FULLY RELAXED HERE & NOW

Inspired by traditional European naturopathy, we have developed our brand new spa concept. We use the most basic of the elements: Fire, Earth, Air and Water. They are a source of balance and harmony, just as enshrined in the symbol of our spa: the “tree of life” in which these four elements are depicted and beautifully embodied. Our symbol represents the vitality of life and a connection to the unconscious – the basic principle of our philosophy.

We would like to send you on a journey to your roots. Experience for yourself how unique the stress relieving methodology and effects of the new balance programmes feel. The awakening of the world of the senses, a balance between heart, body and soul. Emotions which get under the skin.

A very warm welcome Nicole Minsch & Oliver Schmidt
THE PHILOSOPHY
Fire, Earth, Air and Water. As in nature, where everything is interconnected, so too do the forces of the elements affect us. They shape and flow through us, they warm and nourish us. Air represents movement and lightness. Fire has the power to transform and move, while Earth represents the principle of maternal nourishment. Water, as the oldest and mightiest of the elements, is the source of life. We have developed our balance programme with these great gifts of nature in mind.

THE CHOICE OF AN ELEMENT
We will guide you in the choice of your wellness treatment. All four elements resonate in all treatments in variable degrees of intensity. We can recognise imbalances in energy by means of the Biopulsar Reflexograph®. From the results we can create your optimum spa ritual with targeted interplay of the elements, balancing and harmonising the dominant side or activating and strengthening the weaker side. We instil our holistic wellness programmes with a rhythmic equilibrium, radiating a feeling of inner balance and love of life.

THE TREATMENT RITUAL
Every ritual for the body is a holistic experience, in which all the elements are finely attuned to one another. We use rare and precious ingredients, aromatic oils and sounds to accompany you on your way. To set the mood we will pamper you with delights such as teas, fragrances and music. Thus you glide gradually into the relaxation phase and discover the secrets of the elements in your world of senses: the warmth of the fire, the peace of the earth, the weightlessness of the air and the source of all life – water. A short journey into your inner self.
**BALANCE PROGRAMME OF THE ELEMENTS**

**BALANCE FIRE** including music on the CD “Sound of precious schungit” (2 1/4 hours)
Commencing with skin activation using our black soap made from olive oil and eucalyptus essences, you will experience a refreshing deep cleansing of your skin and mental preparation for strengthening your element. Thereafter you will sense the deep-acting effect of your candle massage with warm shea butter, argan oil and specially selected ingredients for your aromatic journey. Your vitality and inner strength will be fortified; you will absorb reserves of energy and radiate clarity, serenity and resolve. We are pleased to present you with a gift of the energy-laden eye pads with schungit and quartz gemstones.

**BALANCE EARTH** including music on the CD “Sound of precious schungit” (2 1/4 hours)
Our black soap made from olive oil and eucalyptus essences cleanses the skin’s pores and prepares your skin and inner energy flow for the mental massage treatment (a massage which touches the soul). Argan oil and specially selected ingredients for your aromatic journey, together with the silk massage pads with serpentine gemstones, boost your strength and guide you to your roots. Serpentine gemstones are wonderfully suited for energising drinking water, so after your treatment we are pleased to present you with the gemstones as a gift.

**BALANCE AIR** including music on the CD “Sound of precious schungit” (2 1/4 hours)
Experience a relaxing preparation of your body and soul with our black soap made from olive oil and eucalyptus essences. The warm mixture of argan oil and specially selected ingredients for your aromatic journey, together with silk massage pads with fluorite gemstones will help you float away. You can breathe deeply and freely again, whilst having a sense of lightness and weightlessness. Flourite gemstones are wonderfully suited for energising drinking water, so after your treatment we are pleased to present you with the gemstones as a gift.

