



CAREFREE WELLNESS

BEAUTY TREATMENTS

FOR HIM AND/OR HER

Our skin is our biggest organ - let's remember this. All our applications are explicitly aligned to your needs allowing you to enjoy "wellness with the added health benefit". Nature and care go hand in hand - let yourself be swept away to a relaxing, pleasurable time.

FACIAL TREATMENTS

CLASSIC Care attuned to the skin type For newcomers and "those in a rush"	50 minutes	CHF 120
SENTIMENT Care attuned to the skin type For epicures	80 minutes	CHF 160
NOVA PIAL Anti-aging facial treatment	90 minutes	CHF 200

COSMETIC SINGLE TREATMENTS

Eye brow correcting	10 minutes	CHF 25
Eye brow dyeing	10 minutes	CHF 25
Eye lash dyeing	20 minutes	CHF 35
Eye brow and eye lash dyeing	25 minutes	CHF 45

EVEN THE MOST DELICATE TRACE OF A
SCENT TELLS A STORY OF LIFE, OF PEOPLE,
OF THE WORLD.

G. Delcour



MASSAGES & BODY TREATMENTS

Massages are some of the oldest healing practices and have become indispensable in the areas of well-being. The effective force of these is frequently underestimated, for the right massage can achieve much more beyond that. The gentle touches of the skin are pleasant and raise the feeling of well-being.

The products of the mountain world

Give in to the products from the mountains and dive into a genuine experience with a natural effect.

AROMA MASSAGES

Enjoy with all your senses.

100% real aromas bound by naturally pure basic oils.

LAVANDRA Neck-, back massage With lavender oil from Flims Cooling, calming, diuretic Loosens blockages in the head and neck zones	40 minutes	CHF 85
INTENSIV Back massage, intense With lavender- and St. John's wort oil Activating, stimulates the blood circulation, vitalising, relaxing	40 minutes	CHF 85
REFLEXOLOGIA Foot reflex zone massage, intense Stimulation of the reflex points	50 minutes	CHF 125
PEIS & COMBAS Foot and leg massage With marmot oil from Grisons Vitalising, stimulates the blood circulation, anti-inflammatory, pain-relieving With St. John's wort oil Warming, calming, pain-relieving, abirritant, purging	40 minutes	CHF 105

FULL BODY RITUAL

Gentle touch for deep relaxation.

The full variety of the Alps lies in our full body ritual.

ENERGIA DA MUNTOGNAS Hot stones, optional with lavender oil from Flims or with marmot oil from Grisons Wonderful melodies and velvety-soft hands give you a deep relaxation and energy following a foot bath with powerful stones to settle you in.	90 minutes	CHF 185
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FULL BODY MASSAGES

TEMPS PER MEI Classic massage	50 minutes	CHF 125
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With marmot oil from Grisons
Vitalising, stimulates the blood circulation, anti-inflammatory, pain-relieving

With St. John's wort oil
Warming, calming, pain-relieving, abirritant, purging

With hayseed oil from Grisons
Cooling, stimulating, anti-inflammatory, relaxing, regenerating

With lavender oil from Flims
Cooling, calming, draining, relaxing

ACTIVITADS Sports massage with lavender oil	50 minutes	CHF 140
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Loosens muscles and tissue
Loosens tensions and stimulates the blood circulation and flow

SIEMI Relaxing massage	80 minutes	CHF 175
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Relaxing, calming, cooling, diuretic, magical

ADULA TREATMENTS – SPECIAL MASSAGES

Selection of treatments from different corners of the world.

AYURVEDIC MASSAGE Abhyanga	60 minutes 90 minutes	CHF 140 CHF 210
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The full body massage of Sri Lanka

SHIATSU Japanese finger pressure therapy	90 minutes	CHF 240
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(Please wear comfortable clothing)

LYMPHATIC DRAINAGE	60 minutes	CHF 130
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Stimulation of the immune system

PEELING

A sense of freshness – as if reborn.

