

# Spa Menu



MOVING  
MOUNTAINS

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# The Moving Mountains Spa Concept

Restoring time's true value.

Nestled among pristine natural landscapes - from the alpine forests of the Swiss Alps to the serene shoreline of Lake Maggiore - our holistic Moving Mountains concept is aimed at helping you restore your vitality, immerse yourself in nature and celebrate the joy of life.

The Moving Mountains spa concept is built upon the same holistic wellbeing philosophy, promoting long-lasting physical and mental benefits through the harmony of body, mind and soul.

### **Inspired by the swiss mountains**

Switzerland, land of snow-capped mountains and crystal-clear lakes, offers the perfect backdrop for our award-winning Moving Mountains Spas. Our treatments combine traditional healing methods and rituals with the healing effects of the natural environment.

### **Based on science**

Our Spas combine sound medical knowledge and modern science to ensure long-term benefits.

### **Sustainable**

We believe in protecting the world we live in by using spa products with purely organic or certified natural ingredients, vegan, with limited carbon footprint and without animal testing.

Our individually tailored Moving Mountains spa treatments seek to promote radiance and visible signs of vitality as well as to restore a holistic sense of wellbeing.

**Welcome to the Moving Mountains Spa.**

## **Opening hours** **(open daily)**

Water world & fitness centre

**07.00 until 20.00 o'clock (fitness centre 24/7)**

Sauna

**14.00 until 20.00 o'clock**  
**(open from 12.00 o'clock during bad weather)**

Spa reception

**08.30 until 20.00 o'clock**

Treatments & Hair Salon

**10.00 until 20.00 o'clock**

## **Contact** **For appointment booking & information**

Tel. +41 81 836 70 80

E-Mail: [spa@carlton-stmoritz.ch](mailto:spa@carlton-stmoritz.ch)

**Our Spa Services**

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# Skin Rejuvenation

# Methode Physiadermie

In line with our Moving Mountains philosophy, we only use purely 100% organic or certified natural products. Our search for the perfect partner brought us to Methode Physiadermie, a brand by Geneva-based Laboratoire Sintyl that offers the perfect synergy between natural ingredients and cutting-edge Swiss technology. Laboratoire Sintyl has been a pioneer of personalised skincare since 1974 and is dedicated to the research and development of cosmeceuticals for skincare professionals. Its formulas are developed, manufactured and tested at its Geneva laboratory according to the stringent standards of the Swiss cosmetics industry, guaranteeing flawless quality in every bottle. The Methode Physiadermie brand has held ECOCERT certification since 2019 in recognition of its commitment to ecological sustainability.

Results are at the heart of Methode Physiadermie's clinical approach. Healthy skin is achieved by eliminating the causes – rather than the visible signs – of a range of skin issues.

Methode Physiadermie offers three product lines tailored to different skin needs.

### **Equilibre Essentiel**

Swiss cosmeceuticals for smoother, more radiant skin

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### **Clinical Swiss Organics**

The first 100% organic Swiss skincare line

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### **Chrono Repair Homme**

Researched and Developed for Male Skin

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# Equilibre Essentiel

Methode Physiadermie's Equilibre Essentiel line offers tailored solutions for skin issues such as ageing, dark circles and bags under the eyes, acne, rosacea and pigmentation. Since everyone's skin is unique, the combination of products used in each treatment is tailored to the client's individual needs.



### **Equilibre Essentiel Expert Treatment**

Following a detailed analysis of the skin, the treatment is personalised to address individual skin issues. Thanks to the synergy between powerful ingredients and targeted mechanisms of action, the products are absorbed deep into the skin for long-lasting results. A tailor-made facial treatment for transformed skin!

- **For sensitive skin.**

A nourishing treatment to rebalance the skin

- **For blemish-prone skin.**

A clarifying facial to regulate sebum production

- **For instantly radiant eyes.**

A tailored treatment for the eye area targeting dark circles, under-eye bags, wrinkles, puffy or tired eyes

- **Redness rescue - restorative treatment**

Morpho-lymphatic drainage combined with high-quality plant extracts to reduce inflammation

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**60 min/CHF 210**

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### **Hyaluronic Acid Age Plus Booster** **For instant skin firming.**

A specially developed anti-ageing treatment to plump up the skin and improve elasticity. A complex of two hyaluronic acids combined with micro-encapsulated Swiss glacier water penetrates deep into the skin for immediate effects. The serums used are tailored to the individual to ensure long-lasting results.

