



Business hours

Monday to saturday : 10:00 - 19:00

Sunday: 9:00 - 17:00

On reservations

Covered parking

Institute Zen Ô Spa***** Montreux



Facial care

The fundamentals

The great classic / 60 min. : CHF 140.-

The most elaborate, personalized, and recommended treatment for all ages.

Hydra treatment / 50 min. : CHF 140.-

True repairing care and hydration activator. Your skin will regain suppleness and softness.

Anti-aging

35-45 Elastin / 60 min. : CHF 160.-

Smoothing and anti-wrinkle treatment.

45-55 Time-Resist / 60 min. : CHF 160.-

Firming and anti-fatigue «Youth activator» treatment.

55 and over Excellence Code / 60 min. : CHF 160.-

Exceptional care. Smooths wrinkles, firms and strengthens the skin, and blurs the signs of fatigue.

Express treatments

SOS Treatment / 30 min. : CHF 50.-

Repairing and regenerating care for suffering skin.

Intermezzo radiance boost / 30 min. : CHF 50.-

Plumping, lightening and repairing treatment.

Yon-Ka for men

Men express / 30 min. : CHF 50.-

For a healthy glow effect.

Men intensive / 60 min. : CHF 140.-

Anti-fatigue and purifying



Classic massages

Relaxing massage* / 30 min. : CHF 80.- / 50 min. : CHF 130.-
Relaxing and gentle aromatic massage adapted to the needs of your body.

Zen shiatsu massage* / 30 min. : CHF 80.- / 50 min. : CHF 130.-
Restores harmonious energy circulation
*can be done in duo

Sports massage / 50 min. : CHF 150.-
Invigorating and deep massage that helps to recover quickly after physical efforts.

Specific massages

Chest, face and head / 20 min. : CHF 50.-
Relaxing facial massage followed by a cranial massage.

Plantar massage / 20 min. : CHF 50.-
Pressures to release tension and stress.

Bamboo massage / 50 min. : CHF 150.-
Draining and detoxifying massage. Stimulates blood circulation and promotes muscle relaxation.

Deep tissue massage / 60 min. : CHF 150.-
Contributes to the relaxation of tensions

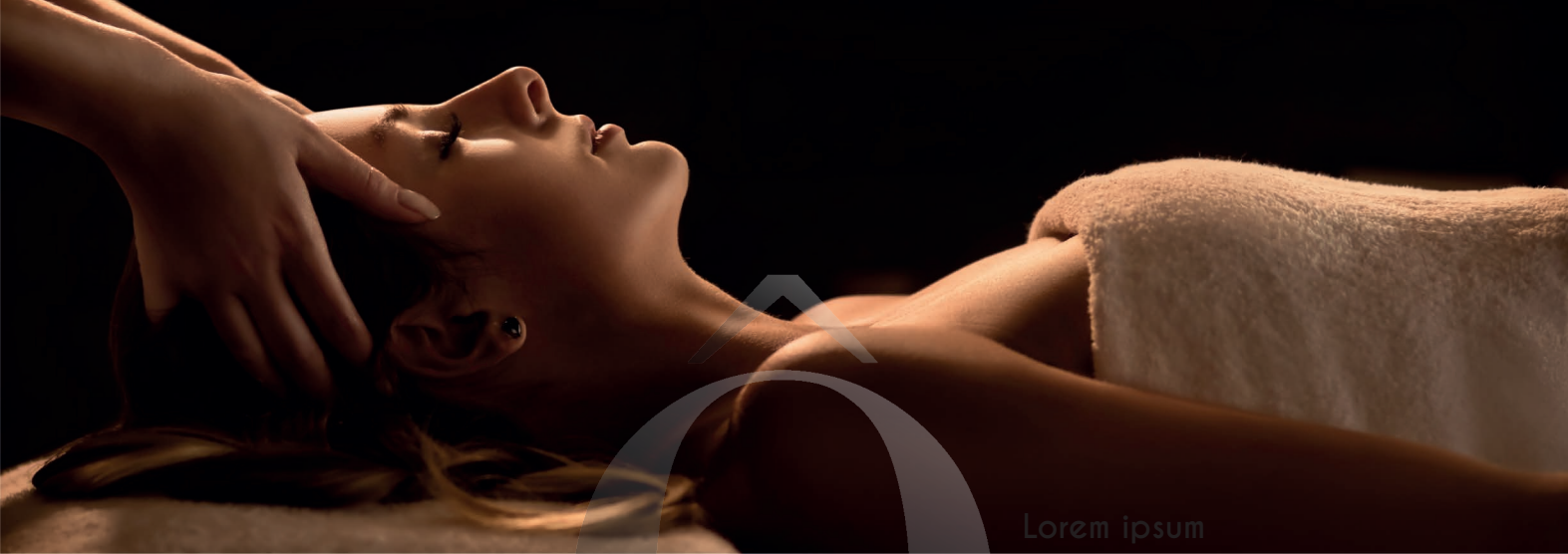
Hot stones massage / 60 min. : CHF 200.-
Massage technique inspired by Hawaiian and Native American Indians using volcanic hot stones and providing a feeling of well-being.

