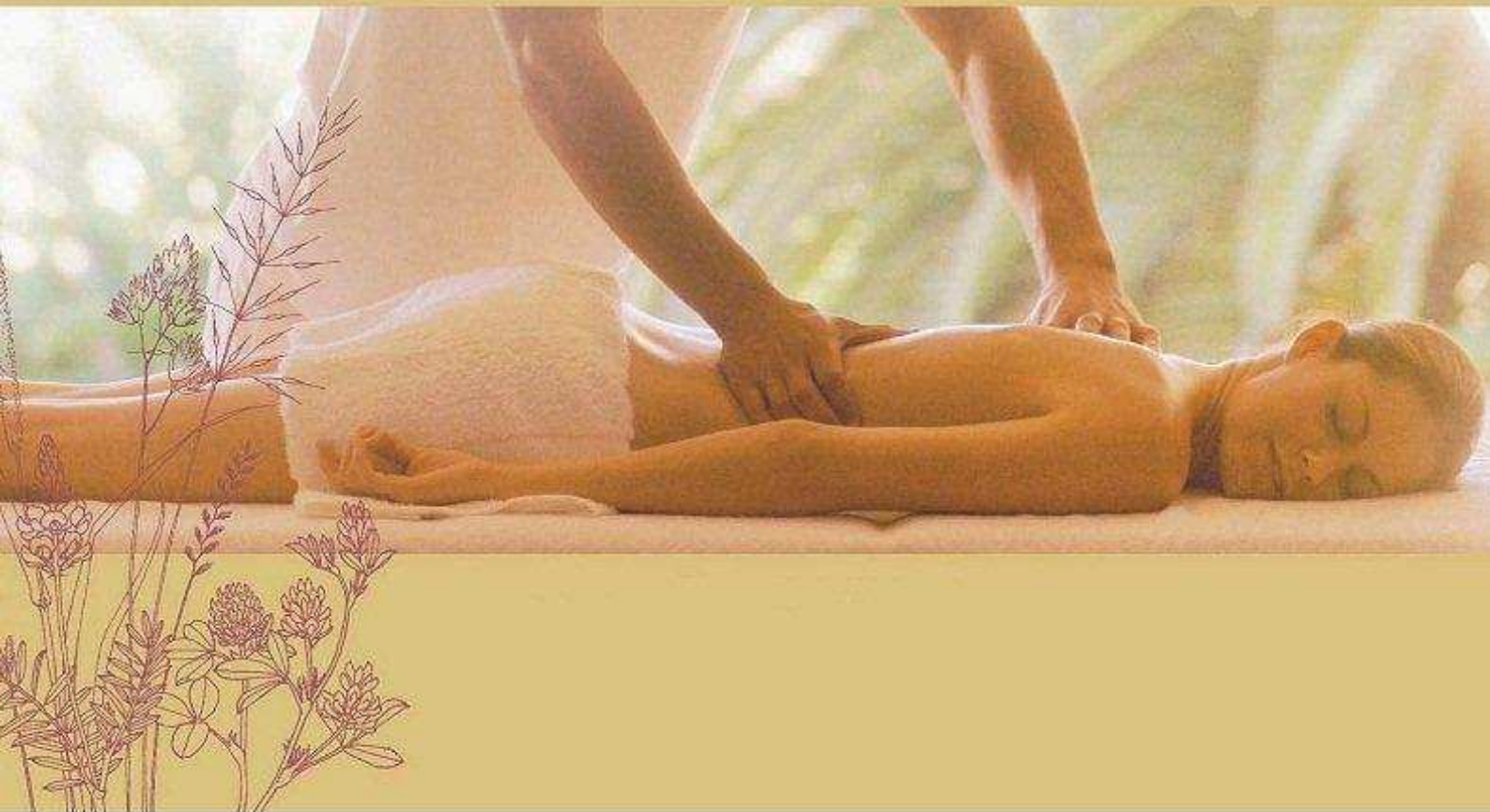


»DAS KRANZBACH«
Hotel & Wellness-Refugium ★★★★★ Superior



A Warm Welcome to the »Kranzbach« Badehaus

You can reach our »Badehaus« over the bridge made of wood and glass - your transition into a special haven of tranquility. Immerse yourself in our hot pools - indoor and outdoor. Relax in our saunas and steam baths. Take a deep breath of fresh air on our terraces and in our meadow. With a separate "Ladies-Spa" we provide a secluded area to retreat, in which ladies can relax and be themselves.

