

## Day Spa Packages

### Zeremonie OVAVERVA 75 min, CHF 170

A nurturing pleasure that thoroughly irrigates the skin, leaving it smooth and supple. Enveloped in silky suds, let your body be peeled gently with a relaxing massage. Then an individual partial body massage of your choice awaits you.

Also included in the Day Spa Package:

- unlimited spa access
- a wellness tea and fruit basket
- a small gift

### Insembel (for two) 85 min, CHF 350

Enjoy a honey body scrub together with crystal mountain salt and a pleasurable 50-minute massage with top-grade oils that will relax you from head to foot. After the massage we serve you two glasses of Prosecco in the cosy corner.

Also included in the Day Spa Package:

- unlimited spa access
- wellness tea
- two glasses of Prosecco

### Berg-Feeling 100 min, CHF 170

A full-body herbal stamp massage with relaxing mountain herbs that leaves a scent of Engadin on your skin. After this body peeling you will feel soft and smooth all over. A cotton bag the size of a fist is filled with herbs, spices and active ingredients for this massage. Your skin will be rubbed with top-quality oil and with warm cotton stamp bags.

Also included in the Day Spa Package:

- unlimited spa access
- herbal tea

## Wellness for children and teenagers

### A dream with bubbles

Your children can enjoy this special and fun treatment. With this soapy, foamy massage, they'll be on cloud nine. 25 min, CHF 50



### Fresh & clean for your face

You're never too young to have a facial. Young people's skin is especially sensitive because hormonal changes often disrupt the skin's balance. This cleansing and balancing pampering treatment for teenagers is the perfect refreshing skin boost. 60 min, CHF 110

### Manicure or pedicure for princesses

For little ladies wanting beautiful hands and feet. A manicure with Snails nail polish is available (chemical free and washes off with water).

Manicure 20 min, CHF 26  
Manicure and Pedicure 40 min, CHF 50

### Spa for children

Children over six are welcome to visit the OVAVERVA spa with an adult every Wednesday from 12.00 to 17.30.

Treatments for children are available to book daily. The entrance fee to the OVAVERVA spa is included whenever you book a treatment for children or teenagers over CHF 50.

## Bookings and reservations

Bookings and reservations can be made by calling +41 (0)81 836 61 08 or e-mailing spa@ovaverva.ch

OVAVERVA

Hallenbad • Spa • Sportzentrum

St. Moritz

## Opening hours

### OVAVERVA

High season: open daily from 10 a.m. to 10 p.m.  
Off-season: open daily from 10 a.m. to 9 p.m.  
Early swimming on Tuesdays from 8 a.m.

### GUT TRAINING SUVRETTA SPORT BISTRO

website: ovaverva.ch

## Last admission to

**Indoor Pool** 1 hour before closing time      **Spa** 1 hour before closing time

## Rentals

**Bathrobe/towel** CHF 8.50/4

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### Indoor pool

Single admission  
Single admission, Premium\*  
Booklet of 10 tickets  
Season pass\*\*\*  
Annual pass  
Annual pass, Tariff Association with Bellavita Pontresina

**Spa** Admission from 16 years, accompanied by adults from 14 years

Single admission\*\*  
Single admission, Premium\*/\*\*  
Happy hour, 90 minutes before closing  
Booklet of 10 tickets\*\*  
Season pass\*\*\*  
Annual pass  
Afternoon special for children, Wednesdays, 12:00 – 17:30

### Gut Training

Single admission  
Booklet of 10 tickets  
Annual pass

### Combined tickets

Single admission indoor pool and spa  
Single admission indoor pool and spa, Premium\*  
Single admission indoor pool and Gut Training  
Single admission spa\*\* and Gut Training  
Single admission indoor pool, spa and Gut Training  
Season pass\*\*\* indoor pool and spa  
Season pass\*\*\* Gut Training and indoor pool  
Season pass\*\*\* Gut Training and spa  
Season pass\*\*\* Gut Training, indoor pool and spa

### Combined annual passes

indoor pool and spa  
indoor pool and spa, Tariff Association with Bellavita Pontresina  
Gut Training and indoor pool  
Gut Training and spa  
Gut Training, spa and indoor pool

adults/children (aged 6 to 15) CHF 15/7.50  
CHF 30  
adults/students, pensioners/children CHF 135/115/67.50  
adults/students, pensioners/children CHF 300/255/150  
adults/students, pensioners/children CHF 450/385/225  
adults/students, pensioners/children CHF 590/505/295

adults/students, pensioners CHF 270/230  
adults/students, pensioners CHF 600/510  
adults/students, pensioners CHF 900/765  
Age 6 or older CHF 14

