

spa | FITNESS CLUB

refresh & rejuvenate

We invite you to enjoy the benefits of our Spa & Fitness Club, providing complete care for the body and soul. Here we have created an environment for you to relax, reflect, rejuvenate and release the mind. A "total body wellness" centre where you will find a haven of relaxation and nurturing, combining all the benefits of health, wellness and care of the skin, body and mind, supported by a team of highly-skilled therapists.

spa information

amenities

Personal amenities and toiletries are provided.

check-in

Please check in at our Spa reception at least 5 minutes prior to your scheduled appointment to allow yourself time to change, fill out your personal profile, and familiarise yourself with our facilities. Late arrivals will be subject to reduced treatment times.

etiquette

To ensure that all guests can enjoy the peaceful sanctuary of our Spa, we kindly request all visitors keep noise to a minimum in the Spa areas. Cellular phones and electronic devices are discouraged. Your co-operation is appreciated.

gift certificates

Our consultants will assist you in selecting creative gifts, products and packages from a variety of services and treatments we provide. For your convenience, products and gift certificates can be purchased via telephone.

special considerations

Guests who are pregnant, have high blood pressure or a heart condition are advised to consult a doctor first before participating in Spa treatments and using the Spa facilities. Special treatments for pregnant guests are available, please dial **040- 3494 3190** for your reservation and further information.

spa | FITNESS CLUB

minimum age

Individuals 16 years of age and above or children in the company of adults are permitted to enter and use our Spa facilities.

hours of operation

Our Spa is open daily from Monday to Friday from 6.30 am to 10.30 pm. Saturday and Sunday and Public Holidays from 7.00 am to 9.00 pm.

Treatments start from 10.00 am to 7.00 pm, with timely enquiry you can also book an appointment outside the specified hours. Please contact our Spa by telephone **040-3494 3190** or contact the hotel reception dialling 040-3494 3121.

The fitness area is open daily from 6.30 am to 10.30 pm.

reservations

We recommend all Spa treatments to be booked in advanced to avoid disappointment. Treatments may be purchased individually or as part of a package.

smoking and alcohol

Smoking and the consumption of alcohol within the Spa is strictly prohibited. Alcohol consumption is not advised before any Spa treatment.

valuables

We request that jewellery not be worn during your visit to the Spa and suggest that all valuables be left in the safe in your room for security. The management of our Spa accepts no responsibility for the safety of money and valuables brought onto the Spa premises.

couple treatments

A variety of treatments are also available for couples.

spa | FITNESS CLUB

cancellation policy

The treatments you select are reserved especially for you with one of our trained therapists. A 24-hours cancellation notice is kindly requested to help us reschedule your appointment. Any cancellation short of 6 hours notice will incur a 80% cancellation fee.

method of payment

We accept cash, EC-card and all major credit cards. Hotel guests may charge Spa services and products to their room.

spa ritual packages

serenity time

Starting with an aroma footbath, followed by a moor mud wrap and a thermal mineral bath we accompany you into a state of calmness and serenity. With a four hand massage we release muscle tension, blockages in the joints and balance the energies of your body. As a conclusion to this treatment, experience the Pure Perfection MBR-Facial, the utmost in facial extravagance.

Eyebrow and eyelash treatments, colouring, as well as eyebrow shaping are included.

4 hrs 40 min € 740.00

ayurvedic regeneration

Balancing the energies. Detoxification, silkening of the skin and a harmonising massage enhance the benefits of this treatment, designed to revitalise your individual and unique resources. A chamomile-body scrub softens the skin and prepares for the deep impact of our ayurvedic oils. The ayurvedic massage is a potential door opener for new sensations. After this two hour massage you will – depending on your physical state of well being – get a acupuncture head massage or a foot-reflexology.

After a short respite of 10-15 minutes, an MBR-CytoLine facial follows. We recommend an hour of training in meditation or yoga following this treatment.

4 hrs 10 min € 580.00
5 hrs 25 min € 700.00 (incl. break and meditation or yoga)

spa | FITNESS CLUB

Lomi Lomi Ritual

This treatment begins with a gentle cleansing peeling that rejuvenates and revives the senses, followed by a two hour hawaiian Lomi Lomi healing massage.

