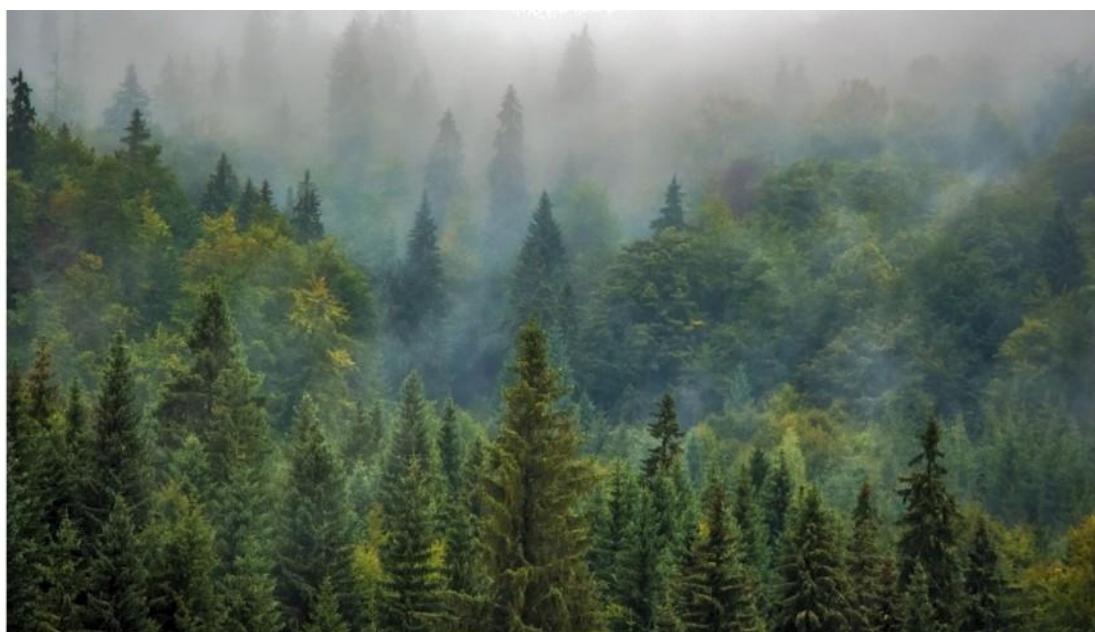


M E N U O F S W I S S L U X U R Y T R E A T M E N T R O O M



WELCOME TO OUR WELL - BEING AREA A DYNAMIC PROCESS OF CHANGE AND GROWTH

Built with love for our guests to treat the whole - mind, body and soul. Take a journey of discovery and reconnect mind, body and soul guided by our Team of experienced therapists.

With their expertise in holistic and medico-aesthetic treatments, our incomparable team combines contemporary sciences and ancestral traditional medicines to offer you personalized care.



OUR PHILOSOPHY

For our Team, health is the normal state of one who lives in harmony with the laws of nature. Faithful to the concept of ancient systems of traditional medicine, such as Ayurveda, Traditional Chinese and Tibetan Medicine, based on complex theories of how the human body and mind work. Our professionals will consider the body in its unity, treating mind, body and soul.

Following this holistic approach, we based our treatments on three pillars: nutrition (healthy, natural and local), movement and energetic bodywork with the goal of achieving this ideal balance of integrated well-being for each guest.

UNDERSTANDING ENERGY

Unlike our modern, mechanical notion of energy, which we understand via mathematics, this is a living energy that we feel inside us. The idea of life force or life energy is very common in traditional healing.

In Eastern religions, this potent vital energy is known variously as *prana* (in Indian philosophy and medicine), *lung* (in Tibetan Buddhism), and *chi* (in Chinese philosophy and medicine).

A shared principle in these many ancient systems of traditional healing is that any blockage in this flow of life force in a body can cause imbalance and therefore ill health in some respect. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.



SWISS LUXURY SIGNATURE TREATMENTS

Based on this idea of energy, our treatments are tailored to promote inner peace and return your body and mind to a state of harmony.

