

## SEL DES ALPES - BODY SCRUB

Gentle treatment for incredible silky soft skin. Body scrub with Sel des Alpes activates the renewal of cells and microcirculation. Choose between three different aromas: "Fresh Acerola" (Acerola berries are rich in Vitamin C), "Pure Edelweiss" (the plant acts as an effective anti-aging complex) or "For Men" (peeling with the detoxifying component Malachite – especially for men). Afterwards enjoy a soothing full body massage with an aromatic lotion of your choice (also see Aroma Massage).

Duration: 75 min. (body scrub with full body massage)

## 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

Yearly subscription (valid during two seasons)	CHF 680.00 incl. 1 x 45-minute massage
Seasonal subscription (valid during one season)	CHF 400.00 incl. 1 x 25-minute massage
10 entries subscription (valid during two seasons)	CHF 230.00 incl. 1 x trial massage
Single admission	CHF 30.00 valid 10 am-4 pm / 7 - 9 pm

### MASSAGE/TREATMENTS (Reservation required)

Full body or sport massage/Foot reflexology	45 min. 5 times	CHF 95.00 CHF 360.00
Partial or sport massage/Foot reflexology	25 min. 5 times	CHF 60.00 CHF 220.00
DermaLineLotion add-on Combined with massage	45 min. 25 min.	CHF 10.00 CHF 5.00
Relax massage	50 min.	CHF 120.00
Lymph drainage	45 min. 5 times	CHF 95.00 CHF 360.00
Shiatsu/Spinal therapy	60 min.	CHF 120.00
Body scrub + massage	75 min.	CHF 155.00
Hot stone massage Full body	75 min.	CHF 155.00
Hot stone massage Back – shoulder - neck	25 min.	CHF 80.00
Feel-Good Day Standard		CHF 165.00
Feel-Good Day Deluxe		CHF 200.00
Feel-Good Morning		CHF 105.00



## 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

Team leader: Claudia Ristau, med. therapist  
(accepted by most health insurances)

WALDHOTEL DAVOS  
Buolstrasse 3, CH-7270 Davos Platz  
Tel. 081 415 15 15  
info@waldhotel-davos.ch, [www.waldhotel-davos.ch](http://www.waldhotel-davos.ch)  
23.09.2023



## 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	45 Min.
Use of aromatic oil at extra charge.	

## 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	45 Min.
Usage of aromatic oil at extra charge.	

## AROMA MASSAGE

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DermaLine products from Pinol 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:

<b>care</b>	Improves the skin's elasticity; mandarin increases the skin's metabolic rate and rose supports the regeneration of skin, i.e. cellulite.
<b>relax</b>	With nourishing almond and wheat germ oil, lemon balm and orange to soothe and relax after a busy day.
<b>sport</b>	Rosemary stimulates the circulation and calms irritated skin; refreshing after exercise.



## 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.
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## FOOT REFLEXOLOGY

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After 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: Initial treatment with findings	45 min.
Any further treatment	25 min.

## SHIATSU

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After Bo Meridian Shiatsu

Shiatsu is an oriental therapy based on thousand year old knowledge. Its purpose is to restore the natural balance of the entire body. The meridians and acupuncture points are gently stretched, pushed and mobilized, stimulating the disturbed energy flow in the body. Blockages in the joints, muscles, organs and nervous system are eliminated wherever possible. The metabolism is restored and thus finds harmony. This manifests itself in an overall sense of physical well-being. During treatment comfortable (cotton) clothing is worn.

Duration:	60 min.
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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.
Back - shoulders - neck	25 min.

## LYMPH DRAINAGE

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After 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: Face and legs	25 min.
Full body	45 min.

## SPINAL THERAPY

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After Dorn

The therapist corrects misalignments and blockages of one or more vertebrae, frequently the cause of irritation to the nerve strands. The therapy begins with a massage after Breuss which releases physical and mental tension and at the same time improves the regeneration of under-supplied intervertebral discs.

Duration:	60 min.
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