

Spa Menu

Carlton Hotel
English



MOVING
MOUNTAINS



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 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 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.

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.

Beauty, Nail & Hair Lounge





Cellcosmet & Cellmen

Swiss skincare for him and her: At Cellap Laboratoire, excellence is a matter of principle – that's why every Cellcosmet and Cellmen formulation is infused with cutting-edge findings from cosmetic science.

The SwissCellSpa Experience offers bespoke face and body treatments that unite sensory indulgence with proven efficacy, exquisite textures, and carefully selected active ingredients.



Three signature treatment tiers – Essential, Booster and High Performance – address specific skincare needs with tailor-made treatment protocols. Each treatment pairs exceptional formulations, rich in concentrated ingredients, with expert massage techniques and state-of-the-art beauty tools and technologies.

Cellmen: Highly revitalising and deeply hydrating, Cellmen's advanced formulations are precisely tailored to meet the specific needs of men's skin.



Essential

A personalised facial treatment tailored to your skin's needs. This complete, deeply relaxing ritual restores radiance and balance with formulations and techniques selected for your skin type.

Booster

A relaxing, revitalising ritual to enhance firmness and elasticity and promote a plump, radiant complexion. The secret lies in the synergy of elastin and collagen-enriched serum – and a sculpting massage inspired by the ancient Japanese art of Kobido.

High Performance

An intensive firming treatment that brings your skin back to its best – for visible radiance, smoothness and renewed firmness you can feel. Ideal for mature skin, the treatment delivers an immediate lifting effect and softens fine lines for visibly redefined facial contours and a plumper, more sculpted complexion.

„SwissCellSpa Rituals“ by Cellcosmet

„Cellular Tailor-Made Ritual“

A personalised facial treatment tailored to the individual needs of every skin type.

60 min / CHF 220

„Skin Renewal Ritual“

A signature revitalising treatment by Cellcosmet, following an ultra-precise routine combined with cutting-edge facial techniques. Perfect for skin in need of improved firmness and renewed radiance.

90 min / CHF 320

120 min / CHF 390

„Hydra-Firming Ritual“

A precise treatment inspired by ancient Kobido massage techniques and facial yoga combined with our highly revitalising cellular skincare formulas. Enjoy instant results you can see and feel.

90 min / CHF 320

„Expert Smoothing Collagen Ritual“

The secret: a collagen mask combined with our cellular serum, rich in smoothing peptides and deeply hydrating hyaluronic acid.

90 min / CHF 280

Cellcosmet Add-On

„Eye Revival Ritual“

Relax and refresh the delicate eye area with a collagen eye mask that instantly smooths the skin and visibly reduces puffiness and dark circles.

30 min / CHF 130

Light Therapy with „Dermalux LED“

Book light therapy as a complementary enhancement to any facial treatment or as a stand-alone session. Ideal for ‘well-ageing’ or to support skin concerns such as acne, psoriasis and rosacea.

30 min / CHF 70

Revitalising Hand or Foot Ritual

Includes exfoliation, nourishing formulations and massage for softer hands or an effective hydration boost for your feet.

30 min / CHF 85

Beauty Lounge

Eyebrow shaping

approx. 20 min / CHF 25

Eyebrow tinting

approx. 15 min / CHF 40

Eyelash tinting

approx. 20 min / CHF 30

Eyelash and eyebrow tinting

approx. 35 min / CHF 50

Daytime make-up

approx. 20 min / CHF 70

Evening make-up

approx. 50 min / CHF 150

Hair removal for ladies and gentlemen

Please ask our staff for discreet, friendly advice on our hair removal options.

from CHF 25

Nail Lounge

Classic manicure

Trimming and shaping of the nails, including nail and cuticle care and callus removal.

Tip: For even more intensive care, including exfoliation and massage, book the 30-minute Cellcosmet Add-On Ritual as an enhancing treatment.

without polish 45 min / CHF 110

with polish 60 min / CHF 130

with Londontown gel colour 75 min / CHF 165

Gel polish removal

20 min / CHF 50

Classic pedicure

Trimming and shaping of the nails, including nail and cuticle care and callus removal.

