

SWISSÔTEL RESORT
SOCHI KAMELIA
SPA MENU

pürovel
spa & sport

A wide-angle landscape photograph of a serene mountain scene. In the foreground, a field of white wildflowers, possibly cotton grass, is in bloom. A calm lake reflects the surrounding landscape. The left side of the lake is bordered by a steep, rocky mountain slope. In the background, a prominent, sharp mountain peak, likely a glacier peak, rises against a blue sky with scattered white clouds. The right side of the image shows a sunlit mountain slope with a rainbow visible in the air. The overall atmosphere is peaceful and majestic.

THE PÜROVEL PHILOSOPHY

The Pürovel philosophy is derived from the origin of wellbeing and use of nature's resources, such as stone, wood, water, flora, and pure, invigorating Alpine air reflecting the changing seasons of the Swiss mountains. Signature Pürovel Spa treatments use essential oils organically produced in Switzerland, and work in symmetry with well-designed and modern sports training facilities, having both been created to invigorate and vitalize in rhythm with the seasons.



PÜROVEL SPA AND SPORT

Located in the heart of the Russian Riviera, between the magic Black Sea and the fresh air of the green topped mountains you will find nestled in a warm subtropical climate Pürovel Spa & Sport at Swissotel Resort Sochi Kamelia.

Celebrating the origins of wellbeing, the Pürovel philosophy is inspired by the alpine seasons, which mirror the four stages of natural vitality: renewal, peak activity, recovery, and hibernation. Signature Pürovel Spa treatments use essential oils from Alpine flowers and herbs to invigorate your mind, body, and soul.

The spa hosts six treatment rooms inclusive of one VIP couple's suites with private Jacuzzi tub, private steam rooms and vitality showers. The other treatment rooms are complimented with private rassoul chambers, hydrotherapy tubs and a Vichy exfoliation room . The facilities are complete with changing rooms, Whirlpool Jacuzzi, vitality showers, infrared sauna and steam rooms for the optimal wellness experience. Recreational facilities include an outdoor heated swimming pool along with a well-equipped fitness centre. Hair services are offered by the salon operated on the Mikael Rafo.

Pürovel Spa & Sport at Swissotel Resort Sochi Kamelia allows you to embrace your environment, take in the breathtaking views and see nature at its best. Pürovel Spa & Sport is inspired by Swiss creations offering a selection of high performance beauty and massage treatments suitable for all your skincare needs. We invite you to sit back, relax and breathe in the Pürovel experience.



OUR PRODUCT PHILOSOPHY

When choosing products for each of our Pürovel Spa and Sports around the world, we passionately emphasize on the needs of our guests. With quality in mind, each brand chosen has proven performance, delivering effective, reliable treatment results. Environmental sustainability and Swissness is considered whenever and wherever possible reflecting our commitment to our brand. Our relationships with our products houses are important in ensuring we have the best spa products and training available for each and every experience.

PÜROVEL SPA AND SPORT PRODUCTS

Pürovel bath products are inspired by the Alpine seasons. Not surprisingly, their ingredients grow in a Swiss Alpine garden. Enjoy a shower with one of our shampoos, shower gels, conditioners, or soaps, which are created by mixing essential oils of various Swiss flowers and trees, and you'll see what we mean. Smell the scent of a mountain meadow and feel the water massage your soul.

From Switzerland, our bathroom amenities are packaged using recyclable materials and are shipped worldwide to all of our hotels as a gift for you. They're our way of saying thank you for staying with us.

INTRACEUTICALS

Intraceuticals treatments and professional grade skincare combine powerful anti-ageing ingredients, vitamins and antioxidants with multiweight hyaluronic acid to dramatically transform the look and feel of your skin. Intraceuticals is used by top celebrities and highend skin care professional all of the world to offer the highest grade oxygen infusion facials with outstanding results immediately.

THÉMAÉ

THÉMAÉ, the Japanese name for the tea preparation ceremony, symbolises a world of sensations, beauty and pleasure that comes to life in a unique place in Paris. THÉMAÉ celebrates the tea benefits and brings them into the heart of each formula in the precious Complexe des 4 Thés® (4 Teas Extract) which blends the regenerating white tea, stimulating black tea, soothing red tea, and the antioxidant green tea.



