



fitness&beautycollege

Arosa Kulm Hotel & Alpin Spa

SPA COLLECTION

HEALTH IS MEASURABLE.

HEALTHINESS





Relate lifestyle to vitality. The search for the source of your strengths is done by the Body Scan for you.

You already have a concept for everyday life.

Oliver Schmidt

Naturopath & massage therapist

The healthness plan comes from the results of your personal body scan and the resulting organ biofeedback. The sophisticated individual diagnosis reveals multi-faceted insights into the current state of your intrinsic energy and vitality. The analysis is based on empirical research studies, on computations of various algorithms and on technological research.

SYSTEM ONE® - What blood levels can reveal. Fascinating and convincing.

In only 120 seconds the sensor painlessly and non-invasively (without blood samples) can measure more than 250 vital signs. The results are comparable to laboratory measurements and reveal detailed and complex insights into the current state of your health as well as the body's organ and metabolic functions. 50 min. 175

SCAN PROFILE

Blood lipids, trace elements, amino acids, vitamins, insulin values, sugar metabolism, connective tissues, skin and allergies, cardio and cerebrovascular systems, functions of the stomach, bowel, liver/gall bladder, kidneys, lungs, thyroid gland, heavy metals, toxins, endocrine system (hormones). Scan incl. coaching & interpretation of profile.

ETA Scan® - Complementary Medicine's Alternative 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. 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. 120 min. 350

SCAN PROFILE

Current state of the condition of your body, mental imbalances, physical stress, burnout & boreout, general intolerances, sensitivities to chemicals or electro-magnetic fields, heavy metal pollution, imbalances in your metabolism, over or underactive organs, effects of negative energy e.g. environmental causes, bacteria, viruses and factors causing stress. Scan incl. coaching & interpretation of profile.

A close-up photograph of a woman with blonde hair lying face down on a white towel. Her eyes are closed, and her hands are clasped under her chin. In the background, a person's arms are visible, performing a massage on her back. The scene is softly lit, creating a relaxing atmosphere.

HOLISTIC & THERAPEUTIC.

MASSAGE



Whatever's good for you?

What is the most effective way to relax in order to replenish your energy levels?

Bioenergetic treatment methods are used to stimulate parts of the body in order to guide the autonomic nervous system to greater relaxation.

Ines N. Lembcke

Massage- & physiotherapist

CLASSIC

Back & neck massage 25 min.	74
Full body massage 50 min. / 75 min. / 90 min.	148 / 215 / 260
Foot reflexology therapy 25 min.	74
Foot reflexology therapy combined with a back & neck massage 50 min.	148

NEUROMUSCULAR THERAPY

A deep tissue massage to repair normal muscle tone and re-establish the connection between the muscles and the nervous system. 50 min. / 75 min. 155 / 225

HEADACHE TREATMENT WITH OXYGEN

The oxygen inhalation relieves the pain and supports the muscle-relaxing massage from neck, back and head. 40 min. 185

ANTI-STRESS-MASSAGE - a healthy back

Developed by Ines Lembcke, our physiotherapist are manifold techniques of head, neck, shoulder area applied across the spine to the iliac crest. Targeted muscles and fascia are treated, the impulses to regulate the autonomic nervous system in the direction of deep relaxation. The back straightens up and the energy flows through the body. 50 min. 160

... **NON-PLUS-ULTRA:** Antistress-massage with reflexology therapy. 75 min. 235

FASZI_NATION STONE

Through the impulse of the fascia roll and the deep heat of the stones we achieve an intensive effect in the tissue. Deep muscle tension is released, "sticky" substances are discharged. This form of treatment is deeply relaxing and intensely liberating for the body fascia of the legs and back. 50 min. 160



DREAMING.
FEELING.
RECOVERING.

WARM GRISON COUNTRY STONES

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. 50 or 75 min.

