

## DAY PACKAGES

### FEEL-GOOD DAY

Let yourself be pampered, enjoy and relax. The Wellness Pavilion experience for the well-being of body, mind and soul.

- **Standard:** Full body massage with head or facial oil massage  
*or*
- **Deluxe:** Hot stone massage or body scrub with full body massage
- Free use of spa pavilion
- Light 3-course lunch menu incl. water
- Tea and water in the spa area

Bookable: daily from 10.00am - 4.00pm, reservation required.

### FEEL-GOOD MORNING

The early bird catches the worm! Leave your worries behind, if only for a few hours.

- Generous breakfast buffet with a glass of Prosecco between 9.00 - 10.30am
- Partial body massage with aromatic oil between 10.30am - 12.30pm
- Free use of the spa area until 4:00pm

Bookable: Monday to Friday from 9.00am - 4.00pm.  
Reservation required.

## PRICES / OPENING HOURS

Hotel guests: bath daily from 7.00 am to 9.00 pm  
Spa area daily from \*2.30 – 9.00 pm  
External guests: daily from 10.00 am to 9.00 pm  
Spa area daily from \*2.30 – 9.00 pm  
(except single admission: 10 am – 4 pm and 7 – 9 pm)  
\*at bad weather conditions and on request earlier

### SPA

Seasonal subscription (valid during one season)	CHF 420.00 incl. 1 x 25-minute massage
10 entries subscription (valid during two seasons)	CHF 250.00 incl. 1 x trial massage
Single admission	CHF 35.00 valid 10 am-4 pm / 7 - 9 pm

### MASSAGE/TREATMENTS (Reservation required)

Full body or sport massage/Foot reflexology	50 min. 5 times	CHF 110.00 CHF 440.00
Partial or sport massage/Foot reflexology	25 min. 5 times	CHF 70.00 CHF 280.00
Relax massage	50 min.	CHF 110.00
Aroma massage	50 Min.	CHF 115.00
Lymph drainage	50 min. 5 times	CHF 110.00 CHF 440.00
<b>New: Detox Abdominal massage</b>	50 min.	CHF 110.00
<b>New: Thai Massage</b>	60 min.	CHF 130.00
<b>Shiatsu (recognized by health insurances)</b>	60 min.	CHF 130.00
<b>New: Lomi Lomi</b>	75 min.	CHF 160.00
Body scrub + massage	75 min.	CHF 160.00
Hot stone massage	75 min.	CHF 160.00
Feel-Good Day Standard		CHF 175.00
Feel-Good Day Deluxe		CHF 220.00
Feel-Good Morning		CHF 115.00



## WELLNESS IN WALDHOTEL DAVOS

### RELEASE – BREATHE DEEPLY – ARRIVE AT YOURSELF

#### Our offer

Swimming pool (30°C) with bubble bed, massage jets, counter current system and neck jet, furthermore aroma grotto, sauna, turkish steam bath, Kneipp bassin, water gym, great variety of retreat courses

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## CLASSIC MASSAGE

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Classic massage stimulates blood and lymph circulation, improves both nutritional conditioning and the metabolism in the connective tissue and musculature. As a result, joints and nerves are relaxed and tension released. This leads to a general sense of well-being, which is heightened by the use of aromatic oils.

Duration: Partial massage 25 min.  
Full body massage 50 Min.

## AROMA MASSAGE

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DermaLine products from Piniol are made from natural ingredients and free from paraffin or other petroleum-based derivatives or preservatives. For classic or sport massage, please choose from one of the following three lotions for an enhanced sense of well-being:

**care** Improves the skin's elasticity; mandarin increases the skin's metabolic rate and rose supports the regeneration of skin, i.e. cellulite.

**relax** With nourishing almond and wheat germ oil, lemon balm and orange to soothe and relax after a busy day.

Duration: Full body massage 50 Min.

## SPORT MASSAGE

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Sport massage regenerates and mobilizes the entire musculoskeletal system, loosens tense muscles and joints and is effective for prevention as well as for sport injuries.

Duration: Partial massage 25 min.  
Full body massage 50 Min.



## RELAX MASSAGE

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This combination of classic massage and Shiatsu techniques with mobilization and releasing breathing exercises relieves deep tensions in the neck/shoulder area and leads to a pleasant overall sense of well-being.

Duration: 50 min.

## FOOT REFLEXOLOGY

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According to H. Marquart  
The treatment of ailments by applying pressure to certain reflex points on the foot has been practised for over 5000 years in countries such as India and China. This form of therapy works on the entire organism. It has positive effects on chronic and acute diseases of the musculoskeletal system, dysfunctions of the respiratory and urogenital tract, and also ailments affecting the digestive and central nervous system (head).

Duration: Short treatment 25 min.  
Full treatment 50 min.

## LYMPH DRAINAGE

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According to Földi  
Relaxing and rhythmic strokes cause the lymph to start flowing, thus purifying the tissue and providing better nutrition to the cells. Lymph drainage dehydrates, purifies and decreases water retention.

Duration: Full body 50 min.

Furthermore, we offer the following massages:

## SHIATSU DETOX ABDOMINAL MASSAGE

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## HOT STONE MASSAGE

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Practised widely by the Aztecs and other Indian tribes, this well-known form of massage with basalt stones activates the metabolism, blood circulation and energy flow, encouraging deep muscular and mental relaxation. The smooth stones are heated and soaked with aromatic oils. The therapist slides the stones in slow but intensive movements over the body and then positions them over the central energy points on the back.

Duration: Full body 75 min.

## NEW: LOMI LOMI

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Lomi Lomi is a traditional Hawaiian full-body massage performed with long, flowing and dynamic movements, mainly using the hands, forearms and elbows. It aims to treat the body, mind and soul through deep relaxation, the release of blockages and the harmonisation of energy flow. It also loosens the joints and gently stretches and elongates the body.

Duration: Lomi Lomi 75 min.

## NEW: THAI MASSAGE

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A Thai massage is a holistic treatment that combines acupressure, stretching, pressure point massage and elements of yoga to release tension and promote flexibility. It is a dynamic, often powerful technique in which the masseur uses not only their hands, but also their thumbs, elbows, knees and feet to work along the energy pathways. The body is intensively massaged, stretched and mobilised to improve energy flow and promote deep relaxation.

Duration: Thai Massage 60 min.