

## WELCOME

Dust off the snow and enter into the warmth of Kulpen SPA. The spa's name is built on the feeling you have after a long day at the slopes. Longing to indulge yourself in a warm pool (kulp) and allow the heat to embrace you in the view of nature's beautiful scenery.

Enjoy the indoor or outdoor pools with soothing water, while watching the silhouettes of the pine trees against the sky.

WELCOME!

*Kulpen*  
SPA

Valid December 2019 - April 2020  
subject to changes.

## SPA ETIQUETTE

- Move slowly and use a low tone of voice.
- Children up to 17 years of age are welcome in our spa during certain hours. Children under 12 years have to be accompanied by an adult.
- We offer customized treatments for children.
- All treatments from NOK 650,- or more include loan of bathrobe, slippers, a towel and entrance to the SPA area.
- Please use swimwear while you are in the pool area
- During the treatment you can choose to wear your own underwear or you will be given disposable ones from us.
- Always shower before entering the spa area.
- In our dressing rooms you will find hot showers and soap.
- For hygienic reasons we find it appropriate that you sit on a towel when using the Sauna.
- In the steam bath you can take advantage of the available water hose to wash down your seat.
- We advise you to arrive 15 minutes in advance for your booked time, to unwind and relax before your treatment.
- Product recommendations are always included in the treatment.
- Always inform upon booking if there is anything special we should know about you: illness, injury, allergy or pregnancy in order to give you the best possible treatment.
- Our therapists have a right to refuse to work on intoxicated clients.

## SUPPLIER

### BABOR

BABOR Cosmetics is a German brand with over 60 years of experience in cosmetics, individual skin and body products. Like all German brands, Babor too is characterized by its seriousness and quality. Babor has signature treatments for relaxation, luxury, pampering and wellness experiences.

## FACE

### BABOR LUXURY FACIALS

Treat yourself with one of our most exclusive facials.

Dr Babor is your pain-free "alternative" to cosmetic surgery. This is a treatment that prevents and improves acne, scars, uneven skin tone and large pores. Reduces irritation, detoxifies and gives glow. Includes special facemask and scalp massage.

### BABOR HSR LIFTING 80 MIN

A luxurious wellness treatment for the adult woman and man who wants to work actively with "lifting". We focus on the neck and jawline to rebuild volume around the cheek and forehead. Monday-Thursday 1650,- | Friday-Sunday 1850,-

### COLLAGEN BOOSTER 80 MIN

A targeted special treatment for the mature skin that works actively with wrinkles, lines, pigmentation and loss of firmness and tension. Monday-Thursday 1650,- | Friday-Sunday 1850,-

### BABOR SOS FACIAL 50 MIN

Our Mountain inspired unique and "boosting" treatment that wakes the skin. In addition to cleansing and peeling, we perform massage with a special cocktail of highly efficient ingredients. Monday-Thursday 1150,- | Friday-Sunday 1250,-

### VITAMIN C 50 MIN

For skin types with wrinkles, pigmentation, loss of firmness and tightness. Suitable for tired and lifeless skin that lacks radiance and glow. Monday-Thursday 1150,- | Friday-Sunday 1250,-

### BABOR PRO ULTIMATE POWER 50 MIN

An effective fruit acid treatment without "down time" that has wellness in focus. If you want to work more purposefully, this treatment is for you. The skin will feel smooth, even and renewed glow.

Monday-Thursday 1150,- | Friday-Sunday 1250,-

For best results, we recommend a cure for a minimum of 4 treatments including 4 home products.

Package price: 4 x treatments + 4 x customized products for home use 7500,-

### BABOR CUSTOMIZED FACIAL

A treatment that focuses on your skin's condition right now.

Cleansing, peeling, delightful facial massage and a mask ending with a guidance of products.

The time you choose determines the massage length and area.

### 20 MIN EXPRESS

This is a QUICK FIX that includes cleansing, peeling, mask and a gentle scalp massage.

### 50 MIN CLASSIC

Deep cleansing if needed, a facial massage and relaxing scalp massage while the mask is working.

