



## **Press release**

**Holmes Place Spa: Opening on 3rd September 2010**

### **New premium spa in the centre of Zurich**

*Zurich, 2nd September 2010* – **On 3rd September 2010 the first Holmes Place spa in Europe opens its doors in Zurich after a construction period of just five months. Zurich thus gains a special world of experience - sauna, steam baths, jacuzzi, a spacious relaxation area and a wide range of treatments all contribute to creating an oasis of well-being in the centre of the city.**

A relaxing bath after fitness training, a lunchtime massage or a deep-cleansing facial after a shopping trip – the new Holmes Place spa, the first of its kind in Europe, right in the centre of Zurich, offers a range that will satisfy all requirements. The facility of around 600m<sup>2</sup> completes the Holmes Place fitness and wellness spectrum. Located on the top floor of the Jelmoli building, there is the opportunity to relax, sit back and choose from a wide range of beauty and wellness treatments. The highlights include the ice fountain, aqua meditation lounge and relaxation area with four water beds, along with the sauna, steam bath and jacuzzi. The main focus is individual well-being – true to the philosophy of Holmes Place: “One life. live it well”. This ideally complements the concept of holistic health and fitness. “I am convinced that the new spa meets a current requirement,” says spa manager, Charlotte Taylor. “The central location and the comprehensive range are appealing for fitting in a spontaneous visit or a beneficial wellness treatment after work. It is also an ideal addition for members of the fitness club.”

#### **An inspiring spa environment**

The new spa is striking for its purist architecture with modern elegance. The well-known Austrian spa designer, Heinz Schletterer, has created an atmospheric spa environment with top-class materials and an atmospheric light concept that sets new standards for Zurich. Cool stonework and natural wood, combined with the most up-to-date infrastructure, create a peaceful and harmonious atmosphere – in line with the vision of Holmes Place. Or as Charlotte Taylor states: “We want to inspire people to find a balance with the stress of everyday life, so that they can relax and dive into our world of well-being.”

#### **A large selection of treatments**

We offer a wide range of treatments from our exclusive spa partnership with the UK's leading luxury skincare and spa brand, Elemis. We have a choice of 60 face and body spa-therapies on our menu for him and her. The specially trained Elemis therapists will create a personalised well-being experience. The offer ranges from beautiful skin-specific facials to advanced anti-ageing facials, plus a selection of detoxifying and body sculpting treatments and soothing anti-stress massages. Specifically designed for men are the Time For Men skin facials to reduce skin irritations, blemishes and reduce wrinkles. There will also be a variety of Elemis skincare products for sale in our retail area for that ‘at-home’ spa experience once you leave the spa.



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**About Holmes Place Health Clubs**

With 200,000 members at 49 locations, Holmes Place Health Clubs is one of the world's leading providers of holistic health and fitness care. The company, founded in 1980, currently employs around 4,000 fitness experts and staff. The Holmes Place Health Clubs are therefore distinctive in all their markets as a high-quality provider of health and fitness. True to the company motto: "One life. live it well". As a market leader in personal training, Holmes Place offers spacious training areas, wellness and beauty rooms and a comprehensive programme of classes. In Switzerland, Holmes Place is to be found in the city of Zurich, Zurich Oberrieden, Lausanne and Geneva. The first Holmes Place spa in Europe was opened in September 2010 in the city of Zurich, and offers a wide selection of treatments along with a sauna, steam baths, jacuzzi and spacious relaxation areas.

[www.holmesplace.ch](http://www.holmesplace.ch)