

HOTEL  *****
SEEHOF
DAVOS



BELLA VITA WELLNESS

WELCOME
TO THE
BELLA VITA
WELLNESS AREA
OF THE
HOTEL SEEHOF
DAVOS

HOTEL SEEHOF DAVOS

Promenade 159 CH-7260 Davos Dorf Phone +41 81 417 94 44
info@seehofdavos.ch www.seehofdavos.ch



ENJOY FLOWING WATERS AND PLEASANT AROMAS

What the old Romans already celebrated, you will be experiencing on your own in our wellness-fitness area Bella Vita. Relax in the big hot tub, indulge yourself with a stimulating steam bath and purify your body and soul.

Massage and cosmetic rooms, as well our relaxation room with a fire place provide the perfect unwind after an individual treatment. It will warm your heart.

CONTACT & RESERVATION

We are pleased to advise you personally. Your Bella Vita SpaTeam

SPA DESK

Phone +41 81 417 06 40 Email spa@seehofdavos.ch

FRONT OFFICE

Phone +41 81 417 94 44 Email fo@seehofdavos.ch

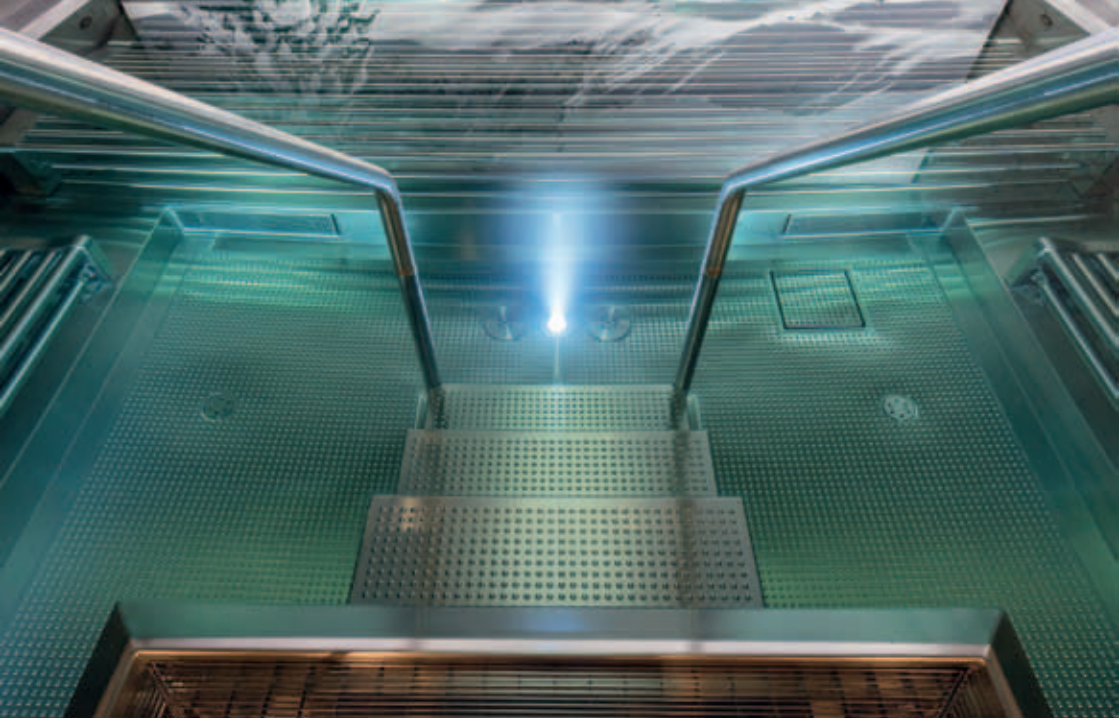


BELLA VITA SPA

WELLNESS & FITNESS AREA

Our 400m² wellness area offers the following facilities:

- Treatment rooms
- Fitness room
- Whirlpool (28 °C)
- Finish sauna (85 °C)
- Bio sauna (60 °C)
- Steam room (45 °C)
- Footbaths, Ice fountain, Showers
- Relaxation room with chimney



DAILY OPENING HOURS

Fitness room	7 am	to	10 pm
Whirlpool	11 am	to	9 pm
Sauna	12 pm	to	9 pm
Treatments (by apointment only)	11 am	to	8 pm

The latest apointment time is 7pm

OUR YOUNGER GUESTS

For security reasons, kids aged less then 12 must be accompanied by an adult and they have access until 5pm.

Teens up to 16 years old must be accompanied by an adult when visiting the Spa area, Fitness room and whilst having a treatment.