**BALANCE WATER** including music on the CD “Sound of precious schungit” (2 1/4 hours)
To set the right mood for your mental massage treatment (a massage which touches the soul) you initially experience the effects of the aromas of olive oil and eucalyptus in our black soap. You then fall asleep under the influence of the wonderful warmth of our massage with shea butter, argan oil and selected aromatic ingredients. You will feel your inhibitions set free and your natural self-healing forces increase. You will again enjoy calm and relaxing sleep and feel balanced. We are pleased to present you with a gift of the energy-laden eye pads of schungit and quartz gemstones.
One’s soul experiences new sounds when surrounded by the extraordinary world of the mountains. By means of the numerous panoramic windows in the Alpinspa, we are able to instil the grandiose views with a meditative effect. The core of energy here is our native blue-green Andeer granite, whose unmistakable radiance is a leitmotif accompanying you on your visit to the Alpinspa. The clean lines of the architecture and the stainless steel pool - with its turquoise water resembling a mountain lake – bestow a unique characteristic upon the world of the Kulm.

The philosophy of the four elements is to be found throughout the 1200m² of wellness in the spa. The purity of the mountain air represents the flow of pure air, a deep breath for body and soul. The monumental power of our mountains creates basic trust in one’s own body; the resilience of the Alpine flowers represents endurance and the will to live. The pure waters of the mountain springs symbolise life and the flow of life; it is the element which rounds and smoothes all that is sharply chiselled and angular. And last, but not least, we must not forget the warming force which completes and complements the wellness characteristic which is to be found in so many different components.

We recommend that you commence your activities in the spa with active phases such as fitness, strengthening and stamina. In the passive phases you should nurture your muscular structure and skin; stimulate your metabolism and nourish your body and soul by conscious inactivity surrounded by peace and warmth.

**BAD**
- Swimming pool & waterfall
- Whirlpool, jacuzzi loungers, wall massage nozzles
- Stone path for feet massage
- Children’s paddling pool with waterslide
- Summer rain
- Sound & scent grotto
- Sun terrace during the summer

**WELLNESS**
- Finnish Sauna & elephant sauna
- Steam bath
- Sanarium
- Mist path & Ice grotto
- Solarium
- Spa Lounge
- Relaxing room
- Sun terrace during the summer & winter

**FITNESS** mit TechnoGym®
Cardiovascular training with pulse and power display:
- 5 stations of cardio equipment: bicycles with ergometers, treadmills, cross trainers
- 4 stations multi-training equipment for whole body muscle training

**SPORT & MOVEMENT** Daily activities with aqua-gym, stretching, Pilates, yoga, the 5 Tibetan Rites, body forming, etc.
**THERAPEUTIC MASSAGE**

**CLASSIC**
Back, neck or leg massage (25 or 40 minutes)  70 / 112
Full body massage (50 or 75 minutes)  140 / 205
Foot reflexology massage (25 or 40 minutes)  70 / 112
Deep tissue sportsmassage (50 or 75 minutes)  150 / 215

**ALPIENNE APRÈS SPORT** (50 or 75 minutes)
A total body massage with pure arnica milk or marmot oil eases, loosens and helps prevent sore muscles.  148 / 208

**NEUROMUSCULAR THERAPY** (50 minutes)
A deep tissue massage to repair normal muscle tone and re-establish the connection between the muscles and the nervous system.  148 / 208

**HEADACHE TREATMENT WITH OXYGEN** (50 minutes)
The oxygen inhalation (50 min.) relieves the pain and supports the muscle-relaxing massage from neck, back and head (40 min.).  175

**REIKI** (25 or 40 minutes)
This technique originates in Japan and means “universal life force energy”. It is administered by laying of hands and is based on the idea of the unseen life force energy that flows through us and is then guided and activated, thereby relieving any constraints.  75 / 120

**MATRIX ENERGETICS**
The blueprint of life will be reorganized. The biophysical fields form an active matrix. Resonating with their connections – physical and mental ailments can be influenced positively and immediately improved.  25 / 50 / 75
HOLISTIC MASSAGE

WARM GRISON COUNTRY STONES WITH MOUNTAIN HERBS (50 or 75 minutes)
Hot stones are laid along the energy pathways of your body and activate you with the strength of the earth. Led by experienced hands, the stones glide along your body and linger with the aroma of precious oils, producing the deepest relaxation in your soul. You feel refreshed and recovered.