"Wellness in Kranzbach" means that one should not only allow "passive" pampering - such as in the hot countries of the South. In the wonderful nature and the fresh air in our protected mountain valley, your spa holiday is combined with a gain in fitness and vitality.

Nordic walking, aqua aerobics in the outdoor pool or an easy walk - our daily activity and relaxation program motivates on the move - in any weather. If you get to know yoga, meditation, Qi Gong and other relaxation techniques, your inner anxieties will diminish.

The »KRANZBACH« Wellness philosophy is based on the effect of classical applications and separates itself from superficial, fashionable treatments. In addition to healing massages and cosmetic applications, »DAS KRANZBACH« provides a special diet, detoxification and cleansing program. Physiotherapy, lymphatic drainage, gentle application of the Dorn method, Shiatsu, Traditional Chinese Medicine (TCM) with acupuncture and cupping enrich the medical-therapeutic range.

Take time for yourself – leave every treatment with a heightened sense of relaxation.

We are available for individual consultation and reservations on +49 (0) 8823-92 800-920. Or send an E-Mail to: badehaus@daskranzbach.de.

Yours faithfully

Karsten Hetzheim
Spa Manager
and the »Badehaus« and Vitality-Team

Dr. Christine Müller
Medical Practitioner

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What you should know....

How you arrange an appointment?

Direct to our Spa-reception from a hotel room on Tel. Nr. 920. We recommend that you first make your reservations from home, so that we can accommodate your desired dates. From out of town you can reach us on the following Tel. Nr. 0049 (0)8823 92 800920, daily from 0900 till 1800.

If you would prefer for your treatment a male or female therapist, please advise us in advance.

We ask for your understanding, that on rare occasions – due to the unavailability of a therapist – your appointment will have to be rearranged.

What to do when something intervenes?

You have booked a treatment but unfortunately cannot use it. Please inform us at the latest 24hrs prior to the appointment. Should you cancel at short notice, we will charge you 70% of the booking price to cover the cost of the therapist.

What clothes do you need?

Our entire »Badehaus« is a bathrobe, resting and whisper zone. If you have booked a treatment, please come in your bathrobe and bathing suits. Exceptions are Shiatsu and Cranial Sacral Therapy - we recommend light exercise clothing.

Where does your treatment take place?

Please register shortly before your appointment at our Spa-reception. Take a place in our cozy waiting room. Your therapist will collect you and personally guide you through our Spa area.

Tip:

In order to best advise and treat you - please inform us in advance if you are suffering from diabetes, diseases, or allergies; are applying blood-thinning medication or cortisone therapy; or have had thrombosis, a slipped disc or are pregnant.

Our opening times:

Spa-reception & Spa-shop	from 09:00 till 18:00
Treatments	from 09:00 till 19:00
Medical department	Monday – Friday from 09:00 till 17:00
TCM & Chinese Wellness Treatments	In each case by appointment
Hairdresser	On enquiry

Cosmetic products used in »Kranzbach«



PHARMOS NATUR® – GREEN LUXURY

Wherein lies the difference to other products? The 100% herbal active cosmetic from Pharmos Natur® is without alcohol, citric acid, chemically treated water, Paraben and made completely free of preservatives.

PHARMOS NATUR® is the only company in Europe that uses absolutely skin-friendly organic Aloe Vera gel from Central America instead of pure water. On this highly effective basis, selected plants are carefully processed to produce a unique herbal cosmetic. With the highest percentage content of certified organic, plant-based ingredients, that is possible in cosmetic products.

Aloe Vera gel in contrast to water-based creams settles deeper into the skin. Through its special viscosity and consistency, the Aloe Vera primary juices can "piggyback" the rich ingredients from plant oils and "infiltrate" them into the lower skin layers. Cell formation is promoted and significantly contributes to skin regeneration. Outstanding compatibility is achieved even for sensitive skin.

PHARMOS NATUR® has for many years taken responsibility for working conscientiously with nature, people's welfare, and those that it works together with. Pharmos Natur® has created worldwide organic farming projects with fair trade principles. In this manner it is possible to cultivate plants for selected products of the highest quality with lasting effect.

In respect and in regard to dealing with people and nature, the philosophy of »Kranzbach« and Pharmos Natur® merge clearly together.



