



Sunstar

SWISS HOTEL COLLECTION

AROSA

WELLNESS IN AROSA

**Refresh,
recharge,
revive.**

Relax with stunning mountain views

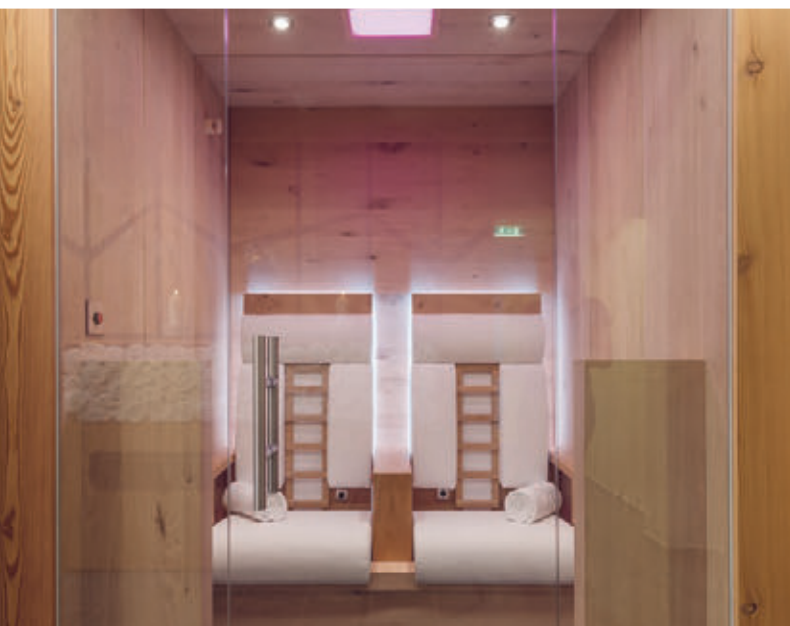


BEARS, FOXES AND RABBITS

Arosa offers a peaceful sanctuary, not just for bears (yes, real ones!), but for you, too. It's so pleasantly relaxing here, especially in our spa centre. Stop the clock as you recharge your batteries, let yourself be pampered and take the time to enjoy the good things in life.

In our big indoor pool with its huge panoramic windows, you almost feel as if you're outdoors, while exercising in the warm water or having a beauty or body treatment will soon restore you to your former self. Our beauty products are completely natural and organic. And who knows what you might see on your evening walk?





INFRARED CABIN

Infrared radiation warms your body, not by means of ambient heat but from the inside out. It's a soothing, healing experience that relieves muscle tension and joint pain.

STEAM BATH 45°C

Gentle warmth with high humidity

BIO-SAUNA 45-60°C

Comfortable heat with average humidity

FINNISH SAUNA 80-90°C

Hot and dry sweating room



Soothing warmth in the sauna and thermal baths.

In addition to a **Finnish sauna** and a **bio-sauna**, our spa centre also offers an **infrared cabin**, a **steam bath** and **heated bench** with hot and cold footbaths. Move around as you wish from warm to hot air, and from dry to humid environments, and, as you rest in between, enjoy fantastic views of the mountains around Arosa.



HEATED BENCH WITH KNEIPP POOL for hot and cold footbaths

Footbaths at different temperatures stimulate your circulation and blood flow.

QUIET ROOM WITH PANORAMIC MOUNTAIN VIEWS

In between your sessions in the sauna and thermal baths, soak up the peace and quiet and the stunning mountain views and recharge your batteries.



Massages & beauty – your special pampering time.

We offer a wide range of relaxation and beauty treatments. Our expert wellness team will be happy to give you personalised advice to meet your individual needs.

For full details and prices for our massages and beauty treatments, please see our **WELLNESS PRICE LIST**

MASSAGES

Relaxation from head to toe – a massage not only relaxes your muscles but also soothes your mind. Our experienced specialist team offers a range of pampering massage techniques, tailored to meet your particular needs.



BODY & BEAUTY TREATMENTS

Let our expert beauticians pamper you and make you radiant and beautiful again. Choose from our wide range of beauty treatments for your face, hands, feet or whole body. We use products from Babor and HaslauerKurland.



WELLNESS PACKAGES

Our wellness packages offer carefully thought-through combinations of treatments to meet your personal needs exactly, however much time you have available. They all provide excellent value for money. Our one-day packages make a particularly great gift!



SPA REFRESHMENTS

Free fruit and tea are available, to keep you fed and watered during your visit to the spa centre.

Our more than 700 m² spa centre



- 1 Indoor pool (20 × 8 m, 29 °C)
- 2 Sunbathing lawn
- 3 Steam bath
- 4 Men's changing room
- 5 Ladies' changing room
- 6 Gym
- 7 Fitness & stamina
- 8 Spa centre Reception
- 9 Bio-sauna (45–60 °C)
- 10 Hydro-massage showers
- 11 Sauna (80–90 °C)
- 12 Steam bath (45 °C)
- 13 Heated bench with hot and cold footbaths/Kneipp pool
- 14 Infrared cabin
- 15 Asia Rooms (massage rooms)
- 16 Beauty salon
- 17 Massage room
- 18 Massage baths (Hydroxeur)
- 19 Quiet room with beautiful panoramic mountain views