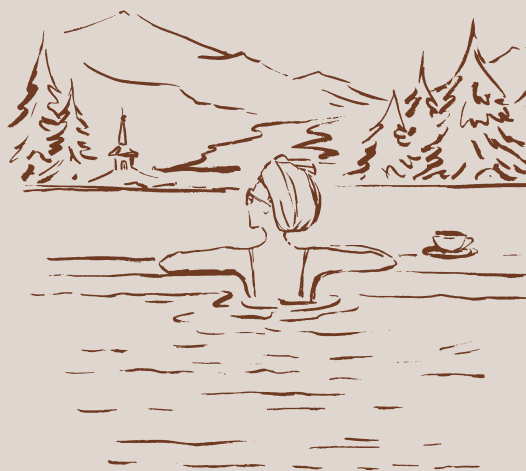


# SUVRETTA *Spa*



SUVRETTA *Spa*



*Alpine serenity redefined.*



## *Dear guests,*

Breathe In, Breathe Out—Welcome to the Suvretta Spa, set at an altitude of over 1,800 meters in the heart of the Engadine mountain scenery. Spanning more than 4,670 square meters, here you will experience the most sustainable way to achieve true wellbeing.

The Suvretta Spa offers you the most rewarding way to establish your self-care routine, maintain your desired lifestyle, and take full advantage of our state-of-the-art facilities.

Our philosophy for Spa & Beauty is based on the symbiosis of pure natural ingredients, sustainability, and the latest expertise in cosmetic science.

The product lines Cellcosmet, ilā and Sisley allow you to experience the essence of scientific and beyond organic skincare in service of your beauty.

At the Suvretta Spa, you are the center of attention. Our carefully curated treatments support the body's natural detoxification process, release inner blockages, and stimulate the invaluable self-healing powers within.





# Treatments

## Massages

Aroma Oil Massage	_____	from 130.– CHF
Combi Massage	_____	200.– CHF
Sport Massage	_____	from 140.– CHF
Foot-Reflexology	_____	from 130.– CHF
Hot Stone Massage	_____	from 130.– CHF
Lymphatic Drainage	_____	from 140.– CHF
Prenatal Massage	_____	200.– CHF
Lomi Lomi Massage	_____	285.– CHF

## Cellcosmet Facial & Body Treatments

Expert Smoothing Collagen Ritual	_____ 90 min /	310.– CHF
Cellular Tailor-made	_____ 60 min /	220.– CHF
Tailor-made Full Body Ritual	_____ 90 min /	270.– CHF
Expert Anticellulite Ritual	_____ 90 min /	270.– CHF

## ilā Beyond Organic Body Treatments

Suvretta Signature Treatment	_____ 75 min /	295.– CHF
Kundalini Back Massage	_____ 60 min /	210.– CHF
Prana Vitality Massage	_____ 60 min /	210.– CHF
Detoxifying Scrub	_____ 30 min /	130.– CHF
Pearl & Jasmine Scrub	_____ 30 min /	130.– CHF
Scrub & Full Body Massage	_____ 80 min /	300.– CHF

## Sisley Facial Treatments

Sisleya Anti-Aging Facial	_____ 90 min /	310.– CHF
Expert Hydration Facial	_____ 60 min /	220.– CHF
Expert Radiance à la Rose Noire	_____ 60 min /	220.– CHF
Expert Nourishing Facial	_____ 60 min /	220.– CHF

Further information on the individual treatments  
can be found on the following pages.



## Further Treatments

### For the hands

Manicure without varnish .....	105.– CHF
Manicure with varnish .....	135.– CHF
Manicure with Gel Colour .....	175.– CHF
Gel Colour Remover / Add-on only.....	30.– CHF

### For the feet

Pedicure without varnish .....	145.– CHF
Pedicure with varnish .....	165.– CHF
Pedicure with Gel Colour .....	200.– CHF
Pedicure without varnish <b>Foot-Reflexology</b> .....	240.– CHF

### For the eye area

Eyebrow correction .....	25.– CHF
Eyebrow tinting .....	40.– CHF
Eyelash tinting .....	40.– CHF
Eyelash and eyebrow tinting .....	60.– CHF
Eyelash or eyebrow lifting .....	170.– CHF

### Depilation

Lower leg .....	75.– CHF
Full leg .....	120.– CHF
Full arms .....	60.– CHF
Armpit .....	40.– CHF
Bikini sides .....	40.– CHF
Brazilian .....	80.– CHF
Upper lip .....	20.– CHF
Chin .....	20.– CHF

### Depilation Gentlemen

Back .....	90.– CHF
Chest .....	90.– CHF





# Massages

**Aroma Oil Massage** \_\_\_\_\_ 30/50/80 min / 130/200/270.– CHF

A full-body massage using a selection of special aromatic oils. Feel your muscles loosen and tension dissolve. A sense of overall wellbeing spreads, and you'll feel light and relaxed again.

