

## Welcome to our »Wellness and Nature Spa«

Surrounded by **our romantic valley's impressive beauty**, wellness in the mountains symbolizes not only the passive pleasure of receiving luxurious pampering, but also a focused, active enrollment in one's fitness and vitality.

A significant part of our »KRANZBACH« recreation program is **exercise in the fresh air**. No matter what the weather condition may be, you will feel the positive effects on your body. Whether you prefer the popular "Nordic Walking", moderate hiking or leisurely walking through the local countryside, your workout will be rewarded with a rejuvenating relaxation experience in our **Pool House**: Various saunas, steam baths and lap pools are available.

On your way to our "Wellness and Nature Spa" you will walk across **a bridge made of wood and glass**, creating a space between every-day-life and something special and unique. Leave your clothes and your concerns behind. Plunge into our **five indoor or outdoor pools**. Relax in our **six saunas or steam baths**. Take a deep breath on our **outdoor patio** while listening to the rustling of majestic pines.

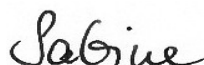
Cuddle up in your bath robe and simply be you. Find your favorite place and get some rest in one of our comfortable **relaxation rooms** or conversation corners: Included is an open **wood burning fireplace**, stunning views to the meadows and forests. Try the fresh tap water from **our own mountain spring**. Maybe settle in on a comfortable deck chair on our spacious deck.

Or enjoy the privacy of our exclusive "Ladies only" sauna.

Our **Nature Spa** offers **cosmetic treatments** based on highly efficient natural beauty products, **beauty wraps** as well as **therapeutic massages**. We rely on the proven quality of traditional therapy. Entrust yourself to our **certified and highly skilled therapists** and beauticians.

Please contact us for further information regarding your personal and individual treatment schedule: Phone **+49 (0)8823 – 92 800-920** or e-mail to [badehaus@daskranzbach.de](mailto:badehaus@daskranzbach.de).

We are looking forward to hearing from you!



Sabine Karnowski  
Spa Manager

&



Petra Barta  
Hotel Manager

and our Pool House staff

## Allow us to tell you...

Let yourself be pampered with **incredible treatments and wonderfully relaxing baths**. For the cleansing and strengthening of your skin, we recommend our cosmetic treatments with soft peelings, soothing crèmes and scented lotions. Your muscular system and bone structure will revitalize during our **massages and therapeutic treatments**. And our cold, warm and hot baths will profoundly stimulate your entire body. Our »Nature Spa«: a true sensation!

We help you design your **personal and individual treatment schedule**, including the spa therapist of your choice.

When coming to the »Nature Spa« for your appointment, feel free to wear your **bath robe**, enjoy a **cup of tea** or a glass of **fresh mountain spring water**. Your therapist will pick you up at the Nature Spa's lounge.

Both body and mind can be healed during therapeutic and cosmetic treatments: your emotional, rational and physical qualities become well-balanced.

Allow yourself to drift along in order to reach your true self.

Each therapist listens attentively to your individual expectations, and **prepares carefully the type and intensity of your treatment**.

If you cannot keep your appointment, please make it possible for someone else to take advantage of this precious time. **We ask you to cancel your appointment at least 24 hours in advance in order to avoid a penalty of 70% of your treatment bill.**

## Hours

Nature Spa and shop	9 a.m.	to	11.30 a.m.
	12.30 p.m.	to	6 p.m.
Hairstylist	on request		
Fitness area on level 4	7 a.m.	to	7 p.m.

## »Kranzbach Nature Spa« Beauty Products



THALGO developed its treatments and products on the basis of Thalasso medical therapy. Almost any physical improvement can be achieved for women as well as for men through the application of various face, body and balneology treatments: Shaping and firming contours, detoxification and purification, moisturizing, regeneration and vitalization – even a combination of several applications is possible.

THALGO stands for beauty and energy from the ocean: Its elements for authentic care and treatment concepts are based on Thalasso. Worldwide, THALGO designs and presents varied sensuous care and treatment experiences which provide relaxation, enjoyment and an overall well-being. Only in the “Kranzbach” you receive this unique combination of a healing, natural, mountainous environment with the advantages and stimulating processes of the Thalasso therapy.



We would like to introduce you to another exceptional beauty treatment: It is based on the philosophy of traditional Chinese medicine and combines the three elementary laws of lymphatic drainage, aroma therapy and the theory of the five elements. A person's uniqueness and individuality are our priority. These bioenergetic treatments assist the body in detoxifying skin and body tissue and unwinding blockages. As a result - both facial and physical contours are enhanced.

Piroche Cosmétiques, a company deeply appreciating nature, has created an elaborate series of natural beauty products which most efficiently provide the opportunity to attain one's desired results.

## The »Kranzbach« Spring Specials

Spring's first rays of sunshine bring us back to life. When nature awakens from its dormant phase of winter, we are provided with a boost of energy and a desire for regeneration. This is the season to listen attentively to your body: Let yourself be revitalized by fresh fragrances and aromas and witness your body regain its strength and vitality.