All treatments begin with a sage smoke ceremony and a foot bath ritual. Deeply relaxing and mineral rich focused on the reflex points of the feet, we encourage our guests to close their eyes and focus on the breath.

This is also symbolic, an act of humble service that fosters trust, helping guests to fully benefit from the treatments that follow.

Our treatments are recommended for treating: Jet lag, body tension, headaches and migraines, low energy levels, insomnia, emotional stress, anxiety, chronic fatigue, feelings of insecurity, rootlessness and the inability to switch off as well as feeling of disconnection, grief and discontent. But also, to treat body and face dry skin and the signs of ageing.



THE THREE RITUAL



PURIFYING

For those seeking lightness, breathing space and a fresh start

PURIFYING body skin renewal & Wrap Ritual

90 minutes | CHF 275

Reviving and cleaning spirits while induces a state of peace, the key ingredient in this ritual is the Bio Lemongrass essential oil from Java (Indonesia) mixt with sea salt of Lanzarote (Canary island, Spain). Known for its purifying effects and gently sedative energy that promotes peacefulness.

This full-body mixture gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap of bio aloe vera of Lanzarote nutritish the skin. To increase this moment of deep relaxation a feet, hands and Indian head massage is provide.

BENEFITS

- Regenerates skin cells and stimulates circulation
- Reduces stress levels and promotes mental clarity
- Dispels negative emotions and body tension

PURIFYING Massage Ritual

90 minutes | CHF 275

An deeply relaxing yet revitalizing treatment incorporates Dr. Vodder manual lymphatic drainage techniques and Myofascial Trigger Point Therapy on the back to balance the nervous system and promote the flow of waste products away from the tissues. The pressure applied is much softer than in conventional massages, but powerful in its effects. The use of eucalyptus essential oils from Brazil stimulates circulation and encourages the release of negative energy and toxins.

BENEFITS

- Drains the body, reduces swelling
- Detoxifies and increases immunity
- Dispels tensions and reduces stress levels

PURIFYING Journey

150 minutes | CHF 380

Including the two Purifying treatments, this journey intention is a purification on all levels: skin, body's organs and spirit. Leaving you a clear-head and at peace.



GROUNDING

For those seeking reconnection, balance and perspective

GROUNDING Massage Ritual

90 minutes | CHF 275

The key ingredients in this ritual are the Atlas Cedar Bio essential oil from Maroc, and the red jasper stone as well as the sound of the OTTO tuning fork. Three elements very known for their power to rebalance the root chakra. A Tui-na massage honors ancient Chinese healing traditions to stimulate muscles and relive tensions while a subtler massage energizes the meridian system.

This powerful healing and energizing treatment incorporate deep tissue techniques, kneading, acupressure points, tapotement, cupping and stretchings. The body massage is following by a Tibetan head massage that induces an even deeper level of balance.

BENEFITS

- Releases muscular tension and breaks up scar tissue
- Reduces chronic pain and improves athletic performance
- Brings a sense of security and reconnection to the earth

GROUNDING Face Ritual

90 minutes | CHF 275

This facial incorporates the red jasper crystals massage roller to promote relaxation and healing, an illuminating skin gommage petals of bio rose flower, hyaluronic acid and collagen to boost hydration and aid rejuvenation. Manual massage techniques targeting the muscles, Marma points therapy and Dr.Vodder facial lymphatic drainage.

All these manual techniques will tone muscles, stimulate circulation and raise vibrational energy, while acupressure using poultices of bio plants from Laos leaves skin radiant. The ritual ends with a mask full of vitamins A, C, K and a Indian head massage.

BENEFITS

- Renewals skin cells and improves uneven skin tone
- Hydrates, brightens and firms face skin
- Detoxifies and brings peace of mind

GROUNDING Journey

150 minutes | CHF 380

Including the two Grounding treatments, this journey encourages a deep reconnection to the earth, ensuring a state of perfect contentment and living you in a deep state of peace of mind.



NOURISHING

For those seeking recuperation, enlightenment and energy healing

NOURISHING Massage Ritual

90 minutes | CHF 275

This joyful, nurturing ritual encourages the body to enter a phase of deep relaxation.

