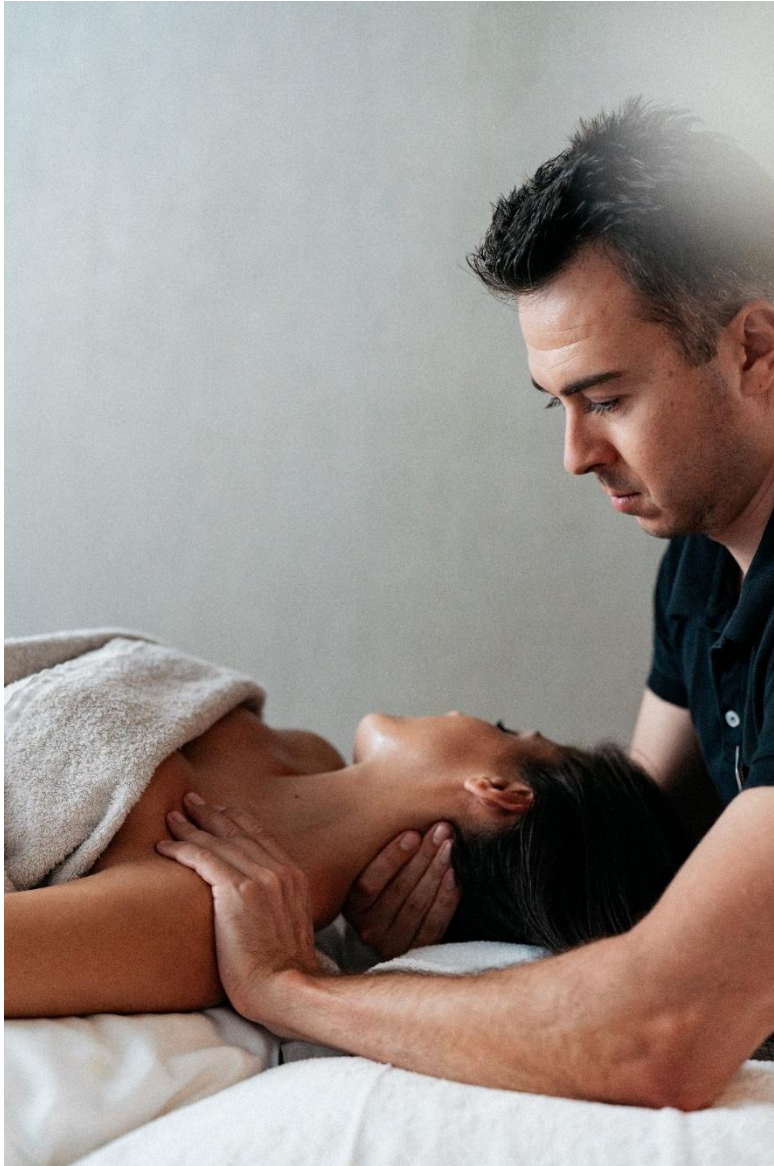


# LAUSANNE PALACE

SWITZERLAND

*Le Spa* at Lausanne Palace sets new standards in wellness

*A place of thoughtful care*



Le Spa at Lausanne Palace, an oasis of tranquillity and beauty in the heart of the Vaud capital, unveils **a renewed and more comprehensive range of treatments** than ever before **under the direction of Patricia Stauffer-Bangerter.**

True to the spirit of this historic Palace – defined by exclusivity, bespoke care and savoir-faire – Le Spa at Lausanne Palace stands out as a leading wellness destination for hotel guests, members and Lausanne residents **seeking a precious escape beyond the everyday.**

