



# *Time to Relax*

DO MORE OF WHAT MAKES YOU HAPPY

acasa

SUITES ZÜRICH

LOCAL • INDEPENDENT • PASSIONATE

## SPA MENU

### ACASA CLASSIC

Our classic massage helps with complaints of the musculoskeletal system. Our masseurs loosen the muscles of your entire body and tensions are released. The massage has a positive impact on your heartbeat and thus promotes well-being.

**Pure relaxation awaits you.**

### ACASA THERAPY

The therapeutic massage focuses on your trouble spots. Depending on your complaints, our masseur will apply classical massage, manual lymph drainage, reflexology or Dorn vertebral therapy, which significantly improves your statics.

**Afterwards you will feel relaxed and pampered.**

### ACASA THAI

A Thai massage consists of passive stretching exercises taken from yoga, stretching positions and pressure point massages. Energy lines are activated by means of the accupressure points. Our Thai masseuse not only uses the heels of her hands and thumbs, but also her knees, elbows and feet. **The best recovery for body and mind.**

#### TREATMENT TIMES

Monday to Friday: 9 am - 8 pm

Saturday: 9 am - 6 pm

Sunday: 8 am - noon

#### PRICES

60 min-160 CHF | 90 min-215 CHF

60 min-160 CHF | 90 min-215 CHF

60 min-180 CHF | 90 min-235 CHF

## SPA MENU

### ACASA RELAX

During the soothing relaxation massage, we concentrate on your head, shoulders, neck and back according to your wishes and ensure an optimal relaxation effect through slow and rhythmic kneading and stroking. Can also be combined with an ear candle treatment on request. **Just the right thing to reset.**

### ACASA ACTIVE

The sports massage is a combination of massage strokes from the classic massage and our masseurs cater to your sports needs. The massage is performed more vigorously so that your body is prepared for the upcoming physical stress and is supplied with blood. **Perfect treatment for active athletes.**

### ACASA HAPPY FEET

The beneficial effects of foot reflexology are manifold: with this form of therapy, our masseurs ensure relaxation, stimulate blood circulation and promote your body's self-healing powers. In this way, it can not only contribute to regeneration in stressful everyday life, but also provide lasting relief from acute and chronic pain. **Treat your feet and soul to something good.**

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## READY FOR YOUR RELAXING TIMEOUT?

To book a massage, please contact our reception directly, send a WhatsApp message to +41 79 102 64 93 or an email to [welcome@acasasuites.com](mailto:welcome@acasasuites.com).

When making your appointment, please let our staff know whether you would like to be massaged by a woman or a man.

Once the appointment has been confirmed to you by email or WhatsApp message it is considered booked and will be charged in full if it is not cancelled by email 24 hours before the start of treatment.

Our masseurs are EMR certified and are accepted by most health insurance companies in Switzerland.

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