

# wellness & beauty



**PLUNGE IN, RECHARGE  
YOUR BATTERIES AND FEEL GREAT  
IN THE SWISS MOUNTAINS.**

*Price list: valid from November 2009*



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**Sunstar**  
HOTELS \* \* \* \*

*Wellness*

AROSA  
DAVOS  
GRINDELWALD



[www.sunstar.ch](http://www.sunstar.ch)

# BEAUTY & RELAXATION

# Wellness

## MASSAGES

### Classical massage and sports massage

Whole-body	50 min.	89.–
Partial-body	25 min.	49.–

### Foot reflex zone massage

<i>Stimulation of pressure points; to balance energy flow and support the self-healing process</i>	50 min.	89.–
	25 min.	49.–

### Facial massage

<i>To relieve and alleviate the pain of migraine or headache</i>	25 min.	49.–
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### Scen Tao

<i>Asian whole-body treatment with hot stones</i>	80 min.	160.–
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## BODY TREATMENTS

### Manual lymphatic drainage

<i>Lymph massage to drain away intercellular fluid</i>		
free choice legs or face	50 min.	89.–
free choice 1 leg or both arms	25 min.	49.–

### Brush massages/peeling

Body peeling	15 min.	25.–
with skin care	25 min.	49.–
Soap brush massage	15 min.	30.–
with skin care	25 min.	49.–

### Softpack (packs and wraps)

<i>Deep relaxation in the floating water bed</i>		
Cleopatra pack		
<i>Skin conditioning and moisturising</i>	25 min.	60.–
with peeling	40 min.	80.–
Chardonnay wine marc pack		
<i>For peeling and stimulation of the circulation</i>	25 min.	60.–
with skin care	50 min.	95.–
Night candle oil pack		
<i>For cell stimulation and deep moisturising</i>	25 min.	60.–
with peeling	40 min.	80.–
Seaweed detox pack		
<i>Removes blockages and toxins</i>	25 min.	60.–
with peeling and skin care	50 min.	95.–

### Massage bath (Hydroxeur, 172 jets)

*Relaxes muscles, improves circulation, conditions the skin; various bath products such as Alpine herb, rosemary, sea salt, ...*

Massage bath pur	25 min.	38.–
with skin care	40 min.	58.–
Massage bath with peeling	40 min.	58.–
with skin care	55 min.	73.–
Massage bath with soap brush massage	40 min.	58.–
with skin care	55 min.	73.–

### Anti-Ageing

<i>Leg peeling, body-cool-styling-mask and anti cellulite massage</i>		
Anti cellulite power	90 min.	129.–

## COSMETICS & BEAUTY

### Facial treatment

Treatment MINI	45 min.	90.–
<i>Cleansing, pressure point massage, face mask</i>		
Treatment MIDI	60 min.	115.–
<i>Cleansing, massage or deep pore cleansing, eyebrow correction, face mask</i>		
Treatment MAXI	80 min.	145.–
<i>Cleansing, deep pore cleansing, massage, eyebrow correction, face mask</i>		
Timeout for men	60 min.	115.–
<i>Cleansing, massage, mask</i>		
High skin refiner	90 min.	165.–
<i>Luxury face lift treatment</i>		

### Beauty

Daytime make-up	25 Min.	35.–
Evening make-up	30 Min.	45.–
Eyelash colouring	20 Min.	35.–
Eyebrow colouring	10 Min.	25.–
Eyelash & eyebrow colouring	30 Min.	55.–
Eyebrow shaping	15 Min.	25.–

### Hands and Feet

Manicure without nail polish	45 min.	50.–
Manicure with nail polish	60 min.	60.–
Men's manicure	30 min.	30.–
Pedicure without nail polish	45 min.	60.–
Pedicure with nail polish	60 min.	80.–
Nail polish	10 min.	20.–

### Depilation with warm wax

Whole legs	45 min.	75.–
Half legs	30 min.	55.–
Armpits or bikini area	25 min.	35.–
Back	35 min.	45.–
Chest	30 min.	50.–
Upper lip	10 min.	20.–
Chin	10 min.	20.–
Upper lip and chin	15 min.	35.–

→ Other attractive treatments such as Lomi Lomi, La Stone®, singing bowl massage, Dorn-Breuss spinal therapy and others are available at some hotels. Find out from the wellness team at your Sunstar Hotel.