This energetic and intuitive healing treatment originates from the islands in the south pacific. Characteristically flowing, encircling and stroking movements with hands and underarms and kneading with the elbows are used. The body is freed of stress through delicate and concentrated bodily contact, stretching and massaging.

The self healing powers of the body are invoked and a deep relaxation and level of consciousness are attained. This hawaiian body treatment takes you into an other worldly wellness experience.

After a short respite of 10-15 minutes, a MBR-Pure Perfection facial follows.

4hrs 40 min € 580.00

Ocean dream

This luxurious package is a combination of a thalasso treatment with the finest extracts of spirulina algae: a two-step body peeling, an exquisite spirulina-body wrap, a comforting underwater hydro massage in our atlantis bath-tub, a full body massage, as well as a MBR-CytoLine facial. A package to rejuvenate body and mind.

4 hrs 25 min € 580.00

Earth power

Relaxation for tired muscles and joints. Feel the power of the earth and be nourished. A body wrap with Hungarian moor mud works as an organic peeling for the skin, detoxicates and remineralizes the body completely, from the muscles to the joints, to the bones, followed by an underwater thermal-hydro-massage. A soothing full body massage helps releases stress and leaves you feeling relaxed and flexible. A MBR-CytoLine facial concludes this treatment relieving and refilling the energy levels.

4 hrs € 505.00

spa | FITNESS CLUB

“The fast one” treatment

The “time is of the essence” treatment commences with a four hand full body massage using a variety of essential oils, followed by an MBR (Medical Beauty Research) facial and manicure.

2 hrs 25 min € 450.00

get fresh

Enjoy our luxurious package with all the basics of well-being: Starting with a refreshing body scrub of your choice, followed by a revitalizing hydro-massage with the finest essentials of nature in our bath-tub “atlantis”. A full body massage is designed to wake up tired muscles and a classical MBR-Facial concludes this treatment leaving you feeling refreshed and revived.

3 hrs 40 min € 420.00

pure relaxation

This package includes an invigorating exfoliation with products of your choice, a stress-reducing full body massage and a relaxing MSB facial treatment. Wave goodbye to tension and every-day stress.

2 hrs 10 min € 310.00

Massage therapy, energy work and deep relaxation

Massage (best of east and west)

The ultimate in massage techniques from east and west depending on your physical condition and needs.

25 min	€ 60.00	Partial Massage
55 min	€ 100.00	Aromatherapy Massage
55 min	€ 110.00	Vier Jahreszeiten Massage
55 min	€ 110.00	Pre & Post Natal Massage
55 min	€ 140.00	Deep Tissue & Sport Massage
55 min	€ 220.00	Four Hands Massage

Every 30 minutes extra € 55.00 (four hands € 120.00)

spa | FITNESS CLUB

Hot Stone

Enjoy this exceptionally full body massage with warm oil and hot stones of lava. Because of the heated stones the warmth can go deeper in the body and stimulate the circulation. The stones get their energy through the heat and give it back to the points of the body, which need the energy.

This treatment will help release stress and leaves your body feeling relaxed and flexible.

1 hour 25 minutes	€ 190,00
1 hour 55 minutes	€ 250,00

Ayurvedic massage

This Indian massage technique supports the self-regulation of the body. Working on nadis and marma points (energy lines and points) the powers of the body are brought into balance. Our ayurvedic massage invokes deep relaxation, detoxifies the body and nurtures the skin with special ayurvedic oils.

1 hrs 25 min	€ 190.00
1 hrs 55 min	€ 250.00
2 hrs 25 min	€ 310.00

Lomi Lomi Nui

This energetic and intuitive healing treatment originates from the islands in the south pacific. Characteristically flowing, encircling and stroking movements with hands and underarms and kneading with the elbows are used. The body is freed of stress through delicate and concentrated bodily contact, stretching and massaging.

The self healing powers of the body are invoked and a deep relaxation and level of consciousness are attained. This hawaiian body treatment takes you into an other worldly wellness experience.