THALGO has developed its treatments and products based on the medical Thalasso therapy. With differently oriented facial, body and Balneology applications, women and men can equally achieve their desired goals. Tighten, purify, hydrate, regenerate or revitalize - multiple effects are combined.

THALGO stands for beauty and power from the sea and draws from it the elements for authentic care and treatment concepts based on Thalasso. Globally distributed and designed THALGO provides you diversified, sensual care and treatment experiences, relaxation, enjoyment and well-being. Enjoy in »Kranzbach« the unique combination of a stay in the beautiful and beneficial nature of the mountains with the virtues and active processes of Thalasso therapy from the sea.

Medical Therapies & Applications

In everyday life stress leads to; poor diet, a lack of exercise, obesity, bowel disease, problems with the joints, metabolic disorders and high blood pressure. Many people become weak and unresponsive, and suffer from internal unrest and depressive moods.

»DAS KRANZBACH« and its medical team follow a holistic approach. Humans only function correctly if there exists a balance between the body, mind and soul. Thus we do not limit ourselves solely to external applications.

The concept of health in Kranzbach is supported by three pillars: "detoxification of the body", "movement in nature" and "light, healthy nutrition". Preventive as well as curative lifestyle modification is aspired to for lasting results. Through in-depth consultation and personal support from Dr. Christine Müller, many guests during their health stay discover the right balance.

Dr Müller emphasizes the following points:

- Health coaching
- Nutrition counselling
- Detoxification packages
- Intestinal- and stomach treatments



Dr. Christine Müller - Born in Frankfurt - earned her diploma as a physician in General Medicine in Innsbruck and practiced at the Psychiatric clinic in Hall in Tyrol and at the Innsbruck University Hospital. From 2005 to 2009 she continued her career as a practitioner in the renowned health center, "Lanserhof" in Tyrol. Since 2010 she is the Medical Director in »DAS KRANZBACH« and leads their department for holistic approach and preventative medicine.

Medical consultation **ca. 25 min** **€ 35,--**
Dr. Christine Müller personally conducts the individual medical consultation. A personal treatment program is created adapted to the constitution of the guest's health.

Manual Stomach Treatment **ca. 25 min** **€ 45,--**
Gentle stroking movements on the abdominal wall leads to enhanced toning, better blood circulation of the abdominal organs, and reformed lymphatic drainage resulting in improved detoxification. Especially recommended for digestive disorders of all kinds, for relaxation by activating the parasympathetic nervous system and to train abdominal breathing.

Manual Stomach Treatment **ca. 50 min** **€ 75,--**
followed by a Hayflower Liver pack

Colon hydrotherapy with Stomach massage **ca. 60 min** **€ 95,--**
Colon hydrotherapy involves an intensified enema of approximately 40 minutes with purified, warm spring water without chemical additives. If necessary, a change to cool water will also work ("Kneipp for the gut"). Through the water column different reflex zones of the intestine will be affected and thus acts on the entire body. This mode of action is based on the removal of accumulated stagnated stools and rotting substances from the intestinal lumen. The treatment takes place with a closed disposable system and is clean, odorless and in general pleasant.

Recommended for:

Bowel cleansing, metabolic activation, digestive problems of all kinds, especially for chronic constipation and laxative abuse, diverticula, allergies, skin diseases, impurities, and depression.

Not suitable during or after:

Inflammatory bowel disease, recent intestinal surgery, cardiac infarction, angina pectoris and pregnancy.

As part of the detoxification and cleansing process, colon hydrotherapy is highly effective in combination with other procedures such as sweating (sauna, exercise), wraps and forced drinking.

DETOX Alkaline salts bath **ca. 25 min** **€ 30,--**
with PHARMOS NATUR®

Effective mineral-rich alkaline bath with pure salt from the Dead Sea. Unrivaled energy and with the highest concentration of minerals such as magnesium, iron, sodium, and the essential trace element bromine. Facilitates detoxification and helps the body get rid of excess acids.

Nutritional Counselling**ca. 50 min € 75,--**

The consequences of malnutrition are sensitive for the individual and affect ones attitude towards life. Diet-related diseases are on the rise. During individual counseling with Dr. Christine Müller you will capture the current state of your nutritional situation. In accordance with your constitution and life circumstances we develop optimization recommendations. The goal is to achieve a sustainable dietary change

Health-Coaching**ca. 50 min € 75,--**

Medical consultation concerning measures to promote healthy living and health awareness. Through positive changes in habits and behaviour, will ones health in everyday life strengthen and inherent personality develop.



