
MANDARIN ORIENTAL
SAVOY ZURICH
WELLNESS



A MINDFUL WELCOME

At Mandarin Oriental Savoy, Zurich, leave the rhythm of the city behind and step into a world of calm in the privacy of your suite. Inspired by Zurich's calm elegance and Switzerland's tradition of precision, purity, and care, our bespoke wellness experiences are designed to nurture body and mind, whether to encourage deep sleep, restore balance, or energise you for the day ahead.

Combining expert therapies, premium products, and high-quality oils, each treatment is thoughtfully tailored to create genuine renewal and lasting wellbeing. Like the Swiss landscape itself, our approach is rooted in clarity, nature and quiet refinement, crafted with precision, care, and the legendary service of Mandarin Oriental.

Bookable from 8 a.m. to 10 p.m.



MEET THE TEAM

Our wellness treatments are delivered by a team of highly experienced therapists, each bringing specialised expertise across premium physiotherapy, lymphatic drainage, manual therapies, traditional Thai bodywork and facial treatments. Guided by a thoughtful, science-led approach and a genuine commitment to preventative wellbeing, they combine expert knowledge with personalised care to support your health, restore balance and leave you feeling your very best.

CONTACT

All services can be booked through our Concierge Team.

Telephone: +41(0) 43 588 37 51
WhatsApp: +41(0) 79 880 73 53
E-Mail: mozrh-concierge@mohg.com

IN-ROOM TREATMENT

All wellness treatments will be provided as in-room treatments or in our event venues. We can offer an additional room for CHF 250, or a suite for CHF 500, for the duration of the treatment, subject to availability.

CANCELLATION POLICY

Cancellations made less than 12 hours before the appointment are subject to a 100% charge; until then, cancellation is free of charge.



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MASSAGE EXPERIENCE

Elevate your well-being with our meticulously crafted massages, where each treatment is an embodiment of exquisite care. Our expert physiotherapists and qualified masseurs combine their profound knowledge with high-quality oils. This ensures a unique wellness journey, designed to treat your body as the temple it is, leading to true delight in both body and mind.



MUSCLE RECOVERY & DEEP RELEASE MASSAGES

DEEP TISSUE MASSAGE

The massage focuses on releasing chronic muscle tension and knots using slow, deep strokes and sustained pressure.

TRIGGER POINT MASSAGE

This targeted therapy applies focused pressure to specific points of muscle tightness, alleviating pain and restoring natural movement.

SPORTS MASSAGE

Tailored to enhance athletic performance and recovery, this dynamic massage addresses muscle fatigue and improves flexibility.

1 HOUR	CHF 240
1 HOUR 30 MINUTES	CHF 360



RELAXATION & RESTORATIVE THERAPIES

RELAXING MASSAGE

Immerse yourself in profound tranquility as gentle, rhythmic strokes melt away tension, promoting a state of deep relaxation for body and mind.

SWEDISH MASSAGE

A classic, soothing massage employing long, gliding strokes, kneading, and circular movements to foster relaxation and improve overall circulation.

PRENATAL MASSAGE

A gentle and nurturing massage specifically adapted for expectant mothers, alleviating common discomforts and promoting relaxation during pregnancy.

1 HOUR	CHF 240
1 HOUR 30 MINUTES	CHF 360



THAI HEALING TRADITIONS

NUAD THAI: TRADITIONAL THAI MASSAGE

An ancient therapeutic practice combining passive stretching and gentle pressure along energy lines to promote flexibility, reduce tension, and restore vitality.

NUAD THAI: TRADITIONAL THAI MEDICAL MASSAGE

Building upon traditional Thai techniques, this therapeutic massage integrates deeper pressure and specific acupressure points to address chronic conditions and restore balance.

DEEP TISSUE & THAI STRETCH FUSION MASSAGE

A powerful fusion that combines intense deep tissue work with assisted, dynamic Thai stretches on the table, offering profound release and enhanced mobility.

1 HOUR	CHF 320
1 HOUR 30 MINUTES	CHF 440



REVITALIZING & REJUVENATING RITUALS

MANUAL LYMPHATIC DRAINAGE

A gentle, rhythmic technique designed to stimulate the lymphatic system, reducing swelling and promoting detoxification and healing.

FACIAL MASSAGE

A delicate and revitalizing treatment that stimulates facial muscles, promotes lymphatic drainage, and enhances skin radiance through precise techniques.

