



**Sunstar**

SWISS HOTEL COLLECTION

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DAVOS

WELLNESS IN DAVOS

**Refresh,  
recharge,  
revive.**





# Relax and recuperate in harmony with nature





## MAKE YOUR BODY GREAT AGAIN!

Well, you can do that, but you don't have to. What's more important is simply to feel great. Here in Davos, it's hard not to: the water, warmth, pure fresh air, peace and tranquillity, beautiful scenery and mountain views all around take care of that. And our wellness team takes care of you! Our main focus here is on beauty treatments and massages.

We also offer alternative natural healing methods such as Dorn & Breuss and the Bowen technique. Natural cosmetics from Babor, Annemarie Börlind and Haslauer-Kur-land round off our services.

Whatever treatment you choose, you and your wellbeing will always be our main priority!







### **FLORAL BATH ("ODORIUM")**

#### **Aromatherapy steam bath, 39 °C**

Relax in a comfortably warm bath and inhale the vaporised pure essential oils and natural herbal blends. It will revitalise and relax you and boost your body's own defences.



### **CALDARIUM**

#### **Steam bath 45°C**

As you gently perspire in nearly 100% humidity, you'll feel your knotted muscles relax, your skin and respiratory tract are cleansed, stress levels fall and you simply unwind.



# Soothing warmth in the sauna and thermal baths.



At our spa, you'll find not only a **Finnish sauna** in the garden and a **bio-sauna**, but also **Roman-Irish thermal baths**. That's where two traditional bathing cultures are combined to do your body a world of good. Bathe in Roman style, enveloped in comfortably hot, dry air, and then enjoy a stimulating steam bath in the Irish tradition.

## LACONIUM 62°C

Slatted bench in a hot, dry environment, 62 °C

Gently detox and relax your muscles, boost the blood supply to your skin, stimulate your immune system and help control high blood pressure.



## TEPIDARIUM

Heated bench with hot and cold pools, 30 - 40°C

Soothing, constant radiated heat strengthens your immune system and relaxes your whole body. Footbaths at different temperatures stimulate your circulation and blood flow.



# Massages & beauty – your special pampering time.

Choose from a wide range of massages and beauty treatments. With our extensive and comprehensive spa services, we can cater for all your individual needs. Our expert wellness team will be happy to advise you in person.

For full details  
and prices  
for our massages and  
beauty treatments,  
please see our  
**WELLNESS  
PRICE LIST**

## MASSAGES

Relaxation from head to toe – a massage not only relaxes your muscles but also soothes your mind. Our experienced specialist team offers a range of pampering massage techniques, tailored to meet your particular needs.



## BODY & BEAUTY TREATMENTS

Let our expert beauticians pamper you and make you radiant and beautiful again. Choose from our wide range of beauty treatments for your face, hands, feet or whole body. We use products from Babor, Annemarie Börlind and HaslauerKurland.



### WELLNESS PACKAGES

Our wellness packages offer carefully thought-through combinations of treatments to meet your personal needs exactly, however much time you have available. They all provide excellent value for money. Our one-day packages make a particularly great gift!



### SPA REFRESHMENTS

Free refreshments, fruit and tea are available, to keep you fed and watered during your visit to the spa centre.



# Our more than 1000 m<sup>2</sup> spa centre

## FITNESS SERVICES

- Aquagym (aqua gymnastics) • Gymnastics
- Aerobics • Back workouts • Stretching
- Yoga



- 1 Indoor pool (22×15 m; 28 °C)
- 2 Steam bath
- 3 Beauty salon
- 4 Loungers (indoor/outdoor)
- 5 Men's changing room
- 6 Ladies' changing room
- 7 Spa centre Reception
- 8 Asia Room (massage room)
- 9 Bio-sauna (60 °C)
- 10 Pedicures

- 11 Odorium (aromatherapy steam bath, 39 °C)
- 12 Caldarium (steam bath, 45 °C)
- 13 Laconium (slatted bench, dry heat, 62 °C)
- 14 Tepidarium (heated bench with hot and cold pools)
- 15 Frigidarium (hydro-massage showers)
- 16 Massage bath (Hydroxeur)
- 17 Massage rooms

- 18 Herb preparation area
- 19 Quiet room with beautiful panoramic mountain views
- 20 Sunbathing lawn
- 21 Finnish sauna in the garden (80–90 °C)
- 22 Sauna garden
- 23 Cardio Cross and gym
- 24 Fitness/exercise machine room with 14 Cybex fitness machines