**Combi Massage** \_\_\_\_\_ 50 min / 200.– CHF

You'll deeply relax as we balance your energy flow with this treatment. We begin by releasing tension and blockages in your back, then harmonize your entire body through pressure points on the soles of your feet. This energy balancing brings you back into harmony.

**Sport Massage** \_\_\_\_\_ 30/50 min / 140/210.– CHF

Targeted massage techniques loosen tense muscles, aid regeneration, and help prevent injuries. Ideal after a workout or for improving performance—enhancing flexibility and supporting an active body feeling.

**Foot-Reflexology** \_\_\_\_\_ 30/50 min / 130/200.– CHF

Foot massage using specialized pressure point techniques to release tension, reduce stress, and stimulate lymphatic and blood circulation.

**Hot Stone Massage** \_\_\_\_\_ 30/50/80 min / 130/200/270.– CHF

Soothing heat relaxes muscles, promotes circulation, and brings body and mind into alignment. The warmth of the lava stones works deeply into the muscles before the massage begins, enhancing your sense of wellbeing and inner balance.

**Lymphatic Drainage** \_\_\_\_\_ 30/50 min / 140/210.– CHF

Targeted techniques stimulate lymphatic flow, reduce swelling, and boost the immune system. This treatment is especially beneficial after surgery or for lymphatic concerns.

**Prenatal Massage** \_\_\_\_\_ 50 min / 200.– CHF

Pregnancy often causes tension throughout the body. This treatment is customized to address your specific needs during this special time.

**Lomi Lomi Massage** \_\_\_\_\_ 75 min / 285.– CHF

Experience the luxurious Hawaiian healing tradition. Flowing, wave-like strokes combined with warm, fragrant oils release deep-seated tension and provide a sense of comfort and inner harmony. A holistic pampering treatment—like a journey to the Hawaiian islands.