### **Unwind Energy Blockages** ("Piroche Cosmétiques")

Duration of treatment: Approximately 90 minutes

€ 88.--

Blockages in your physical energy flow do not only have negative effects on your body, they also show in your facial expression. Therefore, it is mandatory to balance the body's energetic flow. After an intense back treatment with vacuum drainage and stimulation of the lung meridian, energy is absorbed and regeneration is enhanced. A short facial lymph drainage completes this combination treatment.

### **The Gentle Dorn Method**

Duration of treatment: Approximately 60 minutes

€ 70.--

A thorough analysis with your therapist is necessary before applying this back therapy. With the help of very gentle pressure, displaced vertebra and joints are tenderly pushed back into their proper position. For prolonged success, regular therapeutic exercise as well as further treatment is mandatory.

### **Thai Yoga massage**

Duration of treatment: Approximately 60 minutes

€ 78.--

Duration of treatment: Approximately 90 minutes

€ 98.--

The Thai Yoga massage is a treatment based on acupressure, stretching ("passive yoga"), an energy related workout and meditation. This special kind of massage loosens up blockages in your body's energy flow, muscular tension, and eases stress and nervousness. This is a treatment without massage oils which allows wearing comfortable clothing.

## Bath Therapies

**Taking a bath can be a heavenly experience, a special gift to your health. Water can create wonders, especially when enriched by high-quality fragrances. There is a scented “cure” for everything: to stimulate and regenerate, to relax and calm down, to energize and empower – designed to satisfy your individual expectations.**

### **Fragrant Oil Bath**

Duration of treatment: Approximately 25 minutes

€ 25.--

Ethereal oils intensify the feeling of relaxation, they boost the immune system and harmonize one's psychological balance. Pamper your skin and your soul. You may choose among relaxing, harmonizing and energizing oils and fragrances.

### **Beauty Bath**

Duration of treatment: Approximately 25 minutes

€ 25.--

Enjoy this sensuous pleasure and nurture your skin with a composition of milk, honey, almond oil and a scent of flowers. This bath experience soothes irritated skin, moisturizes and relaxes.

### **Vitality Bath (Thalgo)**

Duration of treatment: Approximately 25 minutes

€ 28.--

Consider our “blue experience” for body and senses. Micro algae support the skin in its fight against free radicals. Maritime ingredients provide smoothness, water lily extracts calm, moisturize and strengthen the skin.

### **Sea Salt Bath (Thalgo)**

Duration of treatment: Approximately 25 minutes

€ 28.--

A classic sea salt bath which is enriched with micro pulverized algae. While you relax the body functions are stimulated, enriched with minerals and strengthened. Applied prior to Thalgo body treatments, this bath increases your well-being and enhances the positive effects of any following treatment.

### **Relaxation Bath (Piroche Cosmétiques)**

Treatment duration: Approximately 25 minutes

€ 28.--

Let your body and soul dive into the fragrance of lavender, orange and pine. This bath relaxes your muscular system and enhances your overall well-being.

### **Purifying Bath (Piroche Cosmétiques)**

Treatment duration: Approximately 25 minutes

€ 28.--

Free yourself of any waste products and toxins by allowing the active ingredients of sandalwood, mint and cinnamon to activate your metabolism. Detoxification of the skin tissue as well as the joints is optimized.

## Wraps and Packages

**Serve your beauty as well as your health. Traditional treatments detoxify, firm and care for the skin. Sophisticated therapies provide intense effects, enhance skin texture when treating cellulite, supply the skin with sufficient moisture and ease vein ailments.**

### »Kranzbach« Cream Package

Treatment duration: Approximately 30 minutes

€ 35.--

This is our recommended remedy for dry skin. An individually created body lotion made of valuable oils is applied to your entire body. We use the regenerating Aloe Vera oil or soothing almond oil. Wrapped in linens and positioned in a heated water bed at a temperature of 37 degrees Celsius, you experience complete relaxation. The heat applied causes your skin pores to open which optimizes the lotion's absorption. To enhance the absorption of valuable ingredients even further, the treatment starts with a whole body rub.

### Vein Treatment - Ice Cold Wrap

Treatment duration: Approximately 30 minutes

€ 20.--

This comfortable cold water treatment in combination with ethereal oils is applied to your legs in order to provide relief for varicose veins and fluid retention.

### Beauty Wrap

Treatment duration: Approximately 40 minutes

€ 45.--

Healing soil and natural salt are applied in a wrap that reduces girth and shapes body contours. Furthermore, detoxification and purification smooth and improve your skin texture. Wraps are designed to reduce weight where you wish to lose it: On the thighs, your abdomen and your buttocks! Both you and your therapist discuss the kind of treatment that will be most effective for you.

### “In Silk and Satins” – Whole Body Wrap (Thalgo)

Duration of treatment: Approximately 60 minutes

€ 65.--

This wellness treatment is designed to pamper you from head to toe. You are wrapped in a cream package with oils containing jojoba, wheat germ, sesame and apricot in combination with extracts of algae. An additional gentle massage intensifies the feeling of well-being. While you relax, an individually selected face mask is applied to regenerate, soothe, moisturize and nurture your skin.