MEMBERSHIPS & ADMITTANCE

10 SESSIONS

- Wellness and Fitness **405 CHF**

10 MASSAGE SESSIONS

- 30 minutes massage **720 CHF**
- 50 minutes massage **1'100 CHF**
- 80 minutes massage **1'480 CHF**

OUR SERVICES

- Utilisation of Spa and fitness facilities
- Refreshment buffet, bathrobes, towels and slippers

Our Bella Vita Spa is included for our hotel guests, however we also welcome external visitors.

DAY PASS ADULTS

Wellness & Fitness **45 CHF**

DAY PASS KIDS

Wellness & Fitness (up to 12 years) **20 CHF**

FREE PASS

Non-residents get to enjoy the spa facilities for free when booking a treatment with a minimum value of **80 CHF**.



MASSAGES

SEEHOF CLASSIC

The classic and highly relaxing massage delights your senses with warm oil, relaxes your muscles with pleasant strokes and nourishes your skin.

Designed for busy clients with a short time frame preferring quick massages, the treatment concentrates on current areas of tension, guests with more time rather enjoy a full body massage.

30 | 50 | 80 MIN • CHF 80 | 125 | 165

SEEHOF RELAX

Deep relaxation massage with gentle strokes that provide the client with new energy.

Warm body oil will be poured over your body in slow movements and gently and will be gently massaged by expert hands. Enjoy the massage in a cozy atmosphere and leave your every day life behind.

30 | 50 | 80 MIN • CHF 80 | 125 | 165



HOT STONES MASSAGE

This unique massage combines all these benefits of a classic massage with the heat of stones used to release muscle spasm and pain tension aiming to improve the muscle deep relaxation. Moreover, this massage helps to improve blood circulation and the flow of energy whilst reducing stress and promoting a better sleep.

30 | 50 MIN • CHF 80 | 125

MATERNITY MASSAGE

A delightful and caring pregnancy massage during which the usage of special techniques will delighten the heavy legs and tired back. Calm soft circular movements are beneficial for the mother and her baby as it is known to synchronize, balance and improve the mood of boths. The massages can be carried out after the first trimester.

45 MIN • CHF 115

FORCE OF THE MOUNTAIN

A strong deep tissue body massage, which reduces pain and discomfort. The body tension and blockades are soothed with strong massage techniques due to the therapist using elbows and a combination of bamboo sticks or hot stones.

50 MIN • CHF 130

FOOT MASSAGE

Our feet are the reflection of our body through which we connect with all our other organs. During the treatment, the feet are gently exfoliated and the reflex points are gently massaged with pressure and special kneading techniques. Revitalizes heavily strained feet.

30 MIN • CHF 80

SPORTS MASSAGE

Are your muscles strained. Would you like wake-up your body before any Sports activity, or sooth the muscles after an intense Sports day?

Special massage techniques, such as stretching, pulling, tapping and the applicaton of pressure to loosen strained muscles will improve the circulation.

Furthermore, it assists in the removal of metabolic waste, it is beneficial before or after sports activities.

30 | 50 MIN • CHF 80 | 125



TREATMENTS

APRES SKI LEGS TREATMENT

Foot and leg treatment are highly recommended after long day standing, as well after traveling, Sports or when you suffer from a jet leg.

The massage focuses on bringing new life to your tired calves and feet. Starting with feet exfoliation, stimulating healing compress is followed by legs massage.

45 MIN • CHF 115

REVITALIZING COCOON

Revive your spirit with a full body brush to awaken the senses and leave the skin soft and smooth.

Next, the body mask will be applied and you will be wrapped in cocoon whilst receiving a scalp and feet massage.

This is followed by a full body restorative massage with blended oil to kickstart your alpine adventure.

80 MIN • CHF 175



RELAXING BLISS

Indulge on a snowy day with hot stones slow motion massage making you feel cozy, relaxed and pampered.

The skin will be hydrated with serum, nourishing with warm oil and protecting with cream.

Whilst your body will be wrapped in cocoon, your spirit will unwind during a scalp massage.

50 MIN • CHF 135

RECOVERY DETOX

The Detox treatment begins with a foot scrub on which an intensive body brushing follows. The drainage towards to the lymph nodes will warm up muscles and increase the blood flow. It is recommended to treat cellulite and a swollen, out-of-energy body suffering from tiredness and jet leg.

50 MIN • CHF 135

INTENSIVE BACK TREATMENT

If you suffer already along time with back and neck pain, then this treatment is the right one. The warm compress will gently release tension and prepare you for the back massage while your legs will be calmly massaged as well.

45 MIN • CHF 115

REENERGIZING BOOSTER

Start your Spa day with an invigorating full body peeling, followed by a warm shower and continue with a customized massage on the areas they oppress the most.

80 MIN • CHF 175



REFRESHING CALL

The quick spa treatment exfoliates the skin making it feel fresh, smooth, moisturized and soft.

