

A serene spa room with two green armchairs, a small round table with a white teapot and cups, and a window with wooden blinds. A white towel is draped over one of the chairs. The room has a wooden parquet floor and a white textured wall.

PRECISE

SPA & WELLNESS

A sense of well-being

The spa at the Tale Berlin invite guests to unwind from the hustle and bustle of the city with signature treatments and replenished energy in the fitness room with state-of-the-art equipment and machines.

Allow yourself to be pampered from head to toe with spa and beauty rituals for body, mind and soul.

Table of Contents

Luxurious & 100% natural facial	5
Body massages	6
Special body treatments	8
Spa & fitness info	10



Luxurious & 100% natural facial

TAILOR-MADE, RESULT-DRIVEN FACIAL

Sodashi facials combine unique plant essence formulas with deep cleansing of mineral-rich Argiletz clay and warm essence compresses. You will deeply relax as you enjoy Sodashi's facial gemstone massage, customised to your skin's requirements to activate your energy pathways and enhance your circulation and facial elasticity. Your skin will be revitalised, filled from within and well-nourished, leaving you feeling relaxed and extremely good.

Choose your facial:

· Sodashi Marine Minerals – Anti-Ageing Boost

Using the intelligence of marine plants, this facial is rich in spirulina and fucus extract to bring radiance and glow to your complexion. It is the perfect treatment to oxygenate, tone and revitalise the skin for a younger and refreshed appearance.

· Sodashi Pure Vitality

Personalised to your skin's needs and enhanced with the Sodashi facial gemstone massage and facial masks, this facial experience will leave your skin revitalised, nourished and fresh.

· Sodashi Men's Special

Enjoy deep face cleansing and exfoliating that balances the skin's natural oils and assists in preventing ingrown hairs. Sodashi's soothing mists will de-sensitise your skin, and a relaxing facial massage will tone and firm the muscles, leaving you looking fresh and revitalised.

60/90 min | 120/165 Euro

LITTLE LADIES & GENTS STOP & REFRESH

This express customised facial treatment boosts the complexion with a facial cleanse using Sodashi's unique exfoliating compresses, aromatic mist and firming gel mask. The treatment is completed with the application of a moisturiser.

30 min | 60 Euro

Body massages

ASIAN-EUROPEAN FUSION BODY MASSAGE

This treatment has been developed to bring flexibility back to your body and balance body and mind with the use of ancient Asian healing elements. This massage uses light, medium or strong movements to encourage and increase lymphatic circulation, balance the energy flow in your body and strongly focus on enhancing elasticity to your fasciae body net. The synergy of exceptional massage techniques and Sodashi's natural plant oils and essences will nourish your skin and support the relief of emotional and physical tensions.

Choose your favourite aromatherapy oil:

• Sodashi Toxi-cleanse massage oil

Helps to combat the effect of accumulated toxins in the body. Relieves water retention, improves sluggish circulation and purifies the body, aiding in the fight against cellulite.

• Sodashi serenity massage oil

Instils a feeling of peace and tranquillity, being used to protect from outside pressures and stresses and maintain inner calm.

• Sodashi fitness massage oil

A blend of warming essences that gently releases tension from aching muscles and joints. Perfect after physical exercise or exertion.

• Sodashi vitamin-rich massage oil

Gentle and unscented, this oil is suitable during pregnancy and for very sensitive skin.

• Sodashi crystalus massage oil

A blend of super-nourishing, ultra-softening plant oils and powerful Australian bush essences. The plant oils leave skin juiced up, while the bush essences relax muscles and evaporate stress and emotional blockage.

60/90 min | 105/160 Euro

SHOPPERS', GOLFERS', BIKERS' SPECIAL RETREAT

After a round of golf or a sport experience, bring your body back to balance with the application of warm soothing oils, followed by a massage with Sodashi Body Balance Salt Therapy to relax your tired, aching muscles. Warm compresses relieve tension and balance body and mind. A fasciae massage then reactivates flexibility and releases pain and tension. As a finishing touch, the healing power of touch and Sodashi's massage techniques are combined to deeply relax and balance energy meridians. The synergy of Sodashi's natural plant oils and aromatic plant essences will nourish your skin and help to relieve emotional and physical tension.

60/90 min | 155/210 Euro

DE-STRESS FACE AND BODY TREATMENT

De-stress your body with the application of warm soothing oils, followed by a massage with mineral salt and plant essence. Warm compresses relieve tension and balance body and mind. The application of a richly scented Sodashi Body Lotion will leave your skin nourished and smooth. As a finishing touch, you can indulge in a complete facial treatment tailored to your individual skin needs.

