

A row of wicker lounge chairs in a spa setting. Each chair is draped with a brown towel and has a stack of magazines on it. The background is a warm, blurred interior with soft lighting and shadows from windows.

PRECISE  
SPA & WELLNESS

*A sense of  
well-being*

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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.

*Table of  
Contents*

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Beauty	4
Body Treatments	5
Classic Massages	5
Exclusive Massages	6
Manicure & Pedicure	6
Specials	7
Wellness For Children	7
Opening Hours	9
Spa & Wellness Info	9

## Beauty

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The treatments include cleansing, peeling, eyebrow shaping, active ampoule, mask, massage and final care for the face, neck and décolleté.

### MEN POWER

The treatment tailored to the man's skin provides for an immediate effect.

60 min | 74,00 Euro

### BEAUTY DELUXE

Including colouring of eye lashes/eye brows. While the active ingredients of the face mask unfold, we will scrub and massage your hands.

100 min | 114,00 Euro

### BEAUTY EXCLUSIVE

This cosmetic treatment counteracts the formation of wrinkles, intervenes positively in collagen formation and makes the house look radiant and streamlined.

80 min | 96,00 Euro

### BEAUTY CLASSIC

Revitalizes stressed and tired skin.

70 min | 80,00 Euro

### COLOURING EYEBROWS

15 min | 7,00 Euro

### COLOURING EYELASHES

15 min | 12,00 Euro

## Body Treatments

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### FRUITY MANGO-SALT-PEELING

20 min | 34,00 Euro

### SEAWEED-SEA SALT-PEELING

20 min | 34,00 Euro

### APRICOT KERNEL PEELING

20 min | 34,00 Euro

### RÜGENER HEALING CHALK TREATMENT

20 min | 39,00 Euro

### SEAWEED TREATMENT

20 min | 39,00 Euro

### SEA BUCHTHORNE CREAM TREATMENT

20 min | 38,00 Euro

## Classic Massages

Bookable from age 14

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### BACK MASSAGE

20 min | 46,00 Euro

### FULL BODY MASSAGE

50 min | 79,00 Euro

### FOOT REFLEXOLOGY MASSAGE

20 min | 45,00 Euro

### FOOT REFLEXOLOGY AND BACK MASSAGE

50 min | 76,00 Euro

### HEAD AND FACE MASSAGE

20 min | 39,00 Euro

## *Exclusive Massages*

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<b>HOT STONE WITH HOT LAVA STONES</b>	70 min   96,00 Euro
<b>LOMI LOMI NUI INCLUDING FACIAL MASSAGE</b> with warm coconut oil	80 min   106,00 Euro
<b>ABHYANGA INCLUDING FACIAL MASSAGE</b> with sesame oil	80 min   112,00 Euro
<b>STAMP MASSAGE</b> for the back	40 min   62,00 Euro
<b>NUNA VUT POLAR MASSAGING</b> also called Canadian trigger point massage	25 min   52,00 Euro

## *Manicure & Pediküre*

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<b>CLASSIC MANICURE</b>	30 min   35,00 Euro
<b>COSMETIC PEDICURE</b>	45 min   45,00 Euro
<b>NAIL POLISH</b>	9,00 Euro

\*no treatments for foot or nail diseases possible

## *Specials*

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### **RÜGEN-FEELING**

Rügen healing chalk pack and back massage with sea buckthorn oil.  
(Suitable as couple treatment)

60 min | 82,00 Euro per person

### **EXOTIC DREAMS**

Cream pack and Full body massage with cold-pressed rice germ oil and mango-scented body oil.  
(Suitable as couple treatment)

80 min | 96,00 Euro per person

### **FULL SEA BUCKTHORN**

Sea buckthorn salt scrub, sea buckthorn cream pack and back massage with sea buckthorn oil.  
(Suitable as couple treatment)

60 min | 102,00 Euro per person

## *Wellness for Children*

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### **SWEET CHILDREN'S MASSAGE**

Back massage with aroma oil and sweet treats

15 min | 25,00 Euro

### **FINGER SPELL**

small manicure with nail polish

15 min | 18,00 Euro

### **TEEN FEEL-GOOD PROGRAM**

**Bookable from age 10**

Cleansing, peeling, mask and final care for the face.

45 min | 55,00 Euro

#### PIT STOP FOR FATHER AND SON

Head and back massage

20 min | 60,00 Euro

#### GIRLS' ROUND FOR MOTHER AND DAUGHTER

Mask and massage for the face and a small manicure on request with nail polish

50 min | 79,00 Euro

#### FOOT MASSAGE

15 min | 18,00 Euro

#### AROMACREMEPACKUNG

relaxing body wrap with fruity aroma

15 min | 27,00 Euro

## *Opening hours*

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#### POOL AND FITNESS AREA

10 a.m. to 9 p.m.

#### OUTDOOR POOL

10 a.m. to 9 p.m. (seasonal)

#### WELLNESS APPOINTMENTS

9 a.m. to 5.30 p.m.

Please note special opening hours.

#### SAUNA OPERATION

10 a.m. to 8.30 p.m.

## *Spa & Wellness Info*

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#### GYM

Our gym is located in the basement of the adventure world SPLASH. We kindly ask you to enter this area with sport shoes.

#### POOL AND SAUNA AREA

In our adventure world SPLASH you have a Finnish sauna (90–100°C), a steam sauna (42°C), a medial sauna (60°C) and two log cabin saunas in the outdoor area (80–90°C/90–100°C) to disposal.

The sauna garden also has a plunge pool.

## RESERVATIONS

We recommend to book treatments early due to a very high demand, especially on weekends. You can call us at +49 (0)38302 / 97770.

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 to 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 desired date or your cancellation no later than 24 hours before the treatment. For all cancellations at a later time, we charge a fee of 50% of the treatment price.

## FEEL-GOOD TIPS

For expectant mothers and guests with high blood pressure, cardiovascular problems, diabetes or other medical conditions, we recommend to consult a doctor before a spa treatment or using the spa and wellness facilities as well as to inform the therapist at the time of your reservation.

We would kindly point out that the consumption of brought food and drinks in our Spa & Wellness is not allowed. You are welcome to choose from our bistro's snack and drinks menu.





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