Tip: For even more intensive care, including exfoliation and massage, book the 30-minute Cellcosmet Add-On Ritual as an enhancing treatment.

without polish 45 min / CHF 120

with polish 60 min / CHF 140

with Londontown gel colour 75 min / CHF 175

Hair Lounge

Ladies

Wash and blow-dry

from CHF 120

Wash, cut and blow-dry

from CHF 160

Individual styling

from CHF 70

Updo or evening hairstyle

from CHF 130

Gentlemen

Wash and blow-dry

from CHF 65

Wash, cut and blow-dry

from CHF 85

Clipper cut (without wash and blow-dry)

CHF 50

Neckline and contour trim
(without wash and blow-dry)

CHF 40

Colouring (Ladies)

Colour

(incl. wash, blow-dry and nourishing treatment)

from CHF 165 + cut from CHF 80

Highlights

(incl. wash, blow-dry and nourishing treatment)

from CHF 175 + cut from CHF 80

Toning

(incl. wash, blow-dry and nourishing treatment)

from CHF 130 + cut from CHF 80

Aroma Hair Spa

Choose from an invigorating, relaxing or revitalising ritual as desired. Embark on an indulgent sensory journey as you soak in the effects of specially selected aromas and essential oils.

90 min / CHF 120

Nourishing Hair Spa

Restores body, strength, shine and resilience. A refreshing eye mask completes this deeply relaxing ritual.

90 min / CHF 120



Holistic & Energising Massages

Holistic Massages

Moving Mountains Massage

This full-body deep tissue massage with warm and cold stone therapy relaxes tired muscles and joints, focusing particularly on the legs and feet.

60 min massage + 5 min consultation / CHF 240

Aroma Oil Massage

A holistic massage using the finest essential oils from Switzerland. Choose from an invigorating, relaxing or detoxifying treatment as desired.

50 min massage + 5 min consultation / CHF 190

Good Vibrations Sound & Energy Massage

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.

50 min massage + 5 min consultation / CHF 190

Swiss Stone Pine Massage

Stone pine oil and massage sticks made from stone pine wood promote relaxation and release blockages, helping you come back to yourself.

50 min massage + 5 min consultation / CHF 210

Swiss Alpine Herbal Stamp Massage

An indulgent sensory experience using the finest Swiss alpine herbs. Warm herbal compresses nourish the skin through gentle, circular massage movements.

60 min massage + 5 min consultation / CHF 240

Energising Massages

Fully Individual Massage

An individual full-body massage professionally tailored by our therapists to your needs.

50 min massage + 5 min consultation / CHF 220

Foot Reflexology Massage

Stimulation of the reflex zones and marma points on the feet and the energy lines flowing through the body boost the metabolism and promote a holistic sense of wellbeing.

25 min massage + 5 min consultation / CHF 110

50 min massage + 5 min consultation / CHF 190

Back & Neck Massage

The back and neck massage targets acupuncture points to relieve tension and improve circulation. The focused stimulation helps to release blockages in the neck area and enhance the flow of energy.

25 min massage + 5 min consultation / CHF 110

50 min massage + 5 min consultation / CHF 190

Therapeutic Massages

Sports Massage

Targeted pressure on the deeper muscle layers effectively relieves tension and stimulates circulation. Special techniques help loosen the muscles, increase flexibility and improve mobility, supporting recovery after physical exertion and enhancing performance.

50 min massage + 5 min consultation / CHF 210

Physiotherapy

Our professional physiotherapists create a treatment session individually tailored to your needs.

50 min + 5 min consultation / CHF 240

Detox Body Treatments



Lymphatic Treatments

Lymphatic Drainage

Manual therapy based on soothing, rhythmic massage techniques. Lymphatic flow is stimulated and skin tension reduced. A detoxifying herbal tea is served at the end of the treatment as a special finishing touch.

50 min massage + 5 min consultation / CHF 190

Pure Ballancer Pro for light legs

A Body Ballancer® lymphatic massage with innovative and patented compression technology accelerates the removal of excess fluid via the lymphatic system.

