

KULM  
SPA  
ST.MORITZ



KULM HOTEL  
ST.MORITZ



Opening hours

Pool and fitness: 7 am–8 pm

Treatments: 9 am–12 noon, 3–8 pm

All prices are in CHF and include value-added tax.

Prices subject to change.

# HEAVEN ON EARTH DESCRIBES IT BEST!

Welcome to one of Switzerland's premier wellness establishments, the Kulm Spa St. Moritz. Put all your cares behind you in its magnificent pool and sauna-scape, or indulge in the exclusive treatments of your choice, whether in one of our new treatment rooms or in our luxurious Private Spa Suite.

Our Spa partners and our team of highly skilled professionals have created for you an all-inclusive selection of treatments that together appeal to every one of your senses. So join us on a journey to this wellspring of beauty and inner peace. Breathe our pure mountain air and regain all your energy and reserves as we help you discover nature's hidden strengths – after all, you deserve it!

# RELAXING, DETOXIFYING, REGENERATING

Life today is hectic and full of stress. Our philosophy of wellbeing at the Kulm Spa St. Moritz rests on the three pillars of relaxing, detoxifying and regenerating, with tradition and innovation going hand in hand. Next to the harmonizing power of natural substances we make use of state-of-the-art biotechnology ingredients – to restore your energy, vitality and joie de vivre. Take our word for it, once you immerse yourself in our Spa routines you'll forget all about the pressures of everyday life. And to help you navigate through our many offerings we've marked them with coloured symbols.

 RELAXING

 DETOXIFYING

 REGENERATING

# THE WELLNESS PROGRAMME OF THE KULM SPA ST.MORITZ

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## INDOOR POOL (28 °C)

Do as many laps as you like in our comfortably heated 10x20m indoor pool, to the accompaniment of underwater music and against the backdrop of our Alpine panorama

## WHIRLPOOL (34 °C)

You'll forget time even exists when you're immersed in our effervescent, life-giving whirlpool.

## CHILDREN'S POOL (34 °C)

Your little ones have their very own pool in which to splash, play and swim.

## OPEN-AIR POOL (34 °C)

Nothing between you and the sky above as you go swimming regardless of the time of year, surrounded by pristine nature.

## KNEIPP FOOTPATH

There's no better way to revitalize fatigued legs and boost your circulation than to walk along the cold-hot pools.

## SALT GROTTA (45 °C – swimwear)

An excellent way to relieve tension and restore the balance of body and soul.

## STEAM BATH (45 °C – swimwear)

An opportunity to breathe deeply while you rejuvenate your immune system – there's no better way to describe the benefits of this natural stone cavern.

## Infrarot (30 °C – 37 °C – swimwear)

Deep heat therapy treatment for muscle tension and encouragement of blood circulation.

## FINNISH SAUNA (80 °C – 90 °C – nude area)

Rid yourself of accumulated toxins in our lovely sauna, executed in local Grisons style.

## BIO SAUNA (60 °C – nude area)

Stimulate your metabolism and nervous system, surrounded by the delicate fragrance of essential oils.

## RESTING LOUNGE

Relax in style in our relaxation lounge, warmed by a crackling fire.

# OUR PRODUCT LINES

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At the Kulm Spa St. Moritz our utmost concern is your wellbeing. That's why we only use treatment products that combine the best of nature with the latest scientific advances as your guarantee for a successful treatment. We won't be satisfied unless you are.

## Pharmos Natur Green Luxury

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The best of nature: Instead of water, Pharmos products are based on pure, organic Aloe vera sap and certified organic natural ingredients. They are Europe's only preservative-free spa treatments.

## NIANCE – Swiss Premium Anti-Aging

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NIANCE, as a genuine premium Swiss brand, is synonymous with highly effective and utterly pure first-class skin care. NIANCE represents Swiss expertise in developing innovative and dynamic concepts in the luxury anti-aging skin care sector. NIANCE supplies effective products and holistic treatment methods for visibly rejuvenating the skin. The expertise we have gathered through intensive research activities in our Swiss laboratories gives you the chance to provide your skin with optimum care based on the very latest results in skin science. The purest formulations and the most innovative active ingredients will deliver a unique anti-aging effect to your skin.

