



PRECISE  
SPA & WELLNESS

*A sense of  
well-being*

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Schwielowsee is a state of mind and a way of life. It's a place of peace, where relaxation and wellness go hand in hand. With our unique spa treatments and fitness programs that incorporate the latest east-west thinking from various disciplines, you will discover a sense of well-being that will last long after you leave.

There is a choice of programs of different duration and intensity, tailor-made for groups or individuals. Our SPA & Wellness team will assist in all aspects of delivering the ultimate experience of rejuvenating the body, mind and spirit.

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## *Luxurious & 100% Natural Facial*

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### **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.

90 min | 170 Euro

### **SIGNATURE FACIAL TREATMENT**

Immerse yourself in the harmonious blend of nature and luxury with our signature facial. The Sodashi Signature facial harnesses the intelligence of nutrient-enriched botanicals and holistic massage techniques. This bespoke facial is customised to your specific skin concerns, boosting circulation and revealing a radiant and revitalised complexion.

60/90 min | 130/160 Euro

### **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 | 130/160 Euro

### **EXPRESS FACIAL 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 | 75 Euro

## Body Massages

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### PRECISE SIGNATURE MASSAGE

Immerse yourself in the ultimate blend of holistic care, mindful touch and personalised oil selection for a massage tailored uniquely to you. Created using the purest plant oils and essences our massage oils are rich in antioxidants. Packed with powerful botanical extracts, nutrient-dense and exceptional for body and face treatments.

- **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 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 | 130/180 Euro

### BACK MASSAGE

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

30 min | 70 Euro

## Special Body Treatments

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### 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:

- **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.

- **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 | 140/200 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 | 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 | 200 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 | 50 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 | 60 Euro

## *Manicure & Pedicure*

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### 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.

80 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.

95 Euro

### CLASSIC MANICURE

50 Euro

### CLASSIC PEDICURE

70 Euro

### NAIL POLISH

20 Euro







## *Wellness for Two*

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### RENDEZVOUS FOR YOU AND YOUR PARTNER

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

60/90 min | 200/250 Euro

## *Wellness for Kids*

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### KIDS MASSAGE

30 min | 60 Euro

### SMALL MANICURE AND PEDICURE

30 min | 60 Euro

## *Opening Hours*

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### 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

10 a.m. to 5 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*

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### SWIMMING POOL

The spa area features a heated indoor pool and jacuzzi.

### SAUNA

Our spa features a Finnish sauna (80-90°C, humidity 5%) and wet sauna (40-45°C).

### FITNESS

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.



## RESERVATIONS

We recommend booking treatments early due to very high demand. You can call us on +49 33 275696 - 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.





Am Schwielowsee 117 · 14542 Werder (Havel) · +49 33 275696-950  
spa.schwielowsee@precisehotels.com · www.precisehotels.com