



**HOTELKRONE**

**Pampering. Dreaming. Relaxing.**

**MASSAGES,  
WELLNESS,  
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

## Classic Massage

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Arrange a customized massage according to your own personal needs with one of our Massage Therapists! From head to toe or focused on your chosen body parts.

Duration                      30 minutes / 60 minutes                      CHF 80.00 / CHF 130.00  
additional aroma oil + CHF 10.00

## Sports Massage

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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 140.00

## Deep Tissue

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Deeper pressure for deeper effects! We effect the deeper lying postural muscles also that are often neglected.

Duration                      30 minutes / 60 minutes                      CHF 90.00 / CHF 140.00

## Hot Stone Massage

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A massage, a ritual with the healing effects of heat.

Duration                      60 minutes / 90 minutes                      CHF 140.00 / CHF 170.00

## Foot Massage

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Let yourself be treated with a shooting foot massage and enjoy the benefits in your body and soul!

Duration                      30 minutes / 60 minutes                      CHF 70.00 / CHF 120.00

## Pregnancy Massage

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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 130.00

## Manual Therapy

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A range of treatment options with your special goals and problems in focus. For better posture and effortless movement. These methods can reduce pain, improve range of motion and promote faster healing of injuries.

Duration                      30 minutes / 60 minutes                      CHF 100.00 / CHF 150.00

## Lymphatic Drainage

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A gentle manual full body massage, that activates the lymphatic flow and supports the immune system.

Duration                      30 minutes / 60 minutes                      CHF 90.00 / CHF 140.00

### **For everyone**

At our spa every treatment session is tailored to your own needs and wishes at the moment!

Don't you find your wish on the list? Feel free to talk to our therapist, as he may have an individual offer for you!

# 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 noteworthiness's 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 and 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.

