

A photograph of a forest scene. A large, textured tree trunk is prominent in the foreground on the left. The background is filled with dense green foliage and other trees. The lighting is soft and natural, suggesting a sunny day with dappled light. The overall mood is serene and natural.

PRECISE

SPA & WELLNESS

*A sense of
well-being*

Let yourself be pampered from head to toe with treatments and beauty treatments for body, mind and soul. With our unique wellbeing offers you will experience a feeling of well-being that will last for a long time, so that you will already be looking forward to coming back. Our shop in the hotel lobby offers various cosmetic products for you.

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Luxurious & 100% Natural Facial

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

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

LOMI LOMI MASSAGE

Lomi Lomi is a traditional Hawaiian massage that uses long, flowing strokes and deep tissue techniques, often with the forearms, in a dance-like rhythm to promote relaxation and energy flow. It combines physical healing with emotional and spiritual balance, aiming to release tension, improve circulation, and restore harmony to the body and mind.

60/90 min | 140/190 Euro

HOT STONE MASSAGE

Experience deep relaxation with heated stones placed on key points of the body. The warmth penetrates the muscles, promoting improved circulation, alleviating tension, and enhancing the therapeutic effects of traditional massage techniques for a rejuvenating and stress-relieving experience.

60/90 min | 140/190 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

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*

CLASSIC MANICURE	50 Euro
CLASSIC PEDICURE	70 Euro
NAIL POLISH	20 Euro



Wellness for Two

RENDEZ-VOUS

Indulge in an exclusive wellness experience, meticulously designed to provide an exceptional journey of relaxation and rejuvenation. Enjoy 2 hours of access to a private spa, with the option to choose between Back Massages or Precise Signature Massages. Complement your time with a refined selection of premium teas, fresh and dried fruits, fruit extracts, and aromatic waters, all thoughtfully curated to enhance your well-being. A truly bespoke experience for ultimate relaxation and renewal.

150/180 min | 320/440Euro

Wellness for Kids

KIDS MASSAGE

30 min | 60 Euro

SMALL MANICURE AND PEDICURE

30 min | 60 Euro

Opening Hours

POOL AREA & FITNESS ROOM

7 a.m. to 21 p.m.

The only textile-free area in the SPA is in the sauna house.

OUTDOOR POOL

7 a.m. to 21 p.m. (May to October, weather permitting)

WELLBEING APPOINTMENTS

10 a.m. to 18.30 p.m.

We are happy to accept your appointment requests outside the wellness times on request.

SAUNA

The sauna is open daily from 10 a.m. to 9 p.m. Earlier hours are available on request.

SUN LYING TERRACE

Tan in a completely natural way. In the interests of all guests, we ask you to refrain from reserving sunbeds in the entire SPA.

FITNESS ROOM

Located in the SPA area. We ask you to enter this area with sports shoes.

Spa & Wellness Information

MISCELLANEOUS:

In our SPA & Wellness area you will find a Finnish sauna (80-90° C, air humidity 5 %), a bio sauna (60° C, air humidity 30-45 %) and a steam bath (40-45° C, air humidity 100 %). The sauna area is equipped with experience showers, a Kneipp basin, the Kneipp hose and three individually adjustable showers. The indoor swimming pool with a water temperature of 25-28° C invites you to take a dip, and the heated pool is particularly relaxing in a coloured light ambience! The outdoor pool (20 x 8 m) is available from May to October, depending on the weather.

WELLBEING TIPS

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

KIDS

Children under the age of 14 are welcome if accompanied by a supervising adult and are not permitted to enter 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 like to politely point out that the consumption of food and drinks brought into our SPA & Wellness is not permitted.

RESERVATIONS

We ask you to arrive at the SPA reception approx. 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 to charge you the full amount. All treatments are inclusive of after-rest times.

APPOINTMENT CANCELLATIONS

If you are unable to keep your booked appointment, please inform us of your new preferred date or your cancellation at least 24 hours before the treatment. For all cancellations made after this time, a fee of 80% of the treatment price will be charged, and we recommend booking treatments early as appointments are in high demand, especially at weekends. Please call us on +49 (0) 33631 483 550.





Parkallee 1 · 15526 Bad Saarow · +49 (0) 33 631 483550
Spa.badsaarow@precisehotels.com · www.precisehotels.com