### Whole Body Wrap with Algae (Piroche Cosmétiques)

Treatment duration: Approximately 60 minutes

€ 65.--

The treatment begins with a whole body peeling. The following algae package is designed to meet your individual requirements: To burn fat cells, shape the chest and décolleté and strengthen the leg veins. While resting in a heated water bed, your skin pores open and optimize the effects of the treatment. The purification of the skin tissue allows minerals and trace elements to be fully absorbed while fat resources diminish. Your skin becomes tender, supple and thoroughly moisturized.

## Peelings

**Body scrubs that are gently massaged into the skin, regenerate and refresh your skin texture. Each peeling is individually composed to meet everybody's skin requirements. We recommend the application of peelings prior to whole body treatments, baths, wraps, packages and massages.**

### **Oceanic Foam Peeling (Thalgo)**

Treatment duration: Approximately 30 minutes

€ 25.--

This very gentle whole body peeling is applied in the form of a foaming gel made of coconut and algae extracts. It cleanses and nurtures simultaneously while your body is enjoying a gentle massage. You will feel revitalized and thoroughly refreshed.

### **Whole Body Peeling with a Mousse of Algae (Thalgo)**

Treatment duration: Approximately 30 minutes

€ 28.--

In order to gently remove dead skin cells that obstruct the skin's surface, a creamy, warm mousse of algae is applied consisting of fine exfoliating particles. During the process of massaging the mousse into the skin's surface the skin texture is improved, circulation enhanced and purification achieved. You will feel refreshed and revitalized.

### **Whole Body Peeling (Piroche Cosmétiques)**

Treatment duration: Approximately 20 minutes

€ 22.--

Dry skin cells are removed gently by small cleansing particles. Skin areas that are rough and scaly or superficially impure receive attention, having a thorough and deep cleansing effect on any type of skin. After treatment is completed, the skin is noticeably softer and supple.

## Massages

**From head to toe, you are in good hands. Massages help loosen any tension of the muscular system, dissolve blockages and enhance deep relaxation. They ease aches and pains and improve one's overall well-being. Physical revitalization is the secret of inner balance and harmony.**

### **Traditional Whole Body Massage**

Treatment duration: Approximately 50 minutes

€ 52.--

### **Traditional Massage of a Specific Body Area**

Treatment duration: Approximately 25 minutes

€ 28.--

Our massages activate the skin functions and the body's metabolism. Blood and lymph circulation improve. The elasticity of tendons and ligaments increases and more fluid in the joints is produced. A properly customized massage enhances breathing, relaxes psychologically and eases pain.

### **Foot Reflexology** (Massage of specific areas of the foot)

Treatment duration: Approximately 25 minutes

€ 28.--

Blood circulation improves intensively which stimulates the functions of interior organs and body tissues. The massage activates and regenerates life forces and loosens up tenseness. Foot reflexology has a positive influence on body, mind and soul while also preventing ailments. It is a well-established treatment against headaches, digestion problems, sleeping disorders and stress symptoms.

### **Combination Massage**

Treatment duration: Approximately 50 minutes

€ 50.--

A foot reflexology is combined with a traditional massage of a specific body area.

### **»Kranzbach« Foot and Leg Massage**

Treatment duration: Approximately 50 minutes

€ 55.--

Relief for tense muscles in your feet and legs is provided through gentle therapeutic stroking movements. Reflexology is not only successful when treating limb ailments, it revitalizes the entire organism. Try this massage after exercise.

### **»Kranzbach« Special Massage Treatment**

Treatment duration: Approximately 50 minutes

€ 55.--

This is a harmonizing and calming reflexology to remove fluid retention. It further detoxifies the body, firms its contours and enhances blood circulation. Ethereal oils increase the circulation of the lymphatic system and its purification. An additional vacuum drainage of the skin supports the cleansing effects.

### **Lymph Drainage**

Treatment duration: Approximately 50 minutes

€ 50.--

Tender, flowing movements characterize this type of massage. Hardly any pressure is applied. Therefore, it is often referred to as the "sensitive massage". Lymph drainage treatments do without muscle kneading techniques. They specialize in draining fluids from the lymphatic system that flush out body toxins and waste products. Lymph nodes serve as filters and purifiers turning their enhanced function into a boost of the body's immune system.

### **Deep Relaxation Massage**

Treatment duration: Approximately 50 minutes

€ 58.--

This massage uses warm oil with essences of St. John's wort. A tense muscular system and a stressed mind both experience harmonization and relaxation. The combination of massaging techniques with the comforting warmth of the massage oil will unwind any kind of tension and balance the autonomic nervous system.

### **Shiatsu**

Treatment duration: Approximately 80 minutes

€ 90.--

Continuous overstimulation, long phases of concentration and lack of exercise often negatively influence our well-being and our performance. The natural, free flow of our energies is disturbed. Shiatsu activates one's physical self-healing power, loosens blockages in the energy flow and contributes to our visualization of imbalances. The patient can remain dressed as this treatment is applied without oils. The therapist uses stroking movements with little pressure to stimulate body meridians and acupuncture points. Blockages dissolve instantly. Inner harmony and an overall well-being arise. Please wear light clothing when attending your Shiatsu appointment.

