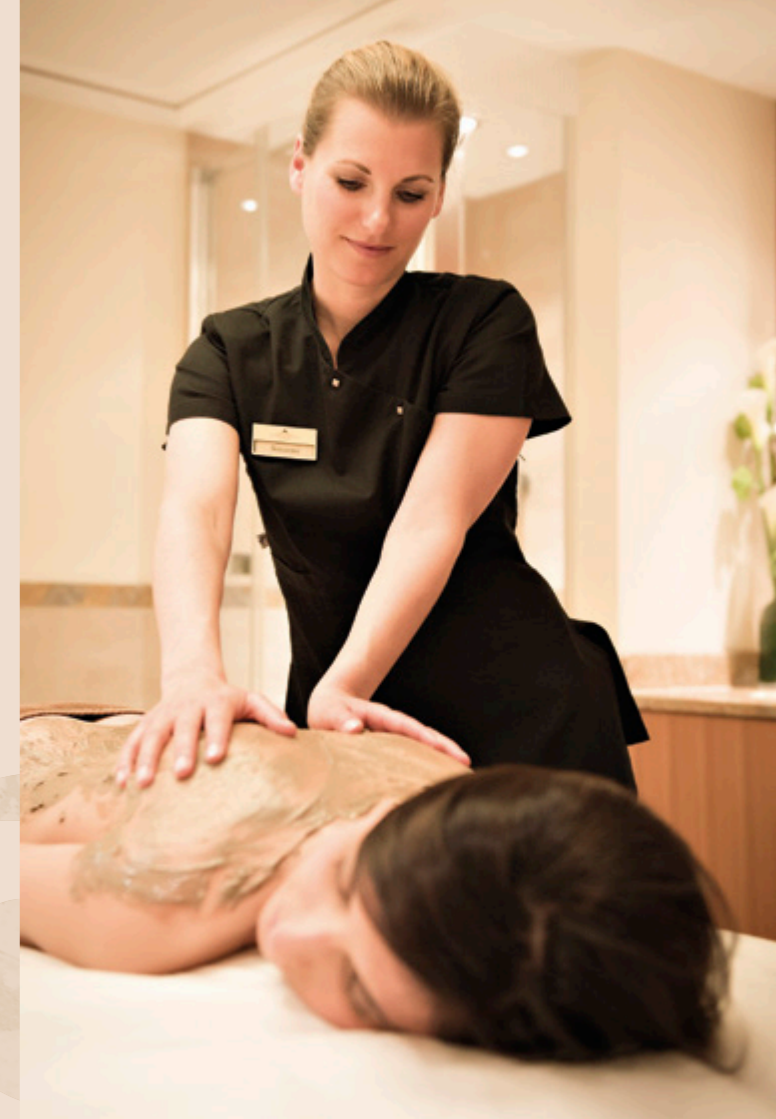
  **Hydrojet Massage Bath** **20 min/CHF 65**

Choose a relaxing, purifying or regenerating bath.

 **Relaxing Bath For Two** **20 min/CHF 95**

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

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





facial treatments

**ERICSON
LABORATOIRE**
PARIS - FRANCE

Ericson Laboratoire Paris - medical beauty - is synonymous with effective, luxurious, science-based wellness. Highly effective formulations produce noticeable, impressive results.

Pro Vitamin **1 h 20 min / CHF 240**




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.

Rejuvenation Expert **50 min / CHF 170** **1 h 20 min / CHF 240**

With the active ingredient Matrigenics genes are brought to life right in the heart of the skin cell. Collagen, elastin and the skin's own Hyaluronic acid are reactivated. This rejuvenating facial application strengthens the tissue, reduces wrinkles and tightens facial contours.

Ultimate Lift **1 h 20 min / CHF 240**

The intensive lifting treatment has a targeted effect on facial skin and visibly smoothes the facial wrinkles. Highly concentrated active ingredients, molecular hyaluronic acid and gentle micro needling give the skin structure more volume. The ultimate kick for a youthful look.

 relaxing  detoxifying  regenerating


PHARMOS NATUR®
GREEN LUXURY

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.

Aloe Ritual **50 min / CHF 160**

A deep cleansing, peeling and mask as well as a facial massage with the fresh aloe vera plant, individually adapted to every skin type.

Love your Age **1 h 20 min / CHF 240**

A unique facial care ritual based on fresh aloe vera plant leaves, combined with hyaluron. Additionally, we will pamper you with a foot and leg massage - exceptional care to make your skin feel renewed.

Anti-Stress **1 h 20 min / CHF 240**

The precious ingredients of the Anti-Stress serum give your skin high elasticity and radiance for more liveliness and a youthful appearance. Cells are relaxed and regenerated. At the same time, the nervous system is supported to get rid of accumulated stress.

Aloe Ritual Men **50 min / CHF 160**

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 **massages**

High-quality oil from black sesame seeds, precious ethereal essences and all-natural alpine herbal lotions make our massages a special experience.

SIGNATURE TREATMENTS

5 Senses Massage 50 min / CHF 160
1 h 20 min / CHF 205
This unique holistic massage, based on the 5 elements stimulates all 5 senses simultaneously. Enjoy a personalised massage and let yourself be drawn into a world of harmonious regeneration.

Energy Massage 50 min / CHF 160
1 h 20 min / CHF 205
Gentle stroking and acupressure along your body's meridians help release energy blockages and restore body, spirit and soul to full harmony.

Spa Ritual Massage 50 min / CHF 160
1 h 20 min / CHF 205
Inspired by Polynesian healing methods, flowing movements and a combination of warm fragrant oils and energetic massage techniques relax your body and leave you feeling rejuvenated.

