



PALACE WELLNESS

BADRUTT'S PALACE ST. MORITZ

WELCOME TO PALACE WELLNESS

Dear Guests

Welcome to Palace Wellness, an Engadin haven with a vast array of facilities designed to enhance your state of wellbeing. There is something for everyone ranging from sports activities, care and play areas for children, restaurant, fitness centre, complete spa and pool facility, therapeutic treatments, luxury hair and beauty services. Authentic treatments combined with the purest of natural ingredients are the key to our methods.

Our Palace Wellness team looks forward to welcoming and assisting you with all your wellness needs and wishes.

A handwritten signature in black ink, appearing to read 'Martha Wiedemann', with a long horizontal flourish extending to the right.

Martha Wiedemann
Wellness Advisor and Associate Director

Daily opening times

TREATMENT CENTRE – EXT 2851
11.00 a.m. – 8.00 p.m.

PALACE SPA – EXT 2850
8.00 a.m. – 8.00 p.m.

POOL AND FITNESS – EXT 2850
8.00 a.m. – 8.00 p.m.

Bookings outside of regular opening hours are subject to additional charges.

CONTENT

INTRODUCTION

ETIQUETTE	06
PALACE SPA	07

WELLNESS OFFERS

MASSAGES AND THERAPIES	10	PALACE COIFFEUR	21
REMEDIES	12	GENTLEMEN	23
SLIMMING	13	BARBER SERVICES	24
FACIAL TREATMENTS	14	GET FIT	25
BIOLOGIQUE RECHERCHE	15	KIDS CARE, FUN AND PLAY	26
SPA SUITE RENTALS	18	LA DIALA WELLNESS JUICES AND SMOOTHIES	27
HANDS AND FEET	19	IN VILLA SERVICES	28
AESTHETICS	20		

Introduction

ETIQUETTE

RESPECTING THE PEACE

We kindly ask for your cooperation with respecting the desire for tranquility within Palace Wellness. Restful zones are located on the left side of the pool area. Active zones are located on the right side of the pool area.

ADULTS ONLY

Palace Spa/Wet Zone and Fitness Centre are adult only zones (age permission above 16 years).

ATTIRE

For your convenience you may arrive at Palace Wellness wearing your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings. Wardrobes with safes are also available upon request. The Palace Spa/Wet Zone is the only clothing optional zone within Palace Wellness. Sports attire and sport shoes are a requirement within the Fitness Centre. Outdoor footwear is not permitted in the Palace Spa/Wet Zone and indoor pool areas.

POLICIES AND ADVICE

Each body is unique in age, fitness, size and weight. Although we have guidelines for use of the therapies, we urge you to pay attention to your own health condition. Please consult your medical practitioner for advice on what stimulating or heat therapies, massages and treatments are suitable for you prior to using our facilities. Pregnancy, varicose veins, high blood pressure, the use of some medication, infections including colds and flu, fever and even sensitive skin are some of the conditions which are contraindicative to the use of saunas, steam baths and stimulating therapies.

Please note that we require 24 hours notice for changing or cancelling any bookings for services provided by Palace Wellness. Without this prior notification a full charge of the service will be imposed. We thank you for your kind understanding as this allows us to better service the demands of scheduled appointments for our guests.

PALACE SPA

SUGGESTIONS ON HOW TO SPA

- Keep hydrated by drinking sufficient water before and during therapies.
- Commence with a warm massage shower to clean, hydrate, stimulate and promote circulation.
- Sauna promotes circulation and relaxes the muscles without causing sweating.
- Salt steam is best to treat clogged pores, problem skin and to cleanse and detoxify through sweating.
- Aroma steam is most suited to clear the respiratory system, cleanse and detoxify through sweating.
- Taking a cool Rain Shower cleanses the skin of toxin residue after heat therapies.
- The Mist Room produces a light cold mist to settle on your skin for cooling and closing the pores. Alternatively, crushed ice from the ice room may be applied directly onto your skin for the same effect.
- Rest on the warm stone bench between stimulating therapies.
- The Relax Room provides an atmosphere for the necessary rest as a conclusion.