The rhythmic techniques and the cypress bio essential oil from Spain used ease muscle tension and imbuing a sense of complete restoration while the use of sound healing from the Tibetan bowls activates the kundalini: dormant energy stored at the base of the spine.

This ritual ends with a full body Tibetan energy work (Pranayama) bringing the body back to a state of heightened awareness and balance.

BENEFITS

- Relieves exhaustion, stress and chronic fatigue
- Brings mental clarity and encourages better sleep
- Enhances self-esteem and self-awareness

NOURISHING Face Ritual

90 minutes | CHF 275

This ritual rejuvenates, soothes and brightens dull or irritated skin through the use of lavender bio essential oil from Bulgarie and the the amethyst crystal roller known for its ability to promote inner balance and harmony.

The relaxing face massage and the Pranannadi energy techniques focusing on the forehead, septum and throat stimulate the flow of prana, described as the universal life force.

This ritual will light the look and leave the mind in a deep state of peace and clarity.

BENEFITS

- Releases muscular face tension and headaches
- Reduces and treats rosacea and dermatitis
- Reduces anxiety and deeply relaxes

NOURISHING Journey

150 minutes | CHF 380

Including the two nourishing treatments, this journey aims to harmonise the spirit combining many forms of vital nourishment leaving you feeling reconnected and rejuvenated.

RECONNECTION JOURNEY OF YOUR BEING

For those seeking regeneration and liberation at all levels: body, soul and spirit

210 minutes | CHF 480

Combining all three intentions: purifying, grounding and nourishing, this journey holds the spiritual energy of love. Harmonizing every aspect of the individual (body, mind and spirit).

This powerful and loving attentiveness will carry light to where you need it most. Encouraging reconnection with yourself through the healing of physical, emotional and mental wounds. It will lead you towards yourself-acceptance, enabling you to be the most real and best you, while simultaneously restoring and rejuvenating the body on a physical level.

CITY RETREAT

for stays of one month up to more



Swiss Luxury Wellbeing Plan (SLWP)

For our Swiss Luxury Team of therapists

Beauty and Wellbeing are related, being one the consequence of the other!

Our **SLWP** is a personalised plan designed to approach YOU to the “ideal” state of wellbeing that comes with a thoroughly purified and balanced system, a rested body, and perfect mental balance.

Depending on your state of health, we design your personalized program using a holistic approach to healing and prevention.

When you choose our SLWP, our therapeutic Team will give to the consultation as much time and attention as to the treatments. For our Team, it is important to study the conditions likely to cause illness (lifestyle, eating habits, physical and spiritual state). The interview with the therapist takes approximately 45 minutes to establish the «identity card» of the body.

Each body has its history that must be listened to and understood by the therapist so that they can meet the needs and expectations of the guest. This tailored diagnosis enables us to advise you on the adjustments that you need to make in the immediate and long term in order to make the most of the years to come.

SLWP

Length: 1 month | CHF 1100

Recommended for:

- Eliminate toxins and boost the immune system
- Boost the vitality and restore balance and energy flow
- Increase physical and mental well-being
- Rest and recover from tiredness and stress
- Define a personalized nutritional program

- Develop a personalized physical activity routine
- Establish healthy sleep habits
- Slow down the negative effects of ageing

Includes:

- 1 consultation of 50 minutes to establish the body's identity card, according to the Swiss Luxury Team philosophy
- 1 Session/50 minutes of personalized therapeutic massage, according to the established recommendations
- 1 Session/50 minutes of osteopathy or acupuncture, according to the established recommendations
- 1 Session/50 minutes of nutritional and healthy lifestyle counselling
- 2 Sessions/50 minutes of personalized physical activity, according to the established recommendations
- 1 Session/50 minutes of feet, hands and head reflexology
- 1 Session/50 minutes of personalized facial treatment, according to the established recommendations
- 1 Session/50 minutes of Energetic work (pranayama, guided meditation, breathing exercises and Sounds Healing), according to the established recommendations



MASSAGES

The Swiss Luxury Team skilled therapists, employ diverse techniques and combine their technical skills with heightened sensitivity and intuition to deliver personalized massage therapies. All massages start with a Sage Smudging Ceremony to clear negative energy and finished with our Tibetan Sound Bowls!