Tip: combine the detox treatment with a peeling, neck and face massage, Cellular Tailor-Made facial treatment or a manual lymphatic drainage, brush massage.

30 min + 5 min consultation / CHF 160

Full Body Renew Ballancer®

The Full Body Renew Ballancer® programme begins with an analysis of your unique morphology. During the treatment, we stimulate the body's energy centres 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: Thanks to its support of the body's natural detoxification systems, the Full Body Renew Ballancer® is ideal for after a sauna session.

120 min / CHF 320

Firming Treatments

„Madero Therapy“

This Body Sculpting Massage by Cellcosmet is a holistic treatment method using specially crafted wooden tools. It works effectively against all types of cellulite, stimulates circulation and lymphatic flow, and improves tissue vitality. As a result, the skin appears smoother and more toned and the contours of the body are visibly redefined. Beyond its aesthetic benefits, Madero therapy promotes relaxation, relieves muscle pain and helps ease physical and mental tension.

90 min / CHF 320

„Balanced Face & Body“ Ritual by Cellcosmet

Experience all-over relaxation and renewal with this firming full-body treatment including a facial massage. Advanced formulas applied with expert massage techniques revitalise the skin while delivering a profound sense of physical and mental wellbeing. The skin is left firm, smooth, radiant and deeply hydrated.

120 min / CHF 390

Peeling

Swiss Salt Body Peeling

A clarifying exfoliation treatment with natural Swiss salt removes dead skin cells and leaves the skin hydrated and silky smooth.

Tip: Combine a body peeling treatment with an aroma oil massage for enhanced softness, smoothness and relaxation.

30 min / CHF 90

Holistic Wellbeing





Rest

The healing power of sleep and deep relaxation is vital to holistic wellbeing – which is why we've collaborated with the Hofklinik Lucerne sleep clinic to guide you gently towards rest and renewal. A specially selected spa treatment prepares you for a calm and restful evening, while our Dream Butlers create the ideal in-room environment for restorative sleep.



Dream Butler Experience

Switch off and unwind for restful sleep that nourishes and restores. Contact the Spa Reception for more information.

CHF 450



Meditation and Breathwork

Deep Breathing

There is little more invigorating and relaxing than fresh mountain air – so take a moment to breathe deeply and enjoy the clarity and stillness of the Alps. Conscious breathing helps to reduce stress and restore a sense of inner peace. Learn how to open your lungs and get back in touch with your body's natural rhythm.

25 min / CHF 50

Mindful Meditation

Discover the benefits of mindfulness meditation and develop a deeper awareness of your body. Weather permitting, we'll take a short walk in nature that focuses on breath and meditation. Other mindfulness techniques may include guided or mantra meditation

50 min / CHF 120

no prior experience required



Move

Moving our bodies is essential to restoring physical vitality while also allowing us to clear our minds and immerse ourselves in nature. Personal trainers will guide you through bespoke one-to-one or small group classes in our state-of-the-art gyms. At the same time, we have created a world-class yoga offering featuring expert-led retreats, quality on-site tuition and a specially commissioned in-room yoga programme.



In-Room Yoga Experience

Enjoy individually tailored yoga instruction in the privacy of your own room. Ask for our in-room yoga kit and follow the step-by-step video guidance available on your TV system at any time of the day or night.

in-room yoga bag available on request



Private Yoga and Personal Training Sessions

Movement designed for you

Whether you're looking for relaxing private yoga classes in our dedicated yoga spaces, invigorating outdoor workouts in nature or intensive personal training in our state-of-the-art gym, our experienced trainers and instructors provide individual guidance tailored precisely to your needs.

Each session is customised to your personal fitness level, supporting you to reach your goals while keeping overall health and wellbeing front of mind. Recharge your batteries with a workout in pristine nature or unwind at the end of the day with a private yoga flow – the choice is yours.

Our private yoga and personal training sessions offer the opportunity to move at a time and place that suits you and with a focus on your individual goals.

