



K A M E H A

GRAND  
ZÜRICH

REST & RELAX

DISCOVER THE VARIETY OF THE  
KAMEHA SPA & FITNESS POWER HOUSE

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## KAMEHA SPA & FITNESS POWER HOUSE

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# QUICK TREATMENTS & PACKAGES

## **FAST RELAX - MOUNTAIN HERBS BLITZ TREATMENT**

We would like to pamper you: Enjoy a hot cup of Swiss herbal tea while your feet relax in a footbath with MOUNTAIN HERBS Oil. Your holistic sense of well-being will be stimulated by a pleasant and circulation-enhancing scalp massage.

**15 min**

You can enjoy this treatment in either the sauna area or a treatment room.

## **RELAX MINI PACKAGE**

Enjoy an eye mask in combination with a scalp, hand or foot massage.

**20 min**

## **EYELASH TINT, EYEBROW TINT AND PLUCKING**

More than just the colour counts when it comes to beautiful eyes. Your eyelashes and eyebrows should also make a good impression.

**30 min**

## **EXPRESS MANICURE**

Your fingernails will be polished with the nail polish of your choice.

**30 min**

## **FINGERNAIL POLISHING**

With an alessandro polish of your choice.

**15 min**

## **EXPRESS PEDICURE**

If you are in a hurry: filing and polishing.

**30 min**

## **TOENAIL POLISHING**

**15 min**

## **EXPRESS RADIANCE : EYE MASK DURING A BODY TREATMENT**

Provides a pleasant feeling as it smooths and relaxes the sensitive eye area.

**10 min**

## **ALGAE MASK WITH MASQUE MER ET BEAUTÉ DURING A BODY TREATMENT**

Masque Mer et Beaute can be applied in various skin situations and on several skin zones such as the face, neck and décolleté. Wherever you would like to tighten, moisten, cool or gently detoxify. It is also ideally suited as a follow-up for cleansing treatments to intensively calm and smooth the skin.

**10 min**

## **BACK, NECK AND SHOULDER MASSAGE**

Choice aromas of the blood orange, ginger, tangerine and lime will refresh and invigorate you. In addition, the massage loosens contractures and relieves tensions.

**15 min / 30 min**

# BODY MESSAGES: SPA MANUFACTUR®

## KAMEHA GRAND ZÜRICH SIGNATURE TREATMENT - MOUNTAIN HERBS

Your skin and six senses will relish an unforgettable, relaxing and soothing full body massage with the healing ingredients of Mountain Herbs Body Oil. This beautiful journey to the inner self is rounded off with a facial of your choice.

**120 min**

## AROMATHERAPEUTIC BODY MASSAGE

At the Kameha Spa, the know-how of our outstanding spa therapists combines with select product lines to turn your wellness spot into your favourite place (*Lieblingsplatz*) and give every treatment an individual touch.

Enjoy the invigorating fragrance of Mallorquin Orange. Calmness and relaxation are provided by lavender from Provence. Our mountain herbs mixture will refresh and energise you. Select your favourite fragrance for your massage: NARANJA MALLORQUIN, LAVANDE PROVENCAL oder MOUNTAIN HERBS.

**50 min**

## JET-LAG REVIVER - SWEDISH MASSAGE

This massage helps to relax and revitalise you. It stimulates the circulation and has a calming, detoxifying effect. This promotes the quality of your sleep and is therefore ideal for “arriving” after travel. The therapist will adapt the massage intensity to your preference.

**50 min / 75 min**

## SPORTS MASSAGE

Painful and hardened muscles are relaxed during this massage. It helps to relieve stress and fatigue.

**50 min**

## BACK, NECK AND SHOULDER MASSAGE

Choice aromas of the blood orange, ginger, tangerine and lime will refresh and invigorate you. In addition, the massage relaxes contractures and relieves tensions.

**15 min / 30 min**

## SHORT LEG MASSAGE

This refreshing and stimulating treatment will immediately bring relief to your tired legs. It also stimulates the blood and lymph circulation.

**30 min**

## HOT STONE

The spiritual roots of the stone massage are found in the Native American sweat lodge ceremonies. This treatment involves a massage with hot, smoothly polished basalt stones. Basalt stones have especially high iron content and therefore a large capacity for storing heat. The massage is ideal for deep relaxation.

**75 min**

## WELLNESS FOOT REFLEXOLOGY MASSAGE

Hardly any body part is as frequently neglected as the foot. But a traditional massage that relieves and relaxes the feet can work wonders.

