

pürovel  
spa & sport



AT SWISSÔTEL KRASNYE HOLMY  
MOSCOW









# pürovel philosophy

The Pürovel philosophy is derived from the origin of wellbeing and use of nature's vital resources, such as stone, wood, water, flora, pure invigorating Alpine air and the changing seasons of the Swiss mountains.

The Alpine seasons similarly reflect the four stages to natural vitality embraced in our fitness programmes, the body's natural rhythm of nourishment, exertion, and rest and the steps required to reach peak performance.

- Prepare (emerge) is reflected in the Spring, the season of emergence and renewal.
- Perform (peak) is reflected in the Summer, the season of peak activity for the mountain meadows under the sun.
- Enjoy (cool down) is reflected in the Autumn, with cooling breezes aiding recovery.
- Hibernate (rest) is reflected in the Winter, the season of quiet hibernation.

# pürovel signature massages

Pürovel Spa & Sport offers three signature aromatherapy massages inspired by Swiss mountains.

## pürovel mountain meadow massage

This relaxing massage using pure mountain meadow essential oils produced in Switzerland makes your body melt. Slow, fluid movements applied with light pressure promote the blood flow in the muscles, relax tension, and revitalise and invigorate your body and mind. This massage creates a sensation of general well-being, mental relaxation, and offers a source of well-balanced energy ..... 60 minutes / 90 minutes

## pürovel alpine spring massage

A perfect invigorating massage based on Alpine spring essential oil for active people who need some muscle recovery. The Alpine spring essential oil clears your mind and breathing passages while the medium pressure massage strengthens muscles ..... 60 minutes / 90 minutes

## pürovel mountain stone massage

Hot mountain stone massage with Alpine spring blend is based on knowledge of the ancient art of healing and the concept of the meridian system. Complemented by special massage techniques, the combination of hot stones and essential oils is wonderfully relaxing and warming, and has a healing effect on you physical and mental state. This is the ideal treatment to revitalise and harmonise your body and soul ..... 60 minutes / 90 minutes





# massages

## rejuvenating massage

Soothe your body and mind with our Rejuvenating massage. Choose from a single therapy or create the massage combination you prefer. The treatment of Swedish, Deep Tissue or Shiatsu massage techniques will be tailored to the concerns of your body. The traditional Swedish massage promotes circulation while the concentrated pressure sensitive Deep Tissue therapy will soothe, ease and relax tense muscles. Shiatsu massage will help restore balance within the body and mind ..... 30 minutes / 60 minutes / 90 minutes

## slimming massage

This rather intensive massage is designed to target weight loss. Focusing on a part of your body selected by you, we use slimming massage oils to help rejuvenate neglected body areas and assist in the break-up of fatty tissue ..... 30 minutes

## sport massage

This exhilarating massage uses firm but gentle pressure to improve circulation and release toxins from your muscles. Relaxes tension and removes energy blocks, thus promoting the healing process. This massage will leave you feeling revived ..... 30 minutes

## foot massage

This massage focuses on specific points of the foot and can help alleviate any ailment anywhere in the body. According to Chinese medicine, the sensory nerves of the internal organs that spread throughout the body are mainly gathered around the soles of the feet. Therefore, the massage is effective in stimulating the functions of the internal organs ..... 30 minutes









## treatment menu

The Pürovel treatments encourage emergence through detoxification and cleansing, peak performance through strengthening and clarifying, cool down through replenishment and rebalance, ending in rest, reflection and relaxation.

### chocolate body wrap

Chocolate can make you feel good even if you don't eat it. Under the caressing and healing effect of chocolate, your skin becomes soft, supple and acquires a healthy, luminous glow. Moreover, chocolate aroma is a known mood-enhancer: it has a stimulating and refreshing effect ..... 90 minutes

### strawberry body wrap

This relaxing luxury beauty ritual is the beginning of a smoother, silkier body and is tailored to your needs. The natural yoghurt and strawberry body mask will make your skin as smooth silk, with a slight strawberry scent ..... 90 minutes

## salt thalassoscrub

Made on the basis of the Atlantic sea salt, marine oil from algae and the Australian Macadamia nut, this peeling is exceptionally exfoliant ..... 30 minutes

## wrap algofresher «light legs»

This foot mask stimulates blood circulation, strengthens and tones up vascular walls, relieves fatigue in legs, gives them lightness and comfort. Recommended when suffering from the syndrome of «heavy legs», for the prevention and complex therapy of varicose disease, and is permitted during pregnancy ..... 45 minutes

