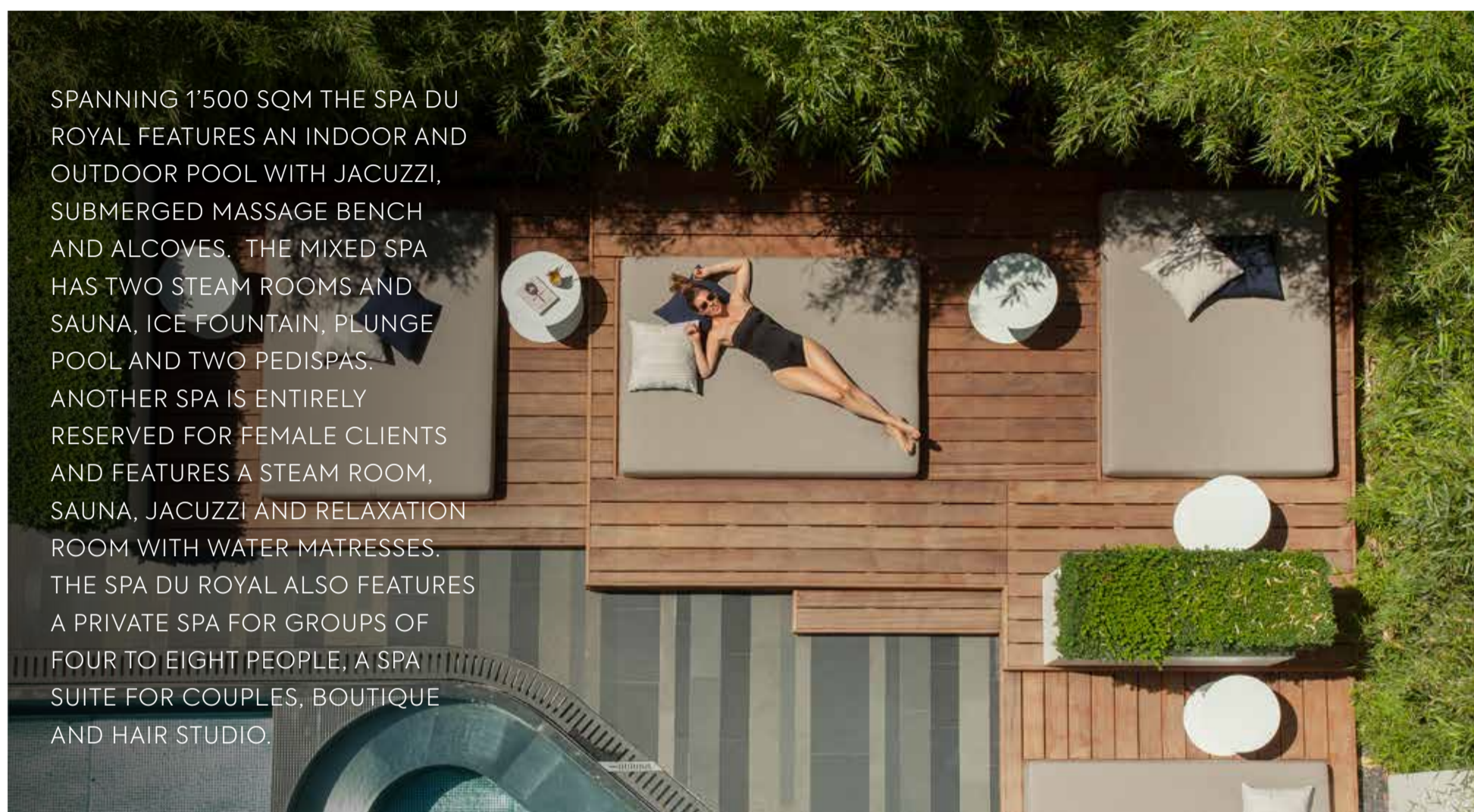




# LE SPA DU ROYAL

LAUSANNE



SPANNING 1'500 SQM THE SPA DU ROYAL FEATURES AN INDOOR AND OUTDOOR POOL WITH JACUZZI, SUBMERGED MASSAGE BENCH AND ALCOVES. THE MIXED SPA HAS TWO STEAM ROOMS AND SAUNA, ICE FOUNTAIN, PLUNGE POOL AND TWO PEDISPAS. ANOTHER SPA IS ENTIRELY RESERVED FOR FEMALE CLIENTS AND FEATURES A STEAM ROOM, SAUNA, JACUZZI AND RELAXATION ROOM WITH WATER MATTRESSES. THE SPA DU ROYAL ALSO FEATURES A PRIVATE SPA FOR GROUPS OF FOUR TO EIGHT PEOPLE, A SPA SUITE FOR COUPLES, BOUTIQUE AND HAIR STUDIO.

