# REFINE

SPA, BEAUTY & WELLNESS

SCRUB IT REAL GOOD

DETOX BEFORE
YOU RETOX

FACIALS
MASSAGES
MANI
PEDI
SPRAY TAN
WAX

# BOOKINGS

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FIVEZurich ReFIVESpaZurich



# SPA #EXPERIENCES

### **STEAM ROOM**

Feeling sore from your workout?
Suffering from congested skin
and breakouts? Or simply want to
unwind and melt into a state of total
relaxation? Enjoy our steam room
to ease muscles, cleanse pores and
improve blood circulation.

#### POOL

Pre or post treatment, be sure to check out our stunning indoor and outdoor swimming pool, perfect if you fancy a dip or simply prefer to sit back and relax on our pool loungers as you watch the day go by.

#### SAUNA

Sweat it all out! Don't skip a session in our sauna. Proven to strengthen immunity, preserve muscle mass, improve skin strength and even boost your heart health, treat yourself to the ultimate wellbeing.

## JACUZZI

No luxury spa is comlpete without a jacuzzi - and ours, integrated into our stunning swimming pool, is the ultimate relaxation experience and a perfect sanctuary before or after your spa treatment.

### **RELAXATION ROOM**

The ultimate place to reset your mind, body and soul into a state of perfect relaxation. Enjoy pre or post treatment and get back to feeling the best version of you.

# SPA #MASSAGES

### STRESS RELIEF

Jardins des Monts



### **FEATHER TOUCH**

Ideal for massage newbies! Light pressure point massage applying regenerating oils boosting skin comfort and glow.

60 MINS • CHF185 90 MINS • CHF235

### ENERGY HEALING

Jardine des Monts



### **BALANCING ACT**

Classic Swedish massage movements to ease muscle tension, using medium pressure.

60 MINS • CHF185 90 MINS • CHF235

### MUSCLE TENSION

Jardins des Monts



### **MUSCLE MELT**

Deep tissue massage focusing on sore and tight muscle tension from heavy work out or deep stress.

60 MINS • CHF195 90 MINS • CHF245

# CANDLE MASSAGE



A soothing and deeply relaxing experience in which organic, exotically scented candles are used to release tension and bring the mind and body back into balance.

75 MINS • CHF225

# ADD-ONS



Smoothen away tension knots with these deep tissue heated relaxation methods.

HOT STONE • CHF45 LAVA SHELLS • CHF75

# **JARDINS DES MONTS**

Focusing on purity and effectiveness, Jardin des Monts' products are characterised by the finest-quality ingredients. Organically grown in the Swiss Alps and gently manufactured in an artisanal process inspired by traditional herbalism, each product is carefully produced with a combination of aromatic or medicinal root that helps renew the skin's elasticity by increasing the regenerative power of epidermal cells.

# SPA

# #SCRUBS & #WRAPS

# ORGANIC SALT GLOW

#### VOYA

The ultimate treat for tired and dull skin. Packed with organic anti-oxidant and mineral-rich properties, this calming treatment will gently exfoliate to leave your skin glowing and hydrated.

45 MINS • CHF135

# ORGANIC SEAWEED LEAF WRAP

#### VOVA

Using organic seaweed leaves to scrub and wrap your body, this detoxifying experience helps revitalize and render the skin more supple thanks to mineral-rich and anti-oxidizing properties.

90 MINS • CHF245

# WARM SPICED MUD BATH

#### VOYA

By drawing toxins and impurities out of the skin, the warm, fragrant and mineral-rich mud helps to purify and smooth the skin while relaxing tense muscles and giving your skin a youthful glow.

45 MINS • CHF105

### SAPIN BLANC SCRUB

#### Jardin des Monts

A fragrant treatment that will gently remove dead skin cells and help tighten, brighten and smoothen the skin.

45 MINS • CHF135

# ORGANIC SEAWEED MUD WRAP

#### VOVA

Relieves stress while energizing the mind, this warm wrap is infused with orange and ginger aromatic spices to help soothe muscle tension while deeply nourishing the skin

60 MINS • CHF155

# SEA SALT THERAPY BATH

#### Jardin des Monts

Known for their healing and therapeutic properties, the combination of sea salt and organic essential oils used in this bath therapy helps to stimulate circulation and relieve fatigue.