Mixed gender and adults only:
Clothing optional zone

- Massage Shower
- Ladies only Sauna
55 °C/55% (15–20 min.)
- Mixed Sauna
85 °C/10–20% (10–15 min.)
- Salt Steam Room
40 °C/100% (20–30 min.)
- Aroma Steam Room
45 °C/100% (20–40 min.)
- Rain Shower
- Mist Room
- Ice Room

Wellness Offers

MASSAGES AND THERAPIES

RELAXATION MASSAGE

A complete body massage designed to relieve tension, promote circulation and relax the nervous system.

50 minutes CHF 200.00
80 minutes CHF 250.00

DEEP TISSUE MASSAGE

This deep and penetrating muscular massage works on loosening general stiffness and congestion from the body.

50 minutes CHF 230.00
80 minutes CHF 280.00

APRÈS-SKI / APRÈS-SPORT MASSAGE

A massage technique aimed to reduce muscle fatigue brought about by its overuse and strain. Using a herbal oil it aids to strengthen and rejuvenate the muscles whilst improving mobility.

50 minutes CHF 220.00
80 minutes CHF 270.00

THAI MASSAGE

To align the body; this method works the body into a series of yoga like stretches, muscle compression, joint mobilisation and acupressure. Loose clothing should be worn during this treatment.

50 minutes CHF 190.00
80 minutes CHF 240.00

LYMPHATIC DRAINAGE MASSAGE

A light massage technique aimed to eliminate fluid retention and toxins through the lymphatic system.

50 minutes CHF 170.00
80 minutes CHF 230.00

THERAPEUTIC MASSAGE

Beneficial for those suffering from muscle tension, restriction of movement brought about by either poor posture or misalignment of the physical body. It commences with specific breathing and stretches to assist in loosening the body. A series of therapeutic massage techniques then follows to bring relief whilst improving mobility and balance.

40 minutes CHF 190.00
80 minutes CHF 340.00

REFLEXOLOGY

The application of pressure on specific points of the feet taps into various areas of the body to help promote the natural function of the organs and systems in the body. Loose clothing can be worn during this treatment.

50 minutes CHF 150.00

AROMA ALPINE CLEANSE

A warm and calming aromatherapy massage aimed to decongest and clear the system using a special blend of alpine essential oils with stimulating antiseptic qualities. Not suitable during pregnancy or breast-feeding.

50 minutes CHF 210.00
80 minutes CHF 260.00

SOLEIL DU MATIN

A face and body massage commences with a mild cleansing followed by a relaxing massage using a nutritive oil blend to improve the quality of skin. It is especially beneficial for skin suffering from weather damage, dehydration and dryness. This complete and organic treatment cleanses, nourishes and relaxes.

80 minutes CHF 270.00

REMEDIES

HARMONY

A therapy aimed to reduce mental stress, improve sleep and restore energy. The process activates the sensory organs using aromatherapy, sound therapy, chakra lights and breathing techniques.

50 minutes CHF 170.00

SHIRODHARA

A meditative Ayurvedic treatment aimed to regulate the mind with a hypnotic flow of oil over the 6th Chakra, to instil mental peace.

40 minutes CHF 140.00

RELIEF

This therapy aims to detoxify and reduce pain in the joints and muscles. Not suitable for open or inflammatory injuries.

50 minutes CHF 220.00

80 minutes CHF 270.00

REPAIR

This treatment focuses on calming skin dermatitis with therapeutic organic oils to nourish and calm the skin.

20 minutes CHF 130.00

50 minutes CHF 260.00

EXFOLIATE

This exfoliating treatment uses a floral blend of Alpine salt crystals to remove the dead cells and polish the skin. It concludes with an application of rich nourishing ingredients to give the skin a satiny smooth finish.

50 minutes CHF 200.00

REGULATE

To soothe inflamed red stretch marks and reduce white scar tissue stretch marks.

80 minutes CHF 310.00

SLIMMING

DETOX AND BODY SHAPING

This highly effective treatment reshapes the body and energises the system. It is designed to breakdown fatty tissue and toxins using several detoxifying ingredients such as Algae. The process also opens the channels to facilitate the elimination of toxins and fluid retention. This treatment is recommended for immediate weight loss results and general body purification.