### Our wellness products

We use natural products from Babor, winner of the award "Best Facial Treatment" and Haslauer-Kurland, winner of the award "Best technical product innovation" and "Best Signature Treatment", both prize-winners at the European Health Spa Awards in Zell/See.



Prices in CHF per person. Exchange rate: CHF 1.– = € 0.67 (as of November 2009), where payment is in Euro, the daily exchange rate applies.

Offers subject to availability and change. Advance booking recommended.

# YOUR SPA PACKAGES

## Short Package "BALANCE"

2 DAYS OF SPA

180.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 2 days' admission to the Spa Centre
- ◆ 1 whole-body massage or a foot reflex zone massage (50 min.)
- ◆ 1 aroma massage bath with skin care (40 min.)
- ◆ 1 soap brush massage (15 min.)

## Short Package "GOODBYE TO EVERY DAY STRESS"

2 DAYS OF SPA

170.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 2 days' admission to the Spa Centre
- ◆ 1 Cleopatra pack (25 min.)
- ◆ 1 pedicure session without nail polish (45 min.)
- ◆ 1 facial massage (25 min.)

## Short Package "TIMEOUT"

2 DAYS OF SPA

170.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 2 days' admission to the Spa Centre and the Fitness Centre
- ◆ 1 whole-body sport massage (50 min.)
- ◆ 1 aroma massage bath with skin care (40 min.)
- ◆ 1 soft peeling or a sea salt peeling (15 min.)

## Package "BEAUTY & HARMONY"

3 DAYS OF SPA

280.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 3 days' admission to the Spa Centre
- ◆ 1 facial treatment MAXI (80 min.)
- ◆ 1 manicure session without nail polish (45 min.)
- ◆ 1 body peeling with skin care (25 min.)
- ◆ 1 partial-body massage or a foot reflex zone massage (25 min.)

## Package "MOMENTS FOR ME"

3 DAYS OF SPA

230.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 3 days' admission to the Spa Centre
- ◆ 1 body peeling or a soap brush massage (15 min.)
- ◆ 1 night candle oil pack (25 min.)
- ◆ 1 whole-body massage or a foot reflex zone massage (50 min.)
- ◆ 1 facial massage (25 min.)

## Package "VITALITY"

3 DAYS OF SPA

190.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 3 days' admission to the Spa Centre and the Fitness Centre
- ◆ 1 partial-body massage (25 min.)
- ◆ 1 soap brush massage with a softpack (40 min.)
- ◆ 1 foot reflex zone massage (25 min.)

## Week Package "IN PARADISE"

6 DAYS OF SPA

510.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 6 days' admission to the Spa Centre
- ◆ 1 facial treatment MIDI (60 min.)
- ◆ 1 day make-up (25 min.)
- ◆ 1 pedicure session without nail polish (45 min.)
- ◆ 1 manicure session without nail polish (45 min.)
- ◆ 1 aroma massage bath with peeling and skin care (55 min.)
- ◆ 1 partial-body massage or a foot reflex zone massage (25 min.)
- ◆ 1 whole-body massage or a foot reflex zone massage (50 min.)
- ◆ 1 seaweed detox pack (25 min.)

## Week Package "BODY & SOUL"

6 DAYS OF SPA

490.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 6 days' admission to the Spa Centre
- ◆ 1 aroma massage bath with skin care (40 min.)
- ◆ 1 body peeling or a soap brush massage (15 min.)
- ◆ 1 Cleopatra pack (25 min.)
- ◆ 1 Scen Tao massage (80 min.)
- ◆ 1 facial massage (25 min.)
- ◆ 1 whole-body massage or a foot reflex zone massage (50 min.)
- ◆ 1 pedicure session without nail polish (45 min.)

