

wellness & beauty



PLUNGE IN, RECHARGE YOUR BATTERIES AND FEEL GREAT IN THE SUNSTAR PARKHOTEL DAVOS****

Special treatments at the Spa Centre in Davos

Massages

Cosmetics & beauty

Individual movement treatments

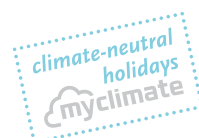
Day packages - Rampering Days

Candlelight for two

Sunstar
HOTELS****

Wellness

AROSA
DAVOS
GRINDELWALD



www.sunstar.ch

Massages

Wellness

Singing bowl massage

50 Min.

CHF 120

A singing bowl massage means absolute relaxation. Singing bowls are placed on the body and made to vibrate, whereby the sound and vibrations flow through your body. This releases a deep sense of well-being, reducing stress and blockages.

Meridian massage

50 Min.

CHF 100

This is the placing of hands on the body to release energy along the meridian channels. It is a therapeutic massage which releases blockages and relaxes points of tension. It unlocks your own powers of healing, and stimulates your lymph system, connective tissue and circulation.

Herb bundle massage

40 Min.

CHF 75

This type of massage delivers a mix of warmth and beneficial deep medicinal heat from herbs, flowers and spices. It has the effect of 'elasticizing' the skin while stimulating the metabolism.



Cosmetics and beauty

Wellness

Facials

Ultimate Care selection 60 Min. CHF 125

The sparkling sensation! Pamper your sensitive skin with a champagne and wine yeast facial mask. After an intensive purification comes a revitalizing concentration of active agents. The relaxing facial massage and a rich, revitalizing foam mask form the *coup-de-grâce* to this exclusive facial treatment.

Baborganic 60 Min. CHF 125

“Best Facial Treatment 2009”

With active ingredients including glacial water, edelweiss and energizing oxygen, this innovative fluid refreshes your skin in the long term. The treatment starts with the application of an enzyme exfoliant. After this purge, a de-stressing fluid containing active ingredients from the untouched reaches of the Alps is applied. Then you can experience pure bliss with a relaxing mask after an extra-ordinary facial massage using real crystallized quartz.

Hands and feet

Pedicure 25 Min. CHF 49

Painful, dry or tired feet? Spoil them with a refreshing exfoliant, a beneficial foot spa and a relaxing massage!

Manicure 25 Min. CHF 49

Chapped, dry hands? Brittle nails? Spoil your hands with a refreshing exfoliant, a beneficial hand spa and a relaxing massage!

Individual movement treatments

In addition to our regular range of treatments
60 minutes per session/treatment (from three people)

CHF 30.— per person

Qi Gong

Qi Gong is a meditative practice involving graceful, energy-channelling exercises that balance and promote the energy flow <Qi> through the body. These exercises are aimed at redistributing energy and thus bringing the body back into harmony, thereby boosting resistance and vitality. Qi is life force. Qi replenishes our bodies. The power thus created improves our health and builds invisible energy.

Tai chi

Tai chi is an ancient system of exercise. The basic principle of tai chi is the mobilization of the forces of yin and yang. Tai chi has many positive effects: it boosts the immune system, strengthens the back and opens blockages, has a stabilizing effect on the psyche, controls the nerve system and benefits concentration.

Yoga

Yoga is a discipline covering physical, mental (mediation) and breathing exercises, which has been in existence for many centuries. Its aim is relaxation of body, soul and spirit, leading to the blending of these three aspects and a flow of life force. Use yoga to regain the balance between tension and relaxation, activity and rest.

Pampering Days (day packages)

Spoil yourself with a pampering day in the calm and harmonious atmosphere of our spa centre. The following treatments are especially made for your individually requirements and can easily be combined with other day activities.

The treatment times can also be adjusted to your personal needs.

South day dreams CHF 228.—

Herb day CHF 125.—

Beauty day CHF 196.—

Anti-stress day CHF 159.—



Wellness



South Sea Dreams

morning

1st phase
(25 min.)

Body peel with sea salt and essential oil
Afterwards, your skin will feel soft and smooth.

2nd phase
(25 min.)

Exotic body pack in the floating water bed

evening

3rd phase
(90 min.)

Lomi Lomi, the traditional massage of the
Hawaiian islands.

Not only relaxes, but also cleanses you
physically, spiritually and mentally.

for the special price of CHF 228.00

Wellness



Herb day

morning

1st phase
(25 min.)

A soft peel gives your skin a delicate and gentle freshness.

2nd phase
(25 min.)

Herb stamp massage
The herbs work to vitalise, calm and relax.

evening

3rd phase
(25 min.)

Foot reflex zone massage
- may be just the right thing after a whole day on your feet in the big outdoors.
Stimulates energy points, activates meridians and harmonises the function of your body's organs.

for the special price of CHF 125.00

Wellness

WELCOME



Beauty day

morning

1st phase
(25 min.)

With the soft pack to suit your skin type, your skin is prepared in the floating water bed for the rest of the treatment

2nd phase
(50 min.)

Facial treatment including face massage
As you enjoy this, decide whether you would like a manicure or pedicure during the evening.

evening

3rd phase
(approx. 60 min.)

Manicure or pedicure, with or without varnish.
We are happy to offer the varnish.
(25 min.)

for the special price of CHF 196.00

Wellness



Anti-stress day

morning

1st phase
(25 min.)

Aromatic massage bath – just as you like it
Afterwards, you'll feel wonderfully relaxed.

2nd phase
(40 min.)

Anti-stress pack to relieve stress, overexertion,
spiritual imbalance, depression

evening

3rd phase
(50 min.)

Lymph drainage
Helps to reduce swelling, mobilises and
improves the lymph flow.

for the special price of CHF 159.00

Candlelight for two

The special experience for couples:

Be carried off together into a relaxing atmosphere! Enjoy yourselves with

Whole body relaxation - and a face massage

and afterwards toast each other with a glass of Prosecco!

Some information on our massages:

Classic Massage

Our classic massage is a wonderful way to switch off and relax. The flow of blood to your muscles is stimulated, the metabolism improved, tension released and pain levels reduced.

Face massage

Our gentle, relaxing and rhythmic massage has a calming effect and will bring a healthy glow back to your face. It helps to get the flow of lymph moving, which influences the tautness of the skin.

Offer for two people

Duration: 60 minutes

Price: CHF 250.00 (for both)