

Unwind & rejuvenate

The British newspaper, *The Guardian*, recently stated that careers define ever more who we are. Just think about how often we introduce ourselves by our job title nowadays. In Switzerland, the most recent reports by the Federal Statistical Office indicate that work takes up an increasing amount of our time. In 2011, our average working hours rose by 2.7 per cent to 41.5 hours. Added to this is our ever-busy social calendar – we dash from one soiree to another or party the night away at Switzerland's summer festivals.

Such busy lifestyles can lead to a poor work-life balance and negatively affect our health, leading to high blood pressure, depression and even burnout. Meanwhile, checking your emails late at night can hinder your creativity, according to a recent report in the British *Sunday Times Magazine*.

Many spas have designed special evening programmes to help us unwind and rejuvenate after a busy day at the office. These 'after-work packages' typically include saunas with infusions to stimulate your senses and massages to improve blood flow. To prepare you for a busy summer, *Girlfriend Guide* explores two spas offering tailored packages in Switzerland.

Zurich: asiaspa

High above Zurich's bustling shopping centre Sihl City, a hidden oasis awaits. At asiaspa, you can relax at your own pace. Upon arrival, a friendly receptionist gives you all you need for your after-work session, including a robe, slippers and a sauna towel. Having released your body from the strictures of smart clothing, shed your worries as you relax in the 'urban caves'. These saunas have fragrances, including Himalayan sea salt, jasmine, cherry blossom and eucalyptus steam. Take advantage of a scheduled infusion (complimentary ceremonies and products for body hydration and exfoliation) at 17 minutes past every hour. Asiaspa's after-work package also includes a voucher for an appetiser-sized portion from the kitchen of Hong Kong Food Paradise, as well as a beverage of your choice and a glass of Cùpli.

Good to know

Asiaspa is mixed sex. The asiaspa 'after-work package' is available Monday to Thursday from 4 p.m. to midnight and costs CHF 75. Treatments are not included. No reservation is required.

asiaspa
Kalandergrasse 1
8045 Zurich
044 454 2040
www.asia-spa.com

Geneva: after the rain

This spa is all about customisation. When we requested an after-work package, the spa reception eagerly asked what we hoped to achieve from the session. Without hesitation we replied: "Invigoration after a long day at work." The staff recommended the 'under the rain' service, during which two (or four!) qualified hands knead and pummel your body, while a five-headed Vichy shower washes away every ache and worry. Your mind drifts into the relaxing music and aromatherapy that dance in the air. After the 45-minute service, we tried the rejuvenating facial. For this, an experienced beautician chose the 'mysteries and alchemies' facial from a range of 'after the rain' skincare products to suit our needs. The hot and cold therapies helped to eliminate toxins and infuse our capillaries with fresh blood flow for glowing skin.

Good to know

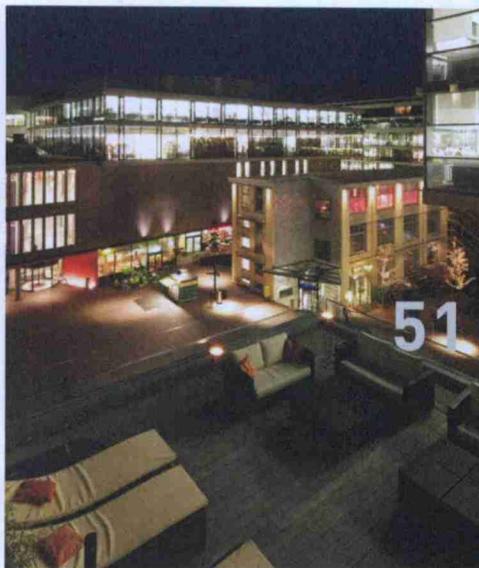
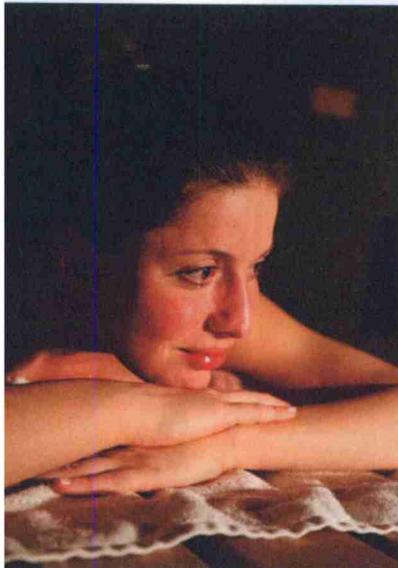
A full menu of services is available from Monday to Thursday (9 a.m. to 9 p.m.) and Friday and Saturday (9 a.m. to 10 p.m.). Reservation is recommended.

after the rain
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www.aftertherain.ch

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Girlfriend Guide

Co-founders Angelica Cipullo and Deja Rose launched Girlfriend Guide to help women explore local events, establishments and lifestyle offerings.



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