cellcosmet  cellmen  
Switzerland



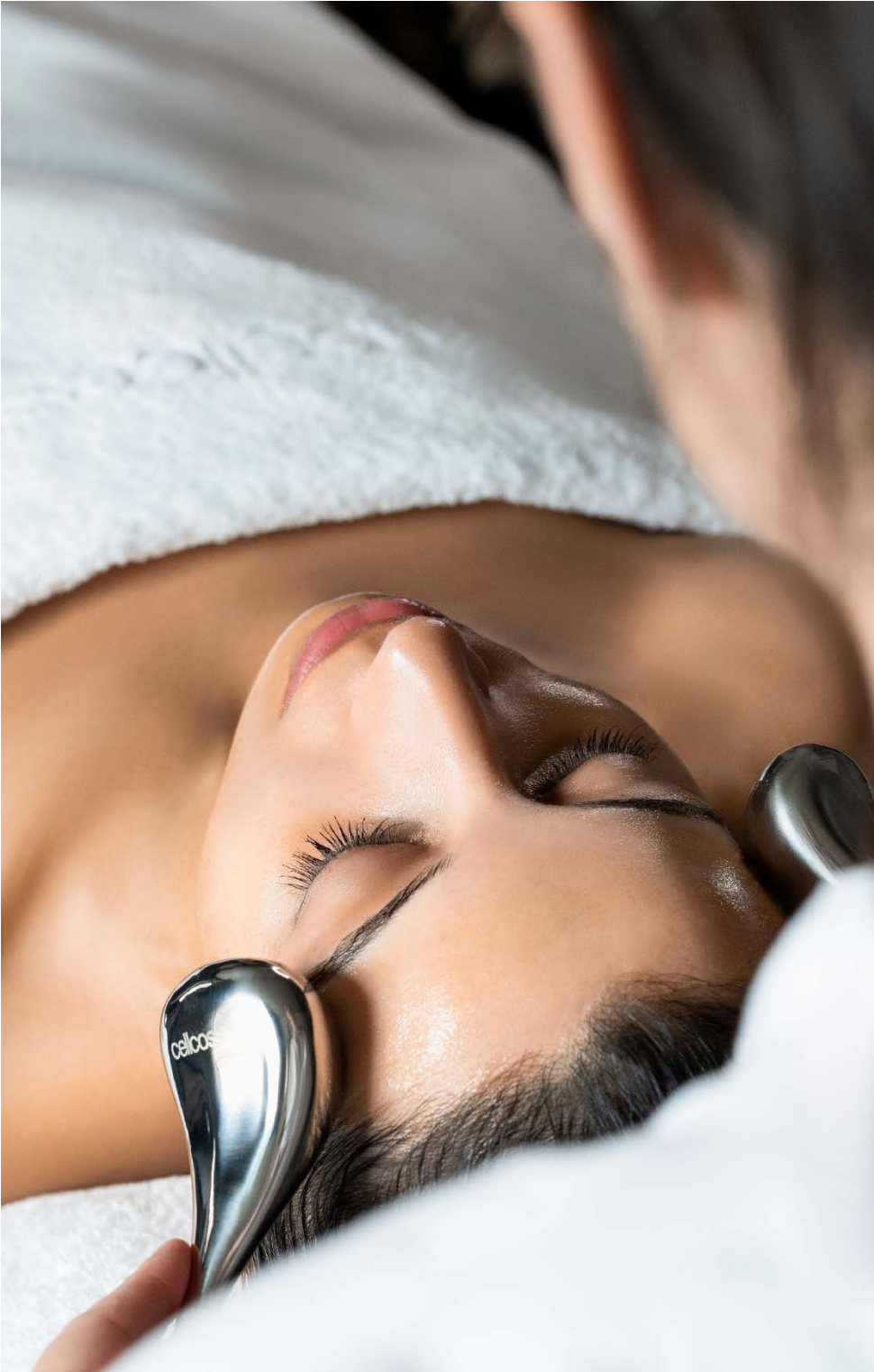


# *The Swiss Cell Spa Experience*

Soothing treatments with the high-quality revitalizing care products from Cellcosmet & Cellmen—100% Swiss Made—now await you in our Suvretta Spa.

Benefit from the only cellular treatments that respect your skin's hormonal identity and are adapted to its physiological age. A world exclusive brought to you by Swiss Cell Spa Experience.

The range of Revitalisation and Well-Being treatments, combined with our expertise, will exceed your highest expectations, whatever these might be. So allow yourself to be cocooned in a deliciously relaxing environment where revitalisation, relaxation and well-being rhyme with pleasure and pampering.



# Cellcosmet Facials & Body Treatments

## **Expert Smoothing Collagen Ritual** \_\_\_\_\_ 90 min / 310.– CHF

Gives skin a noticeable boost in radiance and firmness. The instant tightening effect is perfect for mature skin. The secret: a collagen mask combined with our cellular serum, rich in smoothing peptides and intensely hydrating hyaluronic acid.

Results: visibly redefined facial contours and plumper, smoother, firmer skin.

## **Cellular Tailor-made** \_\_\_\_\_ 60 min / 220.– CHF

Tailored to the specific needs and desires of the client, this treatment soothes, alleviates tension, and reduces redness. It refreshes the skin, leaving it with a balanced and radiant glow.

## **Expert Anticellulite Ritual** \_\_\_\_\_ 90 min / 270.– CHF

Reduces the appearance of cellulite, visibly enhancing the silhouette. Nourishes and softens the skin, leaving the body feeling light and toned.

## **Tailor-made Full Body Ritual** \_\_\_\_\_ 90 min / 270.– CHF

An extraordinary, fully customizable protocol, including a facial massage. Choose from three versions: relaxing, firming, or anticellulite.









ilā



## *ilā - Beyond Organic*

ilā originates from the rolling hills of the English countryside and is dedicated exclusively to body treatments. It envelops guests with its “Beyond Organic” philosophy, nurturing both body and soul. Together with ilā, a **Suvretta x ilā Signature Treatment** has been developed.

For more than a decade, ilā and Suvretta House have cultivated a partnership rooted in a shared philosophy: that true luxury is found in authenticity, purity, and deep connection to nature. ilā was founded on the belief that wellbeing goes far beyond the physical—it is about energy, spirit, and inner harmony. Every product and treatment is crafted with care using the purest natural ingredients, sustainably and ethically sourced, and blended with intention to harness their vibrational energy. This sets ilā apart: we do not simply offer treatments, we create rituals that transform, restore, and awaken on a profound level.

