

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 CHF 420.00
(valid during one season) incl. 1 x 25-minute massage
10 entries subscription CHF 250.00
(valid during two seasons) 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	45 min. 5 times	CHF 110.00 CHF 440.00
Shiatsu	60 min.	CHF 130.00
Dorn spinal therapy	60 Min.	CHF 130.00
New: Thai Massage	60 min.	CHF 130.00
New: Lomi Lomi	75 min.	CHF 160.00
Body scrub + massage	75 min.	CHF 160.00
Hot stone massage Full body	75 min.	CHF 160.00
Feel-Good Day Standard		CHF 175.00
Feel-Good Day Deluxe		CHF 220.00
Feel-Good Morning		CHF 118.00



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

WALDHOTEL DAVOS
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03.12.2025



CLASSIC MASSAGE

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.

SPORT MASSAGE

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.

AROMA MASSAGE

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.



RELAX MASSAGE

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 REFEXOLOGY

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.

SHIATSU

According to 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.



HOT STONE MASSAGE

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.

LYMPH DRAINAGE

According 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 50 min.

SPINAL THERAPY

According to 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.

NEU: LOMI LOMI

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

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NEW: THAI MASSAGE

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.



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