### 80 MIN OPTIMAL

In this treatment, you also get a special mask, unique acupressure and facial massage. We end the treatment with relaxing scalp massage for your utmost well-being. Dyeing and shaping of lashes and brows is included if desired.

### BEAUTIFUL EYES 50 MIN

The treatment begins with tinting and shaping of eyebrows and eyelashes. Followed by an eye area massage and an intensive eye mask to help to reduce the signs of aging. The indulgence is complemented with a relaxing neck and scalp massage.

### LASH LIFT 50 MIN

Lashlift is a treatment that permanently bends the lashes upwards, giving the impression of longer lashes and a more open look. In addition, we color the lashes and brows.

### LASHES AND BROWS

Dyeing of brows	250,-
Dyeing of lashes	350,-
Shaping of brows	250,-
Dyeing and shaping of brows	400,-
Dyeing and shaping of lashes + brows	600,-

WAXING on request

## BODY

### TRYSIL AROMA TREATMENT 100 MIN

You will get a full body scrub before you get massaged and wrapped into a delicious aroma wrap before ending treatment with a luxurious facial cure.

### TRYSIL SPECIAL 80 MIN

Body scrub that removes dry skin, a warm moisturizing bath and a body massage. Perfect for a dry and winter itchy skin.

### TRYSIL SIGNATUR 50/80 MIN

Energizing body scrub with refreshing massage of the back and neck. 80 min also includes face cleansing, moisturizing mask and relaxing scalp massage

### TRYSIL GLOW 50 MIN

A treatment that leaves your skin with new glow and energy. A full body scrub that removes dry skin cells. Followed by cleansing and peeling of the face.

### TRYSIL HEAVEN 50 MIN

In this treatment, the main focus is on the face and scalp. A thorough cleansing is done on face, neck and decollete, and ends with a hea-venly face- and scalp massage.



## MOTHER

### MOTHER TO BE EXPERIENCE

Relaxing, soothing and energizing treatments especially designed for you who are pregnant. Your therapist will take care of you and embrace your wishes in the best way. Treatments that nourish, moisturize and are overall beneficial for both body and soul. The first three months of pregnancy we offer ONLY facials.

From week 13 to birth, we can offer you;

- Babor facials
- Classic massage
- Trysil Aroma Treatment 100 min

## MASSAGE

We offer massages designed to suit your needs.

### AROMA / CLASSIC / THERAPEUTIC MASSAGE 20/50/80 min

#### AROMA MASSAGE

Light relaxing massage with aroma oils and hot stones.

Monday-Thursday 20 min 750,- | 50 min 1150,- | 80 min 1650,-  
Friday-Sunday 20 min 850,- | 50 min 1250,- | 80 min 1850,-

#### CLASSIC MASSAGE

A Classic massage for complete relaxation.

#### THERAPEUTIC MASSAGE

A firmer and deeper massage.

Classic and therapeutic massage can be performed with aroma oils for a supplement of 100,-.

### MANA LOMI® 50/80/100 MIN

The Mana Lomi® technique is based on Hawaiian concepts of working with the "mana" of the body, mind, and soul of an individual. The central philosophy of Mana Lomi® is that each person is equally divine in every aspect: body, mind & soul. The concept of evaluating the constitution of the whole person and finding the imbalance, allows the lomi practitioner to look at each patient as a unique individual.

Monday-Thursday 50 min 1050,- | 80 min 1550,- | 100 min 1750,-  
Friday-Sunday 50 min 1150,- | 80 min 1750,- | 100 min 1950,-

## SPA & SAUNA

### MINI ENERGIZING RITUAL

A Spa experience that is inspired by the mountains. You can do it on your own or together with someone special. The experience includes Nordic sauna, steam sauna, hot pools outdoors and caldarium. Using guidance and amazing spa products from Babor, we give you the opportunity to get the most and the best out of your spa visit with us. Includes loan of bathrobe, towel and slippers  
595,- per person

### ENERGIZING RITUAL

Energizing spa experience: For those who have more time for relaxation and pampering. Done on your own in our cozy wellness area. You receive a larger kit with manual and wonderful products from BABOR. Includes loan of bathrobe, towel and slippers.  
695,- per person