Four-hands massage / 40 min. : CHF 180.-
Massage that offers an incomparable moment of relaxation.

Cures 10 sessions or more

Slimming massages / 10 sessions CHF 900.-
Anti-cellulite, with suction pad (45 min. per session)

Detox cure / 10 sessions : CHF 1'200.-
Two steps : exfoliation + detoxifying draining
(50 min. per session)



Lorem ipsum

Detox package

Exfoliation / 20 min.
Wrap / 30 min.
Massage / 30min
80 min. : CHF 190.-

Well-being package

Exfoliation / 20 min.
Back or plantar massage / 20 min.
Face radiance boost / 30min
70 min. : CHF 180.-

Zen Ô Spa package

Personalized facial treatment / 60 min.
Personalized body massage / 50 min.
110 min. : CHF 230.-



Epilations

Eyebrows*
Upper lip
Face*
Armpit*
Half/Forearm
Full arm
High cut bikini*
Full bikini
Lower abdomen
Half-legs
Full legs
Torso*
Back*
Buttocks*

CHF 15.-
CHF 10.-
CHF 35.-
CHF 20.-
CHF 30.-
CHF 45.-
CHF 20.-
CHF 35.-
CHF 30.-
CHF 30.-
CHF 50.-
CHF 40.-
CHF 40.-
CHF 40.-

*For men too

Hands and feet care

Nail polish for hands or feet
Manicure without nail polish*
Manicure with nail polish
Semi-permanent for hands or feet
Gel filling
Complete gel application
with template or tips
Feet beauty without nail polish*
Feet beauty with nail polish

CHF 20.-
CHF 50.-
CHF 65.-
CHF 50.-
CHF 70.-
CHF 90.-
CHF 60.-
CHF 75.-

*For men too

Eye care

Eyelash tint
Eyebrow tint
Eyelash extensions
Eyelash removal

CHF 25.-
CHF 20.-
CHF 140.-
CHF 30.-

Spa tickets and subscription

per person

Daily entry	3 hours	CHF 45.-
Child entry (0 to 6 years)	3 hours	CHF 10.-
Child entry (7 to 16 years)	3 hours	CHF 25.-
Adult subscription	1 month	CHF 200.-
Adult subscription	3 months	CHF 450.-
Adult subscription	6 months	CHF 700.-
Adult subscription	12 months	CHF 1050.-
AVS / AI		- 10%

Last entry is between 10 a.m. to 5 p.m. (last entry)

Children under 12 years as well as each person not knowing how to swim must be accompanied by a responsible adult (i.e. an adult person within the meaning of Swiss Civil Code).