PÜROVEL SPA AND SPORT FACILITIES

VITALITY

In Switzerland, we enjoy hiking the Alps, eating organic foods, and staying in shape on our own schedule. So wherever we go, we take our Vitality with us. Vitality is both a philosophy and a program that focuses on your wellbeing and quality of life. With many possibilities for stimulating your physical and mental fitness in your own time and comfort zone, Vitality allows you to feel as good on the road as you do at home. We offer the following facilities and services:

- In room fitness items
- Personal Training
- Yoga
- Memberships
- Outdoor swimming pool
- Whirlpools Jacuzzi
- Shower and locker areas
- Steam and Infrared Sauna rooms
- Vitality Showers
- Ice Fountains
- Relaxation Area

PERSONAL TRAINING

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions. We are committed to creating a customized program, aimed at achieving your overall fitness goals.

MEMBERSHIPS

Pürovel Spa and Sport offers memberships to fit all your fitness and well-being needs. We have 3, 6 and 12 month membership options to meet the different needs of our guests. For more information, contact our Spa receptionists who would be happy to assist you.

The Fitness Centre is open from 6 am till 10 pm daily

OUTDOOR SWIMMING POOLS

Pürovel Spa & Sport's outdoor pool is surrounded by comfortable deck chairs and signature Swissôtel service. It is the perfect place to swim or relax.

The Pool is open daily from 9 am- 9 pm

HYDROTHERAPY WELLNESS EXPERIENCES

STEAM ROOM WELLNESS

This humid, aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heat is especially beneficial before or after a massage treatment to increase circulation.

SAUNA WELLNESS

Dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from conditions such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that you body is kept well hydrated afterwards.

VITALITY SHOWERS

Our vitality showers offer refreshment from all sides, pure water pleasure, a celebration for body and senses. These special showers have been designed for overall health and wellbeing. Different techniques massage the skin while light shades can positively influence your mood improving the state of mind.

WHIRLPOOL JACUZZI

Relax in temperatures of 38 degrees with powerful jets to help soothe any muscle aches and increase general circulation and alleviate joint pain.

ICE FOUNTAIN

Compliment any of the heat experiences with the ice fountain which will increase circulation by creating a pump throughout the body and strengthening the immune system. This leaves you with a feeling of being revitalized and contributes to general wellbeing.





PÜROVEL SIGNATURE EXPERIENCES

RHYTHM OF THE SEASONS - 120 MINUTES

Pürovel Spa philosophy emphasizes on the season changes that take place within our bodies. This all-over treatment combines body and facial for head to toe well-being. After the welcome ritual, your back and scalp are massage resulting in deep hibernation. Next you begin your facial which stimulates the skin using the Japanese Ridoki technique with hydrating creams which will soothe the skin. A detox face mask is then applied while your feet are massaged. This treatment results in a fresh, light complexion, while your body feels relaxed and recharged.

JOURNEY OF THE EAST - 150 MINUTES

Begin your Journey of the East with a 3 Teas Purifying Body Wrap which helps remove toxins and restore a sense of calm vitality. Clay, talcum and rice powders absorb excess oils and smooth the texture of the skin leaving it instantly soft. Next, relax into a Lomi- Mae massage which relieves muscle tension mainly orchestrated by the hands and forearms. Fluid rhythmic rocking techniques followed by warm and enveloping movements, stimulate the muscles and release positive energy retained in the joints of the body. Finish with an express facial which totally refreshes the skin.

MASSAGE EXPERIENCES

PÜROVEL MOUNTAIN STONE MASSAGE - 90 MINUTES

Inspired from the Swiss Mountain Stones this East meets West traditional therapy soothes muscle tension and encourages circulation. Using nourishing essential oils and warm volcanic stones to penetrate tired aching muscles, and combined with healing hands, this treatment will allow you to unwind into a restful state of mind.

LOMI-MAÉ MASSAGE - 90 MINUTES

This massage relaxes the body and relieves muscle tension. Mainly orchestrated by the hands and forearms, these large, fluid, rhythmic, warm and enveloping movements stimulate the muscles and release positive energy retained in the joints of the body, for a feeling of intense well-being. Reproducing the ebb and flow of the ocean, you just have to let yourself be rocked, gently, by successive waves. Ideal for harmonizing body and mind.