## general mud wrap Mont Saint Michel

Natural mud is a biologically active complex with high content of micro - and macroelements as well as the champion in silicon containing. Perfectly relieves muscle tension, promotes blood circulation, increases metabolism and drives out deep toxins. Moisturizes, softens and improves the skin texture ..... 90 minutes

## gel wrap «Remineralization Relax»

On the basis of algae Laminaria. Saturates the body with essential trace elements and minerals, restores balance and stimulates metabolic processes. Deeply moisturizes and tones skin, making it smooth and velvety ..... 90 minutes

## gel wrap «Remineralization Vitality»

On the basis of algae Laminaria. Saturates the body with essential trace elements and minerals, restores balance and stimulates metabolic processes. Deeply moisturizes and tones skin, making it smooth and velvety..... 90 minutes

## anti-cellulite wrap «Slim silhouette»

Exclusive formula – alliance of algo-, aroma- and phytotherapy – makes this wrap an intensive tool to combat cellulite. Recommended when struggling with fibrotic forms of cellulite ..... 90 minutes

## salt thalassoscrub & Express-wrap

Gently stimulates metabolic processes in the body, sates skin with the marine trace elements and acts as fine moisturizer. In combination with peeling gives softness and elasticity to the skin ..... 45 minutes





# hairdressing

## haircut

Those, who value quality and professionalism, will be pleased with the result of our haircuts ranging from different length for woman, man and children. A wealth of knowledge on hairdressing techniques is what distinguishes our stylists, and a calm atmosphere of our saloon is what makes a process of haircut relaxing and pleasant experience.

## hair colouring

Accommodating new fashion trends and at the same time not forgetting classic all-time popular tendencies is the reason why everyone can find whatever he or she seeks for in Pürovel. Hair colouring, hair toning, hair blonding and highlighting – preserve your usual hair style or find a new look.

## hair styling

Whether you are in a hurry for an important meeting or need a classic styling before going to the theatre or even if you are looking for a splendid wedding styling, our Pürovel team will take care of your hair in a smart and attentive manner.

## hair treatment

This complex treatment, consisting of revitalizing shampoo and mask, will stimulate and refine your hair and give it its natural strength and shine. Shampoo solves the problem of weak hair, while the mask intensely nourishes and strengthens the structure, making the hair shiny and well-groomed.



# manicure



## classic manicure

Your hands will receive all the necessary care. Your nails and cuticles are groomed in detail, the skin is moisturised with a hydrating hand lotion and fingernails are finished, polished, or buffed to your desire.

## gel nail polish

You can choose from the variety of colours and pick up your favourite one or try out something new. You can be sure that your fingernails are taken care of.



### spa manicure

In addition to the Classic Manicure, this treatment incorporates thermotherapy and an exfoliating scrub. A nourishing mask is gently applied to your hands and then followed with an invigorating hand and arm massage. A beautiful treatment to soften, enrich and recondition your hands. Relax and let your thoughts slip away as you enjoy a relaxing massage from your hand to your elbow.

### paraffin hand treatment

Paraffin thermotherapy increases circulation to renew tissue, moisturises dry skin from the inside out, allowing you to get back to your active hands-on lifestyle.

# pedicure



## gel nail polish

You can choose from the variety of colours and pick up your favourite one or try out something new. You can be sure that your fingernails are taken care of.

## paraffin foot treatment

Paraffin thermotherapy increases circulation to renew tissue, moisturises dry skin from the inside out, allowing you to get back to your active hands-on lifestyle.



### classic pedicure

Our Classic Pedicure offers you precise toenail, cuticle and sole grooming care. Your toenails are finished, polished or buffed – whichever you prefer.

### spa pedicure

In addition to the Classic Pedicure, this treatment incorporates thermotherapy and an exfoliating scrub. A nourishing mask is gently applied to your feet and then followed with a tension-relieving massage. A beautiful treatment to soften, enrich and recondition your feet. Toenails are polished or buffed for a flawless finish. Feel refreshed to your very sole.



# fitness

Pürovel Spa & Sport members and hotel guests are welcome to enjoy:

- A naturally lit pool area with hydro massage and jacuzzi
- Fitness area with a wide choice of Technogym cardio and Cybex weight workout machine
- Treatment rooms
- Sauna
- Hair beauty studio





[www.purovel.com](http://www.purovel.com)



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