

A vertical photograph featuring a traditional Japanese aesthetic. A dark wooden beam runs horizontally across the upper portion of the frame. From this beam, a thin, light-colored cord hangs down to support a large, vertically oriented, oval-shaped object. This object has a dark, possibly black or dark green, surface with a mottled, aged appearance, suggesting it might be a stone or a piece of metal. The background is a light-colored wall with a subtle, textured pattern. Warm, golden light filters in from the right side, creating soft shadows and highlights on the wall and the hanging object. The overall mood is serene and minimalist.

PRECISE
SPA & WELLNESS

*A sense of
well-being*

Allow yourself to be pampered from head to toe with spa and beauty rituals for body, mind and soul. With our unique spa treatments, you will discover a sense of well-being that lasts long after you leave.

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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 gem-stone massage, customized to your skin's requirements to activate energy pathways, enhance circulation and facial elasticity. Your skin will be revitalized, filled from within and well-nourished. You will feel relaxed and extremely good.

Choose your facial:

• Sodashi Marine Minerals – Anti-Aging 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 revitalize the skin for a younger and refreshed appearance.

• Sodashi Pure Vitality

Enhanced with the Sodashi Facial Gemstone Massage and Facial Masks, this facial experience personalized to your skins needs will leave your skin revitalized, 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-sensitize your skin, and a relaxing facial massage will tone and firm the muscles, leaving you looking fresh and revitalized.

60/90 min | 120/165 Euro

THERMAL INFUSING FACIAL

An intensive boost of nature's most potent vitamins and minerals, this facial incorporates Sodashi's exclusive Thermal Mask. This miracle clay mask is molded over an exotic mixture of essential vitamins and minerals that have been massaged deeply and therapeutically into the skin. As the mask sets, it will harden and heat to 37°C, enhancing the penetration of everything layered underneath into the deepest layers of the skin, while providing intense relaxation. This indulgent treatment is tailored to individual skin needs to purify and deeply cleanse, or nourish, leaving the skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than a facial: it's nature's face lift.

60/90 min | 120/165 Euro

LITTLE LADIES & GENTS STOP & REFRESH

This express customized 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 moisturizer.

30 min | 60 Euro

EYEBROW CORRECTION

12 Euro

EYEBROW COLORING

20 Euro

Body Massages

ASIAN-EUROPEAN FUSION BODY MASSAGE

This treatment has been developed to bring flexibility back to your body and balance your 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 favorite 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

Instills a feeling of peace and tranquillity. Use 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 blockages.

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 tired aching muscles. Warm compresses relieve tension and balance the 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 the 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

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 techniques is perceived as relaxation or reassurance.

60/90 min | 105/160 Euro

BACK MASSAGE

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

30 min | 55 Euro

HOT STONE FULL BODY MASSAGE

Smooth heated basalt stones are placed on specific points of your body. Hot stone massage provides deeper pressure that helps to relieve stress and tension from sore muscles as well as enabling you to enter deeper state of relaxation.

60/90 min | 120/180 Euro

VINOBLE – BALANCE MASSAGE ‘DIGITAL DETOX TREATMENT’

Feel calm and relaxed, and recharge your batteries with this unique combination of relaxation massage and body treatment. Deep relaxation ‘anti-stress treatment’ with a warm and deep cooling aromatic oil sensation including warm grapeseed bags.

60 min | 90 Euro

HAMMAM

This oriental cleansing ritual relaxes your skin as well as the muscles. Enjoy a little renewal. In pleasant warmth you will be washed and massaged with a soft sponge, before enjoying then enjoy a full body massage with warm oil and harmonious well-being.

30 min | 60 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 tired aching muscles. Warm compresses relieve tension and balance the body and mind. As a finishing touch, the application of a richly scented Sodashi moisturizer or body oil will leave your skin vibrant and replenished.

Choose your favorite aromatherapy exfoliant:

· Body Balance Salt Therapy Exfoliant

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

· Sodashi Energizing 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, cleansing and exfoliating your skin all over.

· Sodashi Vanilla Body Exfoliant

This gentle all-over body exfoliant will revitalize 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.