100 minutes CHF 450.00

BODY LIFT CVS

Recommended as a post weight loss treatment to firm up and tone the distended tissues. The treatment commences with a deep exfoliation using a sparkling cocktail of microcrystalline algae, silk extracts and natural amino acid. The system breathes new life into the skin to absorb a moisturizing and protective complex applied by a Bio-Reflex massage. As a result, the skin's texture is improved. Contours of body and décolleté are re-shaped and toned.

90 minutes CHF 310.00

FACIAL TREATMENTS

SHODEEA'S SKIN CODE FACIAL

For skin which has become sensitive and prone to damage. It aims to calm, heal and strengthen the deeper layers of the skin by providing it with necessary nutrients. Shodeea's skin code works on restoring the proper function of the dermal layers. It addresses premature aging and the susceptibility of further damage.

50 minutes CHF 210.00

OXYGEN FACIAL BY INTRACEUTICALS

Oxygen under light pressure aids in the delivery of rejuvenating, age defying serums to the skin. This instantly hydrates, firms and reduces the appearance of fine lines and wrinkles which improves facial contours and its overall radiance.

1 Serum – 50 minutes CHF 400.00

1 Serum (additional cleansing) – 80 minutes CHF 500.00

2 Serums – 80 minutes CHF 550.00

Course – 6 treatments including home care kit CHF 2400.00

BIOLOGIQUE RECHERCHE

SKIN INSTANT LAB

A revolutionary device used to scan and identify the current condition and requirements of the skin. This unique analysis is the first stage in the Biologique Recherche's skin diagnosis.

20 minutes CHF 45.00

REGENERATING VERNIX FACIAL

Facial treatment for sensitive, deficient, stressed skin using a recreated Vernix formula. This boosts the repair of damaged skin, optimizes hydration and accelerates epidermal reconstruction and regeneration.

50 minutes CHF 250.00

80 minutes CHF 310.00

TRIPLE LIFT FACIAL

A specially designed facial treatment to lift, tone, refine and plump the skin, which has lost firmness and strength. This 120-minute process also helps to stimulate the epidermis' natural defence system and thus maintains the skin's youth capital.

120 minutes CHF 450.00

SECOND SKIN FACIAL

A genuine alternative to fillers, this exceptional anti-aging treatment will visibly lift and treat signs of aging. It is an intense, regenerating treatment that, thanks to its action on the extracellular matrix, also accelerates the healing process.

As an initial program, we recommend 3 sessions in 1 week for optimum results.

80 minutes CHF 430.00

3 treatments in 1 week CHF 1100.00

CRYO 3R FACIAL

Most suitable for mature devitalized skin, it is aimed at reconditioning the skin's epidermal platform. A combination treatment using cryo sticks and the serum 3R, it provides a decongesting and regenerating action to the overall skin, neck and décolleté.

80 minutes CHF 310.00

THE ELECTROPORATION CURE

The use of the Remodelling Face machine with electroporation, a high frequency impulse current, makes the upper layer of the epidermis more permeable and increases the bioavailability of the serum with a high concentration of active ingredients.

50 minutes CHF 250.00

Complete Cure – 5 treatments

with 5 additional cocktails for home care CHF 1600.00

SEBO REGULATING FACIAL

This treatment regulates sebum secretion, purifies and tightens the skin's pores. Brightens and unifies the complexion, soothes the epidermis and reduces redness. It accelerates healing of skin imperfections.

60 minutes CHF 220.00

VIP O₂ OXYGENATING FACIAL

A luxurious oxygenating and balancing ritual features a perfect combination of micro-exfoliation, oxygenation and bio-energy massages. This oxygenates the epidermis, improves your features and leaves you glowing with health.

50 minutes CHF 210.00

ADD ON SERVICES

EYE TREATMENT

Reduces puffy eyes, dark circles and minimises wrinkles.

20 minutes CHF 60.00

SCALP MASSAGE

A nourishing oil massage for the scalp.

15 minutes CHF 40.00

HAND CARE

Nourishing treatment for the hands and nails.

15 minutes CHF 30.00

FOOT MASSAGE

A relaxing foot massage to relieve tension.

15 minutes CHF 40.00

FACE CONTOURING

To tonify and sculpt the neck and jawline.

