



Tauchen Sie ein - blühen Sie auf.

For her / Face:

Ultimate

Our comprehensive skin care
90 Min. / 200.-

Relaxing, deep-cleansing treatment with five exclusive and gentle cleansing phases. Natural aromas invigorate and balance. Your skin becomes pristine and radiant.

If desired, this treatment can also be combined with an eye and/or décolleté treatments.
Eye care 30 min. / 50.-
Décolleté 30 min. / 50.-

Focus

Our hydrating treatment
60 Min. / 145.-

With this intensive moisturizing treatment, your skin will glow again, exhibiting vitality and suppleness. This highly effective skin care system based on natural algae, herbal and fruit extracts smoothes and refines your facial contours.

Optimizer

Our firming, anti-aging treatment
60 Min. / 160.-

This special anti-aging treatment improves the structure and elasticity of your skin. Thanks to the regenerating effects of horsetail and wild rose extracts, as well as collagen, you will regain your beautiful and rejuvenated appearance.

Juvenil

Our anti-acne treatment
60 Min. / 145.-

Cleansing and balancing care for problem skin. Helps to eliminate blackheads and blemishes while bringing back the natural skin balance. The skin gradually regenerates, becoming pure, smooth and beautiful. For optimum results, we recommend this treatment as an ongoing regimen.

Age Defyer

Our anti-ageing care
90 min. / 230.-

This luxurious therapy is a treatment for demanding, mature skin with elasticity loss, and for tired, pallid and devitalised skin types. The plant cell ingredients have a stimulating effect on the skin's decreasing capacity to produce collagen and elastin. They relieve dry skin, balance out moisture levels and your skin becomes substantially more elastic – the therapy has proven to reduce wrinkles. This treatment has an immediate effect on your skin, helping it to rejuvenate and regenerate itself. Your skin appears younger and more vital.

Hydra Stone

our unique moisturizing treatment
with volcanic stones
75Min. / 170.-

This hydrating facial treatment was exclusively developed for LABO Spa to treat fatigued, dry and irritated skin. With natural active ingredients and two masks, this treatment is soothing and firming the skin, while very relaxing. The beneficial effect is increased with a facial massage using energetic volcanic stones.

Renew

our regenerating treatment
with fruit acids
60Min. / 160.-

Wrinkles and fine lines are minimized, even after the first treatment, your skin achieves a new glow, suppleness and elasticity.
A fountain of youth for your skin.

Beauty-Flash

our beauty break
35Min. / 100.-

Relaxed and glowing appearance in only 35 minutes. Give yourself a pleasant break and invigorate your skin with new energy through vitamins.

All facial treatments are also available as treatment series. Ask about our special offers.

For her / Body:

Reshape Regimen

our anti-cellulite program
12 treatments &
2 home care products / 1,800.-

Our anti-cellulite program lasts for 6 weeks. Each week consists of a body treatment and lymph drainage focused on the problem zones. This comprehensive and consistent regimen with powerful ocean and plant extracts helps free you from excess fat. You achieve the optimum results: your slender figure is recovered, your body feels noticeably firmer, and your skin is more refined and elastic.

Reshape

our detoxifying treatment
90 min. / 210.-

An ocean salt exfoliation and a detoxifying massage of the specific problem zones prepare the body for the purifying effects of the algae pack. Aslenderizing cream is massaged into the skin to round out this treatment. The metabolism is stimulated, the structure of the skin is refined, and the body is firmer.

Toxi-Cleanse

our purifying treatment
60 Min. / 160.-

The ocean salt exfoliation (with Guérande salt) and the purifying algae compresses draw out toxins from the body. The final touch is given by a ginseng body lotion.

Energy-Booster

Our vitalizing treatment
60 Min. / 160.-

Amoisturizing body exfoliation gel followed by a gentle massage with refreshing essential oils gives your body new radiance, your skin new hydration, and you your power back.

