

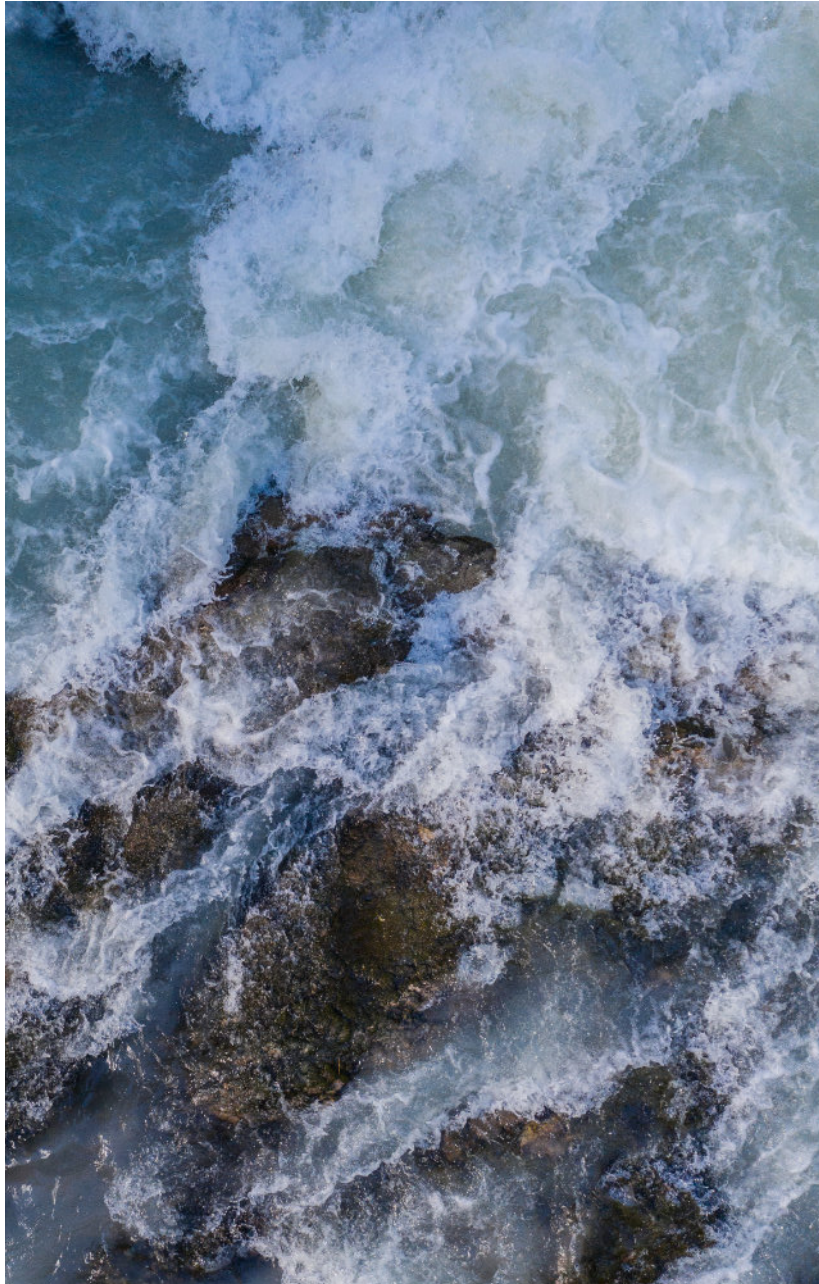
SARATZ



SPA EXPERIENCES AT THE HOTEL SARATZ

BEAUTY TREATMENTS,
SARAZENEN SPA AND MESSAGES

PONTRESINA



DIVE IN AND UNWIND

Whether you're enjoying a getaway from everyday life to recharge your batteries or decompressing after a busy day – our spa is the place to relax and unwind!

Sometimes we forget that our batteries don't just recharge of their own accord. Now and then we need a gentle nudge to remind us that it's time for a well-earned break. And where better to enjoy it than in a dreamy setting like the Hotel Saratz? Switch off, unwind and let your gaze wander from the pool to the glaciers as you immerse yourself in the pleasantly warm water of our spa and wellness area. Maybe you feel like indulging body, mind and soul with one of our pampering Saratz massages or beauty treatments? Or simply enjoying moments of wellbeing in the Sarazenen Spa, a modern interpretation of the hammam? Whatever you are yearning for right now – it's time to take a deep breath and let go.