30 minutes CHF 90.00

SPA SUITE RENTALS

VERONICA SUITE – CAVE THEME

Facilities include double Jacuzzi, steam room, double shower and WC, two treatment beds. Light refreshments and amenities offered. Treatments can be booked at additional charge.

Suite occupancy is for maximum 2 people

3 hours CHF 550.00

IRIS SUITE – GARDEN THEME

Facilities include private garden, double Jacuzzi, soft sauna, shower, WC with bidet, two treatment beds (large and medium), double relax lounge, beauty and hairdressing station.

Light refreshments and amenities offered. Treatments can be booked at additional charge. Suite occupancy is for maximum 2 people

3 hours CHF 760.00

HAIR AND BEAUTY SPA

Enjoy the luxury and privacy of this room ideal for consultations, hair and beauty services. Advance booking and upon availability.

TREATMENT RECOMMENDATIONS

FOR SUITES

REVIVE AND RESTORE

A purifying and energising body massage followed by a facial treatment specific to your skin type. This is an ideal treatment for those suffering from tiredness, lethargy and sallow skin lacking in lustre. This complete body massage gives further benefit to the facial treatment as it activates the entire system in the rejuvenating process.

100 minutes CHF 410.00

SOLEIL DU MATIN

A face and body massage commences with a mild cleansing followed by a relaxing massage using a nutritive oil blend to improve the quality of skin. It is especially beneficial for skin suffering from weather damage, dehydration and dryness. This complete and organic treatment cleanses, nourishes and relaxes.

80 minutes CHF 270.00

HANDS AND FEET

MANICURE – A COMPLETE HAND CARE

40 minutes nude nails CHF 90.00

50 minutes (standard polish) CHF 100.00

60 minutes (French polish) CHF 110.00

PEDICURE – A COMPLETE FOOT CARE

70 minutes nude nails CHF 150.00

80 minutes (standard polish) CHF 160.00

90 minutes (French polish) CHF 170.00

MANI – JUST POLISH

30 minutes (standard polish) CHF 50.00

40 minutes (French polish) CHF 60.00

PEDI – JUST POLISH

40 minutes (standard polish) CHF 60.00

50 minutes (French polish) CHF 70.00

JUST NAILS

Clean, shape and trim nails and cuticles.

20 minutes CHF 40.00

SHELLAC REMOVAL

Shellac removal, manicure with nude nails or standard polish.

80 minutes CHF 180.00

SHELLAC NAILS

Mani or Pedi with Shellac

80 minutes CHF 180.00

NEW SHELLAC LUXE

Mani or Pedi with Shellac Luxe

70 minutes CHF 195.00

YOUTHFUL HANDS

To address and treat aging and pigmentation disorders on hands.

40 minutes CHF 100.00

AESTHETICS

SKIN CARE MAKEUP

Mini facial with makeup	CHF 210.00
Makeup	CHF 150.00
Test makeup with consultation per hour	CHF 80.00

LASH AND BROW

Eyelash lamination	CHF 210.00
Eyelash tint	CHF 60.00
Eyebrow tint	CHF 50.00
Lash and brow tint	CHF 90.00

SOLARIUM

15 minutes	CHF 55.00
20 minutes	CHF 60.00

EPILATION

Half leg	CHF 80.00
Full leg	CHF 120.00
Bikini	CHF 100.00
Brazilian	CHF 130.00
Under arms	CHF 60.00
Upper lip	CHF 40.00
Eyebrows	CHF 50.00
Arms	CHF 80.00

PALACE COIFFEUR

WASH, CUT AND STYLE

HAIR WASH AND BLOW-DRY

Short (ear length)	CHF 70.00
Medium (shoulder length)	CHF 90.00
Long (past shoulder length)	CHF 110.00
Long with extensions	CHF 150.00
Additional styling time of 15 minutes	CHF 30.00

WASH AND HAND HAIR DRY	CHF 70.00
------------------------------	-----------

HAIR TRIM	CHF 50.00
-----------------	-----------

HAIR CUT	CHF 90.00
----------------	-----------

UP STYLES AND SETS

(NOT INCLUDING WASH AND BLOW-DRY)

Chignon	CHF 90.00
Elaborate	CHF 160.00

SPECIAL EVENTS AND WEDDING

Consultation and test style (per hour)	CHF 80.00
Additional charges apply for added services.	