The signature Warming Potali Treatment exemplifies this union. Inspired by ancient Ayurvedic healing traditions, it uses ilā’s unique blend of pine, amber, frankincense, and argan oil to create a ritual of profound restoration.

It is this blend of authenticity, respect for tradition, and commitment to transformation that makes ilā and Suvretta House’s decade-long partnership so special. Together, we have created spa experiences that are not just treatments, but journeys—ones that nurture body, mind, and spirit, and leave guests with a lasting sense of balance, renewal, and peace.

# *ilā Body Treatments*

## **Suvretta Signature Treatment** \_\_\_\_\_ 75 min / 295.– CHF

The sleep-promoting essence of the native Pinus Cembra, also known as the Queen of the Alps, combined with essential oils from the Earth and Fire chakras at the heart of ilā, leads to profound relaxation and a deep-rooted connection with the elements of nature. The magical surroundings of the Suvretta Mountains enhance this unique experience.

## **Kundalini Back Massage** \_\_\_\_\_ 60 min / 210.– CHF

A gentle, nourishing treatment that uses chakra and sound healing to activate and channel the Kundalini energy at the base of the spine, realigning the body's rhythm and restoring balance. This soothing treatment is ideal for emotionally drained souls. It has a deeply restorative effect on both the sympathetic and parasympathetic nervous systems. The body is returned to a state of awareness and equilibrium, relieving physical and mental tension while releasing blocked emotions and fears.

## **Prana Vitality** \_\_\_\_\_ 60 min / 210.– CHF

This energizing full-body massage helps release toxins, banish fatigue, restore balance, and let your mind, body, and soul shine. We use massage techniques, Marma therapy, and vitality-boosting essential oils with juniper berries, geranium, lemongrass, lavender, and patchouli. Himalayan salt wraps with lavender and calendula are also used in this treatment to relax and deeply energize the solar plexus.

**Detoxifying Scrub** \_\_\_\_\_ 30 min / 130.– CHF

This energizing full-body scrub targets cellulite, stress, and fatigue. Harnessing the ionizing properties of Himalayan salt crystals, it stimulates circulation and detoxification, revitalizing the mind, body, and soul.

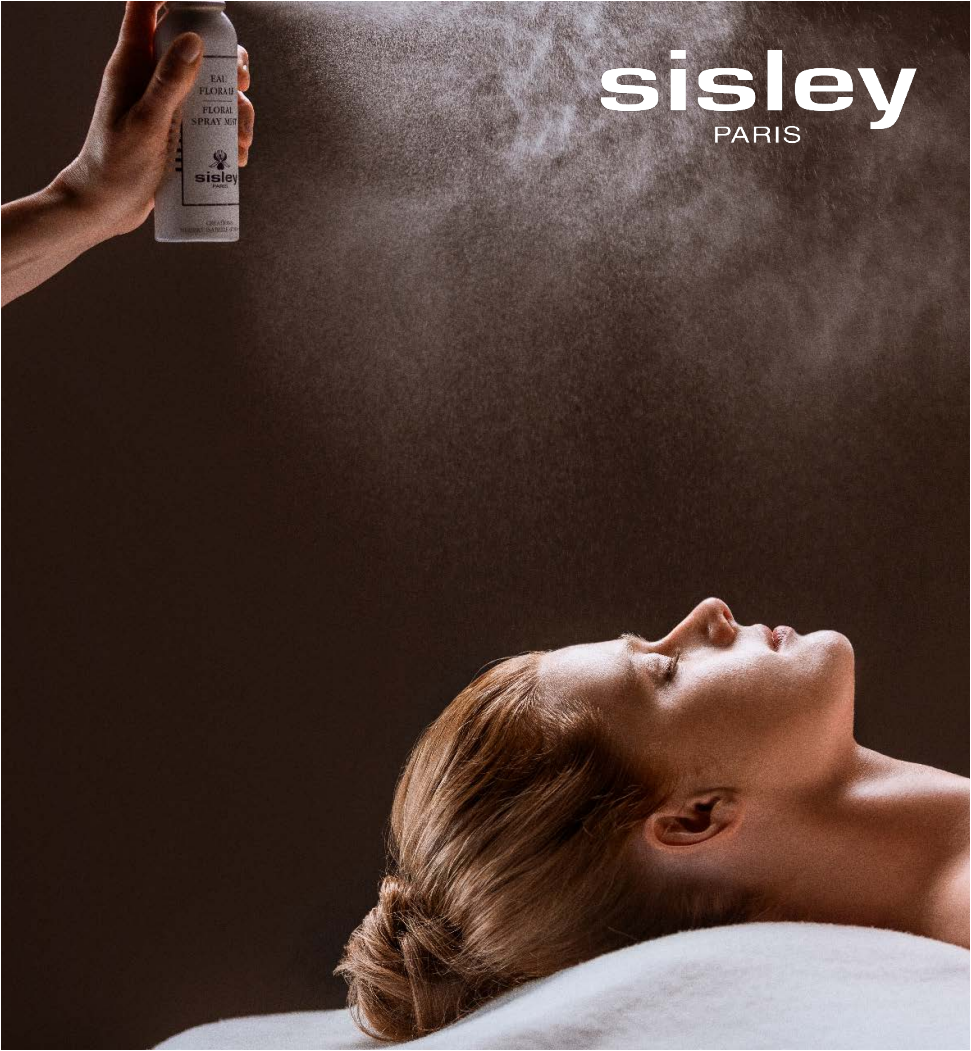
**Pearl & Jasmine Scrub** \_\_\_\_\_ 30 min / 130.– CHF