CHF 25  
CHF 200  
CHF 980

CHF 37.50  
CHF 49.50  
CHF 35  
CHF 49  
CHF 55  
CHF 750/640  
CHF 990/840  
CHF 1275/1085  
CHF 1415/1205

CHF 1,125/955  
CHF 1,500/1,275  
CHF 1,370/1,170  
CHF 1,795/1,535  
CHF 1,980/1,715

All prices valid as of 1 November 2018. Prices subject to change.

\* Incl. shower gel (15 ml), 1 pair of flip flops, rental towel, bathrobe

\*\* Valid for 3 hours

\*\*\* Valid for 6 months, all starting dates possible

## Massages

**Sports massage** 50/80 min, CHF 115/170  
Vigorous massage techniques ease tension and stiffness before or after sport activities.

**Full body massage** 50/80 min, CHF 115/170  
**Partial body massage** 25 min, CHF 60  
A classic massage using specific massage techniques to loosen muscles, stimulate metabolism and promote circulation.

**Soglio aromatherapy massage** 50/80 min, CHF 115/170  
This soothing massage using essential oils is especially relaxing for both body and mind.  
Your aromatherapy massage uses Soglio oil mixtures tailored specifically to your individual needs.

**Head, neck and back massage** 50 min, CHF 115  
Specifically loosens tense, stiff muscles and enhances circulation.

**Foot reflex zone massage** 50 min, CHF 115  
Foot reflex zone massage targets specific reflex points on the feet through massage. It works to restore harmonious circulation throughout the body by taking best advantage of the body's own healing power and energy flows.

**Lymph drainage** 25/50 min, CHF 70/115  
The purpose of lymph drainage is to activate the body's lymphatic system. The heightened lymph flow improves the overall state of the immune system.

**Dorn therapy** 60/90 min, 115/170  
Dorn therapy is a safe, manual method for gently correcting the spine and joints. Working actively with the therapist, the spine and joints are brought back into the correct position.

## Wellness massages and treatments

**Soap massage with peeling (kese)** 50 min, CHF 110  
Full body peeling with light massage that works to stimulate metabolism. The warmth produced by rubbing stimulates the flow of lymph and strengthens the connective tissue.

**Lomi Lomi Nui** 80 min, CHF 170  
A healing ritual that originated in Hawaii. Blockages and tension are relieved throughout the body and the joints, producing a state of deep relaxation.

**Hot stone massage** 50/80 min, CHF 120/175  
A hot stone massage combines revitalising massage with fine oils and the deep penetrating effects of hot massage stones. The warmth has a calming effect and loosens tense muscles.

**Rock salt massage** 50 min, CHF 130  
High-grade, natural rock salt from the Alps stimulates the body's cleansing, purification and deacidification through the skin. A massage with salt massage stones allows warmth to penetrate deep into the muscles, dissolving energy blockages and strengthening the immune system. A relaxing massage experience.

**Anti-cellulite treatment**  
Help fight cellulite while you enjoy a detoxifying body wrap and stimulating anti-cellulite massage. This 80-minute treatment supports the body in ridding itself of toxins and burning fat.  
80 min/3-treatment series, CHF 180/490

**Permanent contour stamp massage for face or body**  
The body or face is rubbed with a special oil and then massaged with a thermal stamp filled with skin-benefiting ingredients. The active substances and essential oils work to activate the body's self-healing powers.  
Facial massage 45 min, CHF 85  
Body massage 60 min, CHF 120

## Peelings and packs

**Alpine herb peeling** 35 min, CHF 60  
A gentle, enzymatic peeling using the finest mineral powder, urea pura, magnesium and alpine herbs. This full body peeling will leave your skin with a pleasant smell and a soft, smooth-to-touch feeling.

**Honey & Swiss pine peeling with natural salt** 35 min, CHF 55  
A gentle peeling that clears, smoothens, invigorates and protects the skin through the action of mineral-rich rock crystal salt, antibacterial propolis and nourishing bee's honey. Ideal for rough, scaly skin.