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**75 min/CHF 270**

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### **Anti-ageing treatment for mature skin.**

A natural, moisturising, lifting facial that uses special massage techniques combined with individually tailored serums.

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**90 min/CHF 290**

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## **T3 SKIN REJUVENATOR**

### **A three-step system to improve the look of ageing skin.**

This exclusive facial treatment is based on non-invasive technology that delivers maximum skin renewal and rejuvenation. In addition to addressing signs of ageing, the innovative instrumental approach is designed to treat a wide range of skin complaints with the specific goal of restoring a radiant complexion. The T3 SKIN REJUVENATOR device produces visible skin improvement in cases of hyperpigmentation, sun damage, blemishes, acne, redness or rosacea.

The procedure combines diamond microdermabrasion, aquafacial techniques and high-frequency therapy in one highly effective treatment.

## **Results**

- Rejuvenates and improves all skin types
- Treatments are tailored to address your individual skin complaints
- Visible 'glow' effect from the first treatment
- Effective, painless, non-invasive
- No downtime or restrictions on any post-treatment activities
- Produces a healthier, more youthful-looking and firmer complexion
- Delivers long-lasting hydration

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**90 min/CHF 390**

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# Clinical Swiss Organics

We are proud to partner with the first 100% organic Swiss skincare line certified by ECOCERT Greenlife and compliant with the COSMOS Organic Standard. All products in the Clinical Swiss Organics line are stripped back to the most important ingredients and are free of perfume, silicones, parabens, mineral oils and EDTA/BHA/BHBT. The line also has flawless environmental credentials: it is organic, vegan, biodegradable, free of alcohol and sulphates, not tested on animals and produced according ecologically sustainable principles.



Clinical Swiss Organics facials deliver outstanding results while being gentle and kind to skin and the environment. This premium product line from Methode Physiodermie means you no longer have to choose between certified organic cosmetics and instantly visible results.



### **Bio Skin Balance**

Restores the skin's balance through a refining and smoothing 10% lactic acid peel combined with bioenergetic lymphatic drainage, promoting the skin's natural self-regulation function and actively combating excess tissue fluid. A serum and deeply penetrating mask round off the treatment and prolong the duration of the effects.

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**60 min/CHF 210**

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### **Bio Skin Energising**

Consists of a 10% lactic acid peel to smooth the skin followed by a dynamic muscle toning treatment to redefine the contours of the face and visibly tighten the skin. A heavy dose of moisture revitalises the skin. A replenishing mask increases skin elasticity and visibly improves skin firmness.

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**90 min/CHF 290**

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# Chrono Repair Homme

Researched and developed for the unique requirements of men's skin.  
A comprehensive combination treatment that offers deep cleansing  
and complete nourishment for each individual's skin.



### **Chrono Repair Men Care**

Featuring a cleansing gel specially tailored for men's skin, this treatment removes toxins and impurities, stimulates the lymphatic system and counteracts lymphatic congestion.

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**60 min/CHF 210**

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### **Chrono Repair Men Natural Lifting**

This treatment reduces visible signs of ageing and strengthens the structure of the skin. Muscle tone is stimulated to provide a noticeable lift. The result is a radiant appearance and a natural anti-ageing effect.

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**90 min/CHF 290**

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# Beauty, Nail Lounge & Hair Salon



## Beauty

Daytime make-up

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**ca. 30 min/from CHF 65**

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Evening make-up

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**ca. 45 min/from CHF 90**

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Eyelash tinting

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**ca. 20 min/from CHF 30**

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Eyebrow tinting

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**ca. 10 min/from CHF 25**

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Eyelash and eyebrow tinting

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**ca. 35 min/from CHF 50**

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Eyebrow plucking

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**ca. 20 min/from CHF 25**

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## Hair removal for him and her

We are pleased to provide individual advice regarding the hair removal treatments we offer.

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**from CHF 25**

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# nooii nail lounge

nooii stands for high-quality, Swiss-made products that are kind to the body and the environment. The five letters in the company name stand for 'natural or organic ingredients inside'.



## **Aroma manicure**

A special manicure with a salt or oil nail bath to moisturise and repair the cuticles. The treatment concludes with gentle exfoliation and a soothing pack for the hands.