## MEMBERSHIP

### YEARLY

<b>MONDAY TO FRIDAY INDIVIDUAL</b>	Chf 3'500 (p. pers.)
<b>INDIVIDUAL</b>	Chf 4'600 (p. pers.)
<b>COUPLE</b>	Chf 4'400 (p. pers.)

#### Membership benefits:

- Access to all Spa facilities
- 12 Day Spa Invitations - 3 hours each
- 4 Massages – 50 minutes each
- 10% offered on articles in the Spa Boutique (excluding sales and special offers)
- 10 % offered on Products & Treatments (excluding promotion offers)
- 1 Voucher for any F&B Outlet for 50 % maximum for 4 people (excluding alcoholic beverages)
- Free parking when accessing the Spa facilities

### 6 MONTHS

<b>INDIVIDUAL</b>	Chf 2'800 (p. pers.)
<b>COUPLE</b>	Chf 2'600 (p. pers.)

#### Membership benefits:

- Access to all Spa facilities
- 6 Day Spa Invitations - 3 hours each
- 2 Massages – 50 minutes each
- 10 % offered on Boutique products (excluding promotion offers)
- 10 % offered on Products & Treatments (excluding promotion offers)
- 1 Voucher for any F&B Outlet for 50 % maximum for 4 people (excluding alcoholic beverages)
- Free parking when accessing the Spa facilities

### MEMBERSHIP "À LA CARTE"

#### 3 MONTHS Chf 1'500 (p. pers.)

- Access to all Spa facilities
- 2 Day Spa Invitations 3 hours each
- 1 Massage – 50 minutes
- 10 % offered on Products & Treatments (excluding promotion offers)
- Free parking when accessing the Spa facilities

#### 2 MONTHS Chf 1'100 (p. pers.)

- Access to all Spa facilities
- 1 Massage – 50 minutes
- 10 % offered on Products & Treatments (excluding promotion offers)
- Free parking when accessing the Spa facilities

#### 1 MONTH Chf 600 (p. pers.)

- Access to all Spa facilities
- 1 Discovery treatment of 30 minutes
- 10 % offered on Products & Treatments (excluding promotion offers)
- Free parking when accessing the Spa facilities

By booking any 50 minute treatment, you also have full access to wet areas of the Spa one hour before your treatment starts : sauna, steam room, Jacuzzi, ice fountain, footbath and relaxation area.



## BECOME A MEMBER AT THE SPA DU ROYAL

Spa du Royal Members have free access to:

- Fitness centre: cardio and weight machines & equipment
- Spa: Jacuzzis, saunas, steam baths, relaxation rooms
- Interconnecting indoor and outdoor pool

#### Opening hours

Spa, Pools and Fitness centre  
06h30 – 22h00, 7 days a week

## MASSAGES

### **ROYAL MASSAGE** 80min ~ Chf 230

Our signature massage is a mix of warm and deep pressure movements. You will be treated from the top of your head to the tips of your toes as well as enjoying the benefits of a moisturizing face mask.

### **ENERGY MASSAGE** 80min ~ Chf 220

This is a deep tissue massage which is practiced with hot and cold stones. The heat of the stones will ease tension and knots by warming the muscles, while the freshness will activate the blood circulation and restore energy flow.

### **LYMPHATIC DRAINAGE** 50min ~ Chf 170

Manual techniques which improve the circulation of the lymph and the toxins it carries. This allows better tissue nutrition and faster cell turnover.

### **ANTI-JET LAG MASSAGE** 50min ~ Chf 180 / 80min ~ Chf 230

After a long flight, this massage will hasten the return to a good body balance by activating the circulation and creating deep muscular relaxation.