1hrs. 25 min.	€ 190.00
1hrs. 55min.	€ 250.00
2hrs. 25 min.	€ 310.00

Personal training

Whether you are interested in physical or mental fitness, flexibility or peace of mind, you will be inspired to special ways of exercising body and mind with our personal trainer by your side, leaving you refreshed and calm after the session. We combine different approaches in training such as yoga, pilatis, meditation, stretching, strength and cardio exercises, martial arts, feldenkrais and contact improvisation.

We recommend personal training in combination with a massage or other body treatment.

55 min	€ 120.00
1 hrs 25 min	€ 180.00

Better sleeping patterns and less stress

The alertness and capabilities of regenerating and re-energizing are attained through the combination of active and passive relaxation therapy. Learn techniques of imagination, meditation, breathing therapy and yoga exercises combined with a personal “therapeutic body work” treatment to enhance stress management and sleeping patterns.

1 hr 55 min.	€ 260.00
--------------	----------

body scrubs

chamomile body scrub

This two-step, gentle body exfoliation utilises a granulated pumice stone in a deluxe crème-base followed by a loofah scrub with chamomile shower/bath gel, rich in botanicals. A feast for the senses.

40 min	€ 85.00
--------	---------

thermal mineral body scrub

A two-step, deep cleansing body exfoliation, utilising the exfoliating body scrub, based on granulated pumice stone, thermal minerals and aroma therapy oils followed by a loofah scrub with the thermal mineral shower/bath gel. The treatment is concluded with the appropriate body lotion.

40 min	€ 85.00
--------	---------

spa | FITNESS CLUB

turkish body scrub with eucalyptus

A deep cleansing invigorating body scrub that helps to remineralise the skin with the antiseptic benefits of eucalyptus. The treatment is concluded with the appropriate body lotion.

40 min € 85.00

other body treatments

MBR intensive body treatment

For this special treatment choose between:

Neck, cleavage and bust

or

Buttocks, upper thighs and stomach

This treatment has a firming, nourishing and strengthening effect on the skin and body tissue.

55 min € 160.00

MBR total body care treatment

Experience a luxurious cellulite reducing treatment for the entire body. A rich and extensive treatment for neck, cleavage, bust, upper thighs, buttocks and stomach, strengthening, nourishing and firming, leaves the skin supple and vitalized.

1 hrs 25 min € 230.00

tranquillity body wrap

Essential oils of lavender, geranium, bourbon and sweet orange assist in the calming of the central nervous system. During this treatment you will be massaged with tranquillity oil, and be wrapped and swaddled whilst we gently massage your face and head, leaving you feeling totally and utterly tranquil.

1 hrs 25 min € 180.00

spirulina body wrap

This wrap, brimming with antioxidants, is based on all-natural spirulina algae, rich in essential vitamins, minerals and protein to nourish and revitalise the body. A soft body peeling prepares the skin for the revitalising and stimulating body wrap. The warmed moisturising spirulina algae are spread over the complete body. An acupressure facial massage completes the relaxation program.

1 hrs 25 min	€ 200.00	(incl. 30 min massage)
1 hrs 55 min	€ 255.00	(incl. 60 min massage)

moor mud wrap

Moor mud is legendary for its powerful therapeutic impact. This moor mud is a blend of botanical materials, which have natural interaction with thermal mineral water. Several thousand-year-old moor mud remineralises, soothes and rejuvenates tired muscles and dull skin. Warmed moor mud is spread over the complete body. The body wrap gives a feeling of ease and calmness. This treatment relieves the joints and the muscular system. The treatment is completed by a massage with using a body cream, rich in minerals and lavender oil.

1 hrs 25min	€ 180.00	(incl. 30 min massage)
1 hrs 55 min	€ 235.00	(incl. 60 min massage)

thalasso cure

Enjoy the rejuvenating effect of the sea. This treatment is ideal to utterly relax and nourish the complete body. Starting with a soft body peeling the skin is prepared for the natural spirulina body wrap, brimming with antioxidants and rich in essential vitamins, minerals and proteins. The treatment continues with a shaping thalasso bath with hydro-massage, followed by a complete body massage.