Or 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 whilst 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

DETOXIFYING MARINE BODY TREATMENT

Combining the richness of sea plants, algae, marine minerals and plant essences, this treatment is deeply detoxifying at all levels. Lay back and enjoy an exfoliation with Sodashi's Body Balance Salt and Toxi-Cleanse Body Oil that will leave your skin soft and enlivened. A warm Sodashi Marine Body Mask is then applied before you are cocooned in a comforting wrap. Rest and restore as you enjoy a soothing scalp and foot massage for complete comfort and total relaxation. To finish, a luscious lotion leaves the whole body rejuvenated.

90 min | 210 Euro

SCALP TREATMENT

This treatment begins with Sodashi's soothing warm and aromatic foot compresses to relax and refresh aching feet. A luxurious and moisture-rich Sodashi Scalp Mud is then massaged over the scalp to release pressure and tension. This mask treatment is left to deeply nourish the scalp and leave the hair feeling silky and looking shiny (can also be booked as an add-on).

30 min | 55 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 revitalize 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 relieve tension (can also be booked as an add-on).

30 min | 50 Euro

Manicure & Pedicure

SPA MANICURE

A well-deserved treatment for your hands. This is a deluxe manicure that includes a skin softening 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.

60 min | 70 Euro

SPA PEDICURE

A deluxe pedicure that includes an exfoliation with Himalayan salts and a rich, nourishing body oil. Your lower legs and feet will then be massaged with Sodashi's Cream with Bergamot and Ylang Ylang oils.

90 min | 90 Euro

CLASSIC MANICURE

60 min | 40 Euro

CLASSIC PEDICURE

60 min | 60 Euro

NAIL POLISH

15 Euro

Spa For Couples

RENDEZVOUS FOR YOU AND YOUR PARTNER

Enjoy your company in a cosy relaxation bath with a delicious prosecco and a back massage to finish.

60 min | Couple price 150 Euro

BATHS

Relaxation bath or Cleopatra bath.

30 min | 40 Euro

Wellness For Kids

KIDS MASSAGE	30 min 45 Euro
CHOCOLATE WRAP	30 min 45 Euro
SMALL MANICURE AND PEDICURE	30 min 45 Euro

Opening Hours

POOL & FITNESS AREA

7 a.m. to 9 p.m.

OUTDOOR POOL

7 a.m. to 9 p.m. (May to October, weather dependent)

WELLNESS APPOINTMENTS

9 a.m. to 7 p.m.

SAUNA OPERATION

The sauna will be operated daily from 11 a.m. to 9 p.m.

Upon demand, we are happy to take your appointment requests.

Spa & Wellness Info

SUN LOUNGER & BIO SOLARIUM

Tanning in a natural way. You will receive coins at our spa reception. 10 min | 5 Euro

GYM

Our gym is located in a side wing of the wellness area that is accessible through an outside entrance. We kindly ask you to enter this area with sport shoes.

POOL AND SAUNA AREA

In our Spa & Wellness there is a Finnish sauna (80-90°C, humidity 5%), a bio sauna (60°C, humidity 30-45%) and a steam bath (40-45°C, humidity 100%) available.

The sauna area is equipped with two experience showers, saurge bucket, a Kneipp pouring tube and three individually adjustable showers.

The indoor swimming pool (70m², 11m in length) invites you to bathe with a water temperature of 28°C.

The outdoor pool (20x8 m) is available from May to October, weather dependent.

FEEL-GOOD TIPS

Expectant mothers and guests with high blood pressure, cardiovascular discomfort, diabetes or other ailments or conditions should consult a doctor prior to any spa treatments and before using the spa and wellness facilities. Please inform our therapist at the time of your reservation or as soon as you have become aware of your condition or symptoms.

It is in our interest that you enjoy your time undisturbed. Our wellness area is thereby a child-free zone daily between 7-11 a.m. and 4-9 p.m.

KIDS TIMELINES FOR THE INDOOR POOL

Children under the age of 14 are welcome accompanied by a supervisor during our kids' times. Times are subject to change according to the season. Please check at reception.

The outdoor pool (May to October) is available to our young guests all day.

We kindly point out that the consumption of food and drinks brought into our Spa & Wellness is not permitted.

RESERVATIONS

We recommend to book treatments early due to very high demand, especially on weekends. You can call us on +49 (0) 33 27/56 96-950.

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 about 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 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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