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**60 min (without nail colour)/CHF 120**  
**75 min (with nail colour)/CHF 140**  
**90 min (Londontown gel nails)/CHF 185**

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## **Aroma pedicure**

A pedicure with essential oils, salts and herbs to detoxify and heal tired feet. Using a special blend of natural ingredients, the treatment pampers the feet with exfoliation, a soothing pack and a heavy dose of moisture.

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**60 min (without nail colour)/CHF 120**  
**75 min (with nail colour)/CHF 140**  
**90 min (Londontown gel nails)/CHF 185**

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## Classical manicure/pedicure

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**45 min (without nail colour)/CHF 100**  
**60 min (with nail colour)/CHF 120**  
**75 min (Londontown gel nails)/CHF 155**

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## Gel removal

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**20 min/CHF 50**

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## Women hair salon

Wash and blow-dry

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**from CHF 80**

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Wash and set

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**from CHF 90**

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Wash, cut and blow-dry/set

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**from CHF 150**

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Updo/evening styling

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**from CHF 90**

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Daytime styling

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**from CHF 70**

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**Colour (Women & Gentlemen)**

Colour

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**from CHF 85**

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Highlights

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**from CHF 105**

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Toning

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**from CHF 65**

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**Gentlemen hair salon**

Wash and blow-dry

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**from CHF 65**

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Wash, cut and blow-dry

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**from CHF 85**

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Shaping

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**from CHF 40**

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# Holistic Massages & Therapies

## **Moving Mountains Massage**

### **Arrive in the presence**

Full body deep tissue massage with hot and cold stone therapy to relax tired muscles and joints, particularly in the legs and feet.

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**60 min plus 15 min introduction/CHF 240**

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## **Aroma oil massage**

### **Switch off your mind**

Holistic massage with premium essential oils from Switzerland - invigorating, relaxing or detoxifying.

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**50 min plus 10 min introduction/CHF 190**

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## **Good Vibrations Sound &**

### **Energy Massage**

#### **In harmony with body, mind and soul**

Balance mind, body and spirit with this holistic singing bowl massage. The sound and vibrations of the singing bowls promote deep relaxation in all areas of the body.

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**50 min plus 10 min introduction/CHF 190**

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## **Swiss Stone Pine Massage**

### **Boost your circulatory function**

Oil and massage rollers made from Swiss stone pine promote relaxation and release blockages to allow you to reconnect with your healthiest self.

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**50 min plus 10 min introduction/CHF 210**

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## **Swiss Mountain Herbs**

### **Stamp Massage**

### **Restore inner balance**

Indulge your senses with the finest Swiss mountain herbs. Warmed herbal bundles nourish the skin with gentle, circular massage movements.

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**60 min plus 15 min introduction/CHF 240**

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# Invigorating & energising Massages

## **Fully Individual Massage**

### **Let go and relax deeply**

A massage personalised to your individual needs with a finely-tuned blend of essential oils.

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**50 min plus 10 min introduction/CHF 190**

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## **Head & Neck Massage**

### **Clear your mind**

This head, neck and face massage targets acupressure points to drain lymphatic fluid from the face. Calming breathing exercises relax the mind as the therapist gets to work.

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**25 min plus 10 min introduction/CHF 110**

**50 min plus 10 min introduction/CHF 190**

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## **Reflexology**

### **Activate your powers of self-healing**

This massage boosts the metabolism by stimulating the reflex zones and marma points on the feet as well as the energy lines that flow through the body. Expect a positive effect on all vital functions.

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**25 min plus 10 min introduction/CHF 110**

**50 min plus 10 min introduction/CHF 190**

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## **Sports Massage**

### **Unlock tense muscles**

This massage releases muscle tension by applying gentle pressure to the deep muscles to reduce inflammation, increase circulation and promote mobility.

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**50 min plus 10 min introduction/CHF 190**

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## **Physiotherapy**

### **Deeply optimize the body**

Our highly professional physiotherapists offer a personalised therapy.

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**50 min plus 10 min consultation/CHF 240**

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# Detox Body Treatments



# Hydrotherapy Baths

Our hydrobaths serve to both relieve and prevent physical aches and pains. Infused with premium Methode Physiodermie products, they help restore vitality and mobility to tired, sluggish bodies through the tailored use of stimulating fragrances.