150 / 225

THE ABDOMINAL MASSAGE RITUAL - detox treatment

The specialised and very effective Midsection-Detox-Treatment with its gentle drainage massage is aimed at relieving the abdominal region. The combination of a detoxifying liver rap with black pepper and fine fragrant honey oil has a regulating and tissue firming effect. Blockades are relieved and a chakra balance lets the energy flow again. During the liver rap you will have a head and neck massage to make you feel light and refreshed 50 min.

150

DETOX ZEOLITH - body detox with lymphatic drainage, foot bath and liver wrap

Zeolite is of volcanic origin and possesses the ability for highly selective absorption, thus boosting natural detoxification. This mineral is enriched with crystal salt, mountain honey, yarrow, coriander, black pepper and grapefruit. The effect and scent of the foot and liver pads have a real detoxifying effect on our metabolism as well as senses. 50 min.

150

MANUAL LYMPHATIC DRAINAGE

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), as well as promoting healing after operations, migraines or other neuro-vegetative syndromes.

50 / 75 min.

155 / 225



BALANCING & HARMONIZING

New offer

TRADITIONAL THAI-MASSAGE WITH WARM OIL

Inspired by Buddhist teachings, the rhythmic massage combines the art of treatment Zen Shiatsu and acupressure. Intense pressure up to gentle stretching promotes deep breathing, new energy flows. The muscles relax, the metabolism is stimulated, body and mind regenerate. Ideal for stress, tiredness and mental overload. The effect can be felt immediately, your quality of life and your well-being are increased. 60 min. / 90 min. CHF 185 / CHF 265

THAI FOOT MASSAGE & REFLEXOLOGY

Every organ of the human body corresponds to a zone on the feet. The applying targeted pressure activate the body's own healing powers. A gentle acupressure and a heavenly foot massage stimulates the metabolism and influences the organs "from a distance" so to speak. It is a holistic therapy that treats on a spiritual and mental level, through the healing channel of the feet. 50 min. CHF 155

LOMI LOMI NUI - ...dancing with the sea

Warm oil envelopes your body and you feel weightless. The intuitive 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. You will feel reassurance from depressive moods, an improvement in the quality of sleep and inner calmness. 75 / 90 min. CHF 225/265

CANDLE MASSAGE - Wellbeing massage with maximum skin care

With the fragrant scent of melted warm shea butter and the calm of the relaxation massage, we combine intensive skin care and wellness in one. Shea butter provides moisture and nourishes dried out skin for a silky, wonderfully soft body skinfeeling. 75 / 90 min. CHF 225/265

A smiling man and woman in white shirts giving thumbs up.

BALANCE. VIBRATION. ENERGY.

BODY FITNESS



INHALE

EXHALE

OXYGEN – INHALATION – THERAPY (Prof. Manfred v. Ardenne)

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 are the significant achievements. Pure. Natural. Powerful.

THE BENEFITS

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

Inhalation with 90% oxygen

1 Inhalation 50 minutes	75
3 Inhalations	198
6 Inhalations	395

Vitality cure with 90% oxygen including massage treatment

1 inhalation with massage 50 min.	215
3 inhalations with massages 50 min.	595
3 inhalations with massages 25 min.	395



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.

BENEFITS

Centres and stabilises the spine

Strengthens bones & 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

OSFLOW® OSCILLATION plus full body massage

Oscillation of ankle, knee, hip, shoulders and the whole length of the spine. The pelvis is straightened, sacrum and tailbone drop down. 50 / 75 min.

155 / 225

A close-up, low-angle shot of a woman's face, looking upwards. Her eyes are closed, and her long, dark eyelashes are prominent. Her lips are slightly parted, showing a soft pink color. The skin appears smooth and fair. The background is a soft, out-of-focus light blue and white.

SKIN FITNESS WITH RESULTS.

BEAUTY RITUALS



What your skin needs.

We breathe, feel and sense through our skin.

