

The background of the advertisement is a photograph of a modern spa interior. It features a large, curved, metallic-looking hot tub in the foreground. Behind it, there's a wooden walkway with a railing and a stone wall. The ceiling is made of wooden slats with recessed lighting. The overall atmosphere is warm and relaxing.

SPA COLLECTION

fitness&beautycollege

the Spa at the Arosa Kulm Hotel & Alpin Spa

info@beautycollege.ch

0041 (0)81 378 88 98



The SPA CONCEPT of the elements.

Immerse yourself - and feel the power of the Alps. In our SPA rituals, we use the most elemental sources of power from traditional European naturopathy. A source of balance and harmony, personified in the four elements of fire, earth, air and water.

The purity of the mountain air, for example, stands for flooding, for a sigh of relief. The monumental power of our mountains creates the fundamental trust in one's own body, the resilience of the alpine plants stands for endurance and the desire to live. The rich water of the mountain springs symbolises the flow of life.

In our SPA rituals you will be able to experience this energy of the four elements at first hand. The treatments spread a mood of balance, joie de vivre, optimism and tranquillity. A treat from head to toe, for body and soul.

Cozy up in your bathrobe and slip into your flip-flops. We look forward to seeing you!

Welcome.

Your SPA-Team

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HEALTH IS MEASURABLE.

HEALTHINESS

BODY SCAN - RELATE LIFESTYLE TO VITALITY

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® - Fascinating and convincing.

In only a few minutes 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.

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 & biofeedback	50 min.	175
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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.

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 & Biofeedback	120 min.	350
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BALANCE. VIBRATION. ENERGY.

BODY FITNESS

LET'S SWING - to get a centered posture

The functional principle of OSFLOW® BODY SWING is a centring oscillation platform that creates an optimal alignment of the biomechanical skeletal system. A 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.

THE BENEFITS

- / 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

OSFLOW ® – Body Swing plus massage

Oscillation of ankle, knee, hip, shoulders and the whole length of the spine. The pelvis is straightened, sacrum and tailbone drop down. The body swing is accompanied by a body massage

Treatment	50 / 75 min.	148 / 215
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OXYGEN - POWER.

BREATHING-LOUNGE

BREATHING LOUNGE – the oxygen inhalation therapy

PURE. NATURAL. EFFECTIVE.

Oxygen means life energy. The proven inhalation treatment from Prof. Manfred v. Ardenne helps your body to be easier to deal with stress, to mobilize internal forces and to avoid energy losses. Vitality is the significant achievement.

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 % Power-Oxygen

1 inhalation	50 min.	75
3 inhalations	je 50 min.	198
6 inhalations	je 50 min.	395

Inhalation with 90 % Power-Oxygen and Body Massage

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



CLASSIC

Full body or part of body massage or foot reflexology. The diverse techniques of our therapists create "nourishment" for nerves and blood vessels, providing muscle relaxation and inner balance.

Treatment	25 / 40 / 50 / 75 / 90 min.	74 / 118 / 148 / 215 / 260
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NEUROMUSCULAR THERAPY

A deep tissue massage to repair normal muscle tone and re-establish the connection between the muscles and the nervous system.

Treatment	50 / 75 min.	155 / 225
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HEADACHE TREATMENT WITH OXYGEN

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

Treatment	50 min.	185
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INL® ANTI-STRESS-MASSAGE - a healthy back

Developed by Ines Lembcke, our physiotherapist, 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.

Treatment	50 min.	160
Treatment Non-plus-Ultra, with reflexology therapy	75 min.	235

GENTLE & STRONG IN EFFECT.

MASSAGE



NOBEL & POWERFUL - massage with a gem silk stamp at choice

Is the search for clarity and decision a theme? Do you feel trapped in everyday stress?

The gemstones suitably selected for you wrapped in silk cloth will enhance your senses, ground and energize you, and let you breathe deeply. After the massage with honey oil you will feel inner peace and serenity. We will give you the gemstones, which are wonderful for energizing the drinking water in a jug, as a gift.

Treatment	50 min.	160
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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.

Treatment	50 min.	160
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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.

Treatment	50 / 75 min.	155 / 225
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DETOX ZEOLITH - body detox with lymphatic drainage, foot bath and liver wrap

Zeolite is of volcanic origin and possessist the ability for highly selective absorbtion, 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 detoxiyfing effect on our metabolism as well senses.

Treatment	50 min.	155
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HOLISTIC. MASSAGE

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, the energy flows again. The associated reflex zones on the feet have a supporting effect. During the liver rap you will have a head and neck massage. A wonderful feeling of lightness

Treatment	50 min.	155
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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 of lymphedema, strain trauma, pulled muscles, as well as promoting healing after operations, migraines or other neuro-vegetative syndromes.

Treatment	50 / 75 min.	155 / 225
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PRENATAL - FOR THE MUM-TO-BE

A light, relieving body sensation with a tailor-made massage for the mummy-to-be. Tailored to your needs, our therapists look after you with special attention and sensitivity. Gentle drainage for decongestion and soothing relaxation can be performed in various lying positions as well as in a sitting position (after the 3rd month). Let us advise you.

Treatment	40 min.	118
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SKIN FITNESS WITH RESULTS.

BEAUTY RITUALE

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. We use a face mapping to determine the right treatment and products for your skin.

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.

FIRMING & FORMING - skin fitness program for demanding skin

Intensive 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.

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.