45 MINS • CHF105

# VOYA

Promoting sustainable organic luxury, VOYA offers a revolutionary range of result-driven, seaweed-based products that combine the world's best cosmetic scientists' expertise with in-depth knowledge of the therapeutic benefits of seaweed. Sustainably hand-harvested from the cleanest waters off the Atlantic coast of Ireland, VOYA's story is inspired by the ancient Irish tradition of seaweed bathing which is known to lower body stress and relieve skin conditions.



# SPA #FACIALS

### **HYDRATION**

Valmont



# HYDRATION DES BISSES

Reverses effects of pollution using a detoxifying massage with botanical ingredients.

IDEAL FOR DEHYDRATED SKIN

60 MINS • CHF210

# REJUVENATION

Valmont



# LUMINOSITY DES GLACES

Reflexology ritual in which papaya and white mulberry extract are used to help hydrate and brighten the skin.

IDEAL FOR STRESSED AND MATURE SKIN

60 MINS • CHF210

### DETOX

Valmont



# ENERGIE DES GLACIERS

Stimulating facial, restoring natural radiance and leaving skin cleansed and oxygenized.

IDEAL FOR DULL SKIN

60 MINS • CHF210

### **VALMONT**

Master of anti-age treatments since 1985, Valmont perpetuates the unique expertise of Swiss cellular cosmetics with incomparably efficient care treatments providing immediate, long-lasting results. Valmont care treatments find their source in Switzerland's pure and protected environment. Their exceptional quality is the fruit of a subtle alliance of alpine ingredients and advanced scientific expertise.

### **SPRAY TAN**

Fake it 'til you make it! Get that golden glow with Naked Tan - a vegan, wash and wear spray tan.

### Keep your tan in tip top shape!

- · Exfoliate beforehand
- · Wear loose clothing after your treatment
  - · Apply moisturiser daily

45 MINS • CHF125





# WELLNESS #VIP EXPERIENCES

# JUST THE TWO OF US

Body bath followed by a full body massage for two, plus a glass of champagne.

90 MINS • CHF495

# TOTAL INDULGENCE

Facial and body scrub, followed by a full body massage.

120 MINS • CHF355

### REFIVE EXPERIENCE

Hydrating facial, followed by a full body massage.

120 MINS • CHF355

### HOLLYWOOD PEACH

Our 3-step cellulite-bust including detox scrub, slimming massage and air compression treatment using lymphatic massage techniques to slim your body in no time.

90 MINS • CHF375

# PRENATAL JOURNEY

A relaxing full body scrub, followed by a nourishing massage to help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy.

90 MINS • CHF225

### IN-ROOM MASSAGE

Enjoy all our premium, spaquality massages from the comfort of your own hotel room.

**ASK FOR MORE INFO** 

#### SPA, POOL & LUNCH

Enjoy a full body massage, lunch at The Vault, and complimentary pool access.

60 MINS · MON - FRI · CHF225

#### **VIP DAY SPA**

Fancy a little R&R? Our spa is the perfect urban wellness retreat. Make use of our top spa facilities with a full day pass and enjoy access to all of our spa facilities including indoor pool, sauna & steam room, and more.

MON-FRI • FROM CHF95



# BEAUTY

**MANICURE** 

**60 MINS • CHF115** 

**PEDICURE** 

**60 MINS • CHF155** 

BEAUTY #WAX

**COLOUR** 

CHF20

**GEL COLOUR** 

CHF30

**SCRUB & MASK** 

CHF25

**FULL ARM** 

CHF75

**UNDER ARM** 

CHF45

**FULL LEG** 

**CHF115** 

**HALF LEG** 

CHF80

BACK/STOMACH/CHEST

CHF80

**BIKINI LINE** 

CHF70

**FULL BIKINI** 

**CHF115** 

BEAUTY LASHES

**LEVEL UP LASHES** 

The ultimate natural lash booster! Curl, lift & lengthen your natural lashes.

LASH LIFT + TINT + KERATIN **SERUM TREATMENT** 

**CHF195** 