HERBAL COMPRESS MASSAGE

Experience the therapeutic warmth of steamed herbal compresses applied to the body, infusing aromatic healing and deep relaxation to soothe muscles and invigorate the senses.

FOOT REFLEXOLOGY

This ancient healing art applies pressure to specific reflex points on the feet, stimulating corresponding organs and systems throughout the body to restore balance and well-being.

1 HOUR	CHF 240
1 HOUR 30 MINUTES	CHF 360



PHYSIOTHERAPY

Our physiotherapies are meticulously performed by highly qualified experts, each bringing years of profound experience.

We offer a comprehensive suite of specialized therapies, including advanced treatments for the back and neck (such as manual therapy, precise taping, and dynamic active therapies), alongside cutting-edge neurological physiotherapy, targeted sports physiotherapy, and specialized physio aesthetics designed for post-aesthetic surgery care.

30 MINUTES	**CHF 176**
1 HOUR	**CHF 240**
1 HOUR 30 MINUTES	**CHF 360**



ADVANCED SKINCARE

Discover specialized skincare treatments crafted to address individual needs, using advanced methods and carefully selected products to support the skin's natural vitality.

CLASSIC FACIAL

1 HOUR **CHF 256**
1 HOUR 30 MINUTES **CHF 360**

Our Classic Facial is an exquisite ritual, meticulously designed to revitalize and renew all skin types. It commences with thorough cleansing using high-end skincare products, expertly chosen to complement your skin 's unique needs, followed by a refining enzyme peel. Serums are then delicately applied before a soothing alginate mask, enriched with coral extracts and allantoin, is used to calm the skin and fortify its natural barrier.

Each treatment culminates in a bespoke massage, skillfully incorporating techniques such as facial lymphatic drainage, precise eye area drainage, targeted acupressure, the revitalizing Kobido massage, and a serene scalp massage. This customized approach addresses your personal needs, leaving your skin radiantly enhanced and profoundly renewed.

For Gentleman facial we recommend shaving four hours before their facial for the best result.

GENEO X PREMIUM RADIANCE FACIAL

1 HOUR 30 MINUTES **CHF 448**

We offer exclusive facial treatments with Geneo X, a leading non-invasive high-end device for facial cleansing and firming, which we are the first practice to offer in Zurich.

This device is only available in selected Swiss 5-star hotels.

We are recognized as therapists according to V-NISSG (new BAG guidelines).
Facial cleansing and treatment with the Geneo X Premium.



111SKIN REPARATIVE FACIAL

1 HOUR **CHF 290**

A restorative ritual crafted to calm, hydrate, and return the skin to its optimal balance. Suitable for all skin types, this refined treatment is especially beneficial for skin experiencing sensitivity, dehydration, or the effects of environmental stress. Powered by the exclusive NAC Y^2™ complex, developed by Dr. Yannis Alexandrides, the facial actively supports the skin barrier, soothes visible redness, and encourages natural renewal. The result is skin that feels immediately comforted and resilient, with a fresh, refined radiance that restores lasting harmony and well-being.

111SKIN NON-SURGICAL LIFT FACIAL

1 HOUR 30 MINUTES **CHF 430**

An advanced anti-ageing treatment designed to lift, sculpt, and refine the complexion without the need for surgery. Drawing on 111SKIN's Intensive Collection – enriched with Fine Diamond Particles and the patented NAC Y^2™ complex, this facial visibly smooths, firms, and enhances natural luminosity. A bespoke combination of the Wrinkle Minimising Wand and signature manual techniques, including deep facial muscle massage, works to redefine facial contours and restore skin vitality. The complexion emerges visibly lifted, firmer, and more youthful, with a luminous radiance that endures.

111SKIN EXOSOME REGENERATION FACIAL

1 HOUR 30 MINUTES **CHF 430**

The ultimate expression of skin regeneration and renewal. This signature facial combines cutting-edge exosome technology with microspicule delivery, enhanced by potent rejuvenating actives and the patented NAC Y^2™ formula to deliver visible, transformative results. A carefully curated ritual of multi-masking and expert manual techniques amplifies the performance of the exosome formulations, supporting cellular communication and addressing the visible signs of ageing. The skin appears noticeably lifted, firmer, and deeply refined, radiant with renewed vitality.