## Ericson Laboratoire, Paris

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Body and facial treatments by Ericson Laboratoire, Paris, are combinations of natural ingredients and state-of-the-art, high-tech processes. Special treatments, combined with peels, anti-ageing and lifting packs help restore your silhouette and lastingly improve skin tone.

## Alpienne

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We make use of our mountains' raw healing power – Alpine plants such as arnica, St. John's wort and marigold, traditionally processed and combined with beeswax or olive oil – in our packs and healing massages.

# KULM HYDROJET MASSAGE BATHS

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In preparation for a massage proper, indulge in our stimulating underwater, hydrojet massage of 252 jets. As your muscles relax, a special, coloured, below-water level light source promotes regeneration and soothes body, mind and spirit.

## Alpine Wild Herb Bath

**20 min./CHF 70.–**

A thoroughly relaxing and strength-giving bath. The delicate scents of nature at its prime regenerate your skin as you daydream of sunny mountain pastures.

## Milk-and-Honey Bath

**20 min./CHF 70.–**

A gently soothing bath. Active ingredients culled from pure milk and honey soothe your skin with valuable vitamin E.

## Alkaline-Salt Bath

**20 min./CHF 70.–**

Bathe away toxins and excess acidity in this mineral-enriched alkaline bath. Especially recommended before anti-cellulite and reduction treatments.

## Peat Mud Bath

**20 min./CHF 70.–**

A detoxifying treatment, ideal for rheumatism, skin allergies and skin ailments.

## Sore Muscle Bath

**20 min./CHF 70.–**

A spicy, revitalizing bath that relaxes tight muscles and restores their strength. The perfect treatment at the end of a physically active day.

## Romantic Bath for Two

**20 min./CHF 110.–**

Enjoy a romantic bath for two in our exclusive Private Spa Suite's twin tub. Prized scents and herbal essences relax and pamper skin and spirit.

**KULM SUGGESTIONS** For optimum results when combined with a bath:

- an intensive body peel, **30 min./CHF 85.–**
- a regenerating body scrub, **30 min./CHF 80.–**

 RELAXING

 DETOXIFYING

 REGENERATING

# MASSAGES

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For our massages we use powerful, top quality, naturally pure Alpine-herb oils by Alpienne. The bio-active essences of arnica, Saint-John's Wort, propolis and marmot oil give relief and activate as needed.

## Classic Full-Body Massage

**50 min./CHF 140.–, 1 h 20 min./CHF 200.–**

Our classic full-body massage relieves muscle tension from head to toe, promotes circulation and restores your vitality.

## Aromatic Oil Massage

**50 min./CHF 150.–, 1 h 20 min./CHF 230.–**

Full-body massage with individually selected aromatic oils. Muscle tension is relieved and your body re-energized.

## Mountain Stone Massage

**50 min./CHF 160.–, 1 h 20 min./CHF 240.–**

This full-body massage, which induces deep-down relaxation with warm mountain stones, is a treat for body and soul.

## Alpine Herb Stamp Massage

**50 min./CHF 160.–, 1 h 20 min./CHF 240.–**

In this closely targeted massage, a linen pad filled with warm, richly scented herbs helps you relax and gives a boost to your circulatory system.

## Kulm Massage

**50 min./CHF 160.–, 1 h 20 min./CHF 240.–**

This exclusive full-body massage combines all massage techniques to great effect. Basalt stones emit revitalizing warmth as the pleasant scent of aromatic oils of your choice suffuse your entire body to achieve a sense of harmony of body, soul and spirit.

## Mother-to-be Massage

**50 min./CHF 150.–**

Enjoy this special treatment that makes use of precious oils and a special massage technique. You'll feel relaxed and beautiful before the birth.

**KULM SUGGESTIONS** For a palpable sense of well-being, combine your massage with:

- a relaxing hydrojet massage bath, **20 min./CHF 60.–**
- an intensive body scrub, **30 min./CHF 85.–**
- a regenerative body wrap, **30 min./CHF 80.–**

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### Sports Massage

**50 min./CHF 150.–, 1 h 20 min./CHF 205.–**

Firm pressure relieves sports-related muscle tension and thus, muscle ache.

### Therapeutical Treatment

**25 min./CHF 85.–, 50 min./CHF 160.–, 1 h 20 min./CHF 240.–**

Individually designed physiotherapy and closely targeted treatment of problem areas, using the latest techniques along with more traditional methods.