CONTENTS

6	BABOR FACIAL TREATMENTS
9	HAND AND FOOT TREATMENTS
10	SARAZENEN SPA RHASSOUL AND EXFOLIATION
12	SARATZ SPECIAL MASSAGES
15	CLASSIC MASSAGES
18	PRICES AND OPENING TIMES



BABOR FACIAL TREATMENTS



BABOR is a third generation, family-run company which believes that everyone's beauty and resulting self-confidence can be enhanced. Innovative precision skincare formulas and treatment regimens ensure that you not only feel but also look fantastic. More beauty – more self-confidence. Treat yourself to the ultimate in pampering experiences – a professional facial. We are happy to tailor our services to your personal requirements.

BABOR EXPRESS FACIAL 25 MINS **85**

A pick-me-up facial treatment that will refresh your complexion in no time. Cleansing, exfoliation, toner, hydro-boost with three ampoules and finishing treatment.

BABOR CLASSIC FACIAL 75 MINS **160**

For Her and Him. Relax. Unwind. Enjoy. The popular facial treatment that pampers body and soul. Cleansing, exfoliation, toner, massage, mask and finishing treatment.

BABOR ANTI-AGE DELUXE FACIAL 90 MINS **220**

A seriously pampering facial treatment to nourish, hydrate and firm your skin. Delivers a tangible boost to skin elasticity and stimulates regeneration. Cleansing, fruit acid peel, special serum, anti-aging mask. Massage and finishing treatment.

BABOR PURE ACNE TREATMENT 50 MINS **120**

Cosmetic facial treatment tailored to your skin type. Cleansing gel, special peel, ampoule and mask, finishing treatment.

EYEBROWS AND EYELASHES

Eyebrow shape	15 mins	20
Eyebrow tint	15 mins	20
Eyelash tint	25 mins	25
Eyebrow and eyelash tint	25 mins	40

HAIR REMOVAL

WOMEN

Half leg (below the knee) wax	25 mins	45
Full leg wax	50 mins	90
Underarm wax	25 mins	45
Bikini line wax	25 mins	45
Upper lip wax	15 mins	25
Half leg, bikini line and underarm wax	75 mins	120

MEN

Back hair wax	50 mins	75
Chest hair wax	50 mins	75
Chest and back hair wax	90 mins	135

HAND AND FOOT TREATMENTS

Treat yourself to a pampering manicure or a cosmetic pedicure. The gentle strokes of the accompanying massage caress body and soul.



HANDS

Small "Express" Manicure - OPI	50 MINS	85
---------------------------------------	---------	-----------

Nail care, hand exfoliation, rejuvenating hand massage, without polish

Manicure - OPI	75 MIN.	110
-----------------------	---------	------------

Nail care, hand exfoliation, rejuvenating hand massage, with polish

FEET

Cosmetic "Express" Pedicure	50 MIN.	90
------------------------------------	---------	-----------

Foot bath, foot treatment, exfoliation and massa-

Cosmetic Pedicure with Polish	75 MIN.	120
--------------------------------------	---------	------------

Foot bath, foot treatment, exfoliation, massage and polish (to take away with our compliments).

Intensive Foot Treatment without Polish	75 MIN.	115
--	---------	------------

Foot bath, intensive foot treatment, exfoliation and massage

Polish only	15 MIN.	25
--------------------	---------	-----------

to take away with our compliments

Please note that we do not treat gel varnished nails.
Thank you.

SARAZENEN SPA RHASSOUL AND EXFOLIATION

The Sarazenen Spa is a modern interpretation of the hammam and the renaissance of the classic bathing environment. It combines a sociable atmosphere with wellbeing, strengthening and health benefits.