An indulgent scrub combining the soothing and nourishing properties of pearl and jasmine for radiant, soft skin.

**Scrub & Full Body Massage** \_\_\_\_\_ 80 min / 300.– CHF

Enjoy the best of both worlds with two treatments in one. Prepare your skin with a scrub, then indulge in a relaxing full-body massage.





**sisley**  
PARIS



## *Sisley Paris*

Discovering Sisley Phyto-Aromatic treatments means, first of all, immersing yourself in the sensual world of an extraordinary brand known for the extreme quality of its care products and their unrivalled effectiveness. The facial rituals, developed on the basis of the local traditions from around the world, combine with beneficial properties of the finest natural plant extracts and aromatherapy to reunite body and mind.

Sisley offers the best of nature, their formulations combining up to 50 active ingredients to respond most effectively to the skin's needs, while guaranteeing optimal tolerance.



# Sisley Facials

## **Sisley Anti-Aging Facial** \_\_\_\_\_ 90 min / 310.– CHF

This treatment, lasting 90 unforgettable minutes, deeply remodels the face and restores its youthful appearance through sophisticated rituals. Wrinkles and fine lines are smoothed, the epidermis looks firmer, tighter, and more radiant. The skin appears younger and radiates vitality.

## **Expert Hydration Facial** \_\_\_\_\_ 60 min / 220.– CHF

This treatment applies Sisley's entire anti-aging expertise to enhance hydration, providing a unique experience. Focused on ingredients that promote water circulation within the epidermis, it restores the skin's ideal moisture balance. The skin becomes soft, strengthened, and plump, looking youthful and hydrated.

## **Expert Radiance à la Rose Noire** \_\_\_\_\_ 60 min / 220.– CHF

This treatment prevents the loss of skin's youthful vitality and combats the first signs of aging. The skin is immediately hydrated, revitalized, and plumped. After the treatment, the complexion looks fresher and more radiant.

## **Expert Nourishing Facial** \_\_\_\_\_ 60 min / 220.– CHF

This specialized treatment addresses your skin's current needs using Sisley's full expertise, restoring balance, softness, and freshness to your skin instantly.







