

# REFIVE

SPA, BEAUTY & WELLNESS

Scrub it  
Real Good!

Detox  
BEFORE  
YOU Retox

Experiences | Facials  
Massages | Scrubs | Wraps  
Beauty | Wellness

Bookings

+ 41 44 456 55 55

fzh.spa@fivehotelsandresorts.com

@FIVEZurich

@ReFIVESpaZurich



#Experiences

# VIP Experience

SPA

## Just the Two of Us

Unwind with two 60-minute massages, then retreat to a 30-minute private VIP jacuzzi experience, accompanied by a glass of champagne each.

90 MINS • CHF350

## ReFIVE Experience

Hydrating facial, followed by a full body massage.

120 MINS • CHF250

## Total Indulgence

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

120 MINS • CHF250

## In-Room Massage

Enjoy all our premium, spa-quality massages from the comfort of your own hotel room.

ASK FOR MORE INFO

## 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 • CHF190

## Spa, Pool & Lunch

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

60 MIN • MON - FRI • CHF150

## 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 CHF50  
SAT - SUN • CHF75

## Pilates & Breakfast

Start your day the right way with a 60-minute mat Pilates class followed by a delicious healthy buffet breakfast. .

SUNDAY TO FRIDAY • CHF100





# 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.

# Facials

#SPA

## HYDRATION

### Hydratation des Bisses

#### VALMONT

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

IDEAL FOR DEHYDRATED SKIN

60 MINS • CHF170

## REJUVENATION

### Luminosit des Glaces

#### VALMONT

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 • CHF170

## DETOX

### Energie des Glaciers

#### VALMONT

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

IDEAL FOR DULL SKIN

60 MINS • CHF170





# SwissGetal

SwissGetal blends cutting-edge Swiss biotechnology with powerful natural botanicals to deliver advanced, results-driven skincare. Developed in Swiss laboratories, their formulas harness the regenerative power of plant stem cells and high-performance actives to hydrate, firm, and rejuvenate - all while respecting your skin's natural balance. Free from harsh chemicals and crafted with precision, SwissGetal is where science meets nature for radiant, timeless beauty.

SWISSGETAL

## Collagen Thread Treatment

Rejuvenating treatment with collagen threads, targeting wrinkles and promoting skin renewal.

IDEAL FOR MATURE SKIN

75 MINUTES • CHF150  
(INCLUDES 5 THREADS)

ADD ON CHF25 PER THREADS

SWISSGETAL

## BotoCare Treatment

Smooth away wrinkles with our special peptide treatment, giving you Botox-like results without any needles.

IDEAL FOR DULL SKIN

90 MINUTES • CHF190





# VOYA

VOYA is a luxury Irish organic spa brand inspired by the power of the Atlantic Ocean, transforming hand-harvested seaweed into deeply restorative body and skincare rituals. Rooted in ancient seaweed-bath traditions and modern science, VOYA delivers a sensory wellness experience that nourishes the skin, calms the mind, and reconnects you with nature.



VOYA

## Express Facial

Pressed for time but craving radiant skin. Our Express Face Treatment delivers fast results with a refreshing cleanse, hydration mask, and nourishing moisturiser enriched with VOYA. A quick boost for healthy, hydrated skin.

30 MINUTES • CHF80





# 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.

# Jardin des Monts

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, carefully produced with a combination of aromatic or medicinal root that helps renew the skin's elasticity.

#SPA

VOYA

## Organic Salt Glow

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 • CHF110

JARDIN DES MONTS

## Sapin Blanc Scrub

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

45 MINS • CHF110

JARDIN DES MONTS

## Sea Salt Therapy Bath

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 • CHF110

VOYA

## Organic Seaweed Leaf Wrap

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 • CHF145

VOYA

## Organic Seaweed Mud Wrap

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 • CHF145

VOYA

## Warm Spiced Mud Bath

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 • CHF95

# Scrubs & Wraps



# Sensorial Head Spa

RESET YOUR MIND, BODY, AND SOUL WITH OUR  
SENSORIAL HEAD SPA EXPERIENCE.

Drift into 75 minutes of relaxation as a delicate scalp exfoliation melts away tension, followed by acupressure massage techniques designed to boost circulation. As nourishing steam revives your hair for strength and shine, precious oils and a soothing facial massage leave your skin deeply hydrated and radiant.