**25 min / 50 min**

# FACIALS:

## LA BIOSTHETIQUE PARIS

### **THE KAMEHA SIGNATURE TREATMENT LA BIOSTHETIQUE PARIS: ESSENCE OF LUXURY AND SKIN CARE**

This treatment contains all of the elements that make LA BIOSTHETIQUE PARIS so valuable. A multi-phase massage on the basis of acupressure, Shiatsu techniques and lymph drainage allows you to immediately slip into a deep and restorative state of relaxation. Essential oils soothe the stressed nerves of the skin, vitalise skin functions and ensure relaxed facial features. Cell-active substances delay the ageing process of the face and body skin. The result is skin that looks more radiant and firmer.

**60 min / 120 min**

### **ANTI-AGE DE LUXE: TREATMENT FOR DEMANDING SKIN**

Relaxation and luxury in combination with high-quality active substances pamper the skin while a face, neck and décolleté massage strengthens the connective tissue to tauten the skin. Eye lifting, manupressure of energy points and a skin-smoothing hand massage with a hand and arm wrap completes this exclusive care experience.

**30 min / 60 min**

### **COUPEROSE TREATMENT FOR REDDENED SKIN WITH VISIBLE SMALL BLOOD VESSELS**

This treatment that deeply calms the skin is effective against couperose, as well as reddened, irritated and sensitive skin. A combination of manual massage and revitalising ice-cube massage improves the skin's microcirculation. Skin reddening is tangibly and visibly reduced.

**50 min**



### **TREATMENT AGAINST SKIN IMPURITIES - CLARIFIANTE METHOD**

This method involves an intensive but gentle removal of skin impurities, comedones and milia, as well as treatment of inflammations and cornification disorders. The cleansing treatment is also suited for combination skin.

**50 min**

### **EYE LIFTING EXPRESS DE LUXE**

A contour-tautening eye treatment that provides the fine skin around the eyes with moisture, intensively protects it against external environmental influences and reduces lines and little wrinkles.

**50 min**

## ARTEMIS OF SWITZERLAND

### DETOX ENERGY MASSAGE AGAINST LYMPH CONGESTION FOR FACE, THROAT AND DECOLLETÉ

It is general medical knowledge that the lymphatic system has tasks such as distributing fluids and nutrients, as well as transporting waste substances and toxins out of the body. This energy massage dissolves unattractive fluid accumulations such as bags under the eyes. You will enjoy its gentle, rhythmic motions.

**30 min**

### EXPRESS RADIANCE EYE MASK DURING A BODY TREATMENT

The mask feels pleasant as it smooths and relaxes the sensitive eye area.

**10 min**

### ALGAE MASK WITH MASQUE MER ET BEAUTÉ DURING A BODY TREATMENT

Masque Mer et Beaute can be applied in various skin situations and on several skin zones such as the face, neck and décolleté – wherever you would like to tauten, moisten, cool or gently detoxify your skin. In addition, it is ideally suited for intensively calming and smoothing the skin.

**10 min**

### ARTEMIS OF SWITZERLAND SKIN CARE FOR THE MAN BUSINESS POWER TREATMENT

Business Power Treatment for men's skin: Vitalising active substances in combination with a Face & Relax facial massage, eye lifting with manupressure and a relaxing hand massage promote a fresh and dynamic appearance. This restores the complexion and vibrancy of youthful skin.

**50 min**

### PIT STOP FOR MEN'S SKIN

Too much stress and no time to relax? At some point, people simply see this in your face. The eyes and skin appear sallow and tired. After 25 minutes of brief relaxation, your face and eyes will be radiant again.

**25 min**



# BODY TREATMENTS:

## SPA MANUFACTUR<sup>®</sup>

### MASSAGE BODY PEELING

Wonderfully fragrant massage body peelings are made of moisturising organic coconut, shea butter and cocoa butter, as well as detoxifying Himalaya crystal salt that simultaneously gives you valuable minerals and trace elements. This removes dead skin cells and allows an even, silky soft skin to emerge. The suitable peeling will be individually determined for you in consultation with the therapist.

**40 min**

### WELLNESS BODY WRAP

The extracts of fresh plants and herbs grown in controlled organic cultivation and wild herb collection ensure a pleasant, radiant and relaxed skin sensation.

In combination with a scalp massage, this treatment is recommended for dry, sensitive, vitamin-deficient, tired and sallow skin.

Allow our therapists to advise you in selecting a body wrap according to your skin's needs.

**40 min**

### KAMEHA DE LUXE BATH

You would like to you relax without leaving your room? Highly concentrated vitamins and active substances provide pure moisture, in addition to antioxidants and minerals that relax, tauten and smooth your skin's appearance. Enjoy a cup of tea in the bathtub while your body and mind recuperate. Complete this pleasant experience with a full body massage in your room.