### **FOOT ACUPRESSURE** 50min ~ Chf 170

Foot massage, using acupressure points corresponding to parts of the body to rebalance and stimulate the whole body, releases energy blockages and results in deep relaxation.

### **VICHY MASSAGE** 50 min ~ Chf 180

A massage under a Vichy shower that acts on both balance, fatigue and muscle recovery.

### **RELAXING MASSAGE BY AROMATHERAPY ASSOCIATES**

50min ~ Chf 170 / 80min ~ Chf 220

This massage is a combination of Swedish neuromuscular techniques and a lymphatic drainage in order to stimulate the blood circulation, regenerate and soothe body and mind.

### **SPORT MASSAGE BY AROMATHERAPY ASSOCIATES**

50min ~ Chf 170 / 80min ~ Chf 220.

Deep, intense and restorative massage which will help to release tension and neuromuscular pains. The Aromatherapy Associates essential oils will bring about a feeling of well-being.

### **SHIATSU** 50min ~ Chf 170 / 80min ~ Chf 220

Invigorating body massage which allows the body to release energetic blockages thanks to pressure along the different meridians. It's all about balance and well-being.

## BODY TREATMENTS

### **PRESSOTHERAPY** 50min ~ Chf 170

Association of a manual drainage massage with our pressotherapy machine. The legs feel lighter and cellulite is reduced.

### **BODY EXFOLIATION** 30min ~ Chf 80

This treatment allows the skin to regenerate. Cleans thoroughly, activates the blood circulation and results in velvety skin.

### **BODY WRAPS** 30min ~ Chf 80

Remineralising treatments that can be made with clay, algae or mud depending on the desired result.

### **SCRUB + WRAPPING** 50min ~ Chf 150

The combination of these two treatments are extremely effective for obtaining smooth, healthy skin.

### **BODY COCOONING** 50 min ~ Chf 180

After exfoliation, full body wrap is placed under a soft misting.

## BODY TREATMENTS BY BIOLOGIQUE RECHERCHE

### **BODY LIFT MATRIX** 80min ~ Chf 230

Toning, firming and sculpting treatment including an exfoliation and a dermo-protective bio-reflex massage targeting specific areas that you require.

### **3 IN ONE – SLIMMING OXYGENATING DETOX** 80min ~ Chf 230

The ultimate body treatment- combining an energizing exfoliation, wrap with detoxifying marine ingredients and modelling massage.

### **SLIMMING BOOSTER ANTI-C** 80min ~ Chf 230

Slimming treatment combining exfoliation and active massage with essential oils and plant extracts to eliminate toxins and firm the skin. Your figure is redefined and visibly tighter after just three sessions.

### **MASSAGE ANTI-C** 50min ~ Chf 180

Active massage with essential oils and plant extracts to eliminate toxins and firm the skin. The silhouette is redefined and visibly refined.

## BODY TREATMENTS BY LA VALLÉE

### **LIGHT LEGS TREATMENT** 50min ~ Chf 150

Chestnut, arnica, menthol extracts and specific application methods drain puffy legs, ankles and feet.

### **REMODELING BODY TREATMENT** 80min ~ Chf 230

Complete treatment including a scrub, anti-cellulite massage and a body wrap.



SPA DUO MASSAGE

## MATERNITY

### **ULTIMATE ROSE PREGNANCY MASSAGE** 50min ~ Chf 170

Pre-natal (after 1<sup>st</sup> trimester).

A gentle body massage, including scalp and face, to rejuvenate and revitalize mothers-to-be.

### **ULTIMATE ROSE PREGNANCY MASSAGE & FACIAL** 80min ~ Chf 220

This duo treatment includes a specific facial and body massage.

### **POST-NATAL-ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER** 50min ~ Chf 170

A nourishing body massage thanks to the application of essential oils restoring the texture and elasticity of the skin.

### **ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER** 80min ~ Chf 220

An exfoliating body treatment combined with a nourishing massage with the application of essential oils restores the texture and elasticity of the skin.