SARAZENEN SPA RITUAL

with peshtemal (towel) and kese (exfoliating mitten)

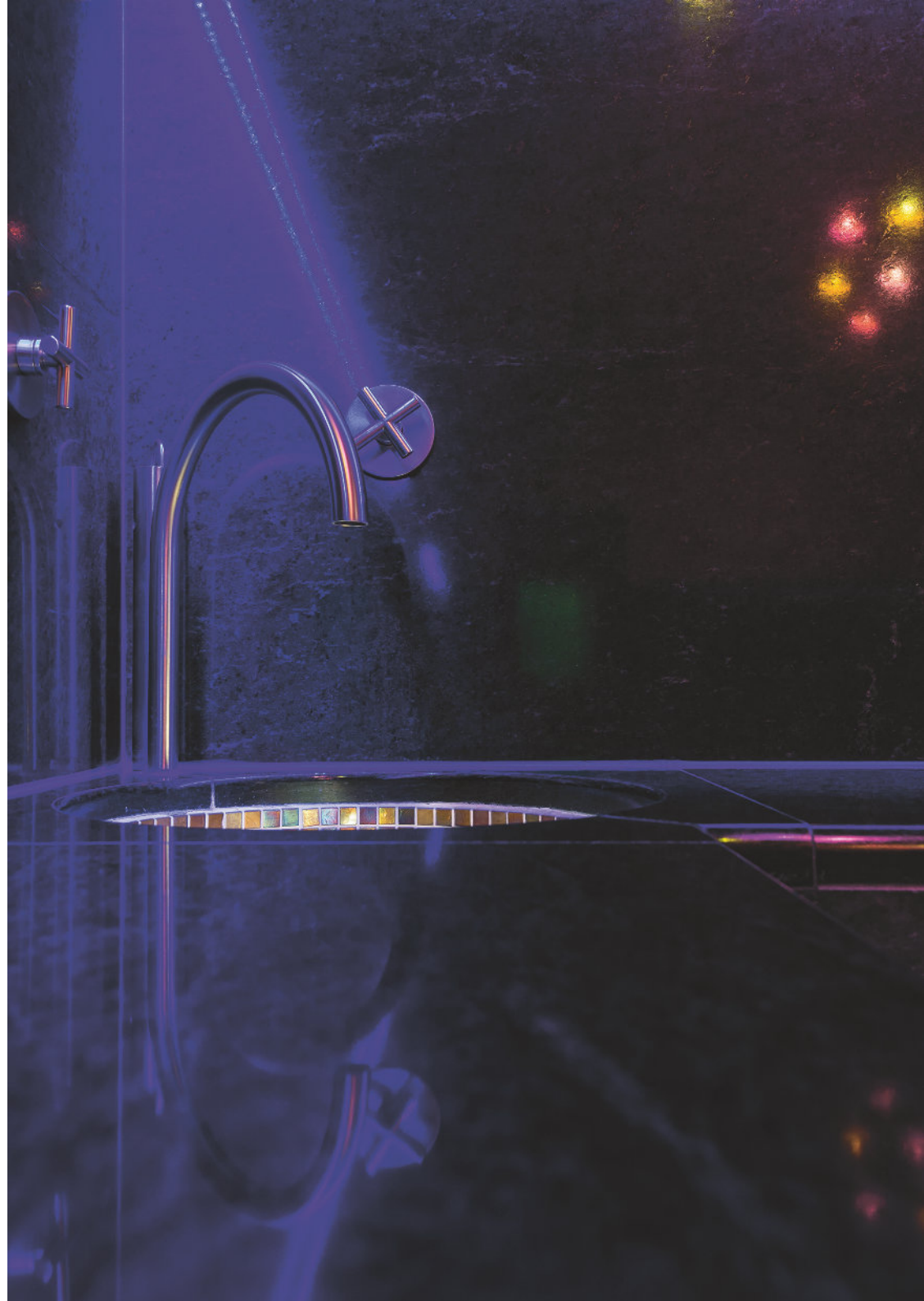
Warm up in the steam room (42 °C)	10-15 mins
Use the kese to exfoliate your skin in the Rhassoul bath	5-10 mins
Take a shower or splash yourself with water from the hammam bowls	5-10 mins
The skin's pores open in the (42 °C) steam room	10-15 mins

If indicated, apply Propolis body lotion or book an oil massage.
Relax in the quiet room.