Your skin can be beautifully cared for at all ages so that it is healthy and radiant. To achieve this, we use high performance active ingredients to tackle the signs of aging. We will assist you in making your complexion beautiful.

Nicole A. Minsch

Spa manager & skin therapist

We use a face mapping to determine the right treatment and products for your skin. A skin care program can not be even more efficient.

CLEAR & PURE - harmonious concept for impure skin

Intensive and gentle deep cleansing clarifies and detoxifies. Your skin can breathe again. The microfine oxygen application provides plenty of moisture, redness and irritation are balanced. The result is a new deep clean skin feeling. 70 min. / 90 min. 180 / 215

FIRMING & FORMING - skin fitness program for demanding skin.

Intensiv treatment with an instantly rejuvenating effect. Anti-aging formulas with multidimensional properties activate the skin functions right down to the dermis. Lines and wrinkles are visibly smoothed and one's complexion is firmed. The focus is on regenerate, revitalize, restructure and lift. 70 min. / 90 min. 180 / 215

PRETTY & SMOOTH - moisturizing formula for the skin

Ideal for everyday strained, irritated or stressed skin of all ages, suffering from dryness. The result aims balancing and moisturizing. Your skin glows and looks fresh, supplied with nutrients and is visibly recovered. 70 min. / 90 min. 180 / 215

EXPRESS BOOSTER

The ideal skin care is a freshness boost for tired, stressed skin of all ages – also ideal for ladies and gentlemen for an extraordinary event (without face massage, without eyebrows shaping). Skin looks fresh, rosy and smoothed. 50 min. 148



EYE MIRACLES

LASH & EYEBROWS - * price during your beauty treatment

Eye brows forming complete 20 min.

30 / inkl.*

Colouring and forming of eyebrows

40 / 25*

Colouring eyelashes

40 / 35*

Colouring eyelashes & eyebrows

55 / 45*

PERMANENT MAKE UP

Do you want a fresh youthful look? The permanent make-up is a professional micro-color implantation and emphasizes your natural beauty without having a make-up effect. Thin, patchy eyebrows seem fuller, eyes that are too small seem bigger and eyelashes thicker. All pigments are free of heavy metals.

Eye brow complete design - fine hairline drawing (1-2 treatments)

from 650

Eye brow emphasis - shading, correcting the existing shape

from 480

Eyeliner top (2 treatments)

from 650

Eye liner below (2 treatments)

from 500

MAKE UP

Make Up for business, photo, events or wedding

price on request

For weddings we offer a tailor-made program for the bridal couple and the party guests.

Please, ask about more informations.



BODY CULT

BODY SCRUB

Our scrub bar offers a wonderfully scented selection of body scrubs with a three-dimensional effect. The skin structure is immediately refined, cell activity and collagen production are stimulated. The skin become more luminous and feel velvety smooth. The exfoliating mixtures are based on oil or gel, enriched with pure sea salt, acerola extract, Vitamin B 6, white, green and black tea. 35 min. 98

BODY MASK

Warm wrapped all over. Velvety softly nourish vitamins, china clay, algae and other nutrients your body skin. A feeling of velvet and silk. Select a single treatment or a treatment series. 40 min. 98

- **Spirulina detox** (without iodine): Detoxification, regeneration and firming
- **Pink kaolin clay**: Refining the skin like porcelain, soothes skin irritation
- **Nourishing Açai**: Antioxidant, moisture booster, elasticity

BODY TREATMENT SETS

Scrub & Massage 50 Min.	235
Scrub & Body Mask - 75 Min.	185
Body Mask & Massage 50 Min.	235
Scrub & Body Mask & Massage - 120 Min.	298

SOAP BRUSH MASSAGE – 20 minutes / with additional 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