DETOX-PROGRAM

Detoxification and Purification

This complete package involves medical and therapeutic treatments, healthy nutrition, sufficient exercise in the fresh air and relaxation exercises curative of the organism. The accompanying »Kranzbach«-detox health cuisine - vegetarian on request (approximately 1,000 kcal.) - supports the detoxifying effect.

A professional program with intensive supervision by Dr. Christine Müller - in a complimentary environment with plenty of rest.

DAS »KRANZBACH«-DETOX-PROGRAMM „BASIC“

inclusive 5 night stay from Sunday til Friday

and includes

- ★ Medical consultation to tailor for you the Detox-Program (ca. 25 min)
 - ★ 1 Full body exfoliation (25 min)
 - ★ 2 Manual stomach treatments followed by a Hay-flower liver wrap (à 50 min)
 - ★ 1 DETOX-Alkaline-salt bath (25 min)
 - ★ 1 Healing mud body wrap (50 min)
 - ★ Daily cleansing Detox-health cuisine (Breakfast, Lunch, Evening)
 - ★ Daily 1hr exercise in the local nature with e.g. Nordic Walking, Hiking, Gymnastics or Fitness training
 - ★ Daily 1hr Relaxation with Yoga, Meditation and Qi Gong
 - ★ Final medical consultation (ca. 25 min)
- ★ Optionally for an additional € 95,--: 1 Colon hydrotherapy (ca. 60 min) to compliment you DETOX-program

Complete packet price:

In a single room »Mary Portman House«	€ 1.130,--per Person
In a single room »Garden Wing«	€ 1.180,-- perPerson
In a double room* »Mary Portman House«	€ 1.030,- per Person
In a double room* »Garden Wing«	€ 1.080,-- perPerson

* with two sharing.

DAS »KRANZBACH«-DETOX-PROGRAM „INTENSIVE“

inclusive 12 night stay (arrival Sunday)

and includes

- ★ Medical consultation to tailor for you the Detox-Program (ca. 25 min)
- ★ 2 Full body exfoliations (à 25 min)
- ★ 4 Manual stomach treatments followed by a Hay-flower liver pack (à 40 min)
- ★ 2 DETOX-Alkaline salt baths (à 25 min)
- ★ 2 Healing mud body wraps (à 50 min)
- ★ A choice between 1 Colon hydrotherapy with Stomach massage (ca. 60 min) or an additional manual stomach treatment followed by a Hay-flower liver wrap (50 min)
- ★ Daily cleansing Detox-health cuisine (Breakfast, Lunch, Evening)
- ★ Daily 1hr exercise in the local nature with e.g. Nordic Walking, Hiking, Gymnastics or Fitness training
- ★ Daily 1hr Relaxation with Yoga, Meditation and Qi Gong
- ★ Final medical consultation (ca. 25 min)

Complete packet price

In a single room »Mary Portman House«	€ 2.420,-- per Person
In a single room »Garden Wing«	€ 2.540,-- per Person
In a double room* »Mary Portman House«	€ 2.180,- per Person
In a double room* »Garden Wing«	€ 2.300,-- per Person

* with two sharing

For details about the »KRANZBACH«-DETOX-PROGRAM Dr. Christine Müller would be pleased to answer your questions personally. Tel. No: +49 (0)8823 – 92 800-920

Exfoliation & Wraps

Various abrasive particles, which are gently massaged into the skin, remove dead skin cells, have an invigorating and refresh your complexion. After exfoliation the receptiveness of caring agents is increased. Therefore, a scrub is especially effective before full body treatments and wraps.

The classically proven wraps purify, tighten and nourish the skin. They improve the skin's complexion (especially cellulite), supplying the skin lasting moisture, vital vitamins and minerals.

Full body exfoliation using the PHARMOS NATUR® Method **ca. 25 min €45,--**

Organic Aloe Vera and finely ground algae refine the skin's complexion. A mixture of a silicon-rich scrub and a moisturizing lotion stimulates the blood circulation and strengthens the connective tissue.

Algae mousse full body exfoliation with THALGO **ca. 25 min € 40,--**

This creamy algae mousse invigorates the micro-circulation and promotes detoxification, resulting in improved freshness and vitality in the skin.