Your therapist will prepare the appropriate bath for you.

**75 min**

### BEAUTY DAY

Take time for your body, mind and health:

We have created a special programme with select aromas of lavender, sandalwood, ginger and orange and valuable crèmes for you. This excellent mixture of effective ingredients has a calming, relaxing, smoothing and detoxifying effect. Begin your stay with a sauna or steambath, followed by a full body peeling, full body massage and a facial. In conclusion, you can enjoy a delicious and vitamin-rich salad plate with a glass of wine, juice or water.

**150 min**





# BEAUTY FOR HAND AND FOOT

## KAMEHA LUXURY MANICURE

A gentle and effective cleansing for your hands, as well as a hand-care peeling in combination with a manicure and hand massage, leaves you with a pleasant skin sensation. Then your nails will be polished with a nail polish of your choice.

**75 min**

## CLASSIC MANICURE

The cuticles are removed and the nails filed, shaped and polished. For lovely and well-groomed hands.

**60 min**

## EXPRESS MANICURE

If you are in a hurry: filing and polishing.

**30 min**

## FINGERNAIL POLISHING

**15 min**

## KAMEHA LUXURY PEDICURE

A gentle and effective cleansing, as well as a foot-care peeling for your feet in combinations with a pedicure and foot massage, leaves you with a pleasant skin sensation. Then your toenails will be polished with the nail polish of your choice.

**90 min**

## CLASSIC PEDICURE

The cuticles are removed, the nails are filed, shaped and polished, and this is followed by a short foot massage.

**75 MIN**

## EXPRESS PEDICURE

If you are in a hurry: filing and polishing.

**30 min**

## TOENAIL POLISHING

**15 min**



# MAKE-UP & MORE

## BELAVANCE LA BIOSTHETIQUE PARIS - PROFESSIONAL MAKE-UP

### DAYTIME MAKE-UP

Because each day is different, you select the colours that suit you today.

**40 min**

### EVENING MAKE-UP

Fresh and beautiful for a special occasion.

**60 min**

### EVENT MAKE-UP

As impressive and mysterious as the night.

**60 min**

### BRIDE MAKE-UP

We would like to contribute something to your very special day. Please ask about this at the Spa Reception Desk.

We offer Belavance, the make-up line of LA BIOSTHETIQUE PARIS, for sale. Our Spa Team would be pleased to give you complimentary advice you on the colour shades of this season that match your individual complexion.



## HAIR REMOVAL

For silky smooth skin, we offer hair removal with hot wax for the body areas listed below.

Legs complete

Legs partial

Bikini zone

Armpits

Upper lip/chin

Chest/back

Arm complete

Arms partial

Eyebrows

Ears





Take your favourite products by our cooperation partners LA BIOSTHETIQUE PARIS, SPA MANUFACTUR® , ARTEMIS OF SWITZERLAND and alessandro home with you!

## **SPA MANUFACTUR®**

The products of SPA MANUFACTUR® are made of lovingly and creative ideas with pure organic ingredients and highest-quality raw materials of a certified origin. Every aromatherapeutic fragrance profile is mixed by hand with a base, heart and head note of 100% naturally pure essential oils.

## **LA BIOSTHETIQUE PARIS**

In cooperation with leading dermatologists and carefully designed clinical tests, LA BIOSTHÉTIQUE has developed a holistic treatment concept based on cell biology for hair and skin.

## **ARTEMIS OF SWITZERLAND**

ARTEMIS MEN fulfils the needs of demanding men's skin. This clearly organised complete product line is convincing with its care products, which specifically fight the signs of fatigue and stress. Edelweiss extract, taurine and pure quartz have a strengthening effect, protect against aggressive environmental influences and revitalise you.

## **ALESSANDRO**

Every hand and every nails is unique. Alessandro therefore offers you a large variety of individual care products for the unique needs of your hands and feet.



# SPA MEMBERSHIP

## BEAUTIFUL YOU

- Free use of sauna, steambath and relaxation room
- Free use of Kameha Fitness Power House
- 1 overnight stay (depending on availability) with breakfast “to go”
- 1 spa treatment of your choice (45 min.)
- 10% discount on all spa treatments and spa products

## VIP ANNUAL MEMBERSHIP

- Free use of sauna, steambath and relaxation room
- Free use of Kameha Fitness Power House
- 2 overnight stays (depending on availability) with breakfast “to go”
- 2 spa treatments of your choice (45 min.)
- 10% discount on all spa treatments
- Personal locker
- Kameha bathrobe
- Beauty gift

## COUPLE MEMBERSHIP

- Free use of sauna, steambath and relaxation room
- Free use of Kameha Fitness Power House
- 2 overnight stays (depending on availability) with breakfast “to go”
- 4 treatments of your choice (45 min.)
- 10% discount on all spa treatments
- Romantic 3-course dinner at YU NIJYO for 2 persons excluding beverages
- Kameha bathrobe

## ACCESS TO THE KAMEHA SPA

When booking treatments of 100 CHF and above, use of the Kameha Spa with its saunas, steambath and relaxation room is included for visitors who are not staying at the hotel.