# *The Suvretta Spa*

Outdoor Infinity Pool	A heated outdoor pool (17,5m) that appears to merge with the Engadin valley below, for a breathtaking pool experience in any season. Contains 3 massage beds, foot massage area and 5 different levels of immerse Hydro Jets for back and legs. (34°C)
Indoor Pool	A heated semi-Olympic swimming pool (25 m) designed for swimming enthusiasts and for the "water bugs" we saved the spring board. (28,5°C)
Indoor Kids Pool	Designed for children to enjoy the element of water in a playful way. (32°C)
Indoor Kneipp	A hydrotherapy area with cold and hot water that promotes circulation and strengthens the immune system. (12–34°C)
Jacuzzi	The ultimate relaxation and stress relief through the warm water and jets
Glacial Cold Pool	Designated for cryo recovery. (15°C)
Alpine Herbal Sauna	With infusions of local mountain herbs. (60°C)
Sauna	Improves cardiovascular health by lowering blood pressure. (85–90°C)
Infrared Sauna	Provides therapeutical benefits such as deeper muscle relaxation and pain relief. (30–50°C)
Steam Bath	The aromatic essential products enhance respiratory benefits. (40–45°C)
Ladies Sauna	For the ultimate in privacy, offering a bio sauna, steam bath, sensorial showers, cold pool and a relaxation room.
Experience Showers	Mist Shower Maloja, Rain Shower Julier, Ice Mist Shower Morteratsch.
Relaxation Rooms "Bergsee" (Mountain Lake)	Relax and unwind in our beautiful relaxation rooms with the most spectacular views into the Engadin Valley either in the spa area or in the pool area.



Spa Lounge	A delicious offering of healthy and tasty juices and snacks as well as delicious drinks.
Gym	A spacious gym studio offering panoramic views whilst doing a full work out. The studio is fitted with the latest Technogym state of the art equipment to harmonize with the body's natural movements.
THE BEAT x The Suvretta Spa Yoga	In collaboration with THE BEAT St. Moritz & Porto Cervo. Check out our Pilates Reformer group classes or book your private session.
Hairdresser	Let our stylist pamper you and don't forget to try a Shu Uemura treatment.
Treatment rooms	Extra soft massage beds from Gharieni and top therapists to make you forget about the day to day.
Spa Reception	Our team is looking forward to assist you with your requirements and to help you to find you around the Suvretta Spa.

Bathrobes, towels, slippers, shower gel, shampoo, conditioner, body lotion and many more amenities are provided in the changing rooms and shower areas.

Furthermore, we offer a broad choice of wellness treatments with the well-known brands Cellcosmet, ilā, Sisley, Shu Uemura.





# How to enjoy a great sauna experience

## Before you enter

Hydrate your body before, during or after your spa experience

Shower—take a pre-session shower and dry off completely

Avoid large meals—do not go on an empty stomach or right after a large meal

Avoid alcohol—never use a sauna or steam room while under the influence of alcohol

## During your session

Use a towel—place a towel on the bench to sit or lie on

Session length—start with a shorter session of about 8–10 min, especially for first timers, and gradually work your way up to 15 min

Change positions slowly—to avoid dizziness, sit up gradually for about 2 min before the end of your session

Listen to your body—if you feel lightheaded or uncomfortable, leave the room immediately

## After your session

Cool down gradually—after leaving the room, spend up to 10 minutes in the cool air to let your body adjust before taking a cold shower or enter a pool

Rehydrate—drink more water to replenish fluids lost through sweat

Repeat—you can repeat the cycle of a 15 min session followed by a cool-down period, but limit your total number of sessions to a maximum of 2–3 per visit

## Medical conditions

Avoid the sauna if you have a fever, are pregnant, or have circulatory problems, heart conditions, high or low blood pressure, diabetes, or epilepsy

# Opening Times & Bookings

We are delighted to arrange your own individual relaxation treatment.

## Opening hours from Monday – Sunday

Spa-Desk	9 am – 8 pm
Spa Lounge	11 am – 6 pm
Treatments	9 am – 8 pm
Hairdresser	9 am – 12 noon & 3 pm – 8 pm (closed Sunday & Monday)
Pool area	7 am – 8 pm
Sauna & Ladies Sauna	12 noon – 8 pm
Fitness Room	7 am – 8 pm (If you like to work out earlier or later – no problem simply refer to our concierge to open the gym for you)

## For Reservations

E-Mail:	<a href="mailto:spa@suvrettahouse.ch">spa@suvrettahouse.ch</a>
Phone number for internal calls	9274
Phone number for external calls	+41 (0) 81 836 36 36

## Cancellation policy

We kindly ask you to arrive 10 minutes prior to your treatment at the Spa-Desk.

Late arrivals may result in your treatment time being reduced.

Suvretta Spa operates a 24 hour cancellation policy outside of these terms the full cost of the treatment will be charged. If you have any further questions or wishes, please do not hesitate to contact us (9274).

For your convenience you may arrive at the Suvretta Spa wearing your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms with lockers for your personal belongings.

alpine hideaway  
for generations to come



*Member of*



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