»KRANZBACH«-Full body natural exfoliation **ca. 25 min € 35,--**

The combination of rock salt and Jojoba oil ensures that the skin feels silky smooth after this somewhat coarser scrub. The trace elements from the rock salt are enriched with important alkaline minerals. The Jojoba oil is something like a protective cloak around the skin and protects against harmful environmental influences.

»KRANZBACH«-Cream wrap using the PHARMOS NATUR® Method **ca. 25 min € 40,--**

Valuable pure vegetable oils and regenerating organic Aloe Vera will be applied to the entire body. The cream works itself deep into the layers, leaving your skin softer and suppler.

Healing earth full body wrap using the PHARMOS NATUR® Method **ca. 25 min €45,--**

Rich minerals from Moroccan healing earth combined with high-quality aromatic oils and complex active agent Organic Aloe Vera are freshly prepared. The complex active ingredient of individual packages is absorbed quickly by the skin. The following aromas are available:

Harmony: The finest Rose oil soothes the skin.

Fresh: The composition of fine Citrus oils activates the skin's functions and strengthens the immune system.

Calm: The complex active ingredient of the purifying oil EUROPEA with the Mediterranean plants; Juniper, Laurel, Lemon and Cypress in black sesame oil are rapidly absorbed by the skin and take care of the systematic break down of fat deposits, tightening of the tissue and strengthening of the blood vessels.

Body wrap „Velvet & Silk with THALGO“

ca. 50 min €75,--

This soothing treatment cares from head to toe. After a flattering scrub the body is wrapped in a soft cream with the essential oils of Jojoba, Wheat germ, sesame seeds and Apricots together with seaweed extracts. The wrap leaves a wonderfully relaxing body sensation. To conclude, the facial skin is provided with an individually selected mask that regenerates, soothes and moisturizes.



Body Specific Treatments

Body treatments tighten, for example, skin tissue and provide an improvement in the overall body contour. Metabolic functions are activated and blood circulation of the cell is promoted.

Purifying back treatment with THALGO

ca. 50 min € 70,--

Beginning with an exfoliation and a cleansing, this special treatment rids the back of skin blemishes. A pack of pure, natural micro-pulverized seaweed is applied to the back. Vitamins, trace elements, minerals and amino acids equalise and regulate the excessive production of sebum before cleansing and regulating the moisture level within the skin.

Relaxing back treatment with THALGO

ca. 50 min € 70,--

A gentle exfoliation and a special wrap stimulates the blood circulation. Before a massage with a hot roller releases tension in the area of the back. The heat provides optimum relaxation and the treatment ends with a tranquil, relaxing classical back massage.

Problem zone treatment with THALGO „MINCE“

ca. 50 min € 75,--

Especially recommended for weak connective tissue and cellulite. A special combination of active ingredients assists fat loss, activates your metabolism and invigorates your blood circulation. After an exfoliation, follows a 25 minute cellulite massage. This is followed by a special "Thalgo mince" body wrap which is applied to your individual problem areas. The wrap hardens into a rubbery substance, at the end of the application time it is removed by the therapist and the treatment ends with a pampering of the skin.

»KRANZBACH«-Foot-Leg-Pampering treatment with the PHARMOS NATUR® Method

ca. 50 min € 75,--

Relax with a soothing foot bath – followed by a draining foot and leg massage. The organic Aloe Vera fresh plant leaf is the highlight of the treatment. It moisturizes the skin and provides it with natural ingredients.

Full body purification treatment with „Pharmos Natur VEDA ME®“

ca. 80 min € 130,--

Intensive purification treatment with King's Oil (with wild herbs from Sri Lanka) for the whole body. It starts with a warming foot wrap, followed by a body scrub and finishes with an extremely, soothing full-body purifying massage using the Pharmos natural method in the supine position. Waste and congestion will be tackled and discharged from the body, whilst the lymphatic system is activated.

**Full body treatment for tissue tightening
with „Pharmos Natur ALAYA ME®“**

ca. 80 min € 130,--

Exclusive herbal exfoliating massage - a fountain of youth for skin and metabolism. The combination of precious herbs, together with attentive touch forms the basis of this whole body treatment. Over 100 active ingredients are absorbed by the skin. The metabolism is stimulated, the skin and tissue tightened and revitalized. Also recommended for Cellulite. The skin will be left feeling velvety soft, smooth and supple.

**Full body treatment with intensive facial treatment
with „Pharmos Natur EUROPEA®“**

ca. 100 min € 150,--

During