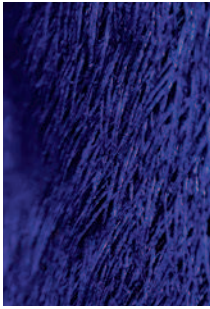
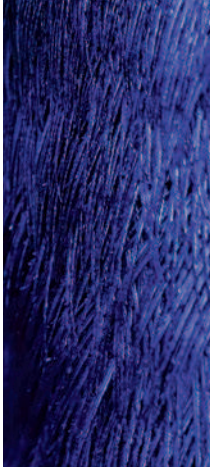
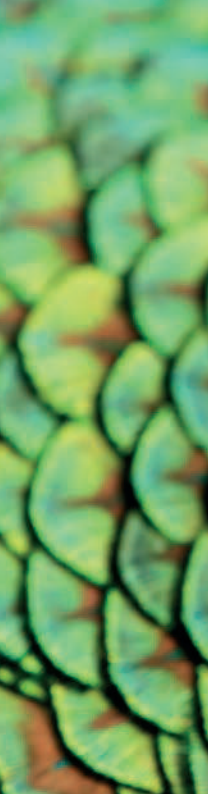




LE SPA DU ROYAL

LAUSANNE



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WELCOME

Spanning 1500 sqm, our modern spa features an indoor and outdoor pool, vitality pools, hammam, sauna, steam rooms, a “Ladies only” Spa, two relaxation rooms, eight treatment rooms, a private Spa area, fitness centre, hair studio and a Spa boutique.

We are dedicated to providing superb Spa services to keep you looking and feeling good.

Enjoy.

HOW TO SPA

SPA OPENING HOURS

Fitness Centre,

Spa Facilities & Pool

06:30 - 22:00

Reception & Boutique

08:30 - 21:00

Treatments

09:00 - 21:00

Hair Salon

On request

CANCELLATION

Please allow 24hours notice on all services. In case of non-arrival, the full treatment fee will be charged.

PAYMENT

For hotel guests all treatments can be charged to your room. Major credit cards or cash are accepted at the spa reception. All treatments include 8% VAT.

ARRIVAL

Please arrive 15 minutes prior to your **first** treatment in order to complete your Treatment Consultation form, which is necessary to allow us to correctly deliver our services.

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.

DRESS CODE

Out of respect for other cultures, we kindly request that all guests wear a swim suit, and cover 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 hammam, sauna, steam room and fitness studio are restricted to over 16's.

“Junior Spa Experiences” are on Sundays & Wednesdays 10.00–16.00. Subject to availability and reservations in advance necessary.

SPA MEMBERSHIP

Le Spa du Royal Membership grants access to the Spa facilities and other benefits. Please contact the Spa Reception for details.

GIFT VOUCHER

An exclusive gift idea for someone special. Please contact the Spa Reception for details.

TIME TO SPA

Spa Experience - 3 hours

Enjoy access to the fitness, pool, vitality pool, hammam, sauna, steam and relaxation room.

Sauna Aufguss - 15 minutes

Available only with Spa Experience or as Hotel Guest (reservations necessary).

Royal Discovery - 3.5 hours

Start with a 1 hour pool and thermal circuit at your leisure, then enjoy a 2.5 hours custom designed hydro therapy experience including scrub, wrap and massage.

Gentlemen's Time out - 80 minutes

Including Back massage, Facial and express Manicure.

Glam Mom - 60 minutes

Programme of 6 treatments.

Pre-natal Massage/Hair Removal/Facial Treatment/Manicure/Pedicure/Post-natal Massage

Spa Suite - 3 hours

Create your personal spa experience, with private steam room, sauna, vitality pool, rain shower, relaxing zone and treatment suite.

Exclusive use including 2 x 50-minute treatment of choice

Couple including each 2 x 50-minute treatment of choice

Mini Me & Me - 50 minutes | Mother & Daughter / Father & Son

Choice of 2 x 25-minute mini treatments: Facial/Massage/Manicure/Pedicure

Junior Spa Experience - 3 hours

Pool Access - Sundays & Wednesdays from 10:00 to 16:00, subject to availability, reservations necessary.