### Foot Reflexology Massage

**50 min./CHF 150.–**

There is a definite link between zones of your feet and your bodily organs. Our special pressure-point massage helps mobilize your body's own healing powers.

### Part Body Massage

**25 min./CHF 80.–**

Specifically targeted massages help relieve localized tension of the head, neck, back, hip or legs.

### Anti-Cellulite Massage

**50 min./CHF 150.–**

This wave-like massage technique stimulates blood circulation and purifies problem areas. The result? Noticeably firmer skin.

### Manual Lymphatic Drainage

**50 min./CHF 150.–, 1 h 20 min./CHF 230.–**

Gentle, specifically targeted massage moves along your lymphatic system to drain lymphatic fluid. You'll be more relaxed than ever before and you'll notice an immediate improvement in your sense of well-being.

# BODY SCRUBS

Enjoy the feeling of donning a new skin.

## Full-Body Scrub by Pharmos Natur Green Luxury

**30 min./CHF 95.–**

This silicium-enriched peel consists of organically grown Aloe vera and fine-ground algae to stimulate blood circulation and strengthen connective tissue. We follow it up with a Pharmos Natur Body Treatment.

## Alpine Honey Scrub with Mountain Crystals

**30 min./CHF 95.–**

This refreshing honey scrub stimulates your circulation and metabolism. Its rich ingredients leave your skin silky-smooth.

## Novaslim Full-Body Scrub by Ericson Laboratoire

**30 min./CHF 95.–**

Three kinds of fruit acid have a massaging effect that smoothes out orange-peel skin and has a lasting anti-cellulite effect.

# BODY WRAPS

Treat yourself to a pleasantly warm body wrap stretch out on a water bed at a pleasant 37°C that even has a light massage function. So let yourself experience the lightness of being.

## Regeneration and Better Aging

**30 min./CHF 90.–**

The wrap's blend of special ingredients boosts circulation and body cell regeneration, firms your skin and restores hormonal balance.

## Detoxification

**30 min./CHF 90.–**

This detoxifying and purifying clay wrap is the perfect preparation for an anti-cellulite and reduction treatment.

## Peat Mud

**30 min./CHF 90.–**

Mineral-rich peat mud intensively purifies and detoxifies body and skin. Just the thing for rheumatic complaints, skin allergies and other skin problems.

### **KULM SUGGESTIONS** Recommended in combination with

- a relaxing hydrojet massage bath, **20 min./CHF 60.–**
- an intensive body scrub, **30 min./CHF 85.–**

# BODY TREATMENTS

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Our body treatments purge the body while tightening the skin and reducing body circumference.

## Osmo Therym – Detox by Ericson Laboratoire

**1 h/CHF 150.–**

Detox and purification with valuable Guerande salt make use of osmotic processes to eliminate excessive water deposits. Scrub and body wrap release toxins and help create a velvety soft skin.

## Detox Europea by Pharmos Natur Green Luxury

**1 h/CHF 140.–**

Purification treatment for your entire body with the precious detox oils of bay laurel, helichrysum, juniper and lemon, combined with organic Aloe vera and followed by a detox mask. This treatment decongests and strengthens connective tissue, activates lymphatic drainage and clears up accumulated fluids.

## Slim and Lift – Firming Reduction by Ericson Laboratoire

**1 h 20 min./CHF 190.–**

Whole-body treatment including scrub and body wrap to promote lipid cell differentiation. Fat cell development is interrupted to the benefit of collagen and elastin-producing cells. The result? A firmer, slimmer silhouette and velvety soft skin

## Cellu VIB – New, Intensive Anti-Cellulite Treatment by Ericson Laboratoire

**1 h 20 min./CHF 190.–**

Vibration Gel's three unique actions burn subcutaneous fatty tissue, drain and eliminate water deposits, and improve connective tissue structure.

## Novacid Slim by Ericson Laboratoire

**1 h 20 min./CHF 190.–**

Two-phase peel improves surface skin irregularities while the serum gel and a body wrap generate in-depth firming.

# FACIALS

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Let yourself be pampered by skilled hands. The Ericson Laboratoire medical wellness facial treatments are performed using the exclusive SKIN VITAL treatment appliance.

## Classic by Pharmos Natur Green Luxury

**50 h/CHF 140.–**

Deep-down cleansing, mask and facial massage for all skin types using fresh Aloe vera leaf result in fresh, vivacious skin.