**Arnica natural salt peeling** 35 min, CHF 55  
An arnica natural salt peeling moisturises and refreshes your skin with the powerful active ingredients contained in the blossoms of the arnica plant and lemon grass. Cools, regenerates and revitalises after sport activities.

**St. John's wort & biopir natural salt peeling** 35 min, CHF 55  
A natural salt peeling that detoxifies and improves skin tone. Nourishing, vitamin-rich extracts from milk, yeast and St John's wort combined with pure olive oil stimulate regeneration of the skin.

**Full-body detoxification pack** 35 min, CHF 60  
Purifying juniper and the diuretic action of young birch leaves promote the body's own detoxification processes. Orange peel oil has a stimulating effect and enhances circulation and fat burning.

## Facial treatments

**Dermalogica facial treatments**  
Dermalogica is a line of high quality skin care products developed by dermatologists. They are some of the most effective products available on the market today. The Dermalogica medical facial treatment is tailored specifically to the needs of your complexion. All products in the Dermalogica line are free of mineral oil and lanolin, which can clog pores and trigger infection, alcohol, which can dry out your skin, and artificial colouring and fragrances, which can cause irritation.

**Dermalogica Basic** 60 min, CHF 125  
This is the basis of all Dermalogica treatments. Every step in the treatment is tailored to the needs of your skin.

**AgeSmart** 85 min, CHF 160  
Highly effective active ingredients from the AgeSmart skin care line work to prevent skin aging and help repair damaged skin, restoring your skin's natural glow and smoothness.

**IonActive Power Treatment** 50 min, CHF 120  
The 50-minute IonActive Power Treatment for face and cleavage selectively fights the causes of dry, unclean and inflammation-prone skin, fine lines and hyperpigmentation. By combining high concentrations of the latest active ingredients, this treatment is particularly effective and provides immediate visible results.

**MediBac Clearing** 60/75 min, CHF 125/145  
Specialised treatment for adult acne using the highly effective MediBac Clearing products. Not only does this treatment address existing breakouts of acne, it also helps prevent further flare-ups.

**UltraCalming** 75/85 min, CHF 145/160  
This treatment offers quick help for sensitive skin; it smoothens and soothes even extremely irritated, inflamed skin. By addressing the underlying causes of redness, itching and burning this treatment brings long-lasting relief from skin irritations.

**PowerBright** 85 min, CHF 160  
Pigment spots or hyperpigmentation is the result of an overproduction of melanin. The skin's production of pigments is a multi-step process. Therefore, a multi-step system is also needed to address pigmentation problems and achieve visible results. This treatment reverses the process of hyperpigmentation step by step.

**Stress positive eye lift** 35 min, CHF 80  
An intensive eye treatment which stimulates the skin to alleviate signs of stress. Visibly energises and firms up the area around the eyes. The appearance of dark circles and bags is reduced.

**Facial treatment for men** 45 min, CHF 110  
This treatment starts with intensive cleansing of your skin, followed by peeling. Skin impurities are eliminated. Let your whole body relax, as you enjoy a hand, foot or shoulder massage while a customised facial mask rehydrates and revitalises your skin.

## Depilation

Our hair removal treatments are done using hot wax, a method which is particularly well-suited for gentle, effective removal of unwanted hair, even in especially sensitive spots such as the face and the bikini area.

## Other treatments

Manicure, without varnish 45 min, CHF 60  
Manicure, with varnish 60 min, CHF 75  
Manicure, with gel varnish 60 min, CHF 85  
Cosmetic pedicure, without varnish 60 min, CHF 75  
Cosmetic pedicure, with varnish 75 min, CHF 90  
Cosmetic pedicure, with gel varnish 75 min, CHF 100  
French varnish 25 min, CHF 25  
Varnish change 20 min, CHF 20

Eyebrow plucking 15/30 min, CHF 15/30  
Eyebrow tinting, incl. brow correction 20 min, CHF 30  
Eyelash tinting 20 min, CHF 30  
Eyebrow and eyelash tinting 30 min, CHF 50

On request we will be happy to add eyebrow and/or eyelash tinting to your facial treatment for only 50% of the regular price.

## Bookings and reservations

Bookings and reservations can be made by calling +41 (0)81 836 61 08 or e-mailing spa@ovaverva.ch

Early **cancellations** with at least 24 hours advance notice incur no charge. Please understand that should you cancel at shorter notice or miss your appointment we are obliged to bill you the full amount of the treatment.