## **Invigorating Hydrobath**

### **Fight fatigue & sore muscles**

Relaxing, calming scents to combat muscle fatigue and relieve stress-related fatigue.

## **Firming Hydrobath**

### **Cellulite reduction**

Strongly stimulating fragrances with a toning effect to soften and smooth the epidermis.

**Tip:** For great results, combine the bath with a body peeling and lymphatic drainage.

## **Revitalising Hydrobath**

Helps relieve feelings of tiredness and heaviness in the legs.

**Tip:** Drink plenty of water to aid circulation and move your toes to stimulate blood flow

## **Balancing Hydrobath**

Eliminates impurities for a healthful appearance, leaves the body feeling fresh and clean and supports weight management.

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**20 min plus 10 min introduction/CHF 75 each**

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## **Swiss Salt Body Scrub**

### **Cleanse your pores**

A deep cleansing scrub with natural Swiss salt that removes dead skin cells and leaves skin feeling hydrated and velvety soft.

**Tip:** Combine the Body Scrub with a previous herbal stamp massage or an aromatic oil massage for a velvety soft skin feeling.

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**30 min/CHF 90**

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## **Lymphatic Drainage**

### **Invigorate the lymphatic system**

Energising manual therapy that combines soothing and rhythmic massage techniques to stimulate the lymphatic system and reduce skin tension. A detoxifying herbal tea is served at the end of the treatment as a special finishing touch.

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**50 min plus 10 min introduction/CHF 190**

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## **Physioslim Detox Treatment**

### **Boost your metabolism**

A slimming, anti-cellulite treatment that's adapted to your morphology to help redefine the contours of your physique. Includes a derma scan, manual abdominal treatment and body styling with the Body Ballancer®.

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**60 min/CHF 210**

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## **Full Body Renew Ballancer®**

### **Detoxify the body and boost your energy levels**

The Full Body Renew Ballancer® system begins with a derma scan to analyse your morphological make-up followed by a manual abdominal treatment. We stimulate the body's energy points to boost the digestive system and assist the body in eliminating toxins. A subsequent Body Ballancer® lymphatic massage with innovative, patented compression technology accelerates the excretion of excess fluid through the lymphatic system.

The Body Ballancer® reduces volume in areas affected by excessive water retention.

**Tip:** The Full Body Renew Ballancer® programme is the ideal treatment for after a sauna session thanks to its detoxifying effects.

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**120 min/CHF 320**

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# Holistic Wellbeing

## **Breathe deeply**

**Breathing in deeply: the first thing we do when we see the light of the day**

There are few things more invigorating and relaxing than the fresh mountain air. With this in mind, we invite you to relax and take a breath. Conscious breathing helps to relieve stress and restore inner peace. Focus on your body's natural rhythm as you open your lungs.

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**25 min/CHF 50**

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## **Mindful Meditation**

**Open to all - no experience necessary!**

Discover the benefits of mindfulness meditation and encourage a deeper awareness of your body. Weather permitting, we'll take a short walk in nature to focus on breathing and meditation. Other mindfulness techniques can include guided meditations and mantra meditations.

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**50 min/CHF 80**

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## Nourish



However you choose to design your Moving Mountains spa experience, our Moving Mountains menus are the perfect complement. These 100% plant-based dishes are delicious, nutritious, gentle on the digestive system and rooted in a deep connection to the Swiss mountains. Look out for the Moving Mountains symbol on our restaurant menus.



### **Private yoga lessons**

Yoga is an exercise for the body and the mind. The Hatha branch of yoga offered at the hotel represents a gentle form of movement. Breathing and movement come together in a dynamic flow that brings about improved posture, circulation and inner balance. Begin your morning with the Surya Namaskar (Sun Salutation) for a light, refreshed start to the day; end your evening with the Chandra Namaskar (Moon Salutation) or yoga nidra for complete relaxation and deep sleep.

Yoga can be practised in the yoga room or in various other freely accessible yoga spaces within the hotel. Complimentary yoga classes are offered several times a week. Private yoga sessions can be arranged on request for a fee.

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**50 min/from CHF 150**

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### **Moving Mountains in-room yoga**

A selection of tailor-made yoga sessions is available to enjoy in the privacy of your room. Ask for our in-room yoga kit and use the step-by-step instructions on your TV system to practice gentle movement at any time of the day or night.

