

spa

L A U D I N E L L A



WELLNESS WITH A VIEW

High above the rooftops of St. Moritz-Bad, with sweeping views of the idyllic Alpine landscape, our rooftop spa welcomes you. Treat yourself to a special break, enjoying steamy sauna infusions, soothing massages and the gentle lapping of the outdoor hot tub.

OPENING HOURS

By appointment only

2 pm – 10 pm

SPA

2 pm – 9.30 pm

Cancellation of appointments up to 24 hours before treatment free of charge.

Spa Hotel Laudinella +41 81 836 05 03, spa@laudinella.ch

MASSAGE

FULL BODY MASSAGE	60 min	135
	90 min	195

This classic full-body massage is designed to provide targeted muscle relaxation and stimulate blood circulation. Through individually tailored massage techniques, tension is released and physical balance is restored.

On request, the massage can be enhanced with aromatic oils to further intensify its effects on both body and mind.

Ideal for recovery, stress relief and overall well-being.

PARTIAL BODY MASSAGE	25 min	70
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This targeted partial-body massage focuses on individually selected areas such as the back and/or neck, legs and/or feet. Using specific massage techniques, it relieves localised tension, stimulates blood circulation and noticeably relaxes the muscles.

Ideal for quick, effective relief and targeted relaxation of specific areas of the body.

BACK INTENSIVE MASSAGE	45 min	110
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A revitalizing full-body treatment using bamboo sculpting techniques. Ideal for guests seeking firmness and improved circulation after active days in the mountains. Leaves the body feeling light, toned, and re-energized.

CANDLE MASSAGE	60 min	120
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This special treatment uses warm, melted oil from a handmade massage candle. The combination of soothing warmth and flowing massage strokes ensures deep muscle relaxation.

The oil (shea butter, almond oil, cocoa butter + fragrance) provides long-lasting nourishment for the skin, leaving it feeling supple and nourished.

Ideal for deep relaxation whilst also nourishing the skin.

DEEP TISSUE MASSAGE	25 min	80
	60 min	150

This intensive treatment focuses on the deeper muscle layers and connective tissue. Slow, deep-tissue techniques are used to release stubborn tension and improve mobility.

Ideal for long-lasting relief and improved physical mobility.

SPORT MASSAGE	60 min	150
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This more powerful form of massage is specifically designed to target strained muscles following physical activity. Intensive massage techniques are used to release muscle tension, stimulate blood circulation and aid recovery.

The treatment is tailored to the individual's physical condition and can have both a stimulating and a relaxing effect.

Ideal for post-exercise recovery or for relieving muscle tension.

FOOT REFLEXOLOGY	45 min	100
	60 min	125

This treatment is based on the stimulation of specific reflex zones on the feet, which correspond to different parts of the body. Targeted pressure techniques are used to improve blood circulation and promote general well-being.

The massage has a balancing effect on the whole body and can help to stimulate the body's natural regenerative processes.

Ideal for promoting balance, relaxation and inner harmony.

LYMPHATIC DRAINAGE	25 min	75
	60 min	135

This gentle, rhythmic treatment promotes lymphatic flow and aids the drainage of interstitial fluid. A dry brush is also used to stimulate blood circulation.

Targeted, gentle massage techniques can reduce swelling and relieve pressure on the tissues. The treatment has a calming effect on the nervous system and supports the body's natural detoxification processes.

Ideal for heavy legs, water retention or to aid recovery.

HOT STONE MASSAGE	60 min	135
	90 min	215

This relaxing full-body treatment combines classic massage techniques with the soothing warmth of heated basalt stones. The heat penetrates deep into the muscles, stimulates blood circulation and helps to relieve tension.

Ideal for stress, inner restlessness and muscular tension.

CUPPING MASSAGE	60 min	135
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This intensive treatment combines classic massage techniques with the use of cupping glasses. The negative pressure created stimulates blood circulation and specifically targets the tissue.

The technique can help to relieve tension and relax the muscles. Depending on the intensity, temporary skin reactions may occur, which subside after a few days.