HARMONIA Salt-oil-peeling with lavender oil	50 minutes	CHF 115
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Natural salt, finest caring oils and wonderful aromas
Applied in harmony with gentle hands

SPA ETIQUETTE

GENERAL INFORMATION

- The use of the entire LA MIRA Wellness & Spa area is at your own risk.
- The Wellness & Spa area may not be entered when wearing normal clothing and shoes.
- Due to safety concerns, children under the age of 16 must be accompanied by their parents in the LA MIRA Wellness & Spa.
- LA MIRA Wellness & Spa is not supervised – parents are responsible for their children.
- Out of respect to the other guests, we kindly ask you to refrain from making mobile phone calls or conversing loudly. We would like to point out that the entire concept of the spa area is oriented on guests seeking quiet and relaxation.
- Please try to avoid taking any valuables along to the LA MIRA Wellness & Spa.
- If you feel unwell, please leave the respective area and inform the spa team.
- Pets are not permitted in the LA MIRA Wellness & Spa or in the LA MIRA garden.

SMOKE FREE

- The entire spa and lounge area and the outdoor rest area in the LA MIRA garden are smoke free.

CLOAKROOM

- Lockable lockers are available for external guests.
- No liability is assumed for the cloakroom.

INDOOR POOL

- Swimming guests are grateful to you for showering before swimming and tying back long hair.

KIDS SPLASH TIME

- The spa area is a recreational area and is dedicated to quiet and relaxed bathing.
- The indoor pool is available for children during kids splash time from 12:00 to 17:00. Kids can take this chance to have fun and splash around.
- Please observe the quiet zone before and after the splash time.

OUTDOOR SALT WATER POOL

- Please note that the outdoor salt water pool is not suitable for children under 16 years of age. No liability is assumed.
- The outdoor salt water pool is a place of quiet and relaxation. Noise and splashing in the pool is prohibited out of consideration for other salt water pool guests.

SAUNA

- For safety reasons, the sauna area is only open to adults and young people aged 16 and over.
- The sauna facilities are a clothes-free area.
- Please use your sauna towel during your sauna visits to the steam room, to prevent sweat from dripping onto the benches. You do not need a towel in the steam bath.
- Our guests are expected to shower prior to bathing and after sweating.
- There is a red emergency button next to the entrance in each sauna cabin. When activated, the Spa Reception will be alerted and will come to help immediately.
- The sauna is not recommended during the first three months of pregnancy.

GYM

- Exercising is only permitted in sportswear and with sneakers without black rubber soles.
- The gym area may not be used while wearing normal clothing. Bathing shoes, slippers or socks are not allowed for safety reasons.
- Please understand that children under the age of 16 may not enter the gym area even when accompanied by parents due to safety concerns.

APPOINTMENTS FOR WELLNESS & SPA TREATMENTS

- We recommend making a reservation for a treatment with the hotel reservation team.
- Early reservations allow us to take your preferred time into account. Reservations made on site are subject to availability.

MEETING AREA

- We will gladly welcome you in our LA MIRA Wellness & Spa Reception Area 5 to 10 minutes prior to your appointment, so that you can relax and enjoy your treatment on schedule.

DELAYS/CANCELLATION

- In the case of a delay, please inform our LA MIRA Wellness & Spa reception staff.
- Please understand that while your treatment time will be shortened due to your delay, the full price will be charged.
- If an appointment is not kept, the entire fee will be charged.
- Services included in a package are considered to have been used in the case that an appointment is not kept.

PRICES

- All prices are in CHF. Payment in Euro according to the daily exchange rate.

SOLARIUM

- Access to the solarium is permitted from the age of 16.
- To prevent UV radiation from being harmful, you should remove makeup and perfume. In addition, you should not wear contact lenses.
- We would like to ask you to wear eye protection for your own safety upon each use.
- People with skin type 1 should avoid the sunbed entirely.

FOOD & BEVERAGES

- The LA MIRA terrace is open for drinks and snacks in the summer from 11:00.
- During this time, the terrace is reserved exclusively for our spa guests in spa clothing.
- However, we would ask you not to take any food into the sauna or pool area.
- Please note that for safety reasons only plastic cups are allowed on the lawn.

HOTEL GUESTS

- The Soldanella room deal does not include the use of our LA MIRA Wellness & Spa. If you would like to book a day ticket, please ask at the reception.
- In the Adula rooms and suites you will find a spa bag with towels, slippers and a bathrobe.
- Please try to avoid taking any valuables along to the LA MIRA Wellness & Spa.

LIABILITY

- The use of the SPA area is reserved for persons in good health or without medical restrictions for using certain equipment.
- The hotel declines any responsibility in case of guests with illnesses or health risks who use the Wellness & Spa area at their own risk and under their own responsibility.
- This applies to both knowledge or ignorance of any medical limitation.

HOTEL ADULA