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**In-room yoga bag is available for you upon demand.**

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### **Private fitness training**

Book a personal training session with one of our dedicated personal trainers. London-based fitness expert Matt Gleed has trained multiple Olympians, top-flight football clubs and tennis professionals. Together with our in-house trainers, he has developed a bespoke functional fitness programme that can be tailored to your fitness level for health and longevity.

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**50 min/from CHF 150**

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### **Private outdoor fitness training**

Recharge your batteries in the unspoilt nature that surrounds our hotel. Explore the landscape and discover the many ways to incorporate the natural environment into your fitness journey.

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**50 min/from CHF 150**

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Exclusive Spa Suites



## **Private Spa Suites**

### **Time for each other.**

Enjoy luxurious moments all to yourselves in our private spa suite with whirlpool tub, steam bath & sauna.

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**3 hours/CHF 450 incl. champagne, refreshments and culinary delights for two.  
+ CHF 100 per additional person (max. 4 people)**

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## **Spa Suite Arrangements**

### **For special moments.**

Enjo your private spa suite all to yourself in complete peace and tranquility. Relax and unwind with a whirlpool, steam bath & sauna.

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**4 hours/CHF 720 incl. champagne, refreshments, culinary delights and a Fully Individual Massage for two.**

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## Spa Arrangements

### Day Spa

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**CHF 250/Includes a Head & Neck Massage  
Subject to pre-booking and availability.**

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### Fitness & Swimming

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**CHF 50/valid from 9:00 to 12:00 o'clock  
(Without the use of the sauna)  
Subject to pre-booking and availability.**

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### Layover: 12.00 until 15.00 o'clock

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**CHF 70/valid for 3 hours  
Subject to pre-booking and availability.**

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### Entry with treatment

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**CHF 80/valid for 4 hours, with a treatment  
with a minimum value of CHF 110, until 16.00 o'clock  
Subject to pre-booking and availability.**

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### 10er subscription

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**CHF 600/3 hours per day until 15.00 o'clock.**

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### **The following services are included in the Spa Arrangements:**

Unrestricted use of the entire Carlton Spa including fitness centre, sauna and steam bath area (Fitness & swimming offer excluded), relaxation rooms and the water world. Bathrobe, towels, slippers, refreshments and fruit are included.

## Memberships

Monthly Membership

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**CHF 500**

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Membership winter season

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**CHF 1500/from December until March**

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### **The following services are included in the membership:**

Unlimited access to our gym and water world including saunas & steam baths. Over Christmas and New Year's Eve, the entry is only available on request and availability.

The Carlton Spa membership card is personal to each user and non-transferable. The number of members is limited. Prices and opening hours are subject to change.

## Spa etiquette

To help you enjoy your time in the spa to the fullest, please take a moment to read the following information:

- We kindly request you to arrive at the spa 10 minutes prior to your appointment. Please use this time to inform us of any health issues you may have.
- We will provide you with disposable undergarments to be worn during treatments.
- If the treatment you require is not listed on the spa menu, we will be happy to arrange a personalised treatment of your choosing.
- External guests are warmly welcome subject to availability.
- Please note that the entire spa area is a smoke-free zone. We also ask that you do not use mobile phones.
- Age restrictions: Children's bathing times are between 07:00 and 18:00 and exclusively accompanied by adults. From 18:00 hrs, access to the Carlton Spa is reserved for guests aged 16 years of age. The sauna area is reserved for guests aged 16 and over.
- We recommend leaving valuables in the room safe. The hotel does not accept any liability.

## General Information

If you arrive late for an appointment, please kindly note that the duration of your treatment will be reduced accordingly if the therapist or treatment room are booked for the subsequent slot. Please inform us at least 24 hours in advance if you are unable to keep an appointment. If you do not do this, the full amount will be charged.

Persons suffering from heart and/or circulatory problems, as well as pregnant women, should consult a doctor before using the spa area. Due to possible complications, pregnant women do not receive massages.

All prices are in Swiss francs (CHF) and include statutory value added tax.

## Gift vouchers

We will be pleased to issue a gift voucher for your desired amount or treatment. Print@Home option also available.

# CARLTON HOTEL

ST. MORITZ

Via Johannes Badrutt 11 – 7500 St. Moritz – Switzerland – Tel. +41 81 836 70 00 – [www.carlton-stmoritz.ch](http://www.carlton-stmoritz.ch)

*A Tschuggen Collection Hotel*