HERB PISTILS (50 or 75 minutes)
The massage for the soul. With hot herb pistils, your head and body are massaged with the healing strength and reassuring aroma of St. John’s wort. Fatigue and exhaustion give way to strength and energy. Recommended for emotional exhaustion and sleeplessness.

THE FINEST AROMATIC OIL TREATMENT (75 or 90 minutes)
The queen of Ayurvedic oil massages strengthens the immune system, has a rejuvenating effect on organs and tissues and effectively assists the body by eliminating waste products and toxins. It acts in a fortifying, harmonising, vitalising manner and improves your body’s defences (Abhyanga without anointment).

DANCING WITH THE SEA . . . (75 or 90 minutes)
is the translation of the Hawaiian Temple massage Lomi Lomi Nui. Warm oil envelopes your body and you feel weightless. The massage with underarms and loving hands sways and stretches you with its tender pressure and works deep into the tissues. This cleansing massage ritual releases stressful blockages in the body.

MANUAL LYMPHATIC DRAINAGE (50 or 75 minutes)
A specialised very light drainage of the tissues in the lymph system activates lymphatic drainage, decongests the tissues and relaxes (the body). Fresh blood plasma can regenerate body tissue, soothing the vegetative nervous system. We recommend drainage for various Symptoms [primary and secondary lymphedema, strain trauma, pulled muscles, sprains], as well as promoting healing after operations, migraines or other neuro-vegetative syndromes.
LIFESTYLE

ETASCAN® VITA-CHECK – ideal for preventative healthcare

VITACHECK opens new possibilities for a positive attitude towards life. We scan the energy frequencies within the body based on traditional medical science and modern technology. The Etascan® is a bio-energy balance and wellness measuring device which records and shows the frequency patterns within the human body. The invisible becomes visible.

PHASE 1: INITIATION

Images of the vibrating structure are compared to and differentiated from “healthy energy” (pre-programmed frequencies of an optimal healthy body and organs) and the exact results are collated. The result is a precise image of one’s actual physical condition. The reading can clarify the causes of the body’s imbalances and aid the body so that it recovers its ability to self-regularise.

What can I detect with VITACHECK?

- Current state of health and condition of the body
- Sensitivity to chemicals or electromagnetic fields
- Heavy metal pollution, general intolerances
- Metabolic imbalances, over or under-active organs
- Effects of negative energy e.g. environmental causes, bacteria, iruses
- Factors caused by stress

PHASE 2: FEEDBACK & EFFECTS

Once all organs, blood vessels, the nervous system and bones have been scanned we can identify the suitability of the types of treatment required. All forms of therapy can be instantly checked for their effectiveness. You define your own achievable goals and we will demonstrate to you the VITA-strategy for a healthy result:

- Discover your vitality and blocks in energy
- Optimise the energy calendar, dissipate blockages
- Neutralising electromagnetic interference
- Body detox and regulating your metabolism
- Lowering blood pressure and cholesterol
- Prevention and anti-ageing
PHASE 3: STABILISATION
The comprehensive VITA-Strategy together with the interpretation of your Biofeedback can be beneficial to you in your daily life.
- You rediscover your own resources and gain insight into how to use them more easily
- You strengthen your mental powers and physical fitness
- A repeat scan after a certain period of time demonstrates success of the treatments

THE THREE VARIANTS

VITA CHECK “ENERGY”
The organ Biofeedback is a complete and detailed analysis of energy and gives accurate information about your vitality, dynamism, high and low functions of organs, over or under active organ functions.

VITA CHECK “LADY”
This energy measurement focused focuses on the female body and shows deeper greater in-depth information about the hormone levels, the thyroid function, the blood vessels, the lymphatic system and the risk of osteoporosis.