### **Balancing Massage based on Energy Flow (Piroche Cosmétiques)**

Treatment duration: Approximately 30 minutes

€ 31.--

We start this treatment with a visualization of your back's specific energy areas. Once an imbalance in your body's energy flow is diagnosed, a certain massage technique is applied to the back as well as further individually diagnosed areas. Ethereal oils are essential during this massage that helps dissolve blockages effectively.

## Special Treatments

### »Kranzbach« Indulgence Treatment

Treatment duration: Approximately 60 minutes

€ 55.--

A natural peeling made of sea salt and sour cream combined with an activating whole body brush neutralizes the pH-value of your skin. Afterwards, a moisturizing face mask is applied. It consists of a cream paste with mashed apples and honey. The treatments ends with a bath consisting of rose oil and milk. This special experience is completed with a refreshing fruit cocktail.

### Relaxing Back Treatment (Thalgo)

Treatment duration: Approximately 60 minutes

€ 65.--

This special treatment provides relieve for any tension in your back. Oceanic collagen in the form of a body wrap smoothes and firms the skin. Minerals and trace elements are generously supplied to the skin and tissue. A following massage with aroma oils created from algae and plant extracts or a thoroughly caring body lotion provide you with a tender and relaxed body sensation.

### Cleansing Back Treatment (Thalgo)

Treatment duration: Approximately 45 minutes

€ 50.--

If you desire a treatment that cleanses your back from skin blemishes, allow us to apply this special cure: A package made of natural, pure micro pulverized algae is spread on your back. The ingredients of the package are composed on the basis of therapeutic effectivity: Vitamins, trace elements, minerals and amino acids balance the skin functions. They further regulate an increased sebum production of the skin's glands, purify and moisturize.

### Bio-Energetic Cellulite Treatment (Piroche Cosmétiques)

Treatment duration: Approximately 60 minutes

€ 55.--

Treatment duration: Approximately 90 minutes

€ 73.--

In order to purify and nurture your skin and tissue and enhance its energy flow, the lymphatic system receives a drainage combined with an aroma therapy. Your entire physical appearance improves. Depending on your individual requirements, reflexology is applied in order to stimulate the energy flow in your body. A firming of skin tissue is achieved with the help of our "Beautystimm", a tool stimulating specific acupuncture points. The desired meridian is activated. Your metabolism improves, your overall health increases. You can see and feel the results. This treatment can even be intensified through the application of our cosmetic ultrasound treatment (see page 11).

### **Bio-Energetic Body Treatment (Piroche Cosmétiques)**

Treatment duration: Approximately 60 minutes € 55.--

Treatment duration: Approximately 90 minutes € 73.--

Designed to remove fat cells, shape body contours and loosen the muscular system, this lymph drainage is intended to support the body's energy flow. It also serves as an aroma therapy, purifying, shaping and nursing your skin and body tissue. Your entire physical appearance is improved. Depending on your individual requirements, we apply a thorough reflexology and activate the energy flow in your body. Specific acupuncture points are stimulated which leads to a firming of the skin. Your metabolism as well as your blood circulation is improved which allows an enhanced supply to every cell in the body. You can instantly see and feel the success of this treatment that also contributes significantly to your health.

### **Ultrasound Treatment (Piroche Cosmétiques)**

Treatment duration: Approximately 12 minutes € 15.--

Treatment duration: Approximately 16 minutes € 20.--

Being one of the most innovative treatments, ultrasound application for cosmetic purposes was created to support the effectiveness of facials and treatments against cellulite. The mechanical vibration caused by the ultrasound is transferred deeply into the tissue where it has a significant impact on its composition: The metabolism of the cells is activated, their membranes become more permeable, toxins are destroyed and blood and lymph circulation are augmented. Nutrients can more easily be absorbed and deep tissue cleansing takes place effectively. Particularly in the face, wrinkles are reduced. For areas of the body that tend to develop cellulite (buttocks, thighs and arms), our ultrasound treatment is best be applied in combination with our "Kranzbach" Special Massage. Please note that the ultrasound treatment can only be booked in combination with our Bio-Energetic Body Treatment or the "Kranzbach" Special Massage. The treatment duration depends on the body areas requiring therapeutic attention.

Ultrasound treatment if you:

- Shape your body through fat cell reduction
- Firm your skin tissue – absorb nutrients
- Tend to orange peel skin
- Reduce fluid retention
- Improve your blood circulation
- Activate your metabolism

## Treatments for Expectant Mothers

**Feel good - and conserve your energy!  
Listen to your pregnant body - and allow us to spend the time for your comfort and well-being.**

**If you should need to cancel an appointment, please inform us 24 hours ahead of time. If no cancellation was received, we will charge you 70% of the treatment price. Thank you for your cooperation!**

### **Whole Body Treatment for Expectant Mothers**

Treatment duration: Approximately 150 minutes € 160.--

Fulfilling your wishes and requirements, we indulge you with a combination treatment that will ease the effects of pregnancy. Choose between a relaxing aroma oil bath or a peeling. During the massage, your back, neck and shoulders are gently massaged. As an alternative, we offer a massage of your legs. The treatment ends with a pedicure including nail polish and a cooling leg wrap, particularly comfortable for tired and swollen legs.