## Joy for Life by Pharmos Natur Green Luxury

**1 h 20 min./CHF 210.–**

For stunningly beautiful, taut, fresh and vivacious facial skin we recommend our holistic facial, comprising cleansing, scrub, mask and a heavenly massage of face, neck, arms and hands using fresh Aloe vera leaf. And to close, a freshness boost for your feet.

## Anti-Aging Skin Repair by Pharmos Natur Green Luxury

**1 h 20 min./CHF 230.–**

A treatment that firms and rejuvenates your skin. We start with a light foot massage with citrus oil, followed by facial cleansing, an aroma scrub, brief brush massage with valuable essences, a massage with precious, fresh Aloe vera leaf, eye pack with fresh Aloe vera and an anti-aging pack for face, décolletage and hands – all of it designed to leave a skin that's soft, smooth and supple.

## Europea detox by Pharmos Natur Green Luxury

**1 h 20 min./CHF 210.–**

Skin renewal is possible at any age. This purification treatment promotes lymphatic drainage with introductory foot compresses using citrus oil, a facial cleanse and scrub, a special, healing Aloe vera mask and massage with Aloe vera leaf. You'll immediately notice the beneficial effect of this 100% natural luxury treatment that leaves you brilliantly beautiful.

## Beautiful Eyes by Pharmos Natur Green Luxury

**25 min./CHF 70.–**

An invigorating eye massage and a special lifting mask with Aloe vera gel revitalizes, restores circulation and expands the delicate areas surrounding your eyes.

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  Hydra Clinic by Ericson Laboratoire

**1 h 20 min./CHF 210.–**

Intensive moisture and nutrient treatment to reinvigorate your skin. Hydrolipid products and moisturizing micro patches help your skin experience a virtual re-birth.

  DNA Vital by Ericson Laboratoire

**1 h/CHF 180.–**

Anti-aging facial treatment with highly effective proteins derived from Arctic ice that help regenerate and stimulate collagen synthesis. A highly effective firming and skin regeneration treatment.

  Energy Lift by Ericson Laboratoire

**1 h 20 min./CHF 230.–**

This highly effective lifting treatment helps firm up facial contours, reduces fatty tissue on cheeks and double chins and tautens the skin, for a visible and speedy firming-up of facial contours.

  Morpho Bust by Ericson Laboratoire

**45 min./CHF 130.–**

The innovative active ingredients of this new approach to breast treatment build up and firm breast tissue.

  NIANCE INTENSIVE

**1 h/CHF 190.–**

The special intensive treatment incl. NIANCE Premium Glacier Eye Deluxe – the luxury treatment for the eye area. This nurturing and comforting intensive treatment provides your skin with moisture, nutrients and vitamins. Additional luxurious care of the eye area helps you look bright and awake. Slight skin irritation is smoothed out and your complexion shines with new freshness. NIANCE ritual, cleansing, peeling, deep cleansing, premium facial and eye serum, mask, relaxing face massage, brush massage, finishing treatment for eyes and face.

  NIANCE DELUXE

**1 h 30 min./CHF 290.–**

The luxury anti-aging treatment incl. NIANCE Premium Glacier Eye Deluxe – the luxury treatment for the eye area. This premium treatment provides for firmness and smoothness. Enhanced microcirculation results in a rosy and young-looking complexion. Additional care of your eye area removes traces of over-tiredness and weakness. A high-performance anti-aging application for demanding skin. NIANCE ritual, neck massage, breathing exercise for deep relaxation, cleansing, peeling, deep cleansing, eyebrow styling, premium facial and eye serum, mask, hand/arm peeling, hand/arm massage, energy massage with Swiss rock crystals, firming face massage, brush massage, finishing treatment for eyes and face.

# MAN SPA

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Our care treatments for the active and modern man.

## NIANCE MEN ULTRA

**30 min./CHF 110.–, 50 min./CHF 150.–**

The fast intensive facial for men.

An effective turbo-treatment for dry or tired skin. Intense moisture is applied to your skin and absorbed. In addition, enhanced microcirculation lets the skin look relaxed and recreated.

NIANCE ritual, peeling, deep cleansing, premium facial serum, mask, face massage, finishing treatment for eyes and face.

## NIANCE MEN POWER

**1 h 20 min./CHF 240.–**

The multi anti-aging treatment for men.