NAIL LOUNGE

Indulge in impeccable hand and foot care within our Nail Lounge, where precision, elegance, and relaxation come together. Our curated selection of manicures and pedicures offers refined grooming and luxurious nourishment for both ladies and gentlemen. Each treatment includes meticulous nail shaping, gentle cuticle care, and expert finishing, complemented by soothing exfoliation and massage techniques that restore softness and vitality.

CLASSIC MANICURE

1 HOUR **CHF 192** *(with regular nail polish)*
1 HOUR **CHF 192** *(with shellac)*

A refined treatment that commences with meticulous nail shaping and the gentle care of cuticles. Following this, select your preferred finish: either a natural polish or Shellac. The experience continues with an exfoliation to renew the skin, complemented by a hand massage, expertly applied to soothe muscles and enhance circulation.

CLASSIC PEDICURE

1 HOUR **CHF 224** *(with regular nail polish)*
1 HOUR **CHF 256** *(with shellac)*

Designed for profound foot revitalization.
It features nail contouring, gentle cuticle care, and expert smoothing of calluses. Following this, select your preferred finish: either a natural polish or shellac. The experience is elevated with foot exfoliation, culminating in a nourishing cream application to leave your feet soft and renewed.

REMOVAL OF POLISH

30 MINUTES **CHF 64**

Shellac or gel removal without additional treatment with quick Manicure (Filing and Cuticle Care)

GENTLEMAN MANICURE

45 MINUTES **CHF 176**

Offering a well-groomed appearance with a focus on clear details: adjusting the nail shape, removing excess cuticles, refreshing exfoliation and a relaxing hand massage.

GENTLEMAN PEDICURE

50 MINUTES **CHF 208**

Including a relaxing foot bath, nail shaping, careful removal of cuticles and calluses and a soothing foot massage.



HOLISTIC WELL-BEING CLASSES

Strengthen your body, improve mobility, and cultivate inner balance through our complimentary Pilates, functional training, and yoga sessions. Each class is designed to enhance posture, build core stability, and support overall well-being.

FUNCTIONAL TRAINING GROUP SESSION

1 HOUR COMPLIMENTARY

A results-driven workout in just 60 minutes. A small-group session which focuses on strength, flexibility, and postural improvement through precise, functional movements. Training combines bodyweight exercises and specialized tools and is suitable for all fitness levels. The limited class size guarantees personalized attention in an exclusive and supportive setting.

YOGA GROUP SESSION

1 HOUR COMPLIMENTARY

A gentle sequence designed to introduce you to the fundamentals of vinyasa yoga, focusing on the connection between breath and movement. You can expect to flow through a series of foundational poses to build strength, flexibility and mindfulness. Our in-house yoga teacher will tailor the practice to your needs and is certified in vinyasa and yin-yoga.

PILATES GROUP SESSION

1 HOUR COMPLIMENTARY

This session blends mindful movement with a purposeful focus on deep muscular engagement, postural alignment, and functional strength – all framed by open-air views over the city. Breathwork is woven into each practice, enhancing focus, control, and inner balance. Led by expert instructors, each session becomes a moment of calm, precision, and quiet luxury.

SIGN UP FOR GROUP SESSIONS

Please sign up via our concierge team or scan this booking link.

https://calendly.com/carcella-mohg



For deeper personal progress, we also offer tailored one-to-one personal training and private yoga sessions, allowing you to focus on your individual goals with expert guidance.

PRIVATE YOGA CLASS

1 HOUR **CHF 120**

In our private one-to-one sessions, your practice is tailored entirely to your individual needs and intentions. Whether you are new to yoga and wish to build a strong foundation, or an experienced practitioner looking to refine alignment and deepen your journey, these personalised sessions offer focused guidance and to empower you on your yoga journey.

PERSONAL TRAINER

1 HOUR **CHF 180**

One-to-one guidance designed to strengthen the body, improve posture, and enhance overall vitality. With expert support tailored to your goals, each session blends functional movement, mobility work, and mindful conditioning to help you build confidence and long-lasting well-being. Whether you are beginning your fitness journey or refining an established routine, our trainer provides the motivation and precision needed to achieve meaningful results. The individual training sessions can be arranged inside or outside the hotel.



FITNESS CENTRE

A fully equipped fitness centre, boasting the latest state-of-the-art Matrix machines, is accessible 24/7 and is located on the lower level of the hotel. Each machine is equipped with the latest audio and video facilities including a multimedia interface that offers internet connectivity, integrated television and iPhone connection allowing users to view personal entertainment options on the screen whilst you work out.



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