During a body peeling, a product is massaged in to the skin across the whole body with circle movements boosting up the blood flow and taking away any toxins.

Afterwards, it is suggested to use directly the sauna or continue with another massages or cosmetic treatments.

30 MIN • CHF 85



FACIALS

CUSTOMIZED SPA FACIAL

Designed to suit your individual skin needs and to achieve an instant long-lasting result.

Exfoliation will help a balanced condition, a mask will heal and smoothen your skin. Specifically-designed scalp and face massage techniques restore and re-condition the skin. There is an optional choice of touching up and tinting your eyebrows.

80 MIN • CHF 175

CLASSICAL SPA FACIAL

When you would like to relax and look at your best, then the Classic Spa facial is the right treatment for you. The outcome will be a clean, healthy and vital facial look.

Cleansing, exfoliation and the application of a mask will make you look fresh and the massage will calm your busy mind.

50 MIN • CHF 135

MAN FACIAL

This treatment was specially designed for male guests. It starts with a relaxing back massage. The second part is an anti-stress facial which includes a scalp and neck massage calming the redness from ingrown hair. It also hydrates and reduces the sign of aging.

50 MIN • CHF 135

EYEBROW CORRECTION

25 MIN • CHF 25

EYEBROW OR EYELASHES TINTING

30 MIN • CHF 30

EYELASHES & EYEBROW COLORING WITH CORRECTION

45 MIN • CHF 65

HANDS & FEET

SPA MANICURE

Hands are our jewelery requiring as well special care. The manicure treatment includes gentle exfoliation, nail filing, cuticle care, a nurturing hand mask, as well a calming hand massage whilst you can fully relax.

60 MIN • CHF 95

SPA PEDICURE

Pampering treatment for feet and toes that include a soothing foot exfoliation, cuticle care, nail and feet filing followed by a relaxing and hydrating foot massage.

60 MIN • CHF 95

ADDITIONAL NAIL POLISHING

To Manicure and Pedicure (Treatment time includes drying time)

45 MIN • CHF 25



DUET FOR MAN

Manicure and Pedicure

75 MIN • CHF 115

YOUNG GUESTS

MASSAGE FOR KIDS

A soft and relaxing massage for children allows them as well to enjoy the full Spa experience.

An optional choice is the parent to enjoy a massage at the same time with the child in the same room.

30 MIN • CHF 80

PRINCESS MANICURE OR PEDICURE

Nail file and polish for hand or toes.

A short hand or feet massage is included.

20 MIN • CHF 30

THE CHILDREN AND TEENS

under the age of 16 must be accompanied by an adult



SPA HOUSE RULES

WELLNESS CLOTHING

Our spa and Wellness provides bathrobes, slippers and sauna towels. For hygienic reasons our sauna area is a nude area (textile-free). We kindly therefore ask you to use your sauna towel during the sauna session in order to avoid perspiration onto benches. Please use the indicated water hose to clean the sitting area before and after you visiting the steam sauna. Our guests are requested to shower before taking a bath and after having used the sauna.

External guest are welcome to use security lockers. In case any valuables go missing, the hotel is not liable. We kindly ask our visitors to not bring any valuable belongings into the Wellness area. Within the Wellness area, we would like to guarantee our guests the deserved rest and relaxation.

Therefore, mobile phone are required to be on silent-mode at all times. The Wellness area and Wellness terrace is non-smoking, no drugs and alcohol is permitted.

RESERVATIONS

We recommend to make a Spa appointment in advance by phone, email or directly with Spa or Front Office receptionist.

Spa reservations are subject on availability. Making a reservation in advance allows us to accommodate your requested date and wished treatment better then approaching the Spa without any fixed appointment.

PRESHOW-MEETING POINT

We kindly ask you to arrive 10 minutes before your wellness appointment starts in order for you to begin your treatment relaxed and on time. Feel free to use our Spa facilities or enjoy a hot shower before.

MEDICAL CONSULTATION

It is highly important and the guest's duty to inform the therapist about any medical conditions, such as allergies, heart condition, pregnancy, or other serious illnesses.

RECOMMENDATION BY OUR TEAM

We advise you not to shave your skin before any treatment. In addition, a sunburn may prevent you from enjoying your Spa treatment. Moreover, we advise our guest to enjoy our saunas before any facial treatment, manicure or pedicure.

DELAY & NO SHOW

In case you will not make the appointment on time, please let the Spa receptionist know and we ask our delayed guests to keep in mind that the late arrival will shorten your treatment time accordingly. In such instance, the full price will be charged. In case an appointment was not realised, the treatment will be charged and not reimbursed.

CANCELLATION POLICY

A full charge of your total treatment value will be incurred for any treatment not cancelled at least 12 hours prior to your scheduled appointment.

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