



PRECISE
SPA & WELLNESS

A sense of well-being

Treat yourself to a head-to-toe pampering experience with treatments and beauty therapies for body, mind and soul. With our unique spa offerings, you'll discover a sense of well-being that will linger long after you've left.

We're happy to take your massage bookings by telephone, email or at our reception desk in the lobby or at the spa. We look forward to welcoming you!

E: spa.bsa31@gchhotelgroup.com
T +49 33631 483550

Table of Contents

Recover & Rituals	4
Escape Collection	6
Summer Specials	8
Opening hours & information	13

Recover & Rituals

RECOVER

Our classic treatment: a personalised full-body massage tailored specifically to your needs. Ranging from gentle to intense massage techniques designed to revitalise body and mind (Signature Massage) to the most intensive massage experience offering deep relaxation for those seeking maximum revitalisation (Signature Ritual).

Recovery Signature Massage	30 min 69 EUR 75 min 129 EUR 90 min 159 EUR
Recovery Signature Ritual	120 min 199 EUR

RESTORE

They are suitable for a wide variety of occasions and relaxation techniques: from gentle sounds and harmonious vibrations, through revitalising body rituals and soothing lava stones, to traditional Hawaiian Lomi Lomi pampering experiences – Restore massages promote deep regeneration of body and mind, as well as inner balance.

Silent Lake Ritual	75 min 129 EUR 90 min 159 EUR
Sound Wave Ritual	75 min 139 EUR
Lake Glow Ritual	75 min 139 EUR
Hot Stone Balance	75 min 169 EUR
Lomi Lomi Deep Flow	90 min 179 EUR
Lomi Lomi Deep Flow Journey	120 min 219 EUR

FOCUS

Focus entirely on the part of the body that needs special attention. Our Focus Massage specifically relieves tension, boosts blood circulation and, in just 30 minutes, provides noticeable relaxation for your back and neck, head and shoulders, hands and arms, legs and feet, foot reflex zones, as well as your face and décolleté, leaving you feeling lighter and more flexible.

30 min | 69 EUR

GLOW

From a quick burst of freshness for in between times to luxurious skincare for the most discerning tastes. Our Glow Treatments combine effective facial treatments with exclusive beauty rituals for revitalised and radiant skin.

Glow Boost	30 min 69 EUR
Pure Balance	75 min 129 EUR
Pure Ritual Deluxe	90 min 169 EUR

HANDS & FEET

Choose from our range of soothing hand and foot treatments to suit your individual needs and experience relaxation, pampering and a new sense of lightness – whether it's a pampering treatment for your nails and hands or a soothing treatment with a sea salt scrub for beautifully cared-for feet.

Manicure	60 min 79 EUR
Deluxe Manicure	90 min 109 EUR
Pedikure	60 min 79 EUR
Deluxe Pedicure	90 min 109 EUR

CONNECT - SHARED SPA MOMENTS

HARMONY HERBAL BATH

Your private bath for two: enjoy soothing herbal essences, fresh fruit and your favourite drink in a relaxing atmosphere.

60 min | 109 EUR

SOLUTION RITUAL

Your private Rasul steam bath ritual. An oriental spa experience featuring mineral mud, warmth and relaxation.

60 min | 109 EUR

PRIVATE SPA JOURNEYS

Our Private Spa Journey packages are the ideal all-in-one options for a romantic getaway with your other half, a girls' weekend, or birthday celebrations and hen parties. In our Private Spa Suite, you'll enjoy a personalised atmosphere with a wide range of treatments and relaxing highlights. All Private Spa Journeys always include two 30-minute massages.

AROMA THERAPY

Each massage can be complemented by a personalised aromatherapy treatment on request. Choose the fragrance blend that suits your mood and enhances your sense of well-being:

Deep Detox - purifying & refreshing
Vital Balance - invigorating & regenerating
Pure Harmony - soothing & balancing
Golden Touch - sensuous & warming
Inner Light - deeply relaxing & meditative
Bright Essence - revitalising & mood-lifting

ROMANTIC ESCAPE

Enjoy moments of relaxation together in a private setting – with a herbal bath, Crémant and relaxing massages.

Private Spa Suite
Herbal Bath
Fruit & Crémant

2 Persons | 2 Hours | 249 EUR

GIRLS SPA ESCAPE

Perfect for a spa day with your best friends – complete with Prosecco, sweet treats and an exclusive private spa suite.

Private Suite Spa
Fruit
Prosecco
Sweet Treats
Spa Playlist

4 Persons | 2 Hours | 399 EUR

BIRTHDAY ESCAPE

The perfect spa day for girlfriends – with Prosecco, sweet treats and an exclusive private spa suite.

Private Suite Spa
Fruit
Sweet Table
Prosecco
Surprise Present

4 - 6 Persons | from 449 EUR

BRIDE SPA

Relaxing hours with your friends, sparkling Prosecco and an exclusive private spa suite – perfect for a hen party.

