



Your hotel in the swiss mountains:
Sporthotel Valsana **** superior, CH-7050 Arosa
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www.valsana.ch info@valsana.ch

*Member of
Tschuggen Hotel Group*



BEAUTY MESSAGE HAIR SALON



Pamper yourself with a beauty treatment or have a massage!
Give your body and soul a treat!

The Sporthotel Valsana Beauty Team
is looking forward to your visit.

COSMETIC AND BEAUTY

FACE AND BODY CARE

Classic Facial Treatment

Aromatherapy facial treatment—customized for different skin types: cleaning, moisture regulating, vitalizing, calming

Min.	CHF
60'	90
90'	120

Classic Facial Treatment incl. Make-up

80'	110
110'	140

Clarins Pro Dacial Treatment

The new Clarins Pro Method combines different facial treatments to give you the real experience. Plant extract concentrates, aesthetic aroma oils and special massage techniques work all together to give that wonderful feeling. Pro Active skin care: cleaning, fresh, vital.

65'	130
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Clarins Body Peeling

Skin like silk! The Clarins vitalizing body peeling method will make your skin smooth. Impurities are removed, circulation is improved, cells are renewed.

45'	95
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Clarins Aroma Phyto Soin Method

Experience the exceptional results of essential oils and their balancing, relieving and calming effects.

75'	135
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HAIR SALON

LADIES

Wash, dry
Short hair
Long hair

	CHF
	48 to 52
as from	58

Wash, set
Short hair
Long hair
To pin up

	47
as from	52
as from	55

Cut
Do one's hair

	35 to 45
	15 to 25

MEN

Cut, wash
Cut without wash
with the machine

	52
	40
	30

CHILDREN

Cut
Short hair
Long hair
Incl. Washing and dry

	35
	40
	plus 10

MISCELLANEOUS

Permanent wave
Colour
Tinting
Meches

	80
	60
	48
	50 to 100

INFORMATION

Beauty — Massage

Our beauty team is available to book your appointment:

Monday to Sunday:

09.00—12.00 hours
14.30—19.00 hours

Please reserve your preferred appointment in advance.

Hairdresser

Our hairdresser is available to book your appointment:

Monday to Saturday:

09.00—12.00 hours
15.00—19.00 hours

Sunday:

15.00—19.00 hours

**Beauty - Massage
Hairdresser**

**Tel: 935
Tel: 936**

Cancellation

For cancellations within 24 hours of your appointment, we will charge 50 % of the price. If you miss your appointment, we will have to charge the full amount.



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Wellness for K I D S

(Kids / Teenager until 14 years)

YOUNG BEAUTY

Cosmetic Treatment

The treatment is aligned with your skin type. Cleansing, calming and caring.

Min. CHF

60' 80

MASSAGE

Test partial massage

15' 45

Partial massage

25' 60

Baby- and children-massage

„To feed a child with touches is as important as to fill his stomach.“ (F.Leboyer)

15' 35

We would be happy to show you how to massage your baby/young child gently with soft touch, warmth and tenderness. Furthermore, you will receive a small brochure with tips and instructions to allow you to use this method at home.

Possible times:

Between 10.30 am and 15.30 hours.

MAKE-UP

Daytime make-up
Evening make-up
Make-up consultation

Min. CHF

30
50
55' 70

FACE AND EYES

Colour eyelashes
Colour eyebrows
Colour eyelashes and eyebrows (with one colour)

25
25
45

Tweeze eyebrows (as needed)

10' 25

HAIR REMOVAL

Legs, half lenght
Legs, full lenght
Underarms/bikini
Upper lip or chin

starting at
starting at

30' 50
45' 80
20' 30
10' 15

HANDS AND FEET

Intensive paraffin hand-care with peeling
Manicure with paraffin hand-care
Manicure
Manicure with nail vanish
French manicure

Nail varnish
Nail varnish (French)

Pedicure
Pedicure with varnish

30' 25
80' 65
45' 45
60' 55
60' 55

15' 15
20' 25

45' 75
60' 80

All prices are in Swiss Francs (CHF) incl. VAT. Prices are subject to charge.

M A S S A G E

ESPECIALLY FOR MEN

Classic facial

Facial customized for your particular skin type, consisting of cleansing, peeling, steam, deep cleansing, massage, facial mask, finishing treatment.

Min. CHF

60' 90
90' 120

Back treatment

Cleansing, peeling, steam, deep cleansing, pack and treatment.

45' 75

PACKAGE

Beautiful form head to feed

- 1 Classic facial treatment
- 1 Foot reflexology massage
- 1 Intensive paraffin hand-care with peeling
- 1 Partial body massage

190' 260

Vital through the season

- 2 Total body massages
- 1 Pedicure
- 1 Manicure

190' 260

Relaxation pure

- 1 Classic body peeling
- 1 Full body massage
- 1 Manicure
- 1 Classic facial treatment

190' 260

Classic full body massage

To enhance your circulation, stimulate your metabolism and activate muscles and connective tissue. Massages are soothing and relax joints and nerves to achieve a feeling of general wellbeing.

Min. CHF
50' 90

Sports massage

To regenerate and activate muscles and the locomotor system. Preventative effects are achieved by generally loosening the locomotor system and joints strained by tension or sports injuries, muscle or joint inflammation.

25' 75
50' 110

Back and neck massage

To relax neck and back muscles and relieve tension, fatigue and stress.

25' 60

Aroma oil massage

Essential oils go more than skin deep. They revitalize and soothe, relax and take you away into a world of wellbeing. Select your own aroma essence.

25' 65
50' 95

Foot reflexology massage

Foot reflex points are massaged for a holistic effect on metabolism and organs.

25' 60
50' 90

Lomi-Lomi-Nui

Lomi-Lomi-Nui is a full body massage from Hawaii. Long smooth massaging movements alternate with gentle joint loosening actions and hard body work. Lomi-Lomi-Nui activates the senses and is a nurturing way to reach deep relaxation.

80' 140

Hot Stones

Warm lava stones with deep effects – a feel-good experience of the special kind. Through the hot stones massage you will reach a total relaxation, which not only unifies body and spirit but also spoils your senses. A spa treatment which helps you to unwind and bring about new life-energy.

80' 140