Relax

our anti-stress care
60Min. / 160.-

The relaxing treatment: a warm pack of sea algae mud and a light massage with relaxing essential oils bring body and spirit into peace and harmony.

Mother-to-Be

our body treatment
for the mother-to-be
60Min. / 160.-

Soft and gentle body care. This pampering treatment gives your skin moisture, prevents stretch marks, and brings physical well-being and equilibrium.

Tanaka

our regenerating Thai body ritual
60 Min. / 160.-

The golden powder of the Tanaka tree has been used for generations in northern Thailand for healing and beautifying the skin. After a cleansing body exfoliation, your metabolism is stimulated through a gentle massage using an Anti-age concentrate from rice and bamboo.

Dokmai

our royal Thai beauty treatment
60 Min. / 160.-

An exhilarating selection of sacred flowers (Seven Flowers) known for their healing power refines your skin. The gentle touch of the regenerating massage that follows nourishes your body, lets your aura shine, and revitalizes your spirit.

If desired, your body treatment can be supplemented with a bathing ritual.
20 min. / 60.-

For her / Rituals:

Cocoon

Relaxing pampering ritual
2Std. / 280.-

Symptoms of stress and fatigue evaporate during this ritual with a fine aromatherapy bath, warm clay body wraps and a blissful massage with warm, relaxing essential oils.

Body Glow

Cleansing ritual
1Std. 45 Min. / 280.-

Freshness for your skin, which will glow pure and beautiful again thanks to a detoxifying ocean salt exfoliation, a revitalizing ginseng lotion, and our regenerating skin care with fruit acids.

Cleopatra

Beauty ritual
3Std. / 370.-

A well-deserved comprehensive beauty program with a facial and special eye treatment, pedicure, and manicure. Let yourself be pampered intensively for three hours, and leave glowing with royal beauty.

Serenity

Renaissance-Ritual
2Std. / 280.-

Our Renaissance ritual promises balance in body and soul. After the cleansing and invigorating Toxi-Cleanse body treatment, a shiatsu massage awakens new life energies through stimulation of the body's own energy flow.

PureDelight

Blissful ritual
2Std. 15 Min. / 300.-

This treatment is an all-round sensual cocooning pleasure: enjoy a pleasantly scented facial treatment with plant extracts followed by our aromatherapy stone massage for total relaxation and well-being.

Bamboo

Invigorating and energizing ritual
1Std. 45 Min. / 250.-

This individualized bamboo treatment aims to preserve or reclaim your natural energy. Facial treatment and body exfoliation are followed by a bamboo reed massage. This treatment purifies, stretches, kneads and tones your body. It gives you a wonderful feeling of lightness, and frees you from stress and tension.

Sawan

Rejuvenating body delight
2Std. 30 Min. / 320.-

Give your body a new skin. After a body exfoliation, a pack with natural extracts of pineapple and tamarind recovers the moisture balance of your skin. The massage with essential lemon grass oil gives you a glorious sense of healing.

Saat

Complete detoxification
2Std. 30 Min. / 320.-

This mixture of cashew nuts and oranges removes impurities and prepares your skin for a body pack of papaya and aloe vera extracts. Then relax with an aromatherapy massage of cashew nuts and petitgrain. This treatment refines your skin; your body and soul emerge with new vitality.

For her / Essentials:

Spa Manicure

our anti-aging hand treatment
60Min. / 100.-

An intergrated beauty and pampering program for your hands:
Revitalizing hand bath, exfoliation, relaxing and hydrating massage, professional manicure including nail polish.

Spa Pedicure

our complete foot treatment
60 Min. / 110.-

The all-around pampering program for stressed feet: Footbath, cleansing and smoothing exfoliation, moisturizing mask and foot massage, followed by a professional pedicure including nail polish.

