



BADRUTT'S PALACE
ST. MORITZ SWITZERLAND

PRESS RELEASE

THE SECRET TO BEAUTY, INNER JOY AND COMPLETE HAPPINESS

ST. MORITZ, May 2016 – In Summer 2016 »Palace Wellness« is counting on the power of nature and the unique energy of the Engadin in its holistic approach to beauty, active relaxation and regeneration. Guests can regain their inner balance in the new yoga studio, try outdoor activities to relieve stress and increase movement, or try the rebirth for skin with the popular »Vernix« facial from Biologique Recherche.

This summer, vigour and team sports play a significant role at »Palace Wellness«. Badrutt's Palace Hotel's Wellness Advisor, Martha Wiedemann explains, »As St. Moritz offers one of the most unpolluted spectacular natural outdoor landscapes we have decided to direct more of our focus on the outdoor experiences. Our outdoor facilities are expansive and well equipped to offer our guests volleyball, basketball, football and of course the classic, all-time favourite tennis. This, not only offers wellbeing but also encourages social interactions with a sense of fun and play, something that Badrutt's Palace Hotel has been famous in creating over its 120 years legacy«.

For those after more of an adrenaline rush there is mountain biking where you can explore the Engadin Alpine region and landscape with our personal coach. Guests can also stay active within Palace Wellness in our newly introduced Yoga Studio with a view where one can book classes in Boxing Yoga, Hatha Yoga, Tai Chi or Qi Gong bringing together the mind, body and spirit. After an energising and invigorating day we recommend renewing the body with either an Après Sports Massage or just relax by the pool and replenish the body with one of our famous fresh fruit smoothies.

Beauty through Wellness

A natural process to renew the skin: the new and popular »Vernix« facial from Biologique Recherche is the perfect treatment for sensitive, overexposed and stressed skin. The unique »Vernix« formula treats signs of premature aging on the skin brought on by stress, sun damage or lifestyle imbalances. The treatment calms, reconstructs and regenerates whilst giving a tightening effect to the skin, which is both instant and long lasting. Wrinkles are smoothed, facial contours refined and the skin strengthened resulting in a more youthful appearance.

To extend on beauty through wellness, our Palace Coiffeur and stylist Marco not only specialises in giving the best cuts and styles but works on beautifying the hair using a range of natural products from Philip Martin. He believes that the first and most effective way to achieve beautiful hair is to restore its quality and lustre. His methods are unique in addressing the longevity of hair with treatments to detoxify and rejuvenate and ultimately delivering a beauty, which endures.

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swiss
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hotels



»The Morning After« or »The Burn Off«

»Palace Wellness« offers an oasis of wellbeing from a complete circuit of stimulating therapies with saunas and steams through to a wide variety of treatments and programs to detoxify, cleanse, rejuvenate and revive the mind, body and soul.

To add to this we have designed two Day Packages »The Morning After« and »The Burn Off«. While »The Morning After« package focuses on detoxing the system and then regenerating it through a beneficial scalp and body massage complete with facial, »The Burn Off« package is a literal fat burner. A 70-minute workout packs a punch at the calories followed by an Alpine body wrap to firm and tone the body.

ABOUT BADRUTT'S PALACE HOTEL:

Badrutt's Palace Hotel is a celebration of style, sports, cuisine and fashion, with discreet service and traditional elegance evoking an atmosphere of pampered luxury for all. An ideal destination in both winter and summer, the hotel is located in one of the most challenging ski areas in the world and offers a host of summer alpine activities. Badrutt's Palace Hotel boasts 157 guestrooms and 37 suites with stunning views of the Swiss Alps. The hotel is a member of Leading Hotels of the World, Swiss Deluxe Hotels and Swiss Historic Hotels. Badrutt's Palace Hotel opens its doors to guests this summer from 24th June 2016 to 4th September 2016.

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