60 minutes | CHF 190 90 minutes | CHF 240

Therapeutic massage with stretching

A Deep Tissue massage focused on the deepest layers of muscle tissue, tendons and fascias with a slow and intense pressure adapted to the needs and responsiveness of each person. This massage is beneficial in releasing chronic muscle tension, elongating muscles and increasing range of motion.

Sports massage adapted to physical activity

Eared towards our athletic and active guests. This massage is great for maintaining body

conditioning, preparing muscles and joints to avoid the risk of injury and eliminated cramps, stiffnesses and helping the muscular chains to recover from the workouts using hot and cold therapy, stretching and deep techniques.

Anti-stress aromatherapy massage

Swiss montagne essential plants oil, Chosen by the Swiss Luxury Team of therapists to nourish your mind and body, this is a lighter pressure massage to soothe, relax and calm the busy mind while it eases your tensions away.

Hot stone massage

This relaxing massage will deliver an overall sense of well-being, triggering a relaxation in the nervous system to help with insomnia and restore fluidity to the connective tissue and joints. The therapist use polished energetically powerful volcanic hot stones from Lanzarote (Canary island, Spain) and Swedish massage techniques.

Anti-cellulite massage

More than an anti-cellulite massage, Swiss Luxury Team technic is an art of sculpting the body. This complex method of massage increases cells' oxygenation which is the main cause of cellulite's outbreak and refines the shape of the body.

Lymphatic drainage

A gentle massage with anti-edematous, analgesic and regenerating effects on the body. The maneuvers of this massage will accelerate the flow of the lymph through the capillaries and the lymphatic vessels, towards the lymph nodes to improve the lymphatic circulation and the microcirculation of the body.



SPECIAL THERAPIES

Our Swiss Luxury team, believes that with the right knowledge and support, you can create an inner environment that allows positive mental and physical health to blossom.

From traditional Chinese medicine to Tibetan healing and the reflexology, these therapies can be an additional help to overcome the tensions and strains of modern, urban life.

60 minutes | CHF 190 90 minutes | CHF 240

Tui Na

Tui Na has been part of Chinese culture for millennia. This ancestral method acts among other things on the skin, muscles, tendons and ligaments and aims to improve the physical and psychological health of the person.

Prananadi

A holistic approach, that works on the physical, psychological and emotional level. This therapy includes relaxation techniques of traditional massage and energetic practices from Tibet. These

harmonise and help the organism and its energetic field, carrying light to where person needs it most. The aim of this treatment is to liberate the soul of obstacles and to reconnect with the body.

Reflexology

The ancient healing art of reflexology has existed for several millennia and is practiced by various civilizations: Egyptian, Chinese, Indian, Inca, American Indians.

Is a holistic treatment with far-reaching therapeutic benefits. It relaxes, restores and revitalises, while providing a fine-tuning for all of the body's systems, encouraging the body to function more efficiently.



SPECIAL MOTHER-TO-BE (PERFECT FOR PREGNANCY)

The miracle of carrying new life is an experience to celebrate. To support mothers-to-be through this incredible time, Swiss Luxury Team wanted to create pampering pregnancy spa cares, shaped around your unique needs.

Mothers-to-be experience rapid changes to their bodies. Seeing a therapist during your pregnancy and in the months after is a beautiful gift for yourself and the little life you're nurturing. Our pregnancy treatments are designed for women that are 12 weeks pregnant or more. Specially formulated treatments using plant-based, organic products help keep rapidly stretching skin supple and nourished, maintaining tone and elasticity. They also relieve back pain and the feeling of heavy legs to reduce fatigue and recover a good sleep, during this very important period in a woman's life.

NOURISHING Care

60 minutes | CHF 190

This relaxing treatment is tailored specifically to your body's needs during pregnancy. It includes a gentle body exfoliation and a body wrap based on salt and bio Aloe vera plants of Lanzarote (Canary Island, Spain) to nourish and prevent stretch marks following by a relaxing massage and a refreshing facial boost.