## FACIAL TREATMENTS\*

### BIOLOGIQUE RECHERCHE

Biologist, physiotherapist, doctor have united their know-how and their passion to write a unique and visionary story in the world of cosmetic care. Nowadays, it is a combination of a clinical approach to aesthetic care, products that are pure, concentrated, almost raw, and both original and rigorous protocols underlying the amazing efficiency of the reputation of the methodology. The global approach of the skin as an organ directly connected to all others, now provides a new vision in order to connect different specific techniques into the international brand.

#### OXYGENATING VIP O2

50min ~ Chf 200 / 80min ~ Chf 250

A revitalising and balancing treatment with micro-exfoliation, oxygenation, and bio-energy massage will give you a clear, glowing complexion.

#### LIFT C.V.S

50min ~ Chf 220 / 80min ~ Chf 270

The ultimate rejuvenating facial including a specific lifting, reshaping, firming massage. Ideal for mature skin and redefining the contours of your face and neck.

#### RESTRUCTURING AND SMOOTHING CARE

50min ~ Chf 220 / 80min ~ Chf 270

A skin reconditioning, hydrating, soothing, gentle facial for treating dehydrated, sensitive, reactive and stressed skin.

#### CUSTOMIZED CARE ACCORDING TO YOUR SKIN TYPE

50min ~ Chf 180 / 80min ~ Chf 230

A treatment that will suit all skin types (dry, combination, oily and sensitive).

*\* All our 80-minute treatments are done with the Remodelling Face machine*

### ADD ON\*

#### BIOLOGIQUE PLUMPING MASK WITH COLLAGEN Chf 50\*

In order to improve results, we offer you the possibility to add a plumping collagen mask that accentuates the effects of the treatment.

#### COLD MASK Chf 50\*

Soothing, clarifying, purifying, calming mask for stressed skin.

*\* Can be combined with all our treatments*

## LA VALLÉE

Inspired by the wonders of nature, the founders of La Vallée decided to create an exclusive brand using the most efficient and pure ingredients of Swiss nature: the Swiss Glacier Waters and sources of Henniez, famous for their wealth in minerals (magnesium, potassium...). All these elements increase the vitality and the renewal of the cutaneous cells by using plants and essential oils. Nature and technological sciences for exceptional and efficient products!

#### CAVIAR ESSENCE UNIQUENESS 50min ~ Chf 200 / 80min ~ Chf 250

Dull, stressed-skin? This regenerating treatment will stimulate collagen production and rejuvenate overall skin tone.

#### STX CARE 50min ~ Chf 200 / 80min ~ Chf 250

Radiance-enhancing care with the exclusive STX line based on plant stem cells.

#### ULTIMATE SKIN RADIANCE 80min ~ Chf 490

Using STX Vegetal Stem Cells

A new revolutionary and gentle technique, including a purification process. Then micro-jets of water with added active molecules (antioxidants, antiradicals and vitamins) are sprayed onto the skin's surface to achieve the desired results.

- Purify and clarify oily skin
- Attain a smooth, fresh and airbrushed appearance
- Fade acne scars
- Regenerate, beautify and deeply hydrate (all skin types)

#### GOLDEN REJUVENATION 80min ~ Chf 350

Anti-aging Program – using STX Vegetal Stem Cells

A non-invasive Swiss patented trans-dermal system to promote ultimate regeneration of the skin cells via 18 carat gold electrodes to stimulate the renewal of collagen.

Results: Skin rejuvenation and cutaneous firming of the face and neckline.

#### CUSTOMIZED CARE ACCORDING TO YOUR SKIN TYPE

50min ~ Chf 180 / 80min ~ Chf 230

A treatment that will suit all skin types (dry, combination, oily and sensitive).

#### ADD-ON

#### GOLDEN REJUVENATE SESSION 30 min ~ Chf 100

A weekly session recommended to enhance the effects of Golden Rejuvenate Treatment over time.

## AROMATHERAPY ASSOCIATES

Aromatherapy Associates uses the natural healing powers of plants and flowers through the extraction of the purest essential oils. All harvested ingredients are of wild province or fair trade sourced. Natural products for immediate results and overall well-being.

### THE ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

#### ESSENTIAL HYDRATING ROSE FACIAL

A deeply nourishing facial will result in a smooth, radiant complexion.