90 min | 185 Euro

SODASHI CLEANSE AND DE-STRESS BACK TREATMENT

Soothe upper body tension with this deeply relaxing and cleansing treatment for the back. Warm aromatic compresses followed by a mineral-rich salt scrub deeply cleanses the skin and assists in removing impurities and toxins. The subsequent an oil back massage leaves the skin nourished and revitalised.

30 min | 75 Euro

CLASSIC FULL BODY MASSAGE

The classic massage involves a variety of different massage techniques that will help your muscles to deeply relax in tense areas of your body. The deep effect of the massage technique is perceived as relaxation or reassurance.

60/90 min | 105/160 Euro

BACK MASSAGE

Advanced massage technique used to ease away the stresses and strains in the back, neck and shoulder areas.

30 min | 55 Euro

Special body treatments

EXFOLIATION MASSAGE WITH SALTS / JOJOBA

Re-balance your body with the application of warm soothing oils, followed by a massage with mineral salt and plant essence. Choose Sodashi salts to detoxify and stimulate or relax your tired, aching muscles. Warm compresses relieve tension and balance body and mind. As a finishing touch, the application of a richly scented Sodashi moisturiser or body oil will leave your skin vibrant and replenished.

Choose your favourite aromatherapy exfoliant:

• Body Balance Salt Therapy Exfoliant

This deeply relaxing salt therapy exfoliant re-balances and revitalises the mind and body and assists in relieving stress and fatigue following long periods of travel or overworked muscles.

• Sodashi Energising Salt Exfoliation

The combination of Sodashi's mineral-rich Himalayan crystal salts with Toxi-cleanse Body Oil deeply stimulates circulation and relieves stress and fatigue. It cleanses and exfoliates your skin all over.

• Sodashi Vanilla Body Exfoliant

This gentle all-over body exfoliant will revitalise and hydrate the skin while relieving tired, aching and sore muscles. Containing the active ingredients of Wattle Seed and Sandalwood Powder combined with olive oil and vanilla extract, this treatment is the perfect tonic for relaxing the mind and body.

Alternatively, enjoy a very sensitive and gentle massage with

• Sodashi Jojoba Body Polish

A gentle all-over body exfoliation using Jojoba Beads rich in the aromas of Sodashi Plant Essence Synergy. This treatment removes dead skin cells while oxygenating the skin and is suitable for the most sensitive skin. As a final touch, the skin is nourished and hydrated with a Sodashi aromatic body treatment, leaving your skin feeling silky smooth and refreshed.

60/90 min | 135/190 Euro

GENTLE TOUCH HAND THERAPY

A well-deserved treatment for your hands. This nurturing treatment starts with warm aromatic compresses and is followed with Sodashi Jojoba Bead exfoliation. A soothing massage will leave your hands feeling relaxed, silky, smooth and soft. Sodashi's blend of alluring fragrances such as lavender, geranium and lemon make this a wonderful experience.

(Can also be booked as an add-on)

30 min | 30 Euro

SOOTHING FOOT THERAPY

Soothe and revitalise tired, sore feet with Sodashi's invigorating Himalayan Salt polish to refresh the skin and stimulate circulation. Sodashi's Foot Cream is massaged into your feet and lower legs to provide total relaxation and to relieve tension.

(Can also be booked as an add-on)

30 min | 50 Euro

TREATMENTS

Open daily from 10AM until 6:30PM

Appointments outside or opening times upon request.

FITNESS

Our fitness room is located on the first floor next to the spa, and it features state-of-the-art equipment.

Open daily from 6AM until 9PM. after 9PM upon request possible

RESERVATIONS

We recommend booking treatments early due to very high demand. You can contact us at Spa.taleberlin@precisehotels.com or in +49 30 2200 95230.

If you are unable to decide on what treatment you would like from our variety of offers at the time of booking, you can simply reserve a time for a massage or cosmetic treatment for 60 or 90 minutes. We kindly ask you to arrive at the spa reception around 10 minutes before your booked appointment. If you are late, we reserve the right to adjust the treatment time according to the booking situation and charge you the entire amount. All treatments include the rest periods.

APPOINTMENT CANCELLATION

If you are unable to attend your booked appointment, we kindly ask you to let us know your new revised date or cancellation no later than 24 hours before the treatment. For all cancellations at a later time, we charge a fee of 80% of the treatment price.





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