French-Manicure
additional 20.-

For him and her / Waxing

Eyebrows	35.-	Half leg	60.-
Upper lip	30.-	Thigh	70.-
Chin	30.-	Whole leg	100.-
Neck	30.-		
Lower facial zone	80.-	Bikini	50.-
Underarms	40.-	Brazilian Bikini	100.-
Lower arms	40.-	Complete Bikini	110.-
Arms	60.-		
Shoulders	40.-		
Chest	60.-		
Stomach	60.-		
Back	80.-		

Make-up

Touch up (only with facial)	20.-
Day Make-up with consultation (approx. 45 min.)	120.-
Event Make-up (approx. 45 min.)	120.-
Wedding Make-up with trial session (2x 45 min.)	180.-

Tinting

Prices for lash and eyebrow tinting available upon request.

For him and her / Massages:

Lymph Drainage

Face 30 min. / 90.-
Body 90 min. / 195.-

This massage breaks up congestion and removes fluid accumulation from the tissue. Especially suitable for the feeling of heaviness in the legs, tired legs, cellulite, migraines and physical stress. This light pressure massage along the meridian lines gives your body a pure, elated feeling.

Ponklai

60 min. / 145.-
90min. / 195.-

Experience the healing effect of Asian aromatherapy during a restorative full body massage with lemon grass oil in combination with relaxing acupressure. Your body and soul will set forth on a journey of total relaxation and complete well-being.

Aromatherapy

60 min. / 145.-
90 min. / 195.-

Regales the senses, bestows new energy, abolishes stress and brings you into balance. Skillful massage and kneading movements loosen any perceptible tension, using aromatherapy massage oils of your choice.

Esalen

60 min. / 145.-
90min. / 195.-

Dissolves physical and spiritual tension. An integrated, individualized approach that combines various massage techniques into one flowing and creative style that responds to the special needs of each client.

Shiatsu

60 min. / 145.-
90 min. / 195.-

For deep relaxation and increased well-being. A traditional Japanese treatment method to balance and stimulate the body's own energy, in which gentle pressure is exerted on the acupuncture points along the meridians, using fingers, palms, elbows and knees. This massage is carried out on a floor mat.

Body Shiatsu

60min. / 145.-
90 min. / 195.-

Tailored for you, a full relaxing body massage with essential oils to release tensions combined with the shiatsu gentle grips that work deep into on the meridians and acupuncture points.

Foot Reflexology

60 min. / 140.-

Balance and relaxation through integrated energetic massage. Thumbs and fingers exercise pressure on the reflex points of the feet. A massage technique that removes the congestion of the body's own energy flow.

Mother-to-Be

60 min. / 145.-
90min. / 195.-

A gentle and relaxing pregnancy massage that releases muscle tension and pain, relieves swelling of the limbs and promotes a general feeling of contentment. Pamper yourself – and your baby too.

Aroma Stone

90 min. / 220.-

Cocooning for body and soul. A very relaxing massage with hot volcanic stones in combination with pleasant aromatherapy restores your energetic equilibrium. Your body is filled with new life.

Hawai'i ,uhane

90 min. / 200.-

Your energy deficits and tension will fade away as you feel the unique touch of this experience, based on the Hawaiian Lomi-Lomi technique. As you are held by soothing hands, long wave-like massage strokes and gentle joint-softening will take you to a state of profound relaxation. A perfect quick escape from the day's stress for your body and soul.

Hawai'i Lani

90 min. / 320.-

Hawaiian four-hand massage: experience the unique atmosphere of this massage, expertly performed by two therapists at a time. This type of massage provides for a perfect balance of touch, esteem for your own body and tension relief. Indulge your body, mind and soul in wave-like motions. You'll find it so easy to unwind as your joints are smoothly softened and you feel our therapists' gentle touch. Discover heaven on earth!

Samunprai

90 min. / 240.-

Thai herbal heat energizer to relieve tension. The steamed herbal poultice opens the pores and distributes a healing warmth through the muscles. Then an invigorating massage with peppermint-mandarin oil revitalizes the body and soul.