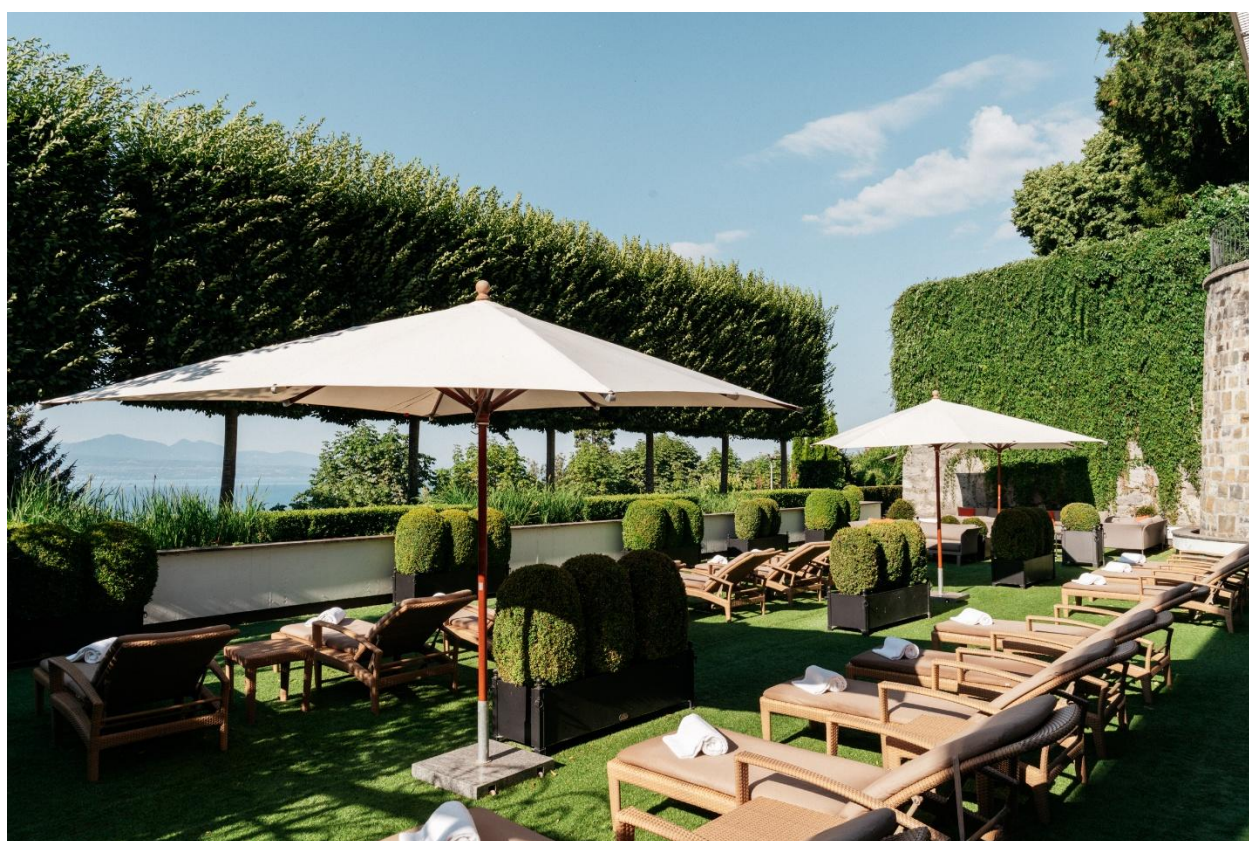
*An independent spa with a refined cosmopolitan spirit*

Unlike brand-affiliated spas, Le Spa at Lausanne Palace has deliberately chosen to

**curate its treatment menu from a selection of houses with complementary expertise.** This distinctive approach ensures a consistently personalised experience, **tailored** to the needs and desires of every guest.

**The spa's refined facilities** include a heated indoor pool, jacuzzi, sauna, hammam and therapeutic bath, alongside a winter veranda, a summer terrace and a variety of serene relaxation spaces.

Day access starts from CHF 75, while a Day Spa experience including lunch is available from Monday to Saturday at CHF 140 per person.



### *Biologique Recherche: a Lausanne exclusive*

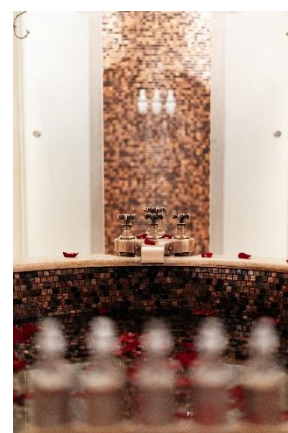
**Le Spa at Lausanne Palace exclusively features Biologique Recherche**, a globally acclaimed cult brand in professional high-end skincare, established in the 1970s by a visionary duo.

