



## AT SWISSÔTEL KRASNYE HOLMY MOSCOW

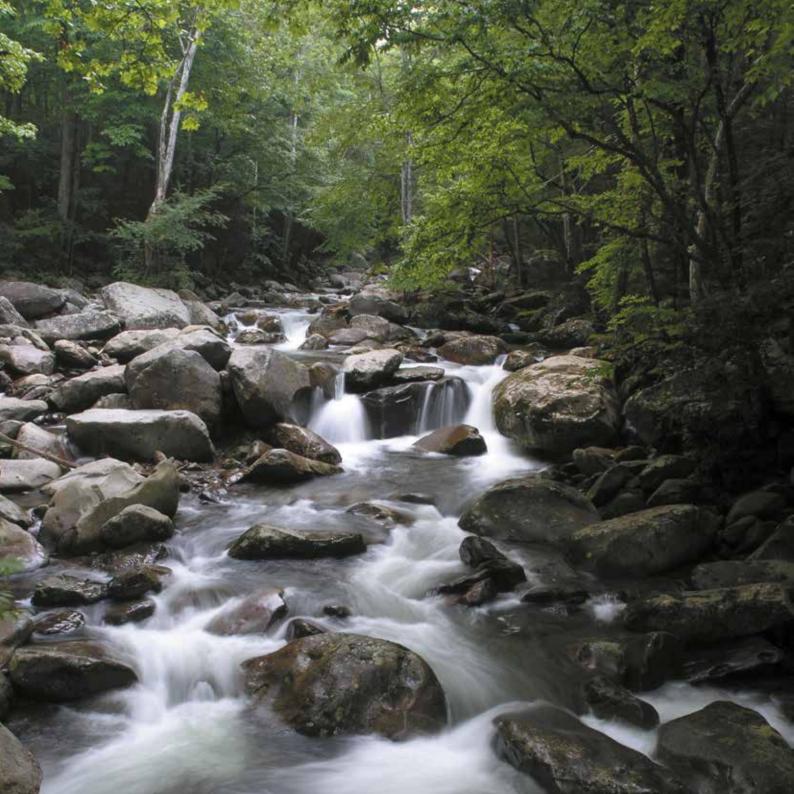
Pürovel Spa & Sport is a distinctive group of deluxe spas and fitness facilities located within Swissôtel Hotels & Resorts worldwide.

The Pürovel name was born in the heart of the Alps. It derives from a dialect of the 4th national language of Switzerland, the Rhaeto-Romanic, and means a pure, gently-flowing melodious mountain stream.

Pürovel Spa & Sport provides a Swiss inspired solution to healthy living for everyone who wishes to reach or maintain a naturally vital lifestyle, feeling energised, fit and healthy. The philosophy is based on the four stages to natural vitality: emerge (spring), peak (summer), cool (autumn) and rest (winter).

The first Pürovel Spa & Sport in Moscow is located on the 3rd floor of Swissôtel Krasnye Holmy.

VIVACITY ENJOY REST PEAK PERFORM VITALITY VIGOUR VIGOUR COOL DOWN HIBERNATE





## 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

### pürovel alpine spring massage

### pürovel mountain stone massage



## massages

## rejuvenating massage

## slimming massage

### sport massage

#### foot massage













## 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

#### 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

### wrap algofresher «light legs»

### general mud wrap Mont Saint Michel

#### gel wrap «Remineralization Relax»

#### gel wrap «Remineralization Vitality»

#### anti-cellulite wrap «Slim silhouette»

#### salt thalassoscrub & Express-wrap



# 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.

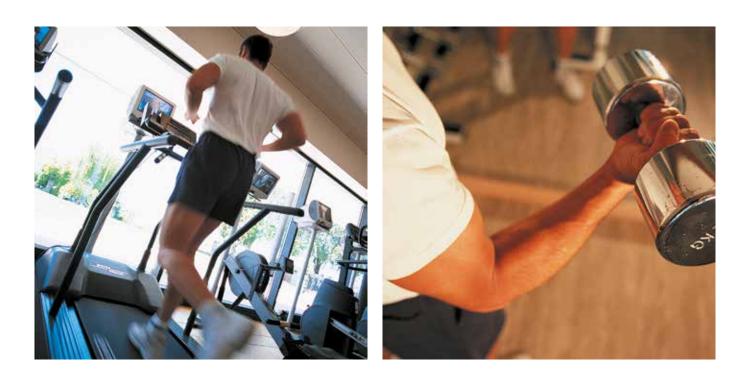
#### spa pedicure

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.

# fit∩ess

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



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