EXFOLIATION

Rhassoul mud - deep cleansing for the whole body	25
Honey peel - honey body cream and essential oils	25
Lemongrass-scented body lotion (40 ml)	9

The exfoliating scrubs and body lotion are available for purchase at the spa reception desk.



SARATZ SPECIAL MASSAGES

Massage is probably the oldest therapeutic treatment known to mankind. It is the archetypal treatment form for all kinds of physical complaints and is often administered without any thought given to massage itself. Painful areas of the body are intuitively pressed or stroked with the hands in order to alleviate discomfort. Our massage therapists work with top-quality PI-NIOL massage oils and 100% pure and natural essential oils.

PAMPERING MUNTANELLA MASSAGE 50 MINS 110
 80 MINS 170

Marmot balm is applied first to your feet, then as a full-body massage, culminating in a warm pebble treatment for your back. An extra dose of relaxation in the shape of the pot of marmot balm is yours to take away with our compliments.

SARATZ IBEX MASSAGE 50 MINS 110

Head, neck and back massage with soothing Swiss pine oil. Special massage techniques relax and loosen the muscles of the head and neck area.

DETOX MASSAGE 50 MINS 110

This massage combines cupping and massage techniques. It relieves tension, strengthens the connective tissue, loosens adhesions (anti-cellulite), stimulates the circulatory system and promotes detoxification.

LOMILOMI MASSAGE 50 MINS 110
 80 MINS 170

Warm oil is applied during this uniquely relaxing full-body massage with origins in Hawaii. Intuitive massage is performed with the forearms and hands to provide a treatment that pairs extensive stroking with kneading and stretching movements.

HOT STONE MASSAGE 50 MINS 110
 80 MINS 170

Heated and oiled basalt stones glide smoothly over the body, inducing a state of deep relaxation. Combined with a well-balanced massage, this treatment can help release the most deep-lying tensions.

BABOR BODY EXFOLIATION 50 MINS 120

Experience a skin-refining full-body exfoliation which sloughs away dead skin, stimulates cell renewal, makes your skin more receptive to active ingredients and leaves it feeling velvety-soft. This is followed by a body treatment with nourishing active ingredients and a final effleurage.

PREGNANCY MASSAGE 50 MINS 110

The recipient of this massage lies in a well-supported and comfortable position on her side or back. Mindful touch, gentle stroking movements and targeted massage techniques provide relaxation and relief for the mother-to-be.

BOYS & GIRLS MASSAGE 25 MINS 50

for children up to 12 years of age. A taster massage to test and enjoy!

AIR CUSHION MASSAGE 50 MINS 110

Ligaments and muscles in the back are gently stretched and the spine gently mobilised by passively stretching the pelvic area through the gentle vibrations of the air cushion. The resulting loosening/relaxing effect alleviates discomfort. **An air cushion massage can be supplemented with a classic sports massage.**

SINGING BOWL MASSAGE 50 MINS 110

A singing bowl massage is a lovely way to relax and harmonise body, mind and soul. With this technique, the bowls are placed on the clothed body and gently tapped. This generates subtle vibrations and sounds that penetrate every cell of the body. Deeply relaxing!

CLASSIC MASSAGES



SWEDISH MASSAGE	25 MINS	60
	50 MINS	110
	80 MINS	170

This massage is designed to relax and loosen the muscles. Other beneficial effects include improved blood circulation, regeneration support and metabolic stimulation.

SPORT MASSAGE	25 MINS	60
	50 MINS	110
	80 MINS	170

This massage delivers targeted relief to the most stressed muscles, relaxes them and shortens the muscular recovery period. It stimulates the removal of metabolic toxins, is beneficial to injury prevention and promotes flexibility.

FOOT REFLEXOLOGY MASSAGE	25 MINS	60
	50 MINS	110

The reflex areas on the sole and bridge of the foot correspond to different areas of the body. Targeted stimuli activate self-healing powers, which leads to relaxation and an increase in general wellbeing.

HEADACHE & MIGRAINE MASSAGE	25 MINS	60
--	---------	-----------

This massage works by activating specific points and via the energy pathways in the neck, head and chest area. This allows us to achieve a normalisation of blood circulation and better energy flow.