Kamatan

90 min./ 240.-

The path to tranquility – this Thai anti-stress massage releases physical and spiritual tension. Your body is gently soothed with a warm herbal poultice with basil and Indian lemon leaves, as well as a warm oil massage. It leaves you in a meditative state.

If desired, any massage therapy may be supplemented with a bathing ritual.
20 Min. / 60.-

For him and her / Ayurveda:

Ayurveda, the science (veda) of long and healthy life (ayur), comes from the ancient civilization of India and is the oldest traditional health system in the world. It involves holistic methods in which each person is evaluated and treated according to their constitution (doshas: vata, pitta and kapha). Body, spirit and soul, as well as the individual's environment, are incorporated in order to reach total equilibrium.

Abhyanga

90 min. / 200.-

Abhyanga is the queen of ayurvedic oil massages. Its repeated synchronous strokes have an extremely harmonising, relaxing effect on your body and mind. This therapy stimulates and detoxes your whole body. The heated oils, specially selected to suit your individual dosha, nourish your tissues, muscles, sinews and bones, making your body smooth and your skin soft. Improves your concentration and strengthens your cardiovascular system.

Mukabhyanga

60 min. / 145.-

This facial, scalp and décolleté massage provides general relaxation and skin care. It soothes the soul, smoothes tension from the face, and releases your own beauty to glow anew.

Padabhyanga

60 min. / 145.-

This foot and leg massage combined with a raw silk glove exfoliation is especially balancing and relaxing. It leaves behind a light and free feeling while stimulating the circulation in legs and feet. It is especially appealing after long periods of inactivity and for the feeling of heaviness in legs and feet.

Garshan

60 min. / 145.-

Garshan is a metabolism-stimulating full body massage performed with raw silk gloves. It can be quick and dynamic and thus energizing, or slow, deep and relaxing, according to your wishes. Afterwards the softened skin is pampered with a metabolism-supporting cream.

Rituals for two:

Be My Valentine

ritual for lovers

1hr. 30 min. / 340.- for 2 pers.

A relaxing bathing ritual, followed by a sensually fragrant aromatherapy massage in our suite for two. Cocooning and bliss for lovers.

Complicity

friendship ritual

1hr. 30 min. / 340.- for 2 pers.

For two people who are close – colleagues, friends or relatives. Enjoy a relaxing bathing ritual followed by an invigorating aromatherapy massage in our suite for two.

Tong Mae Kong

A dream trip to Thailand

2 hrs. 15 min. / 300.-

2 hrs. 15 min./ 480.- for 2

Get to know the Thai wellness tradition. A body scrub with a mixture of seasalt and essential oils of lemongrass and orange cleanses and moisturises your skin. Afterwards, you can relax in an oil bath, followed by the pure enjoyment of a Thai massage. You'll walk out relaxed and calm, as if you'd just escaped for a short break to Asia.

Mahina Meli

The Hawaiian experience

2 hrs. / 500.- for 2

This Hawaiian ritual is a treat for your body and soul. An exotic flower bath, followed by a coconut foot-scrub, gently prepares you for a massage experience of a fascinating kind. Your energy deficits and tension will fade away as you feel the unique touch of this experience, based on the Hawaiian Lomi-Lomi technique. As you are held by soothing hands, long wave-like massage strokes and gentle joint-softening will take you to a state of profound relaxation. Enjoy the aloha spirit!

For him / Facial:

Pure Bliss

Our luxury face care
90 min. / 200,-

This unique treatment combines face care and perfect relaxation. To start with, a back massage helps you let go of the day's stress. Next, a combination of high-quality products and the cosy warmth of compresses make your skin appear fresh and vital. The epitome of enjoyment.

Power Skin

Our comprehensive face care
60 min. / 150,-

Skin-specific face treatment including pressure-point massage of your face, back, shoulders and neck to provide for perfect relaxation and silky, smooth male skin. Makes small lines and wrinkles disappear and gives you time to unwind.

Rescue Express

Our express face care
30 min. / 100,-

An ideal face treatment for men under time pressure who set high store by their appearance. A beneficial break to make you look relaxed and fresh. Rejuvenates your skin.