AktiVital Massage 50 min / CHF 160
1 h 20 min / CHF 205
A vigorous massage to dissolve persistent tension and muscle aches. Special techniques such as active stretching combined with stimulating movements help the body regenerate.

Lomi Lomi Massage 1 h 20 min / CHF 210
This traditional Hawaiian oil massage with flowing, gentle and powerful massage techniques with the hands and forearms are used for detoxification and healing on a physical and mental level. Hawaiian vibes will let you experience an exceptionally deep state of relaxation.



CLASSICS

Personalised Treatment 50 min / CHF 160
1 h 20 min / CHF 205
Individually designed treatment that closely targets problem areas, using the latest techniques as well as building on more traditional methods.

Craniosacral 50 min / CHF 170
Minimal movements of this pleasantly calm yet profound body treatment remove blocks and tensions and strengthen the body's own vital functions. It is performed on the clothed body.

Full Body Massage 50 min / CHF 150
1 h 20 min / CHF 195
Our classic full-body massage relieves muscle tension from head to toe, promotes circulation and restores vitality.

Deep Tissue Massage 50 min / CHF 150
1 h 20 min / CHF 195
Firm pressure relieves sports-related muscle tension and thus, muscle ache. Ideal after vigorous exercise.

Intense Back & Neck Massage 25 min / CHF 75
Regenerating massage for your back, neck and shoulders.

Lymphatic Drainage 50 min / CHF 160
1 h 20 min / CHF 205
This gentle, specifically targeted massage moves along your lymphatic system to drain lymphatic fluid.

Foot Reflexology Massage 50 min / CHF 150
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.

relaxing detoxifying regenerating



beauty **basics**

CHF

Hands and Feet

Deluxe manicure or pedicure (peeling and massage)	95
Coloured polish	25

OPI Gel Colour

Manicure or pedicure including OPI Gel Colour	155
OPI Gel change	90
OPI Gel removal	30

Extras for your face

Daytime make-up	from 50
Evening make-up	from 65
Wedding make-up, including a test run	from 150
Eyebrow shaping	20
Eyebrow or eyelash tint	25
Eyebrow and eyelash tint	40

Depilation/Waxing

Partial leg	50
Full leg	90
Bikini zone	40
Underarm or arm	35
Upper lip	25
Men: back or chest	90

Hairdresser

Please contact us for an appointment at our in-house hair salon.

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.

Private Spa **2 h/CHF 300**
for two people

incl. a 25-minute Back & Neck Massage **2 h/CHF 370**
for two people

including a 50-minute relaxing Massage **2 h/CHF 450**
for two people

each additional hour **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.



Mental Coach Thomas Theurillat

Are you looking for answers to the important questions in your life? Mental Coach Theurillat helps you find positive insights and solutions.

Available on selected dates.

Spa & Cocktail Night

Cocktails, fruit smoothies, special infusions, a refreshing body scrub in the steam bath and night spa massages, starting from 19.00h. Takes place once a month, please inquire for specific dates.



Aqua Gym & Aqua Step Fit

This active hydro-training in the water offers gentle strength and conditioning exercises for joints, back and muscles and invigorates the cardiovascular system.



Yoga & Meditation

Through the course, you will find inner peace and experience the amazing relaxing and soothing effect on the body. Strengthen your mental balance.



Yoga Summit

Let the Yoga Summit introduce you to the fascinating world of Vitality Yoga, Yin Yoga and Relax Meditation, or refine your technique. Perfect for beginners and advanced. Available on selected dates.



Digital Detox

Switch off, recharge your batteries and just don't be available for once - because you deserve it. Relaxation at its best in the paradisiacal Engadine.

We are happy to advise you in detail on these and other ideas at the Spa Reception.



fitness & sports

Our fitness area is equipped with modern Technogym equipment. Susanne Staib, qualified fitness and Pilates instructor, organises indoor and outdoor personal trainings and group lessons.

30 min / CHF 80

Personal Training **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.

50 min / CHF 150

Pilates

- 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

«It's the mind that shapes the body!», Joseph Pilates

50 min / CHF 150

Yoga & Meditation

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 please book in advance.



helpful details

PLEASE NOTE

In order to best meet your individual needs we ask that you inform our Spa therapists of any particular problem zones, sensitive areas, injuries and health conditions you may have. Information of this kind is important as treatments could exacerbate the health risk or your complaint itself.

HOW DO I BOOK MY TREATMENTS?

We recommend you reserve your Spa appointments when you make your hotel reservation. Booking early allows us to accommodate your wishes in regards to therapists and appointments. Reservations requested on-site at the spa reception 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 note that, should you fail to cancel within this time, we are obliged to charge you the full amount of the treatment.

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

IS THERE A MINIMUM AGE FOR TREATMENTS?

Our treatments are available for people from 14 years of age.

IMPORTANT INFORMATION FOR MY BOOKING

Please be at the Spa reception 5 minutes prior to your appointment. Delays will 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.

IMPORTANT INFORMATION CONCERNING CHILDREN

The jacuzzi is open to children over the age of 10, the sauna and fitness area is open to children over the age of 14 accompanied by their parents. Toys and swimmyies for the little ones are provided free of charge. Please never leave your children unattended in the pool. Toddlers must always wear swimming nappies.

SPA-AROUND

As a guest at Grand Hotel Kronenhof, you have the opportunity to visit the award-winning wellness area in our sister property Kulm Hotel St. Moritz, free of charge.

OPENING HOURS

Pool and fitness area: 7.00 - 20.00h

Treatments: 9.00 - 12.00h, 15.00 - 20.00h

ENTRANCE FOR EXTERNAL GUESTS

	Winter	Summer
children's entrance (3-14 year)	35	25
single entrance	70	50
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.

All rates are in CHF and include value-added tax. Subject to change. © 2018



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.

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