DORN METHOD MASSAGE	25 MINS	60
	50 MINS	110

The Dorn Method can provide relief from back and joint problems. Misaligned spinal vertebrae are palpated and gently realigned through targeted pressure while you perform slow rhythmic movements. A period of rest is essential after this treatment. Drinking plenty of tap water is also recommended.

BREUSS MASSAGE	25 MINS	60
-----------------------	---------	-----------

This gentle spinal massage can release energetic and physical blockages. St. John's Wort oil is used, which is particularly effective in accessing the inter-vertebral discs through application to the skin. **Combine the Breuss massage with the Dorn Method for maximum benefits.**

MANUAL LYMPHATIC DRAINAGE	50 MINS	110
----------------------------------	---------	------------

A gentle massage technique stimulates lymphatic circulation, reduces fluid accumulation in the tissues and promotes detoxification.

Alternative treatment: Foot reflexology lymphatic drainage.

KINESIO TAPING	additional	10
-----------------------	------------	-----------

Kinesio Taping is applied in combination with a massage. The elastic tapes support and facilitate the body's natural healing processes, stimulate muscle and joint movement and have a beneficial effect on the circulatory system.

Trigger Point Massage

This method is used in tandem with classic massage techniques. It targets deep-lying sensitive spots and tight areas in the muscle tissue, loosens and stretches.

AROMA OIL MASSAGE	additional	5
--------------------------	------------	----------

If desired, each massage can be enhanced with the application of an essential oil chosen to match your specific concerns.

Pine	strengthening, revitalizing, for cough relief
Lavender	harmonizing, calming and relaxing, for headache and migraine relief
Eucalyptus	refreshing, invigorating, cold remedy
Bergamot	harmonizing, uplifting, encouraging
Cajeput	invigorating, promotes concentration, for muscle and joint pain relief
Orange	refreshing, purifying
Lemon	activating, anti-inflammatory effect
Swiss Pine	calming, warming, strengthening

On request and depending on the massage therapist (Myrta Damaso, Evi Dietrich), medical massages / foot reflexology treatments are covered by Swiss health insurance providers (supplementary insurance plans).

Please inform us prior to your treatment of any allergies, illnesses, surgical procedures, pregnancy etc. Thank you.

PRICES AND OPENING TIMES

550-square-metre spa area with the Sarazenen Spa bath, indoor pool (30.6 °C), saunas, steam rooms and multi-sensory showers, massage and beauty treatments. 35,000-square-metre hotel park with heated outdoor pool (27 °C) and Bagnera Café.

PRICES

Included for hotel guests

Single admission to the spa area	35
children 3-12 years	10
10-admission subscription to the spa area	300
children 3-12 years	80
Single admission to the gym	15
10-admission subscription to the gym	130

Admission to the spa area is included in the price if you book a one-hour massage or beauty treatment.

DAY SPA SPECIAL **44**

Single admission to the spa area, followed by an aperitif in the hotel lobby. Price includes: access to the indoor swimming pool, gym and Sarazenen Spa, bathrobe and towel, tea and fresh fruit.

BAGNERA OUTDOOR POOL (JULY TO SEPTEMBER) **15**

Season ticket	200
children 3-12 years	5
Season ticket	
children 3-12 years	100

Price includes:
use of outdoor pool, bath towel

All prices in CHF.

OPENING TIMES

Swimming Area

Indoor pool: from 8:00 to 20:00 hrs (children's times: 9:00 to 18:30 hrs)

Outdoor pool: from 8:00 to 19:30 hrs

Spa Area with Sarazenen Spa Bath

Winter (Nov-Mar) from 14:00 to 20:00 hrs

Summer (June-Oct) from 15:00 to 20:00 hrs

We look forward to taking your booking for a massage, beauty treatment or rhasoul treatment at the spa reception desk (phone 619) or at the hotel reception desk (phone 511). Please take note of the annual Saratz closing period.

Cancellations up to 24 hours in advance are free of charge. Short notice cancellations will incur a charge of 50% of the booked service.

Thank you for your consideration.



Saratz Pontresina
Via da la Staziun 2
7504 Pontresina
+41 81 839 40 00
info@saratz.ch
saratz.ch