All treatments are also available as gift certificates.

## HAIRDRESSER

Upon request, we would be pleased to make an appointment for you with a select hairdresser.

## PERSONAL TRAINING

You are welcome to ask us for an appointment with our personal trainer.







LIFE IS GRAND

L H  
& E  
G R O U P

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# PRICE LIST FOR SPA MENU

## QUICK TREATMENTS & PACKAGES

Fast Relax - MOUNTAIN HERBS Blitz Treatment	15 min.	CHF 45
Relax Mini Package	20 min.	CHF 40
Eyelash Tinting, Eyebrow Tinting and Plucking	30 min.	CHF 50
Express Manicure	30 min.	CHF 55
Fingernail Polishing	15 min.	CHF 35
Express Pedicure	30 min.	CHF 55
Toenail Polishing	15 min.	CHF 35
Express Radiance Eye Mask	10 min.	CHF 20
Algae Mask with MASQUE MER ET BEAUTE	10 min.	CHF 20
Back, Neck and Shoulder massage	15 min.	CHF 30
	30 min.	CHF 60

## BODY MASSAGES: SPA MANUFACTUR®

Kameha Grand Zürich Signature Treatment with MOUNTAIN HERBS Oil	120 min.	CHF 245
Aromatherapeutic Body Massage	50 min.	CHF 100
Jet-Lag Reviver - Swedish Massage	50 min.	CHF 100
	75 min.	CHF 150
Sports Massage	50 min.	CHF 110
Back, Neck and Shoulder Massage	15 min.	CHF 30
	30 min.	CHF 60
Short Leg Massage	30 min.	CHF 60
Hot Stone	75 min.	CHF 150
Wellness Foot Reflexology Massage	25 min.	CHF 50
	50 min.	CHF 100

## FACIALS LA BIOSTHETIQUE PARIS

Kameha Signature Treatment	60 min.	CHF 120
	120 min.	CHF 180
Anti-Age DE LUXE	30 min.	CHF 63
	60 min.	CHF 125
Couperose Treatment	50 min.	CHF 110
Impure Skin Treatment	50 min.	CHF 100
Eye Lifting Express De Luxe	30 min.	CHF 65

## FACIALS ARTEMIS OF SWITZERLAND

Algae Mask with MASQUE MER ET BEAUTE	10 min.	CHF 20
Business Power Treatment	50 min.	CHF 100
Pit Stop for Men's Skin	25 min.	CHF 50

## DETOX FOR THE FACE

Energy Massage	30 min.	CHF 75
Express Radiance Eye Mask	10 min.	CHF 20

## BODY TREATMENTS: SPA MANUFACTUR®

Massage Body Peeling	40 min.	CHF 80
Wellness Body Wrap	40 min.	CHF 80
Kameha De Luxe Bath	75 min.	CHF 150
Beauty Day	150 min.	CHF 356

## BEAUTY FOR HAND AND FOOT

Kameha Luxury Manicure	75 min.	CHF 110
Classic Manicure	60 min.	CHF 85
Express Manicure	30 min.	CHF 45
Fingernail Polishing	15 min.	CHF 30
Kameha Luxury Pedicure	90 min.	CHF 135
Classic Pedicure	75 min.	CHF 110
Express Pedicure	30 min.	CHF 55
Toenail Polishing	15 min.	CHF 35

## MAKE-UP & MORE

Daytime Make-Up	40 min.	CHF 85
Evening Make-Up	60 min.	CHF 90
Event Make-Up	75 min.	CHF 125
Bride Make-Up		(on request)

## HAIR REMOVAL

Legs complete	CHF 95
Legs partial	CHF 70
Bikini zone	CHF 55
Armpits	CHF 45
Upper lip/chin	CHF 25
Chest/back	CHF 80
Arms complete	CHF 65
Arms partial	CHF 50
Eyebrows	CHF 35
Ears	CHF 15

## SPA MEMBERSHIPS

Beautiful you	CHF 110
Per month for 1 year	
VIP Annual Membership	CHF 240
Per month for 1 year	
Couple Membership	CHF 190
Per month for 1 year	