1 hrs 55 min	€ 270.00	(incl. 30 min massage)
2 hrs 25 min	€ 325.00	(incl. 60 min massage)

spa | FITNESS CLUB

thermal cure

Based on the century's old European tradition of using healing mud in combination with a light massage therapy, this deluxe treatment has an antitoxic effect and invokes complete relaxation. The treatment commences with an organic moor mud wrap, followed by a thermal salt bath. A massage with a soothing mineral cream combined with essential oil essences from lavender completes this treatment.

1 hrs 55 min	€ 250.00	(incl. 30 min massage)
2 hrs 25 min	€ 305.00	(incl. 60 min massage)

Hot stone ritual

This treatment relaxes the body and mind. Starting with a cleansing body scrub followed by a relaxing and warm bath. The purpose of the hot stone ritual is to induce a soothing flow to the circulatory system.

1 hrs 55 min	€ 270.00
--------------	----------

Regeneration ritual

Especially designed for the active guest. After exercising or travelling at the end of a stressful day or first thing in the morning, immerse in a rejuvenating aroma therapy bath with hydro-massage that relaxes the muscular system and the mind followed by a full body massage.

55 min	€ 140.00
--------	----------

Facial treatments

MBR Liquid Surgery: "A veritable Facelifting"

In this treatment we prepare your skin with a mild but intensive exfoliating based on fruit acid, so that your skin will be able to absorb the "Liquid Surgery" perfectly!

After using the algae masque we enhance your skin with a serum calming the facial features, followed by a gentle relaxation massage.

You will experience unbelievable visible and extreme success of skin improvement.

We recommend this facial as an introduction to a three month facial programme at home.

1 hrs 30 min	€ 260.00
--------------	----------

***MBR Pure Perfection – 100% Perfect!
Unprecedented skin perfection***

Named the “Rolls Royce from MBR”

This treatment is the utmost in facial experience, minimising and visibly improving the skin of first lines and wrinkles after the first treatment, achieving the highest level of skin care protection.

1 hrs 40 min € 250.00

***MBR CytoLine
Controlled stimulation of cell growth***

This treatment includes an algae masque, a special serum, thermo-masque, luxury massage and a gel masque.

A unique treatment to refresh faded and tired skin. Activated cytokines in connection with phytoestrogens stimulate the cell division and cell growth.

1 hrs 40 min € 205.00

MBR – Continue Line Med – for sensitive skin

This facial is for those with sensitive, easily irritated or very dry skin. A gentle attentive concept enabling the skin to restore and sustain its natural balance. After gently preparing the skin, specially designed products are worked deeply into the skin followed by a relaxing face massage.

1 hrs 30 min € 195.00

MBR Facial-The Classic

This treatment commences with a deep cleansing preparation, followed by a facial using highly concentrated and top quality products, leaving your skin feeling balanced and refreshed.

1 hrs 30 min € 160.00

MBR Gentlemen’s Facial

A deep-cleansing, therapeutic facial designed specifically for those special skin care needs of men. Relaxes the skin as it refines the pores.

1 hrs € 140.00

spa | FITNESS CLUB

MBR Gentlemen's Facial Deluxe

This nourishing and deep cleansing facial has been especially created to cater to the needs of the male skin. This treatment relaxes and refreshes the skin simultaneously.

1 hrs 25 min € 180.00

MBR – Express Facial

This treatment includes cleansing, a fruit acid peeling and a serum application containing special ingredients. A short massage is followed by luxurious face mask which smoothes and relaxes the skin.

This treatment vitalizes and radiates the skin until late evening.

45 min € 120.00

Specials for the MBR-Treatment

Pure Perfection Luxury Eye Care	30 min	€ 65.00
CytoLine Firming Concentr. Eye Ampoule	10 min	€ 20.00

cosmetic applications

Eyebrow shaping	€ 10.00
Eyelash colouring	€ 15.00
Eyebrow colouring	€ 10.00
Soft make-up for the day	€ 20.00
Make up for the evening	€ 40.00

nail care

Manicure deluxe	60 min	€ 80.00
Pedicure Deluxe	60 min	€ 90.00
Nail varnish in addition		€ 20.00

(subject to alteration of prices)