### **Facial for Expectant Mothers**

Treatment duration: Approximately 120 minutes € 130.--

This thorough face treatment is based on skin nutrients which are essential during pregnancy. You have time to relax and let go. We include tender care for your neck and décolleté. A manicure with nail polish finalizes our treatment, leaving behind a silky smooth sensation on your hands.

### **Aqua Gymnastics** (A lesson with your own personal trainer)

Treatment duration: Approximately 60 minutes € 60.--

For a little while, you will not feel the heaviness of your abdomen: The training is designed to ease the stress on the joints, and help you relax by doing simple exercises. Going-to-be-fathers are welcome!

### **Yoga for Pregnant Ladies** (A lesson with your own personal trainer)

Treatment duration: Approximately 60 minutes € 80.--

Especially during pregnancy, women should consider appropriate exercise to keep their body in shape. The pelvic floor, the spine and the legs' muscular system need special attention. We teach you certain Yoga techniques to gently stretch and strengthen these specific areas of your body. Easy to memorize, these exercises - the co-called Asanas – can be practised during your entire pregnancy.

## Treatments for Gentlemen

### **Facial Treatment for Gentlemen**

Treatment duration: Approximately 60 minutes

€ 65.--

Classic facial consisting of a thorough and gentle cleansing treatment, a peeling, a refreshing mask and a massage. In addition to their attractive fragrance, our gentlemen's care products cleanse, moisturize and balance the skin effectively.

### **Beard Care and Shave**

Treatment duration: Approximately 25 minutes

€ 33.--

Prior to shaving, we prepare and soothe the facial skin by applying warm compresses. We create the look of your beard in accordance with your wishes and requirements. In order to provide you with best shaving results, we use a razor blade and shaving foam. As a finishing treatment, a toner and a face balm are applied.

### **Back Treatment with Package of Algae Extracts**

Treatment duration: Approximately 45 minutes

€ 50.--

Tension and blockages as well as back pain often originate in the reflex zones of the back. They cause an imbalance in the energy flow of the entire body. A visualization of these zones allows the determination of blockages. We treat the back energetically with ethereal oils and a package containing algae extracts. It is applied directly to the corresponding zones where blockages are loosened and the energy flow re-established.

### **Massage Treatment after Workout**

Treatment duration: Approximately 30 minutes

€ 35.--

This treatment is designed for athletes and exercise lovers. It combines the traditional massage with stretching exercises. The body is prepared methodically for in-depth sports activity. If cramps should occur during exercise, the applied stretching techniques can be used as a treatment immediately. Once your work-out is completed, a muscle loosening massage regenerates the body's vitality.

# Cosmetic Treatments

Look great and feel great! Our beauticians adjust any treatment to your individual skin type for optimum results.

## Facials with “Thalgo” Beauty Products

### **Basic Facial**

Treatment duration: Approximately 60 minutes € 65.--

A classic face treatment consisting of cleansing, peeling, eyebrow contour correction, a massage and a face mask adjusted to your individual skin type.

### **Special Face Treatment**

Treatment duration: Approximately 90 minutes € 95.--

As an addition to the classic facial we offer:

- An **Intense Moisture Application** which is designed for tired and stressed skin, particularly recommended for sun-damaged skin. The skin is thoroughly moisturized and regenerated, its immunity strengthened and small wrinkles removed.
- The **Algomega Heat Treatment** that is recommended for dry and irritated skin. We soothe and firm the skin which re-establishes its radiant appearance. The skin's natural protection is intensified and lipids and moisture restored.
- Our **“Aquarelle” Treatment** which is created particularly for bad and oily skin. Vitamins, trace elements, minerals and amino acids are worked in with heat providing a very effective absorption of the active substances. Furthermore, we treat the skin with a specific, individually active substance made of oceanic and herbal ingredients.
- The **Intense Wrinkle Treatment** which is recommended for mature and sensitive skin. Pads with hyaluronic acid combined with a mask of refreshing gel ensure a deep tissue wrinkle enhancement. Wrinkles and skin lines become less visible, your complexion looks firmer and fresher.

### **Micro Dermabrasio Treatment (Thalgo)**

Treatment duration: Approximately 90 minutes € 95.--

This dermabrasion combines a mechanical with a chemical peeling resulting in a highly effective treatment. Scaly and rough skin is softened. The skin is effectively prepared to allow the best possible absorption of the mask's active substances. Your complexion appears even, firm and radiant.

Please be aware that this peeling will make your skin more sensitive, especially to sunlight. It requires attentive care and intensified sun protection!