REFRESH CLEAN HAIR

Dry Short (ear length)	CHF 50.00
Dry Medium (shoulder length)	CHF 55.00
Dry Long (past shoulder length)	CHF 60.00
Wet Short (ear length)	CHF 60.00
Wet Medium (shoulder length)	CHF 80.00
Wet Long (past shoulder length)	CHF 100.00

KIDS (UNDER 10 YEARS)

HAIR CUT	CHF 50.00
BLOW-DRY	CHF 30.00

SCALP AND HAIR THERAPIES

SEBO REGULATOR

A therapy to cleanse and purify the scalp aimed to reduce and regulate sebum secretion CHF 100.00

REBALANCING DANDRUFF TREATMENT

A rebalancing therapy for dry dandruff or oily dandruff issues, gently removing flaky dead skin CHF 100.00

OXYGENATING AND REPAIRING TREATMENT

A specific therapy to oxygenate the scalp, strengthen the hair whilst improving its shine and manageability CHF 100.00

FORTIFYING TREATMENT

A therapy for hair loss designed to improve the strength and quality of the hair and its roots CHF 100.00

COLOUR

New 100% Natural Colour CHF 140.00 – 180.00

Colour Care – Roots regrowth CHF 120.00

Intense Reflex – Shades CHF 70.00

Reflex – Touch up colour CHF 45.00

Highlights CHF 180.00

Natural Henna Colour Program CHF 140.00

Own Colour Application CHF 100.00

GENTLEMEN

REVIVE AND RESTORE

A purifying and energising body massage followed by a facial treatment specific to your skin type. This is an ideal treatment for those suffering from tiredness, lethargy and dull skin lacking in lustre. This complete body massage gives further benefit to the facial treatment as it activates the entire system in the rejuvenating process.

100 minutes CHF 410.00

SHODEEA'S SKIN CODE FACIAL

For skin which has become sensitive and prone to damage. It aims to calm, heal and strengthen the deeper layers of the skin by providing it with necessary nutrients. Shodeea's skin code works on restoring the proper function of the dermal layers. It addresses premature aging and the susceptibility of further damage.

50 minutes CHF 210.00

PURIFYING BACK SKIN

This detoxifying skin treatment purifies clogged pores on the back and neck area. It concludes with a neck and shoulder massage to further drain toxins through the lymphatic system.

50 minutes CHF 180.00

OXYGEN FACIAL BY INTRACEUTICALS

Oxygen under light pressure aids in the delivery of rejuvenating, age defying serums to the skin. This instantly hydrates, firms and reduces the appearance of fine lines and wrinkles which improves facial contours and its overall radiance.

1 Serum – 50 minutes CHF 400.00

1 Serum (additional cleansing) – 80 minutes CHF 500.00

2 Serums – 80 minutes CHF 550.00

GENTLEMEN'S MANICURE

Complete grooming for the hands, nails and cuticles. Includes an exfoliation and hand massage.

50 minutes CHF 100.00

GENTLEMEN'S PEDICURE

A detailed nail and foot care ritual complete with an aromatherapy foot massage to relieve fatigue and fluid retention.

60 minutes CHF 140.00

GENTLEMEN'S EPILATION

Per 20 minutes CHF 80.00

BARBER SERVICES

HAIR WASH, CUT AND STYLE CHF 90.00
HAIR WASH AND STYLE CHF 30.00

BEARD TRIM CHF 30.00
BEARD CLEAN SHAVE CHF 50.00

BEARD RITUAL 1

Immediate hydration CHF 30.00

BEARD RITUAL 2

Wash, oxygenation and hydration CHF 35.00

BEARD RITUAL 3

Wash, deep hydration CHF 40.00

BEARD RITUAL 4

Detox, wash, stimulation and deep hydration CHF 45.00

COMPLETE BARBER RITUAL AND TRIM CHF 65.00

GET FIT

PERSONAL TRAINING

Get ready for the new and improved you. Our specialis fitness trainer and coach designs and takes you through an individualised workout program to help you get the body you want.