We also offer our facial treatments as packages. Just ask about our special offers.

For him / Body:

Relax

our relaxing body care
60 min. / 160,-

Holistic body treatment with sea salt exfoliation pack, scalp massage and subsequent Australian relaxation massage. Ideal for the stressed-out executive.

Backbone

our backtreatment
60 min. / 150,-

The wellness ritual for men whose batteries need to be recharged. The skin is stimulated, purified and invigorated, and tensions are released through Australian massage. Scalp treatment included.

Tanaka

our regenerating Thai body ritual
60 min. / 160,-

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20 Min. / 60,-

For him / Essentials:

Ultimate Mani
30 Min. / 50.-

Hydration and suppleness for your hands, in no time at all. Exfoliation, massage and nail care for well-groomed masculine hands.

Ultimate Pedi
45 Min. / 90.-

This comprehensive foot treatment is a real blessing for stressed masculine feet: Footbath, exfoliation and nail care combined with a relaxing and moisturizing foot massage.

For him / Rituals:

Melt Away
anti-stress indulgence ritual
1 hr. 30 Min. / 200.-

A fine aromatherapy bath and a one-hour, loosening body massage with warm and relaxing essential oils leaves you feeling noticeably better.

Rescue Me
cleansing ritual
2 hrs. 30 Min. / 325.-

A complete facial treatment and the cleansing/invigorating Backbone back care combined with a foot peeling and massage provide new energy and vigor.

Vital Power
invigorating ritual
2 hrs. / 280.-

A wellness ritual with cleansing and vitalizing body care along with a shiatsu massage for improving the body's own energy flow. For physical and spiritual equilibrium.

Sawan
rejuvenating body delight
2 hrs. 30 Min / 320.-

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Bamboo
invigorating and energizing ritual
1 hr. 45 Min. / 250.-

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LABO Spa - Focus 14 Full Circle Abo

Through the Focus 14 partnership we now offer you the perfect fusion of personal training, nutritional coaching and relaxation. Escape from your busy life and get results fast.

Full Circle

A total of 30 sessions. Choose your focus:
RELOAD: feeling tired & stressed? Take time to train, eat healthily and relax.
PREGNANCY: let us help you and your baby profit from movement, nutrition and relaxation.
SLIM: the ultimate support for individuals aiming to loose weight.

Full Circle Light

A total of 6 sessions
3 personal training sessions
1 nutritional session
1 massage
1 free hour of your choice

LABO Spa
Talacker 41 – 8001 Zürich

T043 497 34 40
F043 49734 41

www.labospa.ch
info@labospa.ch

We reserve the right to modify prices at any time.

Opening hours

Monday to Friday 10 am - 9 pm
Saturday & Sunday 9:30 am - 7:30 pm

General Information

Services

Unwind before or after your treatment with tea and fruit on an oversized couch in our relaxation room. We have separate women and men's changing rooms with lockers and showers. In addition, bathrobes, slippers, toiletries and other small amenities are available for your convenience. Our shiatsu clients also receive an outfit suitable for the treatment (loose pants and t-shirt).

Procedure

When you book a massage, body or skin care treatment, we recommend that you arrive 15 minutes early for your treatment, in order to change and unwind in our relaxation room. Should you arrive late, we regrettably must shorten your treatment time accordingly.

Reservations

We recommend that you make reservations early for a treatment or massage.

Cancellations

If you must postpone or cancel an appointment, please let us know 24 hours in advance. Failure to cancel an appointment in a timely manner will result in charges due in full for services scheduled.

Etiquette

To ensure that all of our guests can enjoy an oasis of peace, we request that noise be kept to a minimum in the relaxation areas. The spa is open only to those 16 years of age or older. Please switchoff all mobile telephones, pagers and other electronic devices while at the spa. Smoking is strictly prohibited. We recommend avoiding alcohol prior to your visit.