VITA CHECK “STRESSLESS”
This measurement focuses on the stress factors in your life and indicates possibilities of how you can counter the effects of energy blockages, imbalances in an acid-based home environment, metal pollution and failure of the immune system. All of which can contribute to an easier daily lifestyle.

THE THREE MEASUREMENT TYPES FOR VITALIZING WITH ETASCAN ®
VITA-CHECK a complete documentation of your lifestyle with written assessment of the scan 395
VITA-CHECK Express 198
VITA-CHECK Follow-Up 150
Oxygen is pure – oxygen is natural – oxygen acts.
After water, oxygen is the most important life element. Oxygen means life energy. The proven inhalation treatment helps your body to be easier to deal with stress, to mobilize internal forces and reserve capacity and to avoid energy losses. Vitality and performance are the significant achievements.

What are the benefits of Oxygen Inhalation Therapy?
- Strengthening of mental weaknesses
- Remedial action for chronic fatigue, activating fitness
- Improving poor concentration
- Combating excessive demand syndrome (stress) and forgetfulness
- Lightening of depressed moods brought on by exhaustion or fatigue
- Activating the body’s defences (e.g. against ‘flu, etc)
- Strengthening the immune system, e.g. after chemo or radio therapy
- Recovery after a stroke, heart attack, cancer
- Increased stability in general circulation
- Improvement of respiratory illnesses and pulmonary vascular diseases

RE-GENERATED BY BREATHING
Inhalation with 95% oxygen
1 Inhalation [50 minutes] 75
3 Inhalations 198
6 Inhalations 395

Vitality cure with 95% oxygen including massage treatment
1 inhalation with massage [50 minutes] 205
3 inhalation with massage [50 minutes] 595
3 inhalations with massages [25 minutes] 385
The functional principle of OSFLOW® is a centring oscillation platform that creates an optimal alignment of the biomechanical skeletal system. A world novelty in the wellness market, developed from principles of natural movement and the internal martial art form of Taijiquan.

One of the proven strong points is in connection with so-called “bone pressure”. This is indicated by pulsation in the piezo-electric field in the bones. The oscillation platform gently centres your natural posture and helps relieve tension right through to deeper tissues.

What are the benefits of Osflow®-Training for me?
- Centres and stabilises the spine
- Strengthens bones and joints and overall strength
- Increases balance, stability and coordination.
- Prevents falls
- Reduces pain (back, neck, legs and joints)
- Relieves nerves, beneficially impacts blood and lymph circulation

RE-STRUCTURING BY OSCILLATION

QUICK-FIT-OSFLOW® – Oscillation (3 – 5 minutes)
Oscillation of ankle, knee, hip, shoulders and the whole length of the spine. The pelvis is straightened, sacrum and tailbone drop down.
Our tip: book the “Quick Fit” after your body massage or before skiing.

APRES-SPORT-OSFLOW® – Therapy with massage (25 or 50 minutes)
Oscillation of all leg joints, spine and muscular structure accompanied by massage techniques for thighs, calves and neck.

BACK-RELAX-OSFLOW® – Therapy with stretching and neck massage (25 or 50 minutes)
Oscillation of the whole length of the spine accompanied by stretching exercises for chest and shoulders plus neck massage.
Also recommended for stress relief and disturbed sleep.
COSMETICS JACQUELINE PIOTAZ – PUR SWISSNESS

The Swiss kin care concept contains the revolutionary combination of plant stem cells from the Canton Valais, complemented with organic Edelweiss, hyaluronic acid, vitamin B3, Swiss spring water and other exclusive active ingredient components. The ultimate in Swissness, anti-aging, pure nature and in bio high technology. Each treatment begins with a beauty check, accompanied by a precise forming of eyebrows and a hand massage.