Treat yourself to a time-out that's all about you – and restore harmony between body and mind.

50 min / from CHF 150

Exclusive
Spa Suites



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.



Exclusive Spa Experiences

Private Spa Suite

Time for two. Enjoy exclusive use of our Private Spa Suite, including a whirlpool bath, steam bath and sauna. Includes a bottle of Champagne, refreshments and culinary treats for two.

3 hours / CHF 450

+ CHF 100 per additional person (max. 4 people)

Spa Suite Special

For moments to remember. Enjoy a personalised massage for two in addition to your own Private Spa Suite including a whirlpool bath, steam bath and sauna. Includes Fully Individual Massage (25 minutes each), a bottle of Champagne, refreshments and culinary treats for two.

4 hours / CHF 720

Bespoke additions for your exclusive spa experience:

- Flower arrangement
- Birthday cake

price on request

Exclusive Spa Special for Day Guests

Day Spa

**09.00 to 20.00 / CHF 250 per person
in the high season 09.00 to 15.00
incl. back & neck massage – 25 min
by reservation and subject to availability**

Layover 9.00 – 12.00

**3 hours / CHF 80
by reservation and subject to availability**

Entry with treatment

**3 hours – until 15.00 / CHF 70
with a treatment with a minimum value of CHF 110
by reservation and subject to availability**

10er subscription

**3 hours per day – until 15.00 / CHF 600
by reservation and subject to availability**

The following services are included in the exclusive Spa Specials:

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

CHF 500

Winter membership

CHF 1500 / from December until March

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, admission is only possible on request and availability, until 15.00 h.

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.

Opening hours (open daily)

Water World & Gym

07.00 to 20.00
gym open 24/7

Sauna

14.00 to 20.00 (from 12.00 in case of bad weather)

Spa Reception

08.30 to 20.00

Treatment Rooms & Hair Lounge

10.00 to 20.00

Contact

For appointments and information

tel.: +41 81 836 70 80
email: spa@carlton-stmoritz.ch

Gift vouchers

Give the gift of time out. Our staff will be happy to issue a gift voucher of your choice, also available as a Print@Home option.

Spa-Guide

To ensure you get the most out of your visit to the Carlton spa, please take a moment to read the following essential information before your visit.

- Please arrive at the spa 10 minutes before your appointment and take a moment to inform us of any medical information or injuries.
- For your convenience, disposable underwear is available to wear during treatments.
- If your preferred treatment is not listed in our spa menu, we will be happy to arrange a custom treatment of your choice.
- Please note that the entire spa area is a non-smoking zone. Out of consideration for all guests, we also ask that you refrain from using mobile phones.
- Day guests are warmly welcome by reservation and subject to availability.
- Splash time for children is from 09.00 to 10.00 and from 15.00 to 16.00. Children under the age of 12 are kindly requested to be accompanied by an adult.
- For health and safety reasons, the sauna area is open to guests aged 16 and above.
- We recommend that you store valuables in your room safe, as we cannot assume liability for personal items in the spa area.
- While in the bathing area, you are welcome to wear swimming trunks, swim shorts, bikinis, swimsuits or modest swim-

suits/burkinis made from synthetic materials. For hygiene reasons, we kindly ask that you refrain from wearing other clothing while swimming.

Our staff will be happy to assist you with any further questions regarding your use of the Carlton spa and will be on hand guide you throughout your visit.

General information

To ensure that all guests can enjoy their treatments and experiences as scheduled, we kindly ask for your understanding that late arrivals may result in a reduced treatment duration. Should you need to cancel your appointment, please do so at least 24 hours in advance. After this time, the full amount will be charged.

Your health is important to us. Please inform us at the time of booking of any health conditions or circumstances such as pregnancy, recent operations or procedures, high blood pressure, heart conditions, allergies or similar. For our pregnant guests, we are happy to offer specific recommendations or, if you wish, treatments with a liability waiver.

All prices are quoted in Swiss francs and include statutory VAT.

CARLTON HOTEL

ST. MORITZ

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A Tschuggen Collection Hotel