TRADITIONAL THAI MASSAGE - 90 MINUTES

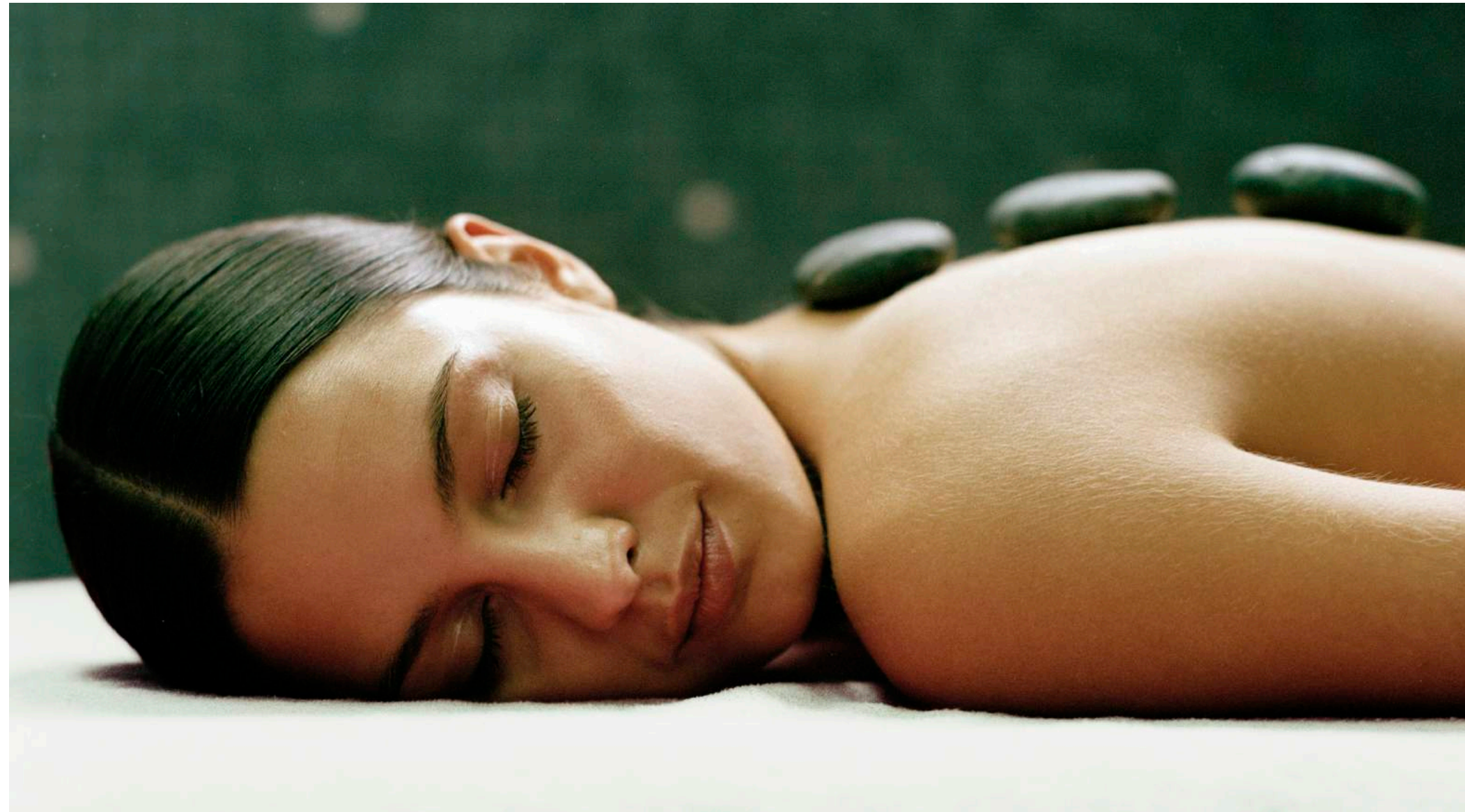
This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of vitality. Your therapist will use traditional Thai stretching techniques and movements to release tightness and increase flexibility.

WELLBEING MUSCLE RECOVERY MASSAGE - 60/90 MINUTES

This medium to deep pressure full body massage is designed to improve energy levels, sound sleep, and melt away muscle tension. A perfect massage for active people who need some muscle recovery. Awaken the senses with our Pürovel Alpine Spring essential oil blending together a light combination of clary sage, rose geranium and lemon balm which act to warm the muscles, soothe aches and pains and invigorate the mind for a feeling of overall wellbeing and vitality.