The premium treatment for demanding men provides new resilience and firmness. Your eye area enjoys additional luxury care, your complexion gains in smoothness and your skin is given a healthy, beautiful appearance.

NIANCE ritual, neck massage, breathing exercise for deep relaxation, cleansing, peeling, deep cleansing, premium facial and eye serum, mask, hand/arm peeling, hand/arm massage, energy massage with Swiss rock crystals, activating face massage, brush massage, finishing treatment for eyes and face.

## Revital Back Treatment by Ericson Laboratoire

**30 min./CHF 95.–**

Intensive fruit acid scrub smoothes and purifies the skin of your back and wherever unevenness has affected skin texture. Replacement of corneous cells is stimulated and skin texture visibly refined. The treatment creates a sense of freshness and wellbeing.

## Hair removal

Back or chest, **CHF 90.–**

## Manicure

**30 min./CHF 75.–**

## Pedicure

**30 min./CHF 75.–**

# PRIVATE SPA SUITE

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Enjoy a romantic and luxurious interlude for two at our Kulm Private Spa.

Take advantage of the private sauna and steam bath, the whirlpool with Alpine herbs, or simply lounge on the waterbed with its view of our majestic Alpine panorama. Finish up with small, exquisite delicacies and champagne.

## Sensual romanticism: Private Spa (for two)

**2 hours, CHF 330.–**

**3 hours, CHF 480.–**

Each additional hour, **CHF 150.–**

For a heightened sense of wellbeing we recommend the relaxing full-body massage of your choice.

# TEEN SPA

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Treatments from 12 years of age.

## Balance Facial Treatment by Pharmos Natur Green Luxury

**45 min./CHF 120.–**

Balancing treatment with in-depth cleansing: cleanse, scrub and steam are followed by a careful cleansing of pores, massage with fresh Aloe vera leaf and a calming mask.

## Alpienne Gentle Honey Scrub

**20 min./CHF 75.–**

Calms skin through targeted use of vitamins and minerals.

## Relaxation Massage

**25 min./CHF 75.–**

Comforting massage with the finest Alpienne camomile and honey oil.

## Manicure with Nail Varnish

**40 min./CHF 65.–**

## Pedicure with Nail Varnish

**40 min./CHF 65.–**

# WELLNESS PACKAGES

## Relaxation

**1 h 40 min./CHF 280.–**

- Relaxing bath of your choice in our luxury hydrojet tub
- Classic full-body massage with scented oils and warming basalt stones, using gentle massage techniques

## Detoxification

**2 h 40 min./CHF 395.–**

- Osmo Thery – valuable Guerande salt scrub and body wrap dissipate water deposits
- Lymphatic drainage – helps eliminate your body's waste product accumulations
- Classic facial treatment by Pharmos Natur Green Luxury, with fresh Aloe vera leaf

## Regeneration

**3 h 30 min./CHF 480.–**

- Coordinated training to develop all muscle groups and improve mobile and static balance and strength
- Alpine herb stamp massage – a linen pad filled with warm, richly scented herbs, combined with a closely targeted, relaxing massage, are balsam for your soul
- Joy for Life by Pharmos Natur Green Luxury facial – pampers with choice Aloe vera fresh leaf products, scrub, regenerating mask and a luxurious facial massage and finishing treatment

 RELAXING

 DETOXIFYING

 REGENERATING

# BEAUTY BASICS/HAIR STYLING

## Facial Treatments

Eyebrow shaping	<b>CHF 25.–</b>
Eyebrow or eyelash tint	<b>CHF 40.–</b>
Eyebrow and eyelash tint	<b>CHF 50.–</b>
Make-up	<b>CHF 90.–</b>

## Classic hair removal

Half leg	<b>CHF 75.–</b>
Full leg	<b>CHF 130.–</b>
Upper lip	<b>CHF 25.–</b>
Arm or underarm	<b>CHF 40.–</b>
Bikini zone	<b>CHF 40.–</b>

## Spa manicure (includes peel, mask and skincare serum)

**1 h/CHF 105.–**

## Spa pedicure (includes footbath, peel and mask)

**1 h/CHF 105.–**

Coloured polish	<b>CHF 30.–</b>
French polish	<b>CHF 40.–</b>

## Hair Styling

We'd be pleased to provide more information about our in-house hair stylist and set up an appointment.