BEAUTY EXTRAS

HAIRSTYLING

HANDS & FEET

Manicure Lady	intensiv care for skin & nails	88
Manicure Men	skin & nail care, hand massage. 40/50 min.	80
Pedicure	intensiv medical foot treatment	98
Additional charges:		
	with varnish	10
	changing varnish hands	28
	changing varnish feet	38
	with GELCOLOR (only manicure)	45
	remove GELCOLOR (machine grinding)	40
	Repair hand scrub & mask	48

DEPILATION WITH SUGAR

Face	25
Upper lips	18
Half leg	65
Full leg	98
Bikini zone	48
Arm pits	48
Arms	38
Back man	65

HAIRSTYLING

Lady's hair cut - blow dry or hair-curlers	from	118
Lady's hair styling - blow dry or hair-curlers	from	75
Man 's hair cut, eye brow shaping on request	from	63

RICH IN ACTIVE INGREDIENTS.

CARE PRODUCTS





DISCOVER OUR
BESTSELLERS.

J A C Q U E L I N E
PIOTAZ
S W I T Z E R L A N D
Timeless
Swiss+
Skin Care

Swissness pure

100% swiss made in developement and production. The laboratory is situated in the mountains of the canton of Valais and has access to its own natural source of Alpine water. For the Swiss founder Jacqueline Piotaz include values such as quality, innovation, nature and reliability. The Swiss Skin Care Concept is based on plant stem cells (Phyto Cell Tec TM) and exclusive active ingredients.

Made in Iceland
BIOEFFECT

The gene code of the skin

This skin revitalising system was developed in Iceland and is biotechnologically manufactured. It is the first product line, world wide, to incorporate cell activators cultivated from plants and for which it was awarded a Nobel Prize in 1986. The skin's genetic code is introduced into barley seeds. The result is a firm radiant skin which encompasses all anti-aging factors.

THE BODY COLLECTION



AÇAÏ - ELIXIER & VELVET Vol. 1

We constitute a complete care system to provide your body skin with nourishing ingredients and lend it youthful suppleness. These innovative formulae activate the skin's metabolic function and lend it a velvety suppleness. Açaí is a valuable natural product – one of the fruits of life. Cosmetic research has shown that Açaí is rich in biological ingredients with an extremely high nutritional value. In its freeze-dried state, the fruit has one of the highest ORAC (Oxygen Radical Absorbance Capacity) values and can rightly be labelled a superfood.

BENEFITS

ANTHOCYANINS high concentration of the berry with protective antioxidants

OMEGA 6 promotes the development of the skin's natural protective barrier

OMEGA 9 enhances the skin's regeneration and natural retention of moisture

PHYTOSTEROLS stimulate the skin's healing process

VITAMIN C protects the cells against free radicals

VELVET Vol. 1 - a smooth textured body cream which nourishes the skin 55

ELIXIER Vol. 1 - a silky body oil which is absorbed straightaway into the skin. 55

BODY EXPERIENCE.

SPA-lino





BABY- & CHILDREN MASSAGE

Warmly protected we massage and move your child, individually tailored to his needs. Adapted to age, the treatment is focused on the arms and legs as well as on the abdomen and back.

FOOT REFLEXOLOGY MINI

Each organ is represented by a zone on the feet. For the child this massage is a gentle soothing treatment, which gives a sense of safety.

PRICES

Massage - 20 minutes (to 8 years)	48
Massage - 25 minutes (to 12 years)	60
Massage incl. introduction to learning the baby massage for parents 45 min.	98

EAR CANDLES

Our ear candles are hand made with 100% natural materials. This treatment is a very soothing and relaxing experience. It regulates the pressure between the inner and outer ear after travelling. Children love this adventure. 25 min. 65

KIDS BODY SCAN

Talk with our therapist price on request

BABY SWIMMER

Like in Mama's pregnant belly. Specially designed baby swimmers are suitable for newborns and toddlers. Due to the special collar, the baby is kept soft and secure, and the head is supported. suitable for the bathtub or pool, the Swimming Ring playfully strengthens motor skills. 39



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Welcome

Every day from 9:00 am – 8:00 pm