As part of a limited-time pop-up, its highly concentrated, naturally derived formulations—free from fragrance and unnecessary additives—are applied by therapists trained in the brand's advanced techniques. **A highly precise skin**

**diagnosis ensures that each protocol is carefully tailored to the individual**, for results that are visible, profound and long-lasting.

The facial treatment menu features, among others, Soin Restructurant Lissant, Soin Vernix Régénérant and Soin Toleskin for sensitive skin, alongside the innovative Soin Seconde Peau, developed using electrospun hyaluronic acid patches.

**Good to know:** a bespoke 30-minute discovery ritual is available from CHF 130.



## *Cinq Mondes: A sensorial journey around the world*

For over two decades, Cinq Mondes has drawn inspiration from the ancestral wisdom of the five continents, distilling its finest elements into holistic skincare rituals.

Guided by a rigorous CSR philosophy, the Parisian Maison selects natural and organic ingredients, free from parabens and any controversial substances.

At Le Spa at Lausanne Palace, **Cinq Mondes unfolds through a selection of facial treatments**—including the exclusive **Ko Bi Do**, a manual lifting technique inspired by Japanese tradition—as well as a **collection of body massages** that journey from Bali and India to the Orient and Polynesia.

The **Grands Rituels** body treatments—Polynesia, Orient or Ayurveda—last 1 hour 50 minutes and combine hammam, exfoliation and massage to create a complete sensorial experience, priced at CHF 295 per person.



## Two exceptional therapists: Clément and Omanakuttan

At the heart of the therapeutic offering are two practitioners with remarkable backgrounds. Clément, who has been part of the spa for over ten years, combines medical and sports expertise to offer therapeutic massages, lymphatic drainage, stone therapy, reflexology and Hydro-Therm massages.

Omanakuttan, an Ayurvedic specialist with close to thirty years of experience—twelve of them at Lausanne Palace—offers a deeply personalised approach, with treatments such as Abhyanga, Shirodhara, Shiroshampi and Podikizhi.

## *The Hair Spa by Aveda: Natural beauty for hair*

Lausanne Palace is also home to a Hair Spa by Aveda. Founded in 1978, the brand is regarded as a pioneer in sustainable beauty. Under the direction of Sonia, who has been with the house for thirteen years, guests can enjoy exclusive treatments in private treatment rooms—*Instant Zen, Éveil Capillaire, Soins Infusion*

and *Élixir Capillaire*—alongside new Head Spa rituals inspired by Japanese traditions.

With every treatment booked, guests enjoy access to the spa at a preferential rate of CHF 50 instead of CHF 125. The Hair Spa by Aveda is also open on Sundays.



## *Le Club: Fitness, coaching and personalised nutrition*

The wellness offering is complemented by Le Club at Lausanne Palace, which, under the direction of Sadio—a former professional footballer and now a certified fitness trainer—features a fitness area open around the clock:

- for members
- for hotel guests
- as well as exclusive, bespoke coaching programmes also available to external clients.

**Sadio's holistic approach blends sporting rigour with functional nutrition and personalised guidance.**



***The annual membership*** is available from CHF 3,800 and includes access to all facilities, group classes and a range of exclusive benefits.

### *About Lausanne Palace*

Located in the heart of Lausanne, Lausanne Palace ranks among Switzerland's most prestigious luxury hotels, elegantly blending its heritage dating back to 1915 with modern standards. Its spa, open to hotel guests, members and Lausanne residents, stands out for its refined facilities, carefully curated partner brands, and the expertise and commitment of its team.

The hotel offers 142 individually designed rooms and suites, each with a seating area and its own unique character, combining charm with timeless elegance.

### **Lausanne Palace**

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Instagram: @lausannepalace

### **Opening hours – Le Spa:**

Daily from 6:30 am to 10:00 pm

Treatments from 9:00 am to 8:00 pm

Light menu from 11:30 am to 8:00 pm

*Opening hours may vary on public holidays*

### **Fitness area – opening hours (hotel guests):**

Open 24 hours daily

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