# BODY & MIND

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Our Body & Mind program consisting of fitness sessions, personal coaching with a focus on nutrition and physical activities has been exclusively developed by persofit for the Kulm Hotel St. Moritz. persofit is a registered trademark of Joachim Pötschger.



## Body in Motion

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Classic workout: The following programmes are the basis of a workout tailored to your specific needs. Our fitness area features the latest technogym apparatus. Highly competent, specially trained personnel lead group workouts and conduct personal training.

Our group workouts provide highly effective cardiovascular training, improve flexibility, stimulate burning of body fat and firm up of the body as a whole. Our expert personal trainer is available for individual workouts.

Book your individual workouts  
**25 min./CHF 80.–, 50 min./CHF 140.–**

## Mind in Balance

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The objective of these workout units is lasting harmonization of body and soul. They comprise group yoga lessons or progressive muscle relaxation techniques according to Dr. Jacobson. You'll achieve outstanding results by combining your workouts with the Spa treatments marked with the relaxation symbol.

Book your individual workouts  
**25 min./CHF 80.–, 50 min./CHF 140.–**

## Revival Work-out

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A simple test provides data on muscular composition, flexibility and agility of the motor axes. The data are then used to generate your personal workout programme. Providing long-term support for your programme are valuable nutrition tips and menus from our vitality cuisine.

Revival Basic  
**1 h 30 min./CHF 260.–**

Three-dimensional motor axes test, cardio-stress test and nutritional advice; provision of a personal workout plan.

Revival 50+  
**25 min./CHF 80.–, 50 min./CHF 140.–**

Coordinated strength training for all muscle groups, exercises using your own weight to improve dynamic and static balance and strength.

Revival Balness  
**25 min./CHF 90.–**

This training programme's proven rehabilitative and preventative effect is known throughout medicine and high-performance sports. A body stability test comes first. For optimum results, static and dynamic workout units based on the test take place in our infrared cabin. Revival Balness is the ideal approach to all manner of rehabilitation, prevention, development and body strengthening.

# KULM SPA ST. MORITZ – THINGS WORTH KNOWING

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## PLEASE NOTE

To let us best meet your individual needs we ask that you inform our Spa therapists of any special problem zones, sensitive areas, injuries and health-relevant conditions. Information of this kind is important because treatment could exacerbate the health risk or your complaint itself.

## WHO WILL HELP ME CHOOSE THE MOST SUITABLE TREATMENT?

To help you achieve the greatest possible benefit, our Spa team is ready to advise you and create your own personal, individual programme. We look forward to doing so.

## HOW DO I BOOK MY TREATMENTS ?

We recommend you reserve your Spa dates when you make your hotel reservation. Book early to allow us to accommodate your wishes. Reservations made at the Spa are according to availability.

## HOW CAN I CANCEL OR CHANGE MY BOOKING?

We ask that you cancel early, no less than 24 hours before the appointment. Please understand that, should you fail to cancel, we are obliged to bill you the full amount of the treatment.

Phone +41 (0)81 836 82 76, or email [spa@kulmhotel-stmoritz.ch](mailto:spa@kulmhotel-stmoritz.ch)

## IS THERE A MINIMUM AGE FOR TREATMENTS?

Our treatments are available for persons 12 years and older.

## WHEN AND HOW DO I ARRIVE FOR THE TREATMENT AND WHAT SHOULD I WEAR?

Please be at Spa reception five minutes early. Delays would affect the duration of your treatment – the next guest will want to be treated on time. Please wear a bathrobe in the Spa area. Disposable panties are available at the beginning of any treatment.

## WHAT ABOUT CHILDREN?

The whirlpool is open to children under 14 accompanied by parents. Sauna and fitness area are best suited for children aged 14 and up, accompanied by a parent. We ask that you never leave your children unsupervised in the pool and that they do not jump into the pool. For reasons of hygiene, swim nappies (diapers) are mandatory for small children. To make your stay at Kulm Spa a relaxing one, please respect other guests' right to peace and quiet.



KULM HOTEL  
ST.MORITZ

★★★★★

CH-7500 St. Moritz Phone +41 (0)81 836 80 00 Fax +41 (0)81 836 80 01  
info@kulmhotel-stmoritz.ch www.kulmhotel-stmoritz.ch