EXPRESS TREATMENT (60 minutes)
The ideal skin care as a freshness boost for tired, stressed skin of all ages – also ideal for men. Skin looks fresh, rosy and soothed. 168

BOOSTER TREATMENT WITH POWER MASSAGE (90 minutes)
Intensive treatment for mature, stressed and tired skin. The results are fantastic. Your skin glows, is revitalised, regenerated and you will be surprised by the visible lifting effect! 235

ADVANCED CELLPOWER BIOLIFTING WITH ACUPRESSURE (80 minutes)
For demanding skin with instant skin caring, firming and rejuvenating effects. Advanced highly concentrated anti-ageing formulæ with multi-dimensional properties which activate the skin right down to the dermis. Lines and wrinkles are reduced and one’s complexion is refined. Skin feels instantly firmer, tauter and perfectly balanced. 245

HOLIDAY TREATMENT PACKAGE
The ultimate skin fitness programme for your holidays. The treatment consists of a 60 minute express treatment and a 90 minute booster treatment. For best results, in addition to your treatments, you will receive a JACQUELINE PIOTAZ VOYAGE COLLECTION product set worth CHF 387. 750
The Anne Semonin treatment collection combines an ingenious blend of aromatic essentials oils, trace elements and marin ingredients with the classic French touch and a holistic approach to treating the individual needs of your skin. The treatments are designed to be "tailor made" and are focused towards maximum comfort, absolute luxury and outstanding results. Each treatment begins with a beauty check, accompanied by a precise forming of eyebrows and a hand massage.

**100% ACTIV CRYO THERAPIE (70 or 90 minutes)**
A contouring and firming facial designed to combat the signs of ageing; excellent for mature, dry and dehydrated skin. Innovative Neuro cosmetic sea ingredients combined with 100% Active Serums and advanced cryo-therapy ice cubes to regain the skins natural youth glow. The results is a instantly visible skin vitality, a superb brightener for special events.  

**ANNE SEMONIN L’ EXPERIENCE (90 or 120 minutes)**
The ultimate facial care including a nourishing breast treatment. The drug cocktail purifies the skin and provides it with vital substances. The micro-fine and powerfull oxygen application increases the regeneration for your skin.  

**PHYTO FACIAL COLLECTION (70 or 90 minutes)**
Encounter the ultimate facial with aroma intensiv complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. Following an initial skin consultation your therapist will assist you in choosing from the selected options:
- Treatment Phyto Aroma Moisturizing
- Treatment Phyto Aroma Firming
- Phyto Aroma Balancing  

**FOR MEN – MOISTURIZING & DETOX FACIAL (70 or 90 minutes)**
Ideal for city skins or imbalanced, stressed skins suffering from irritation and dryness. An intensive facial with a detoxifying and rebalancing peel off mask is then applied using intensive complexes to give that deep clean feeling.
BEAUTY & HAIR

HAND & FOOT CARE
Manicure – Classic hand and nail care, mask & massage – 60 to 75 minutes top coat / nail polish from 85 / 90
Manicure Men – Classic hand and nail care, hand massage – 40 to 50 minutes 78
Pedicure – Luxury foot treatment with massage – 70 to 80 minutes / top coat / nail polish from 98 / 105
Express Treatment – Manicure or pedicure [only available in combination with a treatment, 30 min.] 50
Nail polish – Foot or finger nails 25
Repair hand mask – Scrub & mask with high quality active ingredients for stressed hands & nails 48

LASH & EYEBROWS (*price during beauty treatment)
Eyebrows forming complete 20 minutes 28 / 22*
Colouring and forming of eyebrows 40 / 25*
Colouring eyelashes 40 / 35*
Colouring eyelashes & eyebrows 55 / 45*

SUGAR DEPILATION
Facial area & neck from 20
Body parts [legs, bikini line, back, arms, underarm] from 45