Ideal for muscular tension and for activating the tissue.

BAMBOO MASSAGE	60 min	135
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This special treatment combines aromatic massage oils with targeted bamboo massage techniques. The warm, gentle rolling and pressing movements of the bamboo sticks release muscular tension and promote deep physical relaxation.

Ideal for anyone wishing to combine deep relaxation with a firming and invigorating effect.

MASSAGE FOR CHILDREN

20 min

65

Massage for children is specifically tailored to the needs of children aged between three and fourteen. It supports and encourages the typical developmental stages during this period and also helps with stress and feeling overwhelmed, as well as difficulties concentrating and falling asleep or staying asleep.

RITUALS

A PERSONAL WELLNESS RITUAL

120 min

230

A personalised treatment featuring a face treatment of your choice (60 mins), combined with a full-body massage (60 mins).

The treatment is tailored to your individual needs and promotes relaxation, balance and a sense of well-being.

CBD SLEEP THERAPY

90 min

170

A relaxing facial and back treatment with a CBD massage to promote calm and well-being. Gentle massage techniques and soothing skincare products help to relieve tension and relax both body and mind.

FACIAL TREATMENTS

LE GRAND CLASSIC 75 min 150

A deep-cleansing facial treatment using aromatic skincare products and a multi-step cleansing ritual. The skin is thoroughly cleansed, revitalised and nourished.

Ideal for a fresh, balanced complexion and as a classic treatment.

TIME RESIST 60 min 150

An intensive anti-ageing treatment designed to promote smoother, firmer-looking skin. High-quality active ingredients moisturise the skin and boost its elasticity.

Ideal for combating the first signs of ageing and enhancing your complexion.

HYDRALESSENCE 60 min 140

A moisturising facial treatment designed to soothe and deeply nourish dry or stressed skin. A combination of a mask and a relaxing massage leaves the skin feeling fresh and supple.

Ideal after exposure to dry mountain air or for skin lacking in moisture.

CALMESSENCE 60 min 140

A soothing facial treatment for sensitive skin and skin prone to redness. Gentle skincare products support the skin's natural barrier and help to restore balance to the complexion.

Ideal for relaxation and the care of sensitive skin

VITAMINE C25 60 min 160

A revitalising facial treatment featuring a glycolic acid peel and vitamin C to promote a radiant and even complexion.

The skin appears fresher, smoother and revitalised.

Ideal for tired skin and for a more radiant complexion.

HAND AND FOOT CARE

MANICURE

60 min

95

A nourishing manicure with exfoliation and high-quality skincare products. Rounded off with a relaxing hand massage for soft and well-groomed hands.

PEDICURE

60 min

95

A rejuvenating pedicure with exfoliation and a soothing foot massage. The treatment provides intensive care for your feet, leaving them feeling relaxed and well-groomed.

SUGARING

Gentle yet thorough: a natural sugar paste is applied against the direction of hair growth and then removed with the growth.

The result is smooth skin that lasts. Effective pre- and aftercare complete the treatment with hygienic care.

UPPER LIP HAIR REMOVAL	15 min	20
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UPPER LIP & CHIN HAIR REMOVAL	30 min	30
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ARMPIT HAIR REMOVAL	15 min	40
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BIKINI LINE HAIR REMOVAL	15 min	45
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BRAZILIAN HAIR REMOVAL (INTIMATE)	30 min	65
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CHF 15 per additional 15 minutes		
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UNDERARM HAIR REMOVAL	15 min	40
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FULL ARM HAIR REMOVAL	30 min	50
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FULL FACE HAIR REMOVAL	50 min	65
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LEGS UP TO AND INCLUDING KNEES HAIR REMOVAL	40 min	65
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CHF 15 per additional 15 minutes		
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FULL LEG HAIR REMOVAL	90 min	100
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CHF 15 per additional 15 minutes		
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BACK AND CHEST HAIR REMOVAL	30 min	60
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CHF 15 per additional 15 minutes		