50 min ~ Chf 160

80 min ~ Chf 210\* with a back massage

#### DEEP CLEANSE FACIAL

An intensive treatment leaving skin very clean and fresh.

50 min ~ Chf 160

80 min ~ Chf 210\* with a back massage

#### SOOTHING FACIAL

50 min ~ Chf 160

A truly soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness and restore the skin's natural radiance.

#### AGE REPAIR FACIAL

80 min ~ Chf 240

An intensive anti-aging treatment associated with a firming massage. Provides an immediate visible effect.

## MENS TREATMENTS

### MENS TREATMENTS

50min ~ Chf 160 / 80min ~ Chf 210

Aromatherapy Associates has developed the range of Refinery skin care products especially for men.

#### REFINERY FACIAL

50 min

\* with a back massage

80 min

Treatment made according to the needs of your skin.

#### REFINERY DEEP CLEANSE FACIAL 50 min

\* with back massage

80 min

A deep cleansing facial that will make your skin look clean and fresh.

### TREATMENT PACKAGES

#### GENTLEMEN'S TIME OUT 80min ~ Chf 230

Including back massage, facial and express manicure

#### PACKAGE OF 10 TREATMENTS

Possibility of creating a customized package with your favorite care treatments and benefit from a 10% discount on the total amount.

#### FAMILY SPA 50 min ~ Chf 340

To share in the same room. Mother & Daughter / Father & Son

A 50 minute treatment of your choice: Facial or or massage.

# Grooming essentials

**SPRAY TAN BY MINE TAN** 30min ~ Chf 80  
Achieve bronzed glowing skin anytime.  
You choose the colour, depth and finish of your tan.

**BEAUTIFUL HANDS & FEET**  
Express manicure / pedicure  
with nail polish / 50min ~ Chf 90  
Extended spa manicure / pedicure  
with nail polish / 80min ~ Chf 170  
Nail polish / French manicure / 20min ~ Chf 30  
Semi-permanent polish removal / 10min ~ Chf 30  
Semi-permanent polish / 30min ~ Chf 60



## HAIR REMOVAL LADIES & GENTLEMEN

Please contact reception for information and booking appointments

Notice : waxing should not be practiced if the following products have been used 3 to 6 months prior to waxing: Retin-A, Renova, Hydroquinone, body slimming lotions, anticoagulant drugs, topical cortisone or oral corticosteroid, Roaccutane or other acne medications.

## EYELASH AND EYEBROW TINTING

Eyebrows / Chf 25  
Eyelashes / Chf 40

## HAIR SALON

Please contact reception for information and to book an appointment.

## FITNESS

Private coaching for one or more people upon request.

## TIME TO SPA

**SPA EXPERIENCE** 3 hours ~ Chf 80  
Enjoy full access to the fitness centre, indoor & outdoor pool, steam room, sauna, Jacuzzi and relaxation area.

**JUNIOR SPA EXPERIENCE** 3 hours ~ Chf 45  
6-16 year olds can discover the Spa when accompanied by an adult on Wednesdays and Sundays from 10h00 to 18h00. Reservation necessary and subject to availability.

## SPA SUITE

Book this unique space for a special moment. Mosaic steam room, sauna, Jacuzzi, dual treatment room and cosy sitting room.

**SPA SUITE**  
2 hours : Chf 400

**SPA SUITE WITH THE TREATMENT**  
3 hours : Chf 400 + the price of the treatments of 50 minutes + 2 Fit & Tasty juices compliments of the Spa.

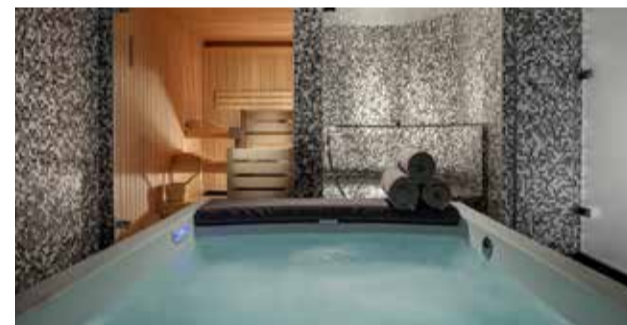
**ADD-ON 1** Chf 50  
1 Fit & Tasty juice + 1 fruit basket

**ADD-ON 2** Chf 95  
Delicacies of the moment + Fit & Tasty juice

**ADD-ON 3** Chf 165  
Moët & Chandon Champagne  
Assorted sweet / savoury snacks

**ADD-ON 4**  
Your wish is our command! Let us know what special moment you would like to arrange and we will help you make it a memory to treasure: celebrate an anniversary, make a marriage proposal...