PRE and POST prenatal care

60 minutes | CHF 190 90 minutes | CHF 240

Melt away fatigue with this supporting massage, designed for specific areas such as aching backs and heavy legs.

PREPARATION for the new arrival

In addition to your mother-to-be treatments, we offer tailored beauty treatments anticipating delivery. These include facials, manicures and pedicures (especially when it gets hard to reach!) and intimate hair removal.

Price to be determined based on the provided service.



FACIALS

Swiss Luxury Team created a facial experience with the help of the professional line of traditional botanical products from the Swiss mountains. Our team of beauticians will give to the consultation as much attention as to the treatment. For us, it is important to study your skin identity and its eco system to carefully select the products and techniques that will benefit you most.

All of our facials are finished with relaxing and energetic healing techniques as well as with the sound bath of Tibetan bowls to ground and awaken your mind, body and soul.

60 minutes | CHF 200 90 minutes | CHF 250

Luxury anti-aging facial

A bio-lift of exclusive and precise Luxury Spanish and French manual lifting techniques. This treatment will activate facial muscles, firm the skin and smooth away fine lines to achieve a more toned and rejuvenated neckline and oval face.

Flash radiante facial

Using manual techniques, face cupping and the rose quartz roller to drain and active blood circulation. This facial is designed to replenish the levels of oxygen in your skin, eliminate the signs of facial stress, restore the glow and skin tone to have a youthful appearance in face.

Anti-aging facial

A deep cleansing of the skin, followed by a new generation of peeling which minimises the sebum production, tightens pores and increases collagen while prevents the future cutaneous damages.

Unstress facial

This soothing facial is designed for all types of sensitive skins due to environmental or genetical factors. Using anti-inflammatory extracts of German Chamomile and Frangipani flower from Thailand. This facial was created to replenish the levels of water, calm and reinforce the skin face.

Beauty of the eyes

Nowadays, our eyes are subjected to a lot of stress due to computer screens and phones. This unique treatment was designed for eyes rejuvenation and get rid of migraines and headaches. The relaxing massage techniques around the eyes works in synergy with ocular reflexology pressures points to release muscular tensions and signs of ageing.



MEDITATION

A total renewal of mind and soul! Mindfulness meditation is an adaptation of Buddhist meditation. Through mediation, you will observe your emotions, which improves awareness of the present moment. This state of mind will improve your overall well-being. Keeping your mind sharp, memory strong, find peace and reduce anxiety. Whether it be a guided session, Tibetan sounds bowls or our special Swiss Luxury meditation, we recommend to give your mind a break from everyday distractions.

45 minutes | CHF 120

Guided Meditation

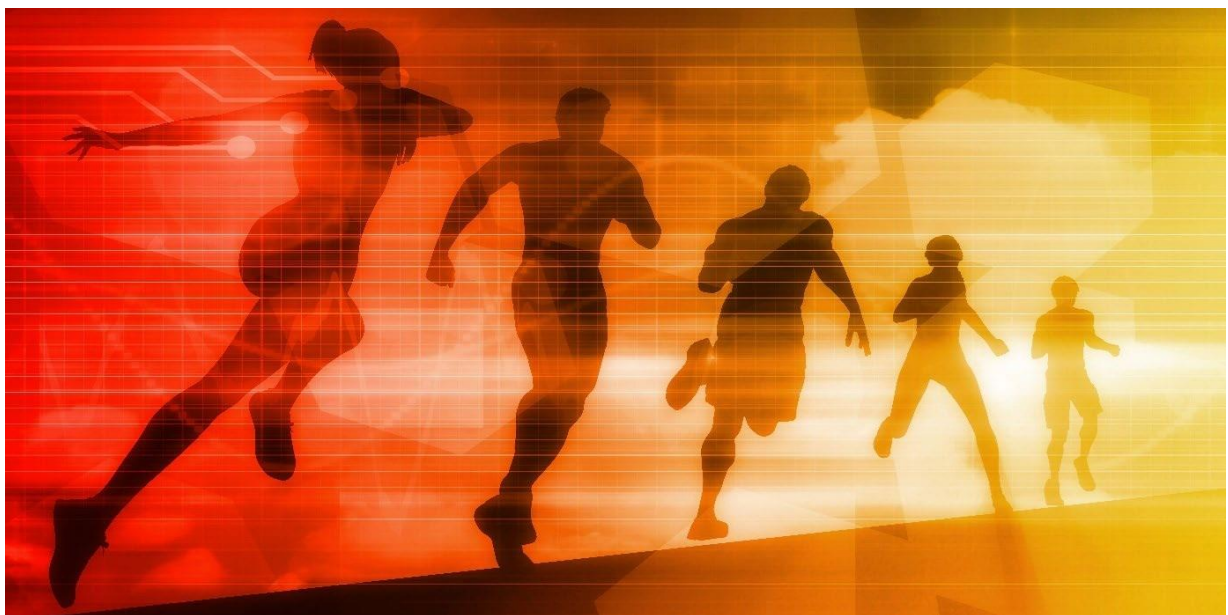
Meditation can take effort if done alone, our guides can explain the dynamics of the mind and techniques to help you achieve your own sense of peace, tranquillity and happiness through guided meditation.

