

SEIJAKU

# SEIJAKU – PLACE OF SERENITY

High above the rooftops of the city awaits a sanctuary far from the everyday. Seijaku – designed by the renowned architecture firm Herzog & de Meuron – is more than a retreat; it's a tribute to the Japanese art of mindfulness.

Here, everything centers around Yasuragi, Ki, and Ichigo-ichie – harmony, energy, and the beauty of the present moment. Gentle warmth, soothing steam, and complete stillness guide you toward inner balance and deep renewal.

## Opening Hours

SEIJAKU WELLBEING  
Daily from  
10.30 am to 19.30 pm

GYM  
Open 24/7

## Contact & Reservations

We're happy to assist with  
your reservation:

T +41 61 260 58 60  
[seijaku@lestroisrois.com](mailto:seijaku@lestroisrois.com)

## OUR APPROACH: PERSONAL & MINDFUL

Our treatments blend Japanese-inspired massage techniques with modern elements of body therapy—always tailored to your individual needs. Whether calming, revitalizing, or restorative, each session is a ritual of mindfulness, balance, and wellbeing.

Leave the everyday behind, reconnect with your center, and experience the healing power of intentional touch.

## CREATE YOUR PERSONAL SEIIAKU EXPERIENCE

Choose the escape that suits you best: Start with one of our restorative signature massages (35, 50, or 80 minutes), and if you wish, enhance it with a 30-minute add-on treatment—for even deeper relaxation and lasting wellbeing.

Our experienced team is happy to offer personal guidance and tailor your session to your individual needs.

# SIGNATURE TREATMENTS

## Yasuragi – Relaxation Massage

SOOTHING. TRANQUIL. BALANCED.

A ritual for inner calm: This gentle massage blends soft techniques with the calming scent of cypress. Ideal for those seeking serenity and balance, it promotes a sense of ease while relieving tension.

## Ki – Vitality Massage

INVIGORATING. ENERGIZING. DYNAMIC.

Refreshing and clarifying: Using activating strokes and essential oils like yuzu and eucalyptus, this massage restores flow to body and mind. Perfect for boosting energy and lightness—ideal for anyone in need of a revitalizing lift.

## Ichigo Ichie – In the Here and Now

INSPIRING. INDULGENT. NOURISHING.

Savor the present moment: Accompanied by the scent of magnolia blossom, this massage invites you to pause and reconnect. A mindful escape that renews your energy and deepens self-care.

## Shiatsu

CENTERING. DEEP. HOLISTIC.

Shiatsu is the art of mindful touch along the body's meridians. Pressure and stretching techniques help release blockages and restore energy flow. Ideal for deep regeneration, stress relief, and inner harmony.

### Base Massage Prices

35 minutes	CHF 130
50 minutes	CHF 190
80 minutes	CHF 250

### Shiatsu

50 minutes	CHF 210
80 minutes	CHF 280

# ENHANCEMENT RITUALS

## Warmth & Wellbeing

RELAXATION THROUGH HEAT.

Hot stones ease tension, reduce stress, and promote inner calm. The combination of heat and cold therapy brings deep relaxation to body and mind—ideal for relieving back and neck tension.

## Energy & Renewal

INVIGORATING & STIMULATING.

A revitalizing boost for tired legs: Dry brushing, pinching massage, and cupping stimulate circulation and restore a sense of lightness.

## Reflection & Calm

BALANCE THROUGH MINDFUL TOUCH.

A targeted foot reflexology massage for deep relaxation and inner harmony. Helps regulate the nervous system and brings body and mind into sync.

## Hydra & Harmony

RENEWAL FOR FACE AND MIND.

A soothing facial massage with mask, combined with head and neck treatment. Releases tension, calms the nervous system, and leaves your skin fresh and radiant.

## Purified & Renewed

SMOOTH, GLOWING SKIN.

A full-body exfoliation ritual with lymphatic stimulation for soft, refreshed skin. Perfect before sunbathing or as a revitalizing pick-me-up.

## Soothed & Recharged

LIGHTNESS AND NEW ENERGY FOR THE FEET.

A relaxing foot bath with exfoliation and lymphatic activation. Boosts circulation, supports detoxification, and leaves your feet feeling light and refreshed.

## Enhancement Rituals Prices

30 minutes      CHF 90

Available only in combination with a Base Massage.