Private Suite Spa
Prosecco
Spa Snacks
Selfie Corner
Wellness Goodie

6 Persons | from 499 EUR

Summer Wellness 2026

SUMMER GLOW – FACE & BODY CARE

For anyone looking for a fresh summer glow: enjoy a soothing combination of a nourishing facial treatment and a gentle full-body exfoliation. The express facial treatment restores your skin's freshness and radiance, whilst the coconut scrub removes dead skin cells, leaving your skin velvety soft and supple. A pampering ritual for anyone who wants to enjoy the summer with a radiant complexion and skin that feels thoroughly nourished.

Includes:

Express facial treatment
Full-body coconut scrub

80 min | 149 EUR

SUMMER BREEZE – RELAXATION MASSAGE

The classic treatment for anyone who simply wants to switch off: close your eyes and let the gentle scents of summer envelop you. Warm aromatic oils and flowing massage strokes release tension, relax your muscles and bring you deep relaxation. A moment of pampering that allows your body and mind to find peace.

Includes:

Full-body aromatic massage with summery fragrances

80 min | 139 EUR

LIGHT LEGS – A BRIEF TREATMENT

Ideal for hot summer's days and as a starter treatment: on warm days in particular, your legs and feet often feel heavy and tired. An invigorating salt and mint scrub stimulates blood circulation and leaves your skin feeling pleasantly fresh. The subsequent leg and foot massage relaxes the muscles, gives you a renewed sense of lightness and allows you to continue enjoying the summer in a relaxed state.

Includes:

Salt and Mint Scrub
Leg and Foot Massage

40 min | 79 EUR

SEA MAGIC – EXFOLIATION & MASSAGE

The luxurious full-body pampering ritual: experience the soothing power of the sea. A gentle sea salt scrub cleanses and smooths the skin, before a relaxing full-body massage relieves tension and restores your energy. Your skin will feel wonderfully soft and your body will enjoy a sense of complete relaxation.

Includes:

Sea Salt Full-Body Scrub
Relaxing Full-Body Massage

80 min | 139 EUR





Opening hours

POOL & GYM

7 AM - 9 PM (until 10 PM on Fridays and Saturdays)

OUTDOOR POOL

7 AM - 9 PM (May to October, due to weather)

MASSAGES APPOINTMENTS

10 AM - 6:30 PM

We are happy to accommodate your preferred appointment times outside our 'feel-good' hours on request.

SAUNA

The clothed sauna is open from 12 noon to 9 PM (until 10 PM on Fridays and Saturdays). We are happy to open earlier on request. The sauna house (clothing optional), featuring a steam room, Finnish sauna and bio-sauna, is open from 3 PM to 9 PM (until 10 PM on Fridays and Saturdays).

SUN LOUNGER TERRACE

Get a tan the natural way. In the interests of all guests, we would ask you to refrain from reserving sun loungers anywhere in the spa.

GYM

This is located within the spa area. We ask that you wear trainers when entering this area.

Spa & Wellness Information

MISCELLANEOUS:

Our SPA & Wellness centre features a Finnish sauna (80–90°C, humidity 5%), a bio-sauna (60°C, humidity 30–45%) and a steam room (40–45°C, humidity 100%). The sauna area is equipped with sensory showers, a Kneipp pool, a Kneipp water hose and three individually adjustable showers.

The indoor swimming pool, with a water temperature of 25–28°C, is perfect for a swim. The heated pool is particularly relaxing thanks to its colourful lighting! The outdoor pool (20 x 8 m) is available from May to October, weather permitting.

WELLBEING TIPS

We advise expectant mothers and guests with high blood pressure, cardiovascular conditions, diabetes or other medical conditions to consult a doctor before undergoing spa treatments and before using the spa and wellness facilities. Please inform our therapist when making your booking or as soon as you become aware of your medical condition or symptoms.

CHILDREN

Children under the age of 14 are welcome provided they are accompanied by an adult. Children under the age of 14 are not permitted in the relaxation pool. The outdoor pool (May to October) is, of course, also available to our younger guests at any time throughout the day. We would kindly like to remind you that consuming food and drink brought onto the premises is not permitted in our SPA & Wellness area.

RESERVATIONS

We would ask you to arrive at the spa reception approximately 10 minutes before your booked appointment. Should you be late, we reserve the right to adjust the treatment time depending on the booking situation and to charge you the full amount. All treatments include the post-treatment rest period.

CANCELLATIONS

If you are unable to attend your booked appointment, please let us know your preferred alternative date or inform us of your cancellation at least 24 hours before the treatment. For any cancellations made after this time, a fee of 80 percent of the treatment price will be charged.

We recommend booking treatments well in advance, as appointments are in high demand, particularly at weekends. Please feel free to call us on +49 (0) 33631 483 550.





Parkallee 1 · 15526 Bad Saarow · +49 (0) 33631 483550
spa.bsa31@gchotelgroup.com · www.gchotelgroup.com