

## **Spa Selections at Park Hyatt in Zurich, Switzerland**

### **MASSAGES**

#### **Classic Massage (55 Min):**

It is used to relieve tension and hardening of the muscles and improve general blood and heart circulation. The reflective, positive effect on our psyche and well-being often becomes apparent during or shortly after treatment.

#### **Sports Massage (55 Min):**

The massage is adapted to the recipient and eliminates performance-diminishing conditions in the body. It is applied with higher pressure, as athletic bodies need it.

#### **Herbal stamp massage (55 Min):**

The therapist prepares a mixture of herbs and spices, filled into fine cotton bags and heated in steam which acts as the massage tool. The focus here is the psyche - stress relief, inner peace, calmer sleep.

#### **Deep Tissue Massage (55 Min):**

Relaxes deeper muscles under the main muscles. It is a precise and punctual treatment, usually performed with the thumb, and cures persistent muscle pain, which occurs when staying in one position for a long time.

#### **Foot & Leg Massage (40 Min Up To The Knee):**

By exerting pressure on the reflex zones on the foot, stimuli reach the brain and the organs concerned via the skin, muscles, nerves and the blood and lymphatic system. It stimulates blockages in the meridians and ensures better blood circulation.

### **HAND & FOOT TREATMENT**

#### **CLASSIC SPA BEAUTY MANICURE (55 Min)**

The Classic care starts with an invigorating hand massage in combination with acupressure and reflexology on the arms up to the shoulders (Hand Care, Scrub & Massage)

#### **CLASSIC SPA BEAUTY PEDICURE (55 Min)**

To start your Classic foot care, you will relax your feet in a warm bath with purely natural herbal ingredients, while your head and neck are relaxed with a gentle massage (Hand Care, Scrub & Massage)