### **Intensive Indulgence Treatment (Thalgo)**

Treatment duration: Approximately 120 minutes € 135.--

Find all of your wishes fulfilled during this pampering treatment. Relax in an introductory massage of your back. As an addition to our classic facial, we will indulge you with our complex active substances which we select according to your individual requirements. This treatment includes a hand and foot massage. The coloring of eyelashes and eyebrows will underline your attractive looks even more.

**Intensify the effectiveness of our Thalgo treatments by adding an ultrasound application.**

## Facials with “Piroche Cosmétiques” Beauty Products

### **Energetic Face Lifting**

Treatment duration: Approximately 60 minutes

€ 65.--

This comfortable and relaxing facial is stimulating the lymphatic system and designed to meet your very individual needs and requirements. After a deep tissue cleansing and eyebrow contour correction, our beautician applies a forming, manual micro massage and a purifying lymphatic drainage. Ethereal oils of the highest quality are used. An additional face mask and beauty stimulation firm, improve and soften your skin tissue.

### **Bio-Energetic Facial**

Treatment duration: Approximately 90 minutes

€ 92.--

Prior to this stimulating facial we loosen any possible blockages in your back in order to harmonize your body's energy flow. With the help of ethereal oils and a lymphatic drainage, body toxins are removed which prepares the skin for a highly effective absorption of active substances. A manual micro massage and beauty stimulation firm the skin and tissue. Upon request, an eyebrow contour correction can be added.

### **Firming Deep Tissue Facial Treatment**

Treatment duration: Approximately 120 minutes

€ 99.--

Prior to this deep tissue facial we loosen any possible blockages in your back in order to harmonize your body's energy flow. Particularly effective care products enriched with vitamins lead to a radiant and fresh complexion. It also activates your muscle tone and lymphatic system and strengthens the connective tissue. Nutrients are exploited more effectively and active substances are better absorbed. These are supplied in the form of an ampoule and a face mask. Upon request, an eyebrow contour correction can be added.

### **Beauty Treatment for Neck and Décolleté**

Treatment duration: Approximately 30 minutes

€ 31.--

Ethereal oils are used while applying a lymphatic drainage to your neck and décolleté. An ampoule with firming active substances and a mask with beauty stimulation are part of this treatment. The application of skin care products completes this beauty treatment.

### **Eye Treatment**

Treatment duration: Approximately 30 minutes

€ 31.--

Wrinkles around the eyes can be treated effectively with a micro massage and an ampoule containing active substances. Depending on your specific requirements, we also apply beauty stimulation, a lifting mask and the skin care completion program. As an alternative, and particularly designed to remove bags under the eyes, the bio-energetic lymphatic drainage can be applied. It further consists of an ampoule with active substances, a cooling mask to remove fluid retention and the skin care completion program.

### **Ultrasound Treatment**

Treatment duration: Approximately 12 minutes

€ 15.--

Treatment duration: Approximately 16 minutes

€ 20.--

Being one of the most innovative treatments, ultrasound application for cosmetic purposes was created to support the effectiveness of facials. The mechanical vibration caused by the ultrasound is transferred deeply into the tissue where it has a significant impact on its composition: The metabolism of the cells is activated, their membranes become more permeable, toxins are destroyed and blood and lymph circulation are augmented. Nutrients can more easily be absorbed and deep tissue cleansing takes place effectively. Particularly in the face, wrinkles are reduced. Please note that the ultrasound treatment is only available in combination with our Bio-Energetic Facial.

Ultrasound treatment of the face for:

- An improvement of the skin surface
- An effective deep tissue supply of nutrients and active substances
- An enhancement of scar tissue and acne
- Treatment of couperosis
- Intense firming (eyes, mouth, forehead)

## From Head to Toe

### Additional Beauty Treatments for your Face

Coloring of eyelashes & -brows including correction of contours	25 min	€ 22.--
Coloring of eyelashes		€ 10.--
Coloring of eyebrows		€ 7.--
Eyebrow contour correction		€ 7.--
Ampoule with active substances		€ 11.--
Face massage	25 min	€ 33.--

### “From Hand to Foot”

Manicure and pedicure (no nail polish applied)	80 min	€ 65.--
Manicure with hand massage or package	40 min	€ 38.--
Hand package with paraffin including massage	25 min	€ 25.--
Cosmetic pedicure and massage	50 min	€ 45.--
Foot package and massage	35 min	€ 32.--
Nail polish application		€ 5.--
French nail polish application		€ 10.--
Permanent French Foot Treatment	40 min	€ 35.--

### Depilation with Heated Wax

Back/Chest	20 min	€ 20.--
Legs to knee	30 min	€ 30.--
Entire legs	50 min	€ 50.--
Bikini zone/Underarm hair	15 min	€ 15.--
Face	10 min	€ 8.--

### Depilation with Sugar Wax

Bikini zone	25 min	€ 30.--
Hollywood/Brazilian Waxing	45 min	€ 50.--
Underarm hair	25 min	€ 30.--
Face	15 min	€ 15.--

