

BEAUTY, WELL-BEING

The 5 Best Beauty & Wellness Treatments in Zurich – For Her

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NEL-OLIVIA WAGA OCTOBER 3, 2021

Finding a trusted and highest quality beauty salon is never an easy thing for women like me. I'm not only very particular with what I want but also with how I want the results to look (and feel) like. Here are 5 of my favorite beauty treatments in my hometown Zurich, done perfectly and by the greatest specialists but also human beings, who have the eye to bring out the best in me.

Nail Art at GetNailed Zurich

There is no second person in town, who can paint a Mona Lisa on your nail! At Get Nailed Zurich you'll find her! Precision, perfection and a unique technique are the key factors that make Get Nailed Zurich treatments – and the results on your nails – so great! At two locations in Zurich's city centre those ladies pamper you and make your nails look the prettiest they've ever looked. Manicure and pedicure are possible to be done at the same time by two stylists – and for VIP bookings Get Nailed will find solutions to guarantee extra privacy and professionalism.

GET NAILED OPERNHAUS SEEFELD

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8008 Zurich
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GET NAILED CENTRAL

Central 1
8001 Zurich
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HER/etiquette

Founded in 2014, re-launched in 2019 – by [Nel-Olivia Waga](#). It is an international luxury lifestyle blog, that features stories under the aspect of a conscious mindset. It collaborates with leading brands and specialists who share the idea of generating a positive impact in the world. Based in Zurich and London, it covers local hotspots and global trends around sustainability, innovation, well-being, health, beauty, travel, time, art, business and charity.



[Nel-Olivia Waga](#) is the Founder & Publisher of HER/etiquette. She is a Marketing Specialist, an Author and Entrepreneur, most passionate about well-being, travel and art. Her work can regularly be seen in her column on [FORBES](#). Her consulting studio HER CIRCLE, creates and coordinates holistic marketing projects for doctors, hospitals, banks, luxury brands and hotels and health clinics around the world – based on

CONSCIOUS LUXURY

#ConsciousLuxury is the theme of HER/etiquette. We combine luxury lifestyle with consciousness. Each story we share, is underlined with values. The purpose and innovation of the brands we collaborate with, are as important to us, as their initiatives

Vita Brows at Blashy Bar Zurich

Naturally enhanced eyebrows are now possible with Vita Brows. The latest trend on the beauty market that will make your eyebrows grow back naturally (If you plucked your eye brows in the 90s just as many of us) 😊 Here, plant-based vitamins are smuggled under the surface of the skin with the help of a micro-fine needle roller, where they stimulate hair growth and cell renewal. It takes 3-4 sessions to see first results and some further 2-3 to have optimal lasting results! For me it worked perfectly!

Besides this, Blashy Bar is an expert in forming, shaping and coloring your brows in the most natural and beautiful way! My number one address in Zurich for over 7 years!

BLASHY BAR – BEAUTYSTUDIO

Löwenstrasse 12
8001 Zürich
+41 44 261 11 66



Madero Treatment at Tera Beauty Zurich

Women from all over Switzerland (and abroad) come here and swear on Tera Beauty's Madero Treatment, which has all the benefits to make women holistically feel and look better – instantly!

Madero (Spanish for wood) therapy is a vigorous massage technique that utilizes wooden, handheld tools, such as rolling pins and vacuum-suction cups. The method is centuries old and originated in Asia. The massage is best known (and most loved) for increasing lymphatic circulation, reducing wrinkles and cellulite/water retentions and alleviating stress. The treatment can stretch and elongate skin tissue, which may also make the skin appear smoother.

In Zurich you'll find Tera Beauty in two locations, at the heart of town right at

TERA BEAUTY PARADEPLATZ

Tiefenhöfe 11
8001 Zürich
+41 44 506 50 24
+41 76 454 88 87

TERA BEAUTY SEEFELD

Seefeldstrasse 214
Med-Hub
8008 Zurich
+41 76 454 88 87



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who can hear it coming.

...GARDEN

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Shiatsu at The Spa at The Dolder Grand

Our energy is there to flow. Often thought throughout our busy and hectic lives, our energy gets stuck and causes our bodies and minds imbalance. Shiatsu is there to balance your body, mind, soul and energy and lets you flow again. This traditional technique uses rhythmic tapping with bamboo to stimulate your body and senses. The gentle to intensive massage with the "shi" (fingers) and "atsu" (pressure) along the energy centres relieves tension and stress and promotes an overall sensation of well-being. The treatment is traditionally carried out on a shiatsu futon.

The Spa at The Dolder Grand is one of my favorite and the most luxurious spas in the world. Whether for a day spa or for a weekend. It's always worth a visit.

THE SPA AT THE DOLDER GRAND

Kurhausstrasse 65
8032 Zürich
Switzerland
Tel +41 44 456 60 00



Vegan Aveda Hair Treatments at Reto Holzer Raphael Hofstetter Coiffeurs

Natural blonde hair needs extra care for it to look and feel natural. Reto Holzer and Raphael Hofstetter use only natural Aveda products to treat their clients hair. Whether it's natural Aveda hair color or shampoos and conditioning treatments - all are vegan, cruelty- and paragon free - and good for your head and the environment.

RETO HOLZER RAPHAEL HOFSTETTER COIFFEURS

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