Tibetan Bolws Sound Bath

The harmonic frequencies of Tibetan bowls are said to re-harmonize the nervous system and calm the mind

Special Swiss Luxury meditation

Our Special meditation involves visualization, guidance, olfaction and different sounds for meditation (OTTO tuning fork, Tibetan bowls and mantra) to bring the mind in a deep state of peace and clarity.



COACHINGS

Everyone's bodies are aligned in different ways. And we all have different paths to follow to reach our physical potential.

Whether you're looking to lose weight or improve your cardio, flexibility or muscular capacity, let one of our experienced Personal Trainers, design a fun indoor or outdoor fitness plan to discover your map to optimum your wellbeing.

Available in private or group sessions, our coachings programs are designed to be mindful, fun and challenging with emphasis on technique and alignment.

Posture, Coordination, Speed & Strength (PCVF)

1:1/2 max. 60 minutes | CHF 150

Our courses are structured in 4 different pillars (PCVF) intended to optimize the functioning of your body through the control of the movements with the objective of developing your technique, to improve your cardio, endurance and your explosiveness and to strengthen your muscles in a functional way while we improve your core and the most important your body posture.

"HIIT" or high intensity interval training

1:1/2 max. 50 minutes | CHF 120

A fast and efficient cardiovascular workout. This high intensity interval training is a form of training that alternates high intensity exercise with periods of recovery or more moderate exercise. A HIIT workout typically lasts 20 minutes to 45 minutes depending on the intensity of the workout. The benefits of this workout are body fat reduction especially in the abdomen, lower heart rate, blood pressure and blood sugar levels.

Kick-Boxing

1:1/2 max. 60 minutes | CHF 150

Kick-Boxing is a mixture of boxing techniques from English boxing and Thai boxing. This mixture makes possible to exploit the strongest points of each discipline and to adapt them to each practitioner according to their needs and their morphologies. This discipline allows you to let off steam while you are mastering your emotions and to acquire, in a funny and safely way flexibility, technique, speed, strength and endurance.

Yoga

1:1/2 max. 60 minutes | CHF 150

Yoga is known to be a combination of physical, mental and spiritual practices which originated in ancient India. Yoga concentrates on posture, balance, flexibility and breathing. Whether you are a total novice, new to yoga, or a seasoned yogi, our yoga specialists will tailor sessions to meet your needs.



FINISHING TOUCHES

Feeling attractive and feeling good are directly related to each other: If we are happy, we look it. And if we feel attractive, this affects our well-being. We want you to feel great, which is why we also offer you professional support in the area of Beauty. From special events to everyday glamour, let Our Team of Beauty Therapist reveal your true beauty inside and out with our finishing touches.