## Hair Care

### Gentlemen

Beard, Shave			25 min	€ 33.--
Wash, Cut, Blow dry	short hair	€ 30.--	long hair	€ 35.--
Wash, Blow dry	short hair	€ 20.--	long hair	€ 25.--

### Ladies

Wash, Cut, Blow dry	short hair	€ 40.--	long hair	€ 45.--
Wash, Blow dry	short hair	€ 20.--	long hair	€ 25.--
Wash, Have your hair set	short hair	€ 25.--	long hair	€ 30.--
Have your hair pinned			upon request	

## Private »Kranzbach« SPA-Suite

### Pleasure for Two

Treatment duration: **Approximately 2 hours** **per person €105.--**

This relaxing treatment package for 2 people indulges your body and your senses. During the treatment with candle light and soft music, our therapists serve you our own spring water, fresh fruit and a bottle of champagne.

The treatment includes for each person:

- A whole body peeling consisting of sugar crystals and high quality oils
- A part-body massage with warm plant oils
- An aroma oil bath in the "Kranzbach" Jacuzzi

### Wellness for Girlfriends

Treatment duration: **Approximately 3 hours** **per person €150.--**

Enjoy your time together to chat in complete privacy. During your treatments, our therapists will serve our own spring water, tea, fresh fruit and a vitamin cocktail.

The treatment includes for each person:

- An aroma oil bath with ethereal oils and herbs in our "Kranzbach" Jacuzzi
- A whole body peeling consisting of sugar crystals and high quality oils
- A "Kranzbach" cream package consisting of an enriched paste which is applied with heated fleece pads. This treatment is recommended for dry skin.
- A manicure including a hand massage and nail polish application.

### Good Night Treatment

Treatment duration: **Approximately 1.5 hours** **for 1 person €119.--**

In a relaxation atmosphere, our combination treatment prepares you for a good night's sleep. Our therapists serve you a cup of "Nighty Night" tea or hot milk with natural honey.

The treatment includes:

- An aroma oil bath with calming ethereal oils in our »Kranzbach« Jacuzzi
- A deep relaxation massage with warm oil made of St. John's wort

# Treatment Packages

Our carefully composed treatment packages offer something for everyone.

- |   |                |
|---|----------------|
| <b>Wellness for Starters</b>  | <b>€117.--</b> |
| <ul style="list-style-type: none"><li>• A classic facial (approximately 60 minutes)</li><li>• A manicure without nail polish application (approximately 50 minutes)</li><li>• A pedicure without nail polish application (approximately 50 minutes)</li></ul>   |                |
| <b>»Kranzbach« Indulging Moments</b>  | <b>€122.--</b> |
| <b>Ideally spread over 2 days</b>   |                |
| <ul style="list-style-type: none"><li>• One part body massage and a foot reflexology (approximately 50 minutes)</li><li>• »Kranzbach« indulging treatment with whole body peeling, face mask, bath (approximately 60 minutes)</li><li>• Paraffin package with hand massage for stressed hands (approximately 25 minutes)</li></ul>  |                |
| <b>“Sweet Dreams” Wellness</b>  | <b>€149.--</b> |
| <b>Ideally spread over 2 days</b>   |                |
| <ul style="list-style-type: none"><li>• Two aroma oil baths with relaxing herbal essences (approximately 25 minutes each)</li><li>• Two deep relaxation massages with warm oil made of St. John’s wort (approximately 50 minutes each)</li></ul>  |                |
| <b>Wellness for Gentlemen</b>   | <b>€171.--</b> |
| <b>Ideally spread over 2 days</b>   |                |
| <ul style="list-style-type: none"><li>• A facial (approximately 60 minutes)</li><li>• An athlete’s massage (approximately 30 minutes)</li><li>• A personal training of your choice (approximately 1.5 hours)</li></ul>  |                |
| <b>»Kranzbach« Wellness Week</b>  | <b>€255.--</b> |
| <b>Ideally spread over 3 days</b>   |                |
| <ul style="list-style-type: none"><li>• An aroma oil bath with fresh herbs (approximately 25 minutes)</li><li>• A “Kranzbach” cream package to nourish dry skin (approximately 30 minutes)</li><li>• A vein and ice wrap to treat swollen and tired legs (approximately 30 minutes)</li><li>• A whole body peeling with sugar crystals and high quality oils made of plant extracts (approximately 30 minutes)</li><li>• An aromatherapy massage (approximately 50 minutes)</li><li>• A classic facial (approximately 60 minutes)</li><li>• A manicure and pedicure with nail polish application (approximately 80 minutes)</li></ul> |                |

## Our Price List

### Baths

Aroma Oil Bath	approx. 25 min	€ 25.--
Vitality Bath	approx. 25 min	€ 28.--
Relaxation Bath	approx. 25 min	€ 28.--
Purifying Bath	approx. 25 min	€ 28.--
Sea Salt Bath	approx. 25 min	€ 28.--
Beauty Bath	approx. 25 min	€ 25.--