MAKE UP
Make up for a wedding, gala or photo shoot price on request

HAIRSTYLING
The basis of Carlton hair care products is pure thermal water, rich in natural ethereal oils.
Ladies’ styling with hair cut (blow-dry or set) from 115
Ladies’ styling without hair cut (blow-dry or set) from 69
Men’s styling with hair cut, if desired including a cut of eyebrows from 60
**BODY SCRUBS AND WRAPS**

**BODY SCRUB** (30 minutes)
Our recipes for a silky smooth skin are always freshly prepared. At our peeling bar we prepare a wide range of mixtures made of tiny crystals of pure salt, quartz or aquamarine. These are then mixed with precious herbs, aromatic oils and enzymes to help the skin breath again, become more luminous and feel velvety smooth.

**BODY WRAPS** (30 minutes)
Intensive whole body wraps individually tailored to pamper the skin. Rich in china clay, minerals, vitamins, argan oil and marine plant extracts which are transformed into a gossamer-like veil of freshness on your skin, thereby nourishing, moisturising and ensuring the smoothest of skins.

**BODY SCRUB & WRAP & MASSAGE** (110 minutes)  298
**BODY SCRUB & WRAP** (70 minutes)  185
**BODY SCRUB & MASSAGE** (90 minutes)  235
**BODY WRAP & MASSAGE** (90 minutes)  235

**DETOX VOLCANIC TREATMENT** (35 minutes)
The detox volcanic treatment with mineral mud is a self-warming mineral mask made of sea salt, finely ground silica, algae and rich in minerals such as calcium and magnesium. The calming, relaxing wrap has both stimulating and regenerating effects and is accompanied by a head and neck massage.

Detox volcanic treatment combined with a body massage or cosmetic treatment [without head and neck massage]  48

**SOAP BRUSH MASSAGE** (20 minutes / with subsequent skin care – 30 minutes)
The stimulating body ritual for after sports activities, in the event of fatigue or just to warm up. Vigorous massage with fine natural bristles and a lather enriched with aromatic oils give your body a feeling of freshness.

60 / 75
**SPa PACKAGES**

**BEAUTY DELUXE (5 hours)**
- Anti-Age-Facial 90 minutes with a mask for hands & arms
- Herbal-pedicure with a foot scrub
- Manicure with a scrub & nail varnish
- Massage for Back-neck-legs with aroma oils 40 minutes
- Beauty Deluxe Package with hair styling (blow-dry or set) **530**

**MENTAL VITAL (2 hours)**
- Power Oxygen-inhalation 50 min.
- Herb pistils massage 50 Min.
- 1 Mental-Vital-Drink **220**
- Mental Vital Package & Spa-Visit **260**

**BODY VITAL (1.5 hours)**
- Osflow Body Treatment 25 Min.
- 1 sports massage 50 Min.
- 1 Body-Vital-Drink **220**
- Body Vital Package & Spa-Visit **260**

**MARS & VENUS (3,5 hours – Delight for two)**
- Brush massage with scented soap precious experience
- Relax massage for face, neck and scalp
- Warm candle massage “Aphrodesia” with shea butter, cocos oil and the essence of myrrh **320 p.P.**
- Mars & Venus Package & Spa-Visit **360 p.P.**
ALPINE SKIN REVITAL
A totally personalised beauty package from head to foot.
- 3 anti-ageing facial treatments, 70 minutes each: deep cleansing with enzymes, regeneration phase with oxygen application, build-up and toning phase with iontophoresis. The products and ampoules are accurately pinpointed to suit your treatment
- 1 anti-ageing body scrub with rose quartz and a body wrap for a refined skin
- 1 body massage – 50 minutes
- 1 warm Bündner hot stone massage – 50 minutes
- 1 herbal pad massage – 50 minutes

ALPINE DETOX
The personal VITA CHECK measurement (see P.10) reveals information on your body’s energy levels. Dependent on the results thereof, we adjust the treatments to suit your measurement. The treatments reduce the acid content of the body and detox and purify the skin.
- Vita Check detailed analysis of your body’s energy levels including lifestyle documentation
- 1 detox soap brush massage as an activating cleansing ritual
- 3 detox massage treatments – 50 minutes each – tailored to your personal Vita Check measurement
- 3 detox acid based foot baths to go with the massages
- 3 detox organic drinks