Feet and hands care

Massage, scrub and mask are included

MANICURE	60minutes CHF 120
PEDICURE	45minutes CHF 120
COMBINAISON: MANI & PEDI	105minutes CHF 230
NAIL POLISH CHANGE	25minutes CHF 40
SHELLAC REMOVAL	30minutes CHF 40
SHELLAC manicure & pedicure	90 minutes CHF 270

Waxing

We use different natural waxes adapted to each part of the body and their sensitivity

CHIN/NOSE/EAR/LIP	15 minutes CHF 30
HALF ARM/UNDERARM	30 minutes CHF 40
BIKINI	30minutes CHF 45
HALF LEG/ FULL ARM	45 minutes CHF 60
BACK	60minutes CHF 80
FULL LEG/BRAZILIAN	60 minutes CHF 80

Other combinations on request.

The Look

« A look and everything is said » For Tempo's the look is an essential element of beauty. That is why our beauticians recommend you to give it more depth and raise its power of attraction with a personalised restructuring of the eyebrows. Because, the eyebrows have an important role, they even out the features of the face and frame our eyes. A harmonious eyebrow shape can allow to correct features that complex us (big nose, eyes too far apart, too round face etc...) Correcting such imbalances and asymmetries is known as eyebrows restructuring.

EYEBROW SHAPE	30minutes CHF 50
EYEBROWS RESTRUCTURING	45minutes CHF 80
EYELASH & BROW TINTING AND SHAPING	80 minutes CHF 150

Hair (haircuts, blow dry's and colours are available upon request)

Finding a good haircut while traveling is never easy. However, at Swiss Luxury Appartment it is not! We have one of the best coiffeurs in town. Ibrahim, an arabic-french hair coiffeur who treats each head of hair like an artist's canvas. Whether you are looking to maintain a haircut, beard size or change to a new look, IBRAHIM is the ONE! providing you tailor-made services in harmony with your style and your face.

Price to be determined based on the provided service. Please contact the reception to make an appointment at the salon which is a 5 minutes' walk away or in your apartment.



OUR AREA OF PRE AND POST PLASTIC SURGERY TREATMENTS

Professional, accurate face and body treatments has proved successful for the pre-treatment and post-treatment of plastic surgery. Pre-treatment facilitates an incision that is particularly tissue-conserving, and post-treatment stimulates scars wound healing and reduces pain.

60 minutes | CHF 200 90 minutes | CHF 250

Special skin cares for interventions

Different types of chemical peelings and active ingredients according on skin type, special beauty treatments depending on the intervention area.

The original Dr. E. Vodder® manual lymphatic drainage method

This drainage is a very gentle massage that brings great general well-being. Decreases pain and speeds up healing and scarring after the operation by draining the tissues.

Radiofrequency therapeutic and aesthetic High-tech treatments

A radiofrequency device that uses a scientifically proven frequency of 448 kHz which transmits a pleasant warm sensation.

This technique prepares the skin before and after surgery. Increasing the subcutaneous tissue temperature. It will cause the retraction of collagen fibers and its production as well as a strong level of tissue vascularization. This will improve skin density and firmness.

Prananadi

A non-invasive therapy during which the guest remains fully clothed. This energy work has a positive effect on the pre- and post-surgery helping to cope with fear and worries before such important process but also restoring the energy flow in body disturbed by the scars from surgery.

ENHANCED SAFETY PROCEDURES IN RESPONSE COVID-19



Our goal is to reach a new level of excellence - even in these challenging circumstances – and at the same time to make our guests feeling warmly welcomed as usual. We have implemented new and intensified hygiene and safety measures, which include increased disinfecting.

- The Swiss Luxury Team have completed COVID-19-specific training in infection prevention and control.
- We have also increased the provision of alcohol-based equipment wipes, sprays, tissues and lidded bins with signage. Our Team use disposable tools and special machines for instruments sterilisation.
- The Treatment room is sanitised between each guest. That includes all surfaces being wiped with disinfectant, including doors and chairs handles. Our therapists have been trained in how to do this.

REMINDERS

Appointments

Guests are encouraged to book treatments in advance to ensure their preferred time and service is available. Please dial extension 900 to make a reservation.

Treatment preparation

We recommend arriving at least 15 minutes before your treatment, allowing time for the feet Ritual start and consultation form of our treatments.

Cancellation policy

Since your treatment room time is reserved for you, we ask that you kindly give us a minimum of twelve hours' cancellation or charge notice so someone else may enjoy that time.