REFRESHING RELAXATION MASSAGE - 60/90 MINUTES

This customized relaxation massage uses long, soothing strokes to relax muscles and aid both the lymphatic and circulatory systems. Calm yourself after a long journey and rest easy with the signature scents of our Pürovel Meadow Mountain essential oil. Fresh scents of lavender, clary sage and pine assist in calming your overactive mind and help bring you to a more restful state.





CLASSIC FACIALS FOR WOMEN AND MEN

Choose from a selection of ladies and men's facials from THEMAE and INTRACEUTICALS to suit your personal skin care needs. Choose from manual techniques or for instant results try the oxygen infusion facials.

INTRACEUTICALS OXYGEN TREATMENT FACIALS

Intracuticals facials offer a result orientated treatment using a machine and the proprietary 3-Step Hyaluronic Layering Process which promises to hydrate, lift and tighten to improve the appearance of the skin. Developed in Australia, the treatment effectively delivers vitamins, antioxidants and peptides to the deeper layers of the skin with instant visible result. The treatment is non-invasive, utilizing hyaluronic acid which plumps and hydrates the skin to remove fine lines and improve sagging skin. See the difference even after just one facial.

ULTIMATE ANTI-AGEING FACIAL - 90 MINUTES

To achieve instant results combine powerful ingredients from the Rejuvenation or Opulence lines together with the Atoxylene skin care treatment for a more targeted result. Rapidly improve the appearance of fine lines and wrinkles and while tightening and firming the facial contour. The treatment is complete with a scalp and neck massage as well as a foot massage.

INTENSE HYDRATION REJUVENATE FACIAL - 60 MINUTES

This skin quenching treatment provides the ultimate in intense hydration. Perfect for all skin types, the Rejuvenate Serum contains vitamins and antioxidants that dramatically lift, tone and deeply hydrate the skin enhancing facial volume and improving the contour of the face. Results are instant and continue to improve the days following the facial providing a refresh glow for the skin that reduces the fine lines and wrinkles.

INTENSE BRIGHTENING OPULENCE FACIAL - 60 MINUTES

The Opulence treatment combines botanical brighteners and highly concentrated Vitamin C to balance and brighten dull and uneven skin tones. Pigmentation caused by sun damage or pre mature aging is minimized revealing a brighter more even skin tone with an instant radiant glow that is seen deep into the skin improving the appearance of fine lines and wrinkles.

FACIAL ENHANCEMENTS FOR INTRACEUTICAL FACIALS

Add these facial enhancements on to any facial with no extra time needed.

- Vitamin C + 3 : Three forms of vitamin c work together to protect and promote healthy glowing skin.
- Collagen: State of the art collagen building peptides for an extra firming and tightening.
- Vitamin A- A new form of Retinol that refines and defines skin.
- Antioxidants: Natural super fruits protect and balance the skin

*** Although you will see results after just one facial, Intracuticals can be sold in a series of facials for best results. Please ask one of our dedicated spa receptionists who will be able to provide the pricelist for you. To further the benefits we have home care packages that are available in our retail space.

THEMAE facials offer a complete natural manual technique combine with the power antioxidants of tea and healing spring water to keep its ultimate purity.

THEMAE HYDRATION FACIAL - 60 MINUTES

This delicate treatment is the perfect escape for tired, dull skin. A series of Ridokis massage tools are used within the massage which begins with stretching the nape of the neck; cleansing and exfoliating the skin before you enjoy a relaxing mask and Shiatsu massage movements, the ultimate in deep relaxation. Skin will feel intensely hydrated and completely rested.

THEMAE DEEP CLEANSING FACIAL - 60 MINUTES

This detoxifying skin treatment is perfect for stressed and fatigued skin combining deep cleansing, a purifying face mask and extraction of blackheads. Your skin will feel clean and deeply hydrated.

BODY EXPERIENCES

SLIMMING BODY FIRMING TREATMENT - 90 MINUTES

This treatment combines relaxation with slimming results. Starting with a lymphatic massage of the legs, combined with tapping and roll movements, the skin is detoxified and toned through the application of suction pads, reducing the appearance of cellulite as well as tackle fluid retention. To finish a green tea and kelp wrap is applied to the body to activate the cell's metabolism, leading to a visible and measurable inch loss after just a few sessions. Boosted by foot and scalp massages, your total relaxation enables the skin to rediscover its suppleness and firmness.