ALPINE DE-STRESS
Balance coaching programme based on the preceding VITA CHECK energy measurement (see P.10). Commence by ascertaining current physical condition; define goals and improve one’s energy position on a long term basis; treat emotional and mental fatigue; consolidate strengths to avoid burn-out.
- Vita Check detailed analysis of your body’s energy levels including lifestyle documentation
- 1 de-stress full body scrub with warm aromatic oils
- 3 de-stress massage treatments – 50 minutes each – tailored to your personal Vita Check measurement
- 3 de-stress foot poultices with mineral volcanic soil
- 3 de-stress organic drinks
Reserve your very own wellness time!
In the mentioned arrangements the access to the Wellness facilities is included as well as the participation at the fitness animation programme and the refreshments at the wellness bar. Bathrobe, slippers and towels will also be prepared for you! Teenagers older than 14 years can use the facilities of sauna, steambath etc.

**10 Points Member card CHF 700**
- 10 visits at the alpinspa (card is transferable)
- Voucher for spa treatments or products for CHF 250
- Cocktail voucher of CHF 50 to be used at the K-Lounge or at the Nosti bar

**5 Points Member card CHF 300**
- 5 visits at the alpinspa (card is transferable)
- Voucher for spa treatments or products for CHF 100

**3 Points Member card CHF 180**
- 3 visits at the alpinspa (card is transferable)
- Voucher for spa treatments or products for CHF 60

**Wellness-Kick off (9.00 – 12.00 h – we kindly ask you to pre-book)**
Wellbeing-Hours at the alpinspa, combined with
- Either a relaxing body massage or a fragrant full body salt peeling (40 minutes) 150
- or a back& neck massage (25 minutes) 110
**SPA ETIQUETTE**

**OPENING HOURS**

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<thead>
<tr>
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<th>Winter</th>
<th>Summer</th>
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<tr>
<td>Pool area &amp; Gym</td>
<td>06.00 – 20.00 h / 16.00 – 17.00 h kids splash time</td>
<td>06.00 – 20.00 h / 16.00 – 17.00 h kids splash time</td>
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<tr>
<td>Wellness area</td>
<td>09.00 – 20.00 h for our guests older than 14 years</td>
<td>09.00 – 20.00 h for our guests older than 14 years</td>
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<tr>
<td>Spa Treatment</td>
<td>09.00 – 20.00 h</td>
<td>09.00 – 20.00 h / Sunday on request</td>
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**ATMOSPHERE**
For an ideal start to your wellness experience it is best to arrive few minutes prior to your scheduled treatment in the spa. For your own relaxation and that of the other guests we kindly ask you to turn off your mobile phone. During your spa-time you can accommodate your children in our Kulm Kids Club.

**SPA APPOINTMENTS**
We recommend that you reserve your favourite spa treatment well ahead of time. We are very happy to learn more about your wishes and needs. Kindly note it is important that you inform us about any health issues and problems when making a booking, so that we can find the most suitable treatment for you. Allergies and intolerances, high blood pressure or pregnancy can influence the results of a successful treatment. With the VITA CHECK programme we offer the possibility of finding the most suitable combination of treatments for you.

**CANCELLATION**
Cancellation must be made 8 hours in advance. Kindly note that you have to cancel your appointments at the spa, either by phone or in person. A 100% charge is payable in the event of late cancellations. Late arrival may curtail your treatment time.

**DRESS CODE**
At the spa you should be dressed appropriately with bathrobe and slippers. The wellness area with sauna and steam bath is a textile-free zone, there is no need for a bathing suit! For massages and body treatments we offer disposable underwear.

Prices are subject to change. Our prices are in Swiss Francs including 8 % VAT.