Add-ons

Available only with other treatments:

Scrubs - 20 minutes

Wraps - 20 minutes

Hair Repair - 20 minutes

Facial - 30 minutes

Massage - 30 minutes

MASSAGES

Signature Massage - 50/60/80/90 minutes

A unique massage of the moment, designed specifically for you, using the expertise of your therapist.

Hot Stone - 80 minutes

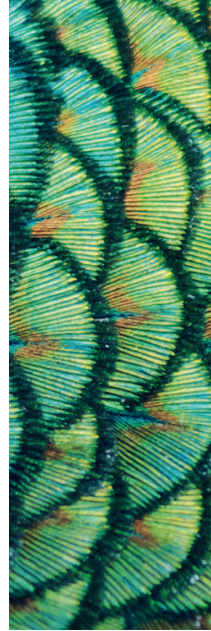
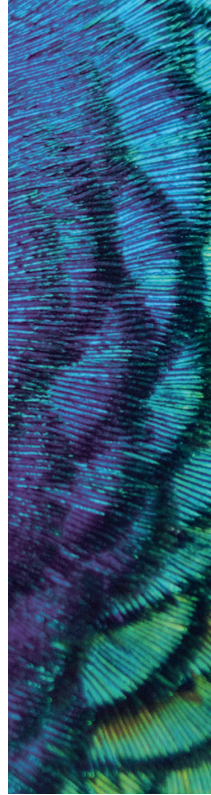
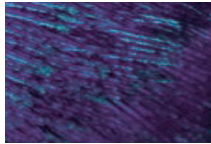
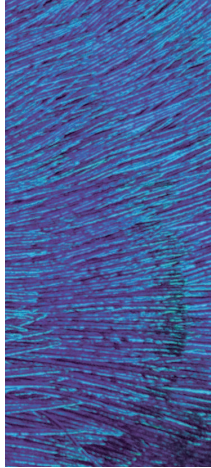
A warm and cocooning massage with volcanic stones to promote deep relaxation.

Lymphatic Drainage - 50 minutes

A gentle remedial massage to activate the circulation of lymph and eliminate toxins.

Foot Acupressure - 50 minutes

Foot massage using acupressure points corresponding to related areas of the body to release energy blockages and ease circulation.



HOLISTIC WELLNESS*

ENERGY

Reiki - 50 minutes

Reiki is an energy healing technique by a “laying of hands” to promote physical, emotional, mental and spiritual well-being.

Sound Therapy- 50 minutes

Sound healing uses vibrational sound to stimulate the energy centres of the body to create equilibrium and dissolve emotional and physical blockages. Extremely calming.

BODY WORK

Shiatsu - 50/60/80/90 minutes

Japanese full bodywork using “finger pressure”, to work on acupuncture meridians and energy channels to energise the immune system and restore balance.

Traditional Thai Massage - 50/60/80/90 minutes

Therapeutic massage working on “sen sib” deep pressure points, and assisted slow yoga stretches to alleviate tight muscles and joints. Relaxing yet invigorating.

STRUCTURAL THERAPY

Osteopathy / Craniosacral - 50/60 minutes

Gentle manipulation of the muscle tissue and bones of the head, spinal column and sacrum.

Provides relief from migraine headaches, neck and back pain.

Rolfing - 75 minutes

Rolfing uses a combination of physical manipulation of fascia tissue to work with muscles, and active and passive movement retraining to realign the body. Recommended for postural misalignments, improving flexibility and mobility.

*All treatments are subject to availability, advance reservations recommended.

GROOMING ESSENTIALS

TINTING

Eyebrows - 10 minutes

Eyelashes - 20 minutes

Eyebrow and Eyelashes incl. shaping - 30 minutes

HAIR REMOVAL*

Using a selection of custom waxes

BODY

Hollywood - 30 minutes

Bikini - 15 minutes

Half Leg - 25 minutes

Half Arm - 15 minutes

Back or Chest - 30 minutes

Brazilian - 25 minutes

Full Leg - 45 minutes

Full Arm - 20 minutes

Underarm - 15 minutes

Abdomen - 15 minutes

FACIAL

Eyebrow Shaping - 15 minutes

Upper Lip/Chin/Cheeks/Nose/Ears
10 minutes

*Caution: You must not be waxed for a period of 3 to 6 months after discontinuing use of: Retin-A, Renova, Hydroquinone, Skin-thinning products, Blood-thinning medications, Topical or Oral Cortisone, Accutane or other Acne medication.

