



HOTELKRONE

Pampering. Dreaming. Relaxing.

**MASSAGES &
WELLNESS
YOGA & FITNESS**



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WELCOME

to our Wellness and Fitness Area of Hotel Krone Churwalden

Dear guests,

Wellness means taking time for oneself and restoring not only on a physical, but also on a mental and emotional level. At Hotel Krone Churwalden we provide our guests a wide range of options to relax and to regenerate.

Experience the healing power of our Steam Bath, our Finnish Sauna or our Organic Sauna. Feel comfortable in the delightful atmosphere of our Relaxation Rooms.

Release your body from muscle blockages in our Jacuzzi, enjoy the warmth of our Infrared Cabins and enrich your body with new energy.

Afterwards treat yourself with a personalized massage recommended by our Massage Team.

We are looking forward to welcoming you!

The Massage & Wellness Team

Appointments

Book your massage at Hotel Krone Churwalden today. We are available at our Hotel Reception and on our website.

phone	+41 81 552 57 57
e-mail	reception@kronechurwalden.ch

OUR MESSAGES

Individual Massage

Arrange a customized massage according to your own personal needs with one of our Massage Therapists.

Duration 30 minutes / 60 minutes CHF 80.00 / CHF 140.00

Sports Massage

A sports massage shortens the regeneration period and prevents sore muscles. Cramps which may occur during exercising can be treated with specific manual stretches. If applied frequently, pathological patterns in both fascia and muscles can be released. After a workout the treatment is applied for loosening and regenerating.

Duration 30 minutes / 60 minutes CHF 90.00 / CHF 150.00

Lymphatic Drainage

This gentle full body massage activates the lymphatic flow and supports your immune system.

Duration 30 minutes / 60 minutes CHF 80.00 / CHF 140.00

Head Massage (Aroma)

Take a time out with a pleasant Head Massage.

Duration 30 minutes CHF 90.00

Pregnancy Massage

Swelling in the legs, backpain, a stiff neck or the simple wish for relaxation. Pregnant women have special needs which will be especially met in this special type of massage.

Duration 30 minutes / 60 minutes CHF 80.00 / CHF 140.00

IMPORTANT INFORMATION

Please make sure that you arrive on time, 10 minutes before the treatment at our reception and please inform our Reception Team. In case you should be delayed we will search for the best solution together.

The specific duration of each treatment as they are stated above, is always referring to complete treatment time. Please note that our calculation already includes a time gap to rest after each treatment.

We would like to ask you to hand us any needed information such as pregnancy or other noteworthinesses already during the process of booking so that we can create your personal treatment schedule. Thank you very much!

Please communicate any changes of date and cancellations until latest 24 hours before the treatment, otherwise we will have to charge the full amount.

Thank you very much for your understanding!

For our external Guests

The entrance fee to our SPA is CHF 35, - (excl. bath robes)

Combined with a booking for a massage the entrance is free of charge.

Good for our planet, good for us humans

All products we apply in our treatments are produced by organic agriculture.

OUR WELLNESS AREA

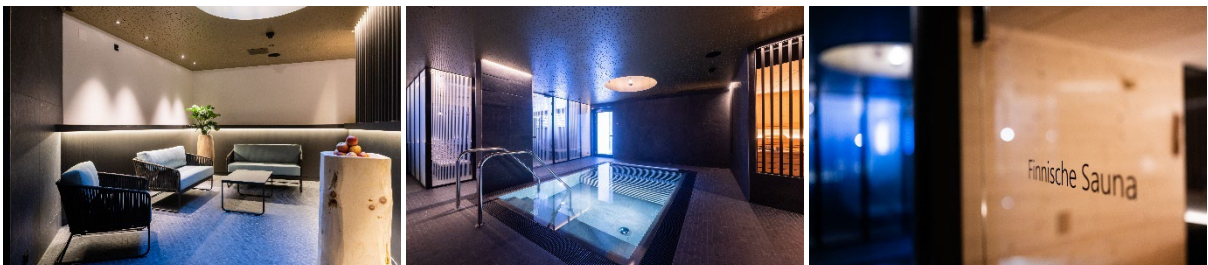
Our Wellness Area provides 2 Infrared Cabins, 2 Saunas, 1 Steam Bath, 1 Jacuzzi & 1 Relaxation Room. They all support your body detoxing, will enhance blood circulation and release stress.

Our current opening hours and the dress code to our SPA can be found on the website.

FOR THE CARE OF OUR ENVIRONMENT

Supporting the wish to protect our planet, we would like to ask you to bring your own bath robes and slippers.

For a fee of CHF 5, - you have the option to rent a bath robe and a pair of slippers can be purchased for CHF 2, -. Thank you very much for your understanding!



OUR FITNESS GYM

Feel like having some energy left? Looking for a bad weather program?

You will find access to a different range of work out machines that will guarantee nothing is standing between you and your training routine. Our Fitness Area also offers more than enough space to spread your mat for a Yoga or Fitness Workout.