60 MINS • CHF120

#SPA



# Massages

#SPA

JARDIN DES MONTS

## Feather Touch

STRESS RELIEF

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

60 MINS • CHF145  
90 MINS • CHF165

JARDIN DES MONTS

## Balancing Act

ENERGY HEALING

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

60 MINS • CHF125  
90 MINS • CHF145

JARDIN DES MONTS

## Muscle Melt

MUSCLE TENSION

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

60 MINS • CHF145  
90 MINS • CHF175

## CBD Oil Massage

A deeply relaxing treatment uses CBD oil to ease muscle tension, while its natural healing properties promote a sense of balance and calm, leaving you refreshed and rejuvenated.

60 MINS • CHF175

## 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 • CHF145

## Maderotherapy

Experience the ultimate in self-care with our Madero Massage package. This session combines anticellulite massage using wood tools, a lymphatic machine, and access to spa facilities.

65 MINS • CHF100  
5 SESSIONS • CHF695

## Add-Ons

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

HOT STONE • CHF45  
LAVA SHELLS • CHF45

# ReFIVE Beauty

Introducing the ReFIVE Beauty range, a luxurious collection of amenities designed to elevate your self-care routine to new heights. Crafted with precision and Made in France, each product in the range embodies the essence of indulgence and sustainability.

What sets ReFIVE Beauty apart is our unwavering commitment to sustainability every ingredient is meticulously sourced to ensure minimal environmental impact. From farm to packaging, we prioritize eco-conscious practices to bring you products that not only enhance your beauty but also preserve the beauty of our planet. Embrace the essence of luxury and sustainability with ReFIVE Beauty, where organic ingredients meet unparalleled indulgence.

## Pre-Game Glow Up Hydrogel Gold Face Mask

Detoxifying, Hydrating & Revitalizing

These luxurious face masks are your ultimate go-to for achieving a radiant complexion in just 15 minutes. Perfect as makeup prep or to give yourself an extra glow.

## Designer Bags Only Sparkling Hydrogel Eye Patches

De-puffing, Brightening & Revitalizing

These gorgeous gems are your ultimate go-to for de-puffing and brightening those tired eyes in just 15 minutes. Whether you're getting ready for a night out or prepping for a big event, these masks will help you look and feel your best.

# Natural Soap

Custom made with nourishing olive oil and a lavender flower scrub. Sustainably sourced from Provence and lightly scented with FIVE's signature fragrance developed in Grasse, France.



#Beauty

## Mani & Pedi

### Manicure

60 MINUTES • CHF115

### Pedicure

60 MINUTES • CHF155



### Add-ons

COLOUR  
CHF55

GEL COLOUR  
CHF55

SCRUB & MASK  
CHF55

### Full Arm

CHF75

### Half Leg

CHF80

### Under Arm

CHF45

### Back | Stomach | Chest

CHF80

### Full Leg

CHF115

### Bikini Line (sides)

CHF70

## Wax



LASHES

## Yumi Lashes

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

LASH LIFT + TINT + KERATIN  
SERUM TREATMENT

CHF215

# Spray Tan

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

45 MINS • CHF125



#Wellness

# 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.

## Jacuzzi

No luxury spa is complete 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.

## 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.

## 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.


## 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.

## Ice Fountain

Revitalise your senses with our invigorating Ice Fountain. Perfect after heat treatments, the cooling crushed ice stimulates circulation, tightens pores, and boosts skin vitality - leaving you refreshed, re-energised, and glowing.



A woman with her back to the camera, wearing a black and white athletic top with a blue waistband and black leggings, stands on a rocky outcrop. She is holding a blue water bottle in her right hand and making a peace sign with her left hand. The background shows a panoramic view of a city and a forest under a blue sky with white clouds.

Compliment your spa experience with  
a walk up the **Uetliberg mountain**,  
offering breathtaking views over the city  
and located right behind the hotel.

**Cancellation policy:**

Kindly inform us 12 hours in advance to avoid a cancellation charge of the full amount.

Appointments can be rescheduled  
but are not refundable.

All prices are inclusive of 8.1% Vat.