

# THE SANCTUARY

WELLNESS TREATMENTS



MANDARIN ORIENTAL

SAVOY ZÜRICH



All wellness treatments can be booked through our Concierge Team and 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.

MASSAGES

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.

**DEEP TISSUE MASSAGE:**  
The massage focuses on releasing chronic muscle tension and knots using slow, deep strokes and sustained pressure.

**SOFT TISSUE MASSAGE:**  
A gentle yet effective treatment designed to alleviate muscular discomfort and improve circulation through subtle, flowing techniques.

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

**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.

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

**FACIAL MASSAGE:**  
A delicate and revitalising treatment that stimulates facial muscles, promotes lymphatic drainage, and enhances skin radiance through precise techniques.

**MANUAL LYMPHATIC DRAINAGE:**  
A gentle, rhythmic technique designed to stimulate the lymphatic system, reducing swelling and promoting detoxification and healing.

**NUAD THAI: TTM - 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: TTMM - 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.

Massage 60 mins	CHF 240.00	Thai-Massage 60 mins	CHF 320.00
Massage 90 mins	CHF 360.00	Thai-Massage 90 mins	CHF 440.00



## MASSAGES

**INTEGRATED DEEP TISSUE WITH DYNAMIC TABLE THAI STRETCH MASSAGE:**

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

**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.

**PRENATAL MASSAGE:**

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

**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.

Massage 60 mins	CHF 240.00
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Massage 90 mins	CHF 360.00
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Thai-Massage 60 mins	CHF 320.00
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Thai-Massage 90 mins	CHF 440.00
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## 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 physioaesthetics designed for post-aesthetic surgery care.

Physiotherapy 30 mins	CHF 176.00
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Physiotherapy 60 mins	CHF 240.00
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Physiotherapy 90 mins	CHF 360.00
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Cancellations made less than 12 hours before the appointment are subject to a 100% charge; until then, cancellation is free of charge.







## FACIAL | CLASSIC FACIAL

Our Classic Facial is an exquisite ritual, meticulously designed to revitalise and renew all skin types. It commences with a thorough cleansing using Déclaré of Switzerland 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 revitalising Kobido massage, and a serene scalp massage. This customised approach addresses your personal needs, leaving your skin radiantly enhanced and profoundly renewed.

Classic facial 60 mins	CHF 256.00
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Classic facial 90 mins	CHF 360.00
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For Gentleman facial we recommend shaving four hours before their facial for the best result

## MANICURE | CLASSIC FOR LADIES

Our Classic Manicure is 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.

Manicure Classic with Normal Nail Polish	
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60 mins	CHF 192.00
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Manicure Classic with Shellac	
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## GENEO X PREMIUM

We offer exclusive facial treatments with the 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 recognised as therapists according to V-NISSG (new BAG guidelines).

Facial cleansing and treatment with the Geneo X Premium	
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90 mins	CHF 448.00
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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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## THE PEDICURE | CLASSIC LADIES

Our Classic Pedicure is designed for profound foot revitalisation. 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 a foot exfoliation, culminating in a nourishing cream application to leave your feet soft and renewed.

The Classic Pedicure for Ladies with normal nail polish

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60 mins CHF 224.00

The Classic Pedicure for Ladies with Shellac

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60 mins CHF 256.00

## THE GENTLEMAN CLASSIC MANICURE

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

The Gentleman Classic Manicure

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45 mins CHF 176.00

Free cancellation possible up to 12 hours before the appointment.

## MAKE-UP & HAIR STYLING

Be ready for any occasion with our professional make-up & hair styling service. Our experienced stylists conjure up the perfect look, whether for a special event or an unforgettable evening. Perfect for anyone who wants to leave a lasting impression.

We offer the expertise of Nathanael Röthlisberger in our Orsini Suite, a renowned hairdresser known for his work with prominent international clients. Nathanael will be providing high-quality haircuts and styling services. Please contact them at +41 44 401 01 23 or through our concierge team. The team is available from 8am to 9pm to assist you.

Make-up & hair styling

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60 minutes CHF 256.00

Make-up & hair styling

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120 minutes CHF 416.00

## THE GENTLEMAN PEDICURE

The treatment includes: a relaxing foot bath, nail shaping, careful removal of cuticles and calluses and a soothing foot massage.

The Gentleman Pedicure

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50 mins CHF 208.00

Product Removal

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Shellac or Gel Removal without Additional Treatment with Quick Manicure (Filing, Cuticle Care)

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30 mins CHF 64.00