## PRIVATE SPA



**PRIVATE SPA, UP TO 8 PEOPLE...  
IN THE ROYAL SAVOY SPA!**

An exclusive four-hour experience to share Spa time with family or friends.

This luxurious space is composed of a steam room, sauna, Jacuzzi and relaxation room, private treatment room for two people if you are booking any treatments from our brochure and Jacuzzi.

A variety of herbal teas and a fresh fruit basket will enhance this special moment.

The Private Spa at the Spa du Royal is the perfect place to celebrate your special moment.

Hotel parking is included.

Reservations during the week Chf 960  
Reservations during the weekend Chf 1'200



**ROYAL SAVOY**  
HOTEL & SPA  
LAUSANNE

Royal Savoy Hôtel & Spa  
Le Spa du Royal  
Avenue d'Ouchy 40, 1006 Lausanne  
T: +41 (0)21 614 88 32, spa@royalsavoy.ch  
www.royalsavoy.ch



## HOW TO SPA

**SPA OPENING HOURS 7/7**  
Hotel guests: Fitness centre 24/7  
Hotel guests & Members:  
Spa, pool & fitness centre 06.30 - 22.00  
External guests:  
Spa, pool & fitness centre 08.30 - 22.00  
Reception & Boutique : 08.30-22.00  
Treatments : 09.00-21.00  
Hair Salon : On request

**SPA RESERVATION**  
For any reservations or information regarding the Spa, Hair Salon, fitness centre, memberships, gift vouchers and products, contact the Spa directly:  
- Room telephone :  
Press the Spa Button / Icon  
- T +41 (0) 21 614 88 32  
- E spa@royalsavoy.ch  
- SMS / WhatsApp +41 (0)79 614 99 99

We recommend that you reserve your treatments in advance to secure your preferred time. Please note that all bookings require a guarantee; your room or credit card number details will be requested.

**CANCELLATION**  
Please allow 24 hours' notice on all services. In case of non-arrival, the full treatment fee will be charged. Cancellations of bookings made less than 24 hours before a treatment will be fully charged.

**PAYMENT**  
For hotel guests, all treatments can be charged to your room. Major credit cards or cash are accepted at the Spa reception.

**ARRIVAL**  
Please arrive 15 minutes prior to your treatment in order to complete your Treatment Consultation form. For late arrivals please note that your treatment will end at the scheduled time so the next guest will not be delayed.

**SPA ENVIRONMENT**  
Please respect all spa guests' right to privacy and serenity. The Spa is a mobile phone, camera and smoke free zone.  
Due to safety and hygiene reasons, pets or animals are not allowed in the Spa areas.  
The Spa accepts no responsibility for any loss or damage of personal articles, and we recommend that you leave jewellery and valuables at home, or in your hotel room safe, before coming to the Spa.  
The Spa du Royal is a fully non-smoking area.

**DRESS CODE**  
We kindly request that all guests wear a swim suit and cover themselves with a towel or bathrobe in all Spa areas.  
For body treatments or massages we provide disposable underwear.

**CHILDREN**  
We are delighted to offer treatments for children aged 6-16 years if accompanied by an adult. Access to sauna, steam rooms, Jacuzzis and fitness studio are restricted to over 16's.  
"Junior Spa Experiences" are on Sundays & Wednesdays 10.00-18.00. Subject to availability and reservations in advance necessary.

**SPA MEMBERSHIP**  
The Spa du Royal Membership will grant you unlimited access to all areas of the spa facilities. For further information regarding our exclusive Spa Membership, please contact the Spa reception.

**GIFT VOUCHER**  
An exclusive gift idea for someone special. Please contact the Spa reception for details.