PURIFYING BODY DETOX WRAP - 90 MINUTES

The 3 Teas Purifying Body Wrap helps remove toxins and restore a sense of calm vitality. Clay,talcum and rice powders absorb excess oils and smooth the texture of the skin leaving it instantly soft.The detoxifying, antioxidant and anti-ageing properties of green tea, black tea and red tea, also known as Rooibos, combine to protect the skin against ageing. Mint leaves invigorate and tone upon contact with the skin. As your skin revitalizes, let your body relax and absorb the unique fragrances and sensations with our scalp and foot massage.

THEMAE HAMMAM - 60 MINUTES

Unwind in the privacy of your own rhassoul chamber of intense heat of the Hammam where you will enjoy a cleansing experience through the application of black salt and traditional Kassa glove. Soothe the skin with an application of body balm to seal in the moisture for clean hydrated skin.

GOLD BODY ILLUMINATION - 60 MINUTES

A chance to revitalise the skin's radiance through gentle massage and exfoliation were you can choose between the invigorating vichy experiences or natural manual technique. An aromatic paste of apricot oil, shea butter, bamboo powder and Complexe des 4 Thés® (4 Teas Elixir) rids your skin of impurities, leaving it feeling fresh and radiant.The treatment is completed with the application of the Huile des 4 Thés® Brume d'Or to nourish and illuminate the skin.

BOURBON TEA INTENSE BODY WRAP - 60 MINUTES

Sumptuous and creamy Bourbon Tea Intense Body Wrap will give you super-soft and comfortable skin. Combining the beneficial properties of milk, rice and kaolin powders with a vanilla and coconut nectar, the treatment envelops the body in a sheen of softness and moisture. As your skin revitalizes, let your body relax and absorb the unique fragrances and sensations with our scalp and foot massage.

COUPLES TREATMENTS

JUST FOR TWO - 60/90 MINUTES

Relax together with our Pürovel Refreshing, which uses a blend of essential oils and purpose-designed movements to stimulate circulation, promote deep relaxation and restore the flow of energy throughout the body.This wonderfully soothing and rejuvenating experience is ideal for togetherness time.

COUPLES VIP SUITE REJUVENATION

Relax and rejuvenate in our world class VIP couples suite. Spend time in the privacy and space of your own room with a treatment offer that is designed for you and your partner's needs. Choose from a selection of luxurious treatments on our menu and include time to indulge in the steam room vitality shower and couples whirlpool Jacuzzi tub. We can personalize this to your needs or to any occasion and this experience is complete with a healthy lunch service. The perfect way to spend time together here in Sochi.

ADDITIONAL TIME

For those who wish to upgrade any of our present treatments with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

- 30 minute express hydration facial
- 30 minute back, neck and shoulder massage
- 30 minute foot massage
- 30 minute head and scalp massage
- 30 minute bath elixir in the hydrotub or couples Jacuzzi suite
- 30 minute body scrub

SALON SERVICES

Pürovel Spa and Sport offers a range of manicure and pedicure treatments. Ask our receptionists for time and availability of your favorite salon service. The Mikael Rafo hair salon also operates offering a wide range of hair treatments and are located on 1 near the entry to the pool.





SPA ETIQUETTE

SPA EXPERIENCE

Pürovel Spa and Sport offers a variety of vibrant experiences using performance based spa products. Choose from a variety of massages, body treatments, and facials.

SPA ENVIRONMENT

Pürovel Spa and Sport is the hub for Vitality offering the best in Spa and Sport facilities. To ensure you energize and feel your best, phones and other electronic devices are not permitted in the treatment and spa areas. If you would like to receive messages during your time with us, please let our staff know.

MAKING SPA APPOINTMENTS

T +7 862 296 88 01 / 8911 Email SSK.Purovel@swissotel.com

Advanced reservations are recommended to ensure availability. Our Spa Receptionists will be delighted to guide you to select your spa experience.

SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the Spa 3 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services.

FEES AND SERVICE CHARGE

Local GST is included in all treatment prices.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact Spa reception at T +7 862 296 88 01 / 8911

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

SPA ATTIRE

You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. We request that you please leave jewelry and valuables in your hotel room or the safe provided for you.

Opening hours 9 am - 9 pm

T +7 862 2968801 /8911

E-mail: purovel.sochi@swissotel.com

www.purovel.com