## DUO TREATMENT

### TOGETHER

Shared pleasure is a double pleasure. We offer dual treatment for 2 people in the same room with a therapist. Refreshments are included in our dual treatment

### BATH DUO 80 MIN

A Moisturizing heated bath with customized massage.  
Monday-Thursday 1780,- | Friday-Sunday 1980,-

## FAMILY / CHILDREN SPA

We warmly welcome everyone in your family to our spa and give you an opportunity to experience treatments together. Children are welcome in the pool area every day between 09.00-19.00, and must be accompanied by an adult at all times. Our children and family treatments are suitable for the age group 5-17 years.

### TWO & TWO - 50 MIN

A treatment for one adult and one child. During the treatment you both get a bath with a refreshing facial mask, followed by a relaxing massage and enjoy a delicious fruit boost.  
Monday-Thursday 1300,- | Friday-Sunday 1500,-

Our treatments for children are adapted to the child's age and are created for getting the child to relax and enjoy a quiet moment while experiencing the cozy atmosphere with nicely scented products.

### MASSAGE FOR THE YOUNGEST 20 MIN

Soft and relaxing massage for small bodies.  
Monday-Thursday 650,- | Friday-Sunday 750,-

### VALLE'S FAVORITE SPA TREATMENT

(incl. Loan of Valle bathrobe, for kids 5-10 yrs)

Valle loves to go to the SPA and this treatment is made by Valle himself with his favorites only. Bubbly footbath, snow mask, light massage and of course Valle's favorite drink.  
Monday-Thursday 550,- | Friday-Sunday 650,-



## OPENING HOURS

### OPEN DAILY

08.00-20.00 (last entry 19.30)

### FAMILY SPA

09.00-19.00 (last entry 18.30)

### 18 YEARS LIMIT

08.00-09.00 & 19.00-20.00

## BOOKING/CONTACT

### BOOKING

Monday-Thursday	11.00-19.00
Friday-Saturday	10.00-19.00
Sunday	10.00-15.00

### CONTACT

E-mail: [kulpen.spa@radissonblu.com](mailto:kulpen.spa@radissonblu.com)  
Phone: +47 62 44 93 45

### ONLINE BOOKING

<http://www.eadministration.dk/kunde/kundelogn.asp?klient=2127>

### CANCELLATION

Cancellation must be done at least 24 hours prior to a booked treatment or the treatment must be paid in full. Delayed arrival to your booked treatment will be deducted from your service time.

## ENTRANCE

Morning between 08.00-14.00

Adult 150,- Child (4-17 years) 100,-

Afternoon between 14.00-20.00

Adult 250,- Child (4-17 years) 150,-

Accompanie: 35,-

Family price (valid ONLY between 14.00-19.00)

2 adults + 2 children 650,-

Full day

Adult 400,- Child (4-17 years) 250,-

(hotel guests have a 50 % discount)

Gym only

75,- incl. a small towel

1 large towel is always included in a spa entrance, except when using only gym.

Rent of bathrobe/slippers 100,- (always included in a SPA treatment).

**We care about the environment, therefore we charge extra per towel: large towel 50,- / small towel 30,-**

**CHILDREN UNDER 12 YEARS OLD MUST BE ACCOMPANIED BY AN ADULT.**

## PRICES

Our treatments are inspired by the nature, clean and fresh from the mountain and are suitable for both men and women. All treatments over 650,- include access to the relaxation area and a loan of a bathrobe, towel and slippers.

### MONDAY-THURSDAY

20 min	650,-
50 min	1050,-
80 min	1550,-
100 min	1750,-

### FRIDAY-SUNDAY

20 min	750,-
50 min	1150,-
80 min	1750,-
100 min	1950,-

### EXCEPTIONS:

Duo treatment, Aroma Massage, Family/Kids, Babor Luxury facials, Babor Pro and Mana Lomi®.

Weekend rates also apply on **holidays**.

*Kulpen*  
SPA

**Radisson** **BLU**  
MOUNTAIN RESORT  
& RESIDENCES, TRYSIL