### Wraps & Packages

Whole Body Package with Algae Extract	approx. 60 min	€ 65.--
»Kranzbach« Cream Package	approx. 30 min	€ 35.--
“In Silk & Satins” Body Package	approx. 60 min	€ 65.--
Beauty Wrap	approx. 40 min	€ 45.--
Vein & Ice Wrap	approx. 30 min	€ 20.--

### Peelings

Peeling with Mousse of Algae Extract	approx. 30 min	€ 28.--
Whole Body Peeling	approx. 20 min	€ 22.--
Sea Foam Peeling	approx. 30 min	€ 25.--

### Massages

Balancing Massage for Enhanced Energy Flow	approx. 30 min	€ 31.--
Foot Reflexology	approx. 25 min	€ 28.--
Traditional Whole Body Massage	approx. 50 min	€ 52.--
Traditional Part Body Massage	approx. 25 min	€ 28.--
Combination Massage	approx. 50 min	€ 50.--
»Kranzbach« Foot & Leg Massage	approx. 50 min	€ 55.--
»Kranzbach« Special Massage Treatment	approx. 50 min	€ 55.--
Lymph Drainage	approx. 50 min	€ 50.--
Shiatsu	approx. 80 min	€ 90.--
Deep Relaxation Massage	approx. 50 min	€ 58.--

### Special Treatments

Bio-Energetic Cellulite Treatment	approx. 60 min	€ 55.--
Bio-Energetic Body Treatment	approx. 90 min	€ 73.--
Relaxing Back Treatment	approx. 65 min	€ 65.--
Cleansing Back Treatment	approx. 45 min	€ 50.--
»Kranzbach« Indulgence Treatment	approx. 60 min	€ 55.--
Ultrasound Treatment	approx. 12 min	€ 15.--
Ultrasound Treatment	approx. 16 min	€ 20.--

### Treatment for Expectant Mothers

Aqua Gymnastics with Your Own Personal Trainer	approx. 60 min	€ 60.--
Whole Body Treatment	approx. 150 min	€ 160.--
Facial	approx. 120 min	€ 130.--
Yoga with Your Own Personal Trainer	approx. 60 min	€ 80.--

### Specials for Gentlemen

Beard Care and Shave	approx. 25 min	€ 33.--
Back Treatment	approx. 45 min	€ 50.--
Facial	approx. 60 min	€ 65.--
Massage after Workout	approx. 30 min	€ 35.--

### **Depilation with Warm Wax**

Back/Chest	approx. 20 min	€ 20.--
Legs to Knee	approx. 30 min	€ 30.--
Entire Legs	approx. 50 min	€ 50.--
Bikini area/Underarm	approx. 15 min	€ 15.--
Face	approx. 10 min	€ 8.--

### **Depilation with Sugar Wax**

Bikini area/Underarm	approx. 25 min	€ 30.--
Hollywood/Brazilian Waxing	approx. 45 min	€ 50.--
Face	approx. 15 min	€ 15.--

### **Cosmetic Treatments**

Ampoule with Active Substances		€ 11.--
Eyebrow Coloring		€ 7.--
Eyebrow Contour Correction		€ 7.--
Eyelashes and Eyebrows Coloring and Contour Correction	approx. 25 min	€ 22.--
Manicure and Pedicure	approx. 80 min	€ 65.--
Manicure with Hand Massage or Package	approx. 40 min	€ 38.--
Hand Package with Paraffin and Hand Massage	approx. 25 min	€ 25.--
Cosmetic Pedicure with Massage	approx. 50 min	€ 45.--
Foot Package and Massage	approx. 35 min	€ 32.--
Nail Polish Application		€ 5.--
French Nail Polish Application		€ 10.--
Permanent French Feet	approx. 40 min	€ 35.--

### **Facials**

Eye Treatment	approx. 30 min	€ 31.--
Basic Facial	approx. 60 min	€ 65.--
Bio-Energetic Facial	approx. 90 min	€ 92.--
Energetic Face Lifting	approx. 60 min	€ 65.--
Face Massage	approx. 25 min	€ 33.--
Beauty Treatment Neck & Décolleté	approx. 30 min	€ 31.--
Intensive Indulgence Treatment	approx. 120 min	€ 135.--
Micro Dermabrasio Treatment	approx. 90 min	€ 95.--
Firming Deep Tissue Facial	approx. 120 min	€ 99.--
Special Face Treatment	approx. 90 min	€ 95.--
Ultrasound Treatment	approx. 12 min	€ 15.--
Ultrasound Treatment	approx. 16 min	€ 20.--

### **Hair Care**

#### **Gentlemen**

Wash, Cut, Blow dry	short: € 30.--	long: € 35.--
Wash & Blow dry	short: € 20.--	long: € 25.--

#### **Ladies**

Wash, Cut, Blow dry	short: € 40.--	long: € 45.--
Wash & Blow dry	short: € 20.--	long: € 25.--
Wash & Have your Hair set	short: € 25.--	long: € 30.--
Have your hair pinned	upon request	

This price list replaces all previous price lists.  
Changes may occur. Dated May 2008