50 minutes CHF 150.00
80 minutes CHF 180.00

PRIVATE EXERCISE LESSONS

Pilates, Aerobics, Martial Arts, Nordic Walking and Swimming

50 minutes CHF 150.00

TENNIS

Adult Lesson – 50 minutes CHF 100.00

Adult 5 Private lessons CHF 450.00

Juniors Lesson – 50 minutes CHF 85.00

Juniors 5 Private lessons CHF 340.00

Racket Rental per lesson CHF 10.00

ICE RINK

Ice Skating lessons – 30 minutes CHF 60.00

Ice Skate Rental per person CHF 15.00

Hockey Equipment Rental per person CHF 30.00

Curling per person CHF 50.00

GUIDED MEDITATION

Taking a journey within as our coach assists you with breathing techniques, visualisation, awakening your senses and quietening the mind.

50 minutes CHF 100.00

YOGA LESSON

Explore the art of Yoga bringing into union your mind, body and spirit. Discover the pathway to wellbeing by engaging your entire self into a single focus. For beginners, medium or advance levels.

50 minutes CHF 150.00

80 minutes with Meditation CHF 180.00

COUPLE'S LESSONS

50 minutes CHF 200.00

GROUP LESSONS

Please book from our scheduled group exercise lessons.

50 minutes CHF 40.00 (per person)

KIDS CARE, FUN AND PLAY

KIDS CLUB PALAZZINO

We offer bright, cheerful, expansive indoor and outdoor facilities for the pleasure of our young clients. Supervision is provided in the Kids Club Palazzino for children aged 3 to 12 years old. Complimentary for hotel guests 9.30 a.m. – 7.00 p.m. daily

KIDS YOGA (AGES 6–12)

This specially designed yoga program for our young clients includes a sense of play.

40 minutes (Private) CHF 90.00

40 minutes (Group) CHF 25.00

KIDS MASSAGE (AGES 6–12)

A therapeutic massage just for kids aimed at supporting healthy growth performed by our experienced female therapists using organic oils.

20 minutes CHF 90.00

KIDS COIFFEUR (UNDER 10 YEARS)

Hair cut CHF 50.00

Blow-Dry CHF 30.00

LA DIALA WELLNESS JUICES AND SMOOTHIES

CHF 18.00

ANTIOXIDANT

Strawberries, blueberries, carrot, spinach

WINTER TIME

Melon, kiwi, date, maple syrup

DETOX

Green apple, cucumber, cabbage, celery, lemon

PROTEIN SHAKE

Nuts, low fat yogurt, green apple, raspberry

DOCTOR JUICE

Beetroot, carrot, green apple, celery, ginger

WAKE UP

Grapefruit, tangerine, lemon, celery, ginger

SHAMAN JUICE

Mango, tangerine, ginger

ENERGIZER

Avocado, pineapple, coconut milk, curcuma, black pepper

BANANA SMOOTHIE

Banana, yogurt, blackberry

BERRY SMOOTHIE

Berries, orange, banana, yogurt, honey

A selection of balanced meals and snacks are available.

IN VILLA SERVICES

Surcharge of CHF 100.00 per visit.

Please enquire for additional menu services.

COIFFEUR

UP STYLES AND SETS

Chignon	CHF 90.00
Elaborate	CHF 160.00

REFRESH CLEAN HAIR

Dry Short (ear length)	CHF 50.00
Dry Medium (shoulder length)	CHF 55.00
Dry Long (past shoulder length)	CHF 60.00

Wet Short (ear length)	CHF 60.00
Wet Medium (shoulder length)	CHF 80.00
Wet Long (past shoulder length)	CHF 100.00

BEAUTY

MANI – JUST POLISH

30 minutes (standard polish)	CHF 50.00
40 minutes (French polish)	CHF 60.00

PEDI – JUST POLISH

40 minutes (standard polish)	CHF 60.00
50 minutes (French polish)	CHF 70.00

JUST NAILS

Clean, shape and trim nails and cuticles 20 minutes	CHF 40.00
--	-----------

SKIN CARE MAKEUP

Mini facial with Makeup (80 minutes)	CHF 210.00
Makeup (60 minutes)	CHF 150.00



BADRUTT'S PALACE
ST. MORITZ SWITZERLAND

Telephone: +41 (0)81 837 1000, Reservations: +41 (0)81 837 2851, wellness@badruttspalace.com