HANDS & FEET CARE

Manicure - 20/30/50 minutes

Pedicure - 50/60 minutes

Add-ons - 20 minutes:

Semi-permanent Polish Removal/Semi-permanent Polish/Nail Polish/French/IBX

SPRAY TAN

Tan - 30/50 minutes

Achieve bronzed glowing skin anytime. You choose the colour, depth and finish of your tan.

HAIR

Wash & Blow - 30 minutes

Ladies' Cut - Short/Medium/Long - 60 minutes

Men's Cut - 45 minutes

Scalp Massage - 10 minutes

Conditioning Mask - 10 minutes

Hair Styling - 60 minutes

FITNESS

Personal Training - 50 minutes

Couples Training - 50 minutes

TREATMENTS BY AROMATHERAPY ASSOCIATES

Aromatherapy Associates are specialised in using the natural healing powers of the purest plant extracts and essential oils in their products and treatments. All ingredients harvested are either wild-crafted or Fairtrade.

FACIAL TREATMENTS

The Ultimate Aromatherapy Associates Facial - 50/80 minutes

A bespoke facial, designed to suit your individual skin needs, with focus on Hydrating, Mattifying, Soothing or Anti-aging.



MASSAGES

The Ultimate Aromatherapy Experience - 50/80 minutes

Swedish, neuromuscular, and lymphatic drainage techniques will leave you feeling deeply relaxed and re-charged.

Intensive Muscle Release - 50 minutes

An intensive sports massage, to instantly release pain and tension from tired muscles.

Immune Recovery - 50 minutes

Cleansing, clearing and decongesting, this upper body massage helps boost your immune system.

MATERNITY

Ultimate Rose Pregnancy Massage (after 1st trimester) - 60 minutes

A full body massage, including scalp and face, to rejuvenate and revitalise.

Ultimate Rose Post Pregnancy Skin Nourisher - 60 minutes

Body treatment including exfoliation and the layering of oils to restore the skin's elasticity and texture.

TREATMENTS BY BIOLOGIQUE RECHERCHE

Biologique Recherche delivers results via the synergy and power of botanical based skin care products, pure, perfume-free, highly concentrated active ingredients, innovative, and unique personalised treatment techniques.

FACIAL TREATMENTS

Lissant - 60 minutes

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

Oxygenating VIP O₂ - 60 minutes

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

Lift C.V.S - 60 minutes

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

Acne Remedy - 60 minutes

A deep cleansing yet calming treatment for enlarged or congested pores, blemishes, irritated, acne-afflicted skin.

BODY TREATMENTS

Anti C - 50 minutes

Slenderising body treatment, focusing on areas of fat and cellulite. Your figure is redefined and visibly tighter after just three sessions.

Body Lift Matrix - 50 minutes

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 - 50 minutes

The ultimate body treatment - combining an energising exfoliation, wrap with detoxifying marine ingredients and modelling massage to help you get instant results.

TREATMENT BOOSTERS

Cellular Serums - 20 minutes

Choose between 30 different serums to boost your Face and Body Treatments.

Cold Mask - 10 minutes

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

Fortifying Scalp Massage - 10 minutes

Using biological extracts to restore vitality and strength to your hair.

Firm Arms - 20 minutes

Firming and toning treatment for sagging arms.

TREATMENTS BY LA VALLÉE

A Swiss brand, containing active ingredients such as lavender, budleja davidi and thyme, swiss glacier and Henniez spring waters, famous for their richness in minerals such as magnesium and potassium which increase the skin cells vitality and renewal.

FACIAL TREATMENTS

Moisturising Uniqueness - 60/75 minutes

Dry skin - intense hydration for suppleness and radiance.

Brightening Uniqueness - 60/75 minutes*

Hyperpigmentation concerns - evens out skin-tone and reduces areas of discoloration.

Caviar Essence Uniqueness - 60/75 minutes

Dull, Stressed skin - a regenerating treatment to stimulate collagen production and rejuvenate.

Purifying Uniqueness - 60/75 minutes*

Oily skin - pore refining, deep cleansing and mattifying effect.

Desensitizing Uniqueness - 60/75 minutes*

Sensitive and delicate skin - calming, softening and nourishing.

Anti-Aging Uniqueness - 60/75 minutes*

Mature and devitalised skin - smoothing, restructuring and firming.