## Week Package "BODYPOWER"

6 DAYS OF SPA

430.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 6 days' admission to the Spa Centre and the Fitness Centre
- ◆ 1 whole-body sport massage (50 min.)
- ◆ 1 foot reflex zone massage (25 min.)
- ◆ 1 wine marc softpack incl. skin care (50 min.)
- ◆ 1 aroma massage bath (25 min.)
- ◆ 1 Scen Tao massage (80 min.)

## One-day Package "DAY SPA"

1 DAY OF SPA

125.–

- ◆ 1 welcome drink, introduction and a small surprise gift to take home
- ◆ 1 day admission to the Spa Centre
- ◆ 1 aroma massage bath
- ◆ 1 softpack (25 min.)
- ◆ 1 solarium session (6 min.)
- ◆ 1 spa lunch incl. drink

→ In addition to the Spa Packages listed on this page, those Sunstar Hotels with a spa centre also offer other attractive special offers, where accommodation with breakfast buffet or half-board is included as well as the spa treatments.

For details, please see the hotel catalogue or our website [www.sunstar.ch](http://www.sunstar.ch).

Prices in CHF per person. Exchange rate: CHF 1.– = € 0.67 (as of November 2009), where payment is in Euro, the daily exchange rate applies.

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# EXERCISE & RELAXATION

		Arosa	Davos	Grindelwald
<b>INDOOR POOL WITH STEAM BATH</b>				
Hotel guests		free	free	free
Single admission adults (children 6 – 15 years: 50% reduction, below 6 years free of charge)		12.–	12.–	12.–
Package deal (only external users): pay for 10 sessions, 11 <sup>th</sup> session free		120.–	120.–	120.–
<b>SOLARIUM</b>				
	6 min.	6.–	6.–	6.–
<b>ROMAN-IRISH THERME, in Arosa sauna area (incl. indoor pool/steam bath)</b>				
				admission from 16 years
Hotel guests adults		20.–	24.–	26.–
Single admission		25.–	30.–	32.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free		250.–	300.–	320.–
<b>FINNISH BLOCKHOUSE SAUNA (incl. indoor pool/steam bath)</b>				
				admission from 16 years
Hotel guests adults		–	16.–	16.–
Single admission		–	20.–	20.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free		–	200.–	200.–
<b>FITNESS CENTRE (incl. indoor pool/steam bath)</b>				
				admission from 16 years
Hotel guests adults		12.–	12.–	12.–
Single admission		15.–	15.–	15.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free		150.–	150.–	150.–
Summer season		280.–	280.–	380.–
Winter season		380.–	380.–	380.–
Annual abonnement (summer and winter season)		600.–	600.–	600.–
Fitness instruction (groups of 2 – 4 persons)	45 min.	45.–	45.–	45.–
Personal fitness instruction	45 min.	80.–	80.–	80.–
<b>COMBINED ENTRY (indoor pool, steam bath, sauna, therme, fitness)</b>				
				admission from 16 years
Hotel guests adults (from 3 nights 15.– per person/night = Spa PLUS)		26.–	29.–	32.–
Single admission		32.–	36.–	39.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free		320.–	360.–	390.–
Sunstar Spa Club: summer season		400.–	440.–	580.–
winter season		500.–	540.–	580.–
Annual abonnement (summer and winter season)		860.–	920.–	980.–
<b>SOFT-AEROBIC OR WATER GYMNASTICS</b>				
Individual lesson (group) for hotel guests & club members		free	free	free
Individual lesson (group)		15.–	15.–	15.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free		150.–	150.–	150.–
<b>TENNIS/BADMINTON (in Arosa also indoor)</b>				
Rental of court for hotel guests	1 hour	16.–	–	10.–
Rental of court for external users	1 hour	20.–	–	20.–
Package deal: pay for 10 sessions, 11 <sup>th</sup> session free		200.–	–	200.–
Rental of balls and racket		5.–	–	5.–
<b>BOWLING, per alley</b>				
until 5.00 p.m.	1 hour	32.–	–	–
from 5.00 p.m.	1 hour	44.–	–	–

## Sunstar sports shops

The Intersport sports shops in Grindelwald and Davos and the Sports Select shop in Arosa have a wide selection of sports equipment to buy or hire at preferential prices.

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