Treatment	70 / 90 min.	180 / 215
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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 and eyebrows shaping). Skin looks fresh, rosy and smoothed.

Treatment	50 min.	155
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GLOBAL EYECON – the new generation for the treatment of the eye contour.

For beautiful eye area with luminosity and expression.

Professional treatment for the eye area to combat signs of ageing and fatigue, wrinkles, pigmentation spots. The results are an instantly glowing look, a visibly rejuvenated eye area with firmer and tighter skin texture.

Treatment	40 min.	110
Add-on with colouring eyelashes & eyebrows	60 min.	155

EYELASHS & EYEBROWS (*price during your beauty treatment)

Eyebrows forming complete	20 min.	30 / inkl.*
Colouring & forming of eyebrows	30 min.	40 / 25*
Colouring eyelash	30 min.	40 / 35*
Colouring eyelash & eyebrows incl. forming	40 min.	55 / 45*

MAKE UP

Business, photo shoot, gala or daily life	price on request
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PERMANENT MAKE-UP

Permanent make-up is a professional micro colour implantation and emphasises your natural beauty. Eye brows seem fuller, eyes look bigger, eyelashes thicker. All pigments are free of metals.

Eye liner & eye brows	ask for our separate price list
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WEDDING

Bridal couple & party guests	ask for our programme
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BIOEFFECT – The gene code of the skin

Biotechnologically produced cell activators EGF (Epidermal Growth Factor) are naturally produced in barley seeds. The invention was awarded the Nobel Prize.

BIOEFFECT skincare products harness the proven cell activators that stimulate the skin's self-renewal process and boost the skin's natural collagen and elastin production. It is the first skin care product in the world to contain cell activators cultivated in plants, helping the skin to regain radiance and beauty.



THE DREAM OF TIMELESSLY BEAUTIFUL SKIN

Enter the magical world of the mountains, where time stands still. 100% Swiss Made in design and production. 100% Swiss Made by Jacqueline Piotaz.

100% Swiss made in development 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



Regulatpro® Collagen - patented Technology by Dr. Niedermaier Pharma

The first vegetarian collagen youth drink for skin, hair, nails and cells. The Swiss beauty booster with the power of fresh, sun-ripened, organically grown fruits, nuts and vegetables. Over 50000 secondary plant substances diffuse into our cells and increase the most important antioxidant, glutathione. Glutathione counteracts cell damage and controls white blood cells, strengthening the immune system.

Effectiveness profile

- / Highest bioavailability by cascade fermentation
- / Enormous anti-aging effect by reducing free radicals
- / Collagen production is stimulated
- / Carrier effect: maximum effectiveness by maximum absorption
- / Sustainability: Regional & environmentally friendly production
- / Free from animal collagen, chemical conservation, chemical ingredients and allergens

DE-TOX Treatment Dr. Niedermaier - for liver function, fat metabolism & a relaxed nervous system

- / 1 foot bath with peeling activates the metabolism via the soles of the feet
- / Zeolite pads for liver & feet bind harmful substances and accelerate natural detox processes
- / 1 Relaxation massage 50 min. for body & face decongests and regenerates the body tissue
- / 1 Regulatpro Active DTX course set for home use to reduce harmful substances in the intestines

Treatment incl. home care set

120 min.

298



BODY. BEAUTY. BALANCE

TRIPLE.B

TRIPLE B. COLLECTION

Our SPA rituals are cult. The pure care pleasure with three-dimensional effect. Choose your favourite and we will mix the recipe with active ingredients. A feeling of velvet and silk for skin and soul.

Triple.B SCRUB

Our scrub bar offers a wonderfully scented selection of body scrubs for face & body. The skin structure is immediately refined, cell activity and collagen production are stimulated. The skin become more luminous and feel velvety smooth.

Treatment face & body	45 min.	128
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Triple.B's SET

Warm wrapped all over. Velvety softly nourish vitamins, china clay, algae and other nutrients your body skin. A feeling of velvet and silk. Skin care cannot be more intensive. In the treatment sets we treat the face and the body. Please come without make-up.

Scrub & Body Mask & Massage	120 min.	315
Scrub & Body Mask	75 min.	198
Scrub & Massage	90 min.	250
Body Mask & Massage	90 min.	250

PEDICURE

We stage your feet. Intensive treatment of the nails and removal of superfluous cornea.

Treatment with / without varnish	60 – 80 min.	from 108 / 128
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BODY EXPERIENCE.

SPA-lino

SPA-lino

Baby massage is a special method of communicating and being in deep contact with the child. The massage promotes, strengthens and regulates the circulatory system, the breathing, the internal organs, the musculature, the nervous system and the immune system. This very special body experience promotes the mental and spiritual development of babies and the parent-child relationship.

BABY- & CHILDREN MASSAGE & FOOT REFLEXOLOGY «MINI»

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. For this we use exclusively organic oils. 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.

.Treatment	to 8 years	20 min.	48
	to 12 years	25 min.	60
	plus instruction for Babymassage	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.

Treatment	25 min.	68
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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.

Baby Swimmer	39
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SPA ETIQUETTE

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.

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 BODY SCAN programme, we offer the possibility of finding the most suitable combination of treatments for you.

PREGNANCY OR BREASTFEEDING

Congratulations! We will be happy to advise you on suitable treatments for this wonderful time.

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

Prices are subject to change. Our prices are in Swiss Francs incl. 7,7 % VAT. From 2024 on incl. 8.1% VAT.