BODY TREATMENTS

Body Contouring Treatment 75/90 minutes*

Scrub and Body contouring massage techniques to treat cellulite and sculpt your body.

Light Legs Treatment - 45 minutes*

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

Skin Refining Scrub - 30 minutes

Apricot polish followed by an application of moisturising balm to soften and hydrate your skin.

Body Moisturising Wrap - 30 minutes

Pink clay-based body mask promoting regeneration, improving skin elasticity, hydrating and toning.

Body Draining Wrap - 30 minutes*

Extract of Ivy prevent water retention and bloating, providing a slimmer silhouette.

***OPTION PLUS**

Further Medico-Aesthetic programmes available at Clinic Lémanic

TREATMENTS BY CLINIC LÉMANIC

No Limit to Perfection – Created in 1998, the internationally awarded Clinic Lémanic (Lausanne) is a Swiss private clinic entirely dedicated to Skin Health and Beauty, working with the best specialists in Anti-Aging, Aesthetic Dermatology, Laser therapies and Plastic surgery. Clinic Lémanic provides personalised programmes adapted to each individual's specific needs.

The following Clinic Lémanic Signature treatments are non-invasive, and deliver results within one or more sessions.

FACIAL TREATMENTS

Ultimate Skin Radiance – 75 minutes

Revitalisation Programme – using STX Vegetal Stem Cells by La Vallée skin care

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

Choose this option to:

Purify and clarify oily skin

Attain a smooth, fresh and airbrushed appearance

Regenerate, beautify and deeply hydrate (all skin types)

Fade acne scars

Golden Rejuvenation - 75 minutes

Anti-aging Programme - using STX Vegetal Stem Cells by La Vallée skin care

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

Choose this option for:

Skin rejuvenation

Cutaneous firming

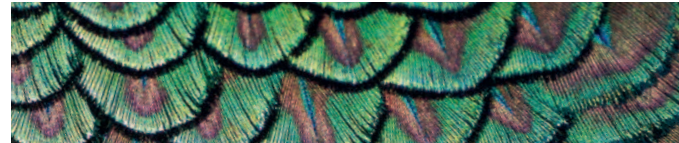
Increasing skin thickness

Reduction of fine lines and wrinkles

OPTION PLUS:

Further Medico-Aesthetic programmes are available at Clinic Lémanic:

Anti-aging, Slimming and Light Therapy.





LE SPA DU ROYAL

LAUSANNE

PRICELIST



SPA OPENING HOURS

Fitness Centre,	
Spa Facilities & Pool	06:30 - 22:00
Reception & Boutique	08:30 - 21:00
Treatments	09:00 - 21:00
Hair Salon	On request



SPA RESERVATION

For any reservations or information regarding the Spa, Hairdresser, Fitness Studio, Memberships, Gift Vouchers and Products, contact the spa directly through:

T +41 21 614 88 32

E spa@royalsavoy.ch

Online shop: www.spa.royalsavoy.ch

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



CANCELLATION

Please allow 24hours notice on all services. In case of non-arrival, the full treatment fee will be charged.

◆ TIME TO SPA

Spa Experience - 3 hours	80.-
Sauna Aufguss - 15 minutes	15.-
Royal Discovery - 3.5 hours	340.-
Gentlemen's Time out - 80 minutes	230.-
Glam Mom - 6 x 60 minutes treatments	950.-

Spa Suite

3 hours Exclusive use including 2 x 50-minute treatment of choice	670.-
3 hours Couple including 2 x 50-minute treatment of choice each	1,139.-

Mini Me & Me (Mother & Daughter/Father & Son)

50 minutes, including 2 x 25-minute treatments each	340.-
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Junior Spa Experience - 3 hours	45.-
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Add-Ons

(available only with other treatments)

Scrubs - 20 minutes	85.-
Wraps - 20 minutes	85.-
Hair Repair - 20 minutes	85.-
Facial - 30 minutes	110.-
Massage - 30 minutes	95.-

◆ MESSAGES

Signature Massage 50/60/80/90 minutes	170/205/225/252.-
Hot Stone - 80 minutes	225.-
Lymphatic Drainage - 50 minutes	170.-
Foot Acupressure - 50 minutes	170.-

◆ HOLISTIC WELLNESS*

Energy

Reiki - 50 minutes	150.-
Sound Therapy - 50 minutes	180.-

Body work

Shiatsu - 50/60/80/90 minutes	180/215/240/270.-
Traditional Thai Massage 50/60/80/90 minutes	180/215/240/270.-

Structural therapy

Osteopathy/Cranio sacral 50/60 minutes	180/215.-
Rolfing - 75 minutes	190.-

*Advance reservations recommended.



GROOMING ESSENTIALS

Tinting

Eyebrows - 10 minutes	25.-
Eyelashes - 20 minutes	40.-
Eyebrow and Eyelashes incl. shaping - 30 minutes	60.-

Body hair removal - Wax

Hollywood - 30 minutes	80.-
Brazilian - 25 minutes	70.-
Bikini - 15 minutes	50.-
Full Leg - 45 minutes	100.-
Half Leg - 25 minutes	70.-
Full Arm - 20 minutes	55.-
Half Arm - 15 minutes	45.-
Underarm - 15 minutes	40.-
Back or Chest - 30 minutes	60.-
Abdomen - 15 minutes	40.-

Facial hair removal - Wax

Eyebrow Shaping - 15 minutes	30.-
Upper Lip/Chin/ Cheeks/Nose/Ears - 10 minutes	20.-

Hands & feet care

Manicure - 20/30/50 minutes	30/50/80.-
Pedicure - 50/60 minutes	90/110.-

Add-Ons - 20 minutes:

Semi-permanent Polish Removal/	25.-
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Semi-permanent Polish/ Nail Polish/French/IBX	60.- 30/40/30.-
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Tanning

Spray Tan - 30/50 minutes	60/100.-
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Hair

Wash & Blow - 30 minutes	60.-
Ladies' Cut	
Short/Medium/Long - 60 minutes	105/115/125.-
Men's Cut - 45 minutes	55.-
Scalp Massage - 10 minutes	30.-
Conditioning Mask - 10 minutes	30.-
Hair Styling - 60 minutes	95 to 145.-

Fitness

Personal Training - 50 minutes	160.-
Couples' Training - 50 minutes	260.-



TREATMENTS BY AROMATHERAPY ASSOCIATES

Facial treatments

The Ultimate Aromatherapy Associates Facial 50/80 minutes	150/240.-
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Massages

The Ultimate Aromatherapy Experience 50/80 minutes	170/225.-
Intensive Muscle Release - 50 minutes	170.-
Immune Recovery - 50 minutes	170.-

Maternity

Ultimate Rose Pregnancy Massage (after 1st trimester) - 60 minutes	180.-
Ultimate Rose Post Pregnancy Skin Nourisher 60 minutes	180.-

TREATMENTS BY BIOLOGIQUE RECHERCHE

Facial treatments

Lissant - 60 minutes	220.-
Oxygenating VIP O ₂ - 60 minutes	220.-
Lift C.V.S - 60 minutes	220.-
Acne Remedy - 60 minutes	175.-

Body treatments

Anti C - 50 minutes	165.-
Body Lift Matrix - 50 minutes	175.-
3 in One - Slimming Oxygenating Detox - 50 minutes	175.-

Treatment boosters

Cellular Serums - 20 minutes	60.-
Cold Mask - 10 minute	30.-
Fortifying Scalp Massage - 10 minutes	45.-
Firm Arms - 20 minutes	50.-

TREATMENTS BY LA VALLÉE

Facial treatments

Moisturising Uniqueness - 60/75 minutes	130/150.-
Brightening Uniqueness - 60/75 minutes	120/140.-
Caviar Essence Uniqueness - 60/75 minutes	180/200.-
Purifying Uniqueness - 60/75 minutes	110/130.-
Desensitising Uniqueness - 60/75 minutes	130/150.-
Anti-Aging Uniqueness - 60/75 minutes	170/190.-

Body treatments

Body Contouring Treatment - 75/90 minutes	160/180.-
Light Legs Treatment - 45 minutes	130.-
Skin Refining Scrub - 30 minutes	80.-
Body Moisturising Wrap - 30 minutes	100.-
Body Draining Wrap - 30 minutes	100.-

TREATMENTS BY CLINIC LÉMANIC

Facial treatments

Ultimate Skin Radiance - Revitalisation Programme 75 minutes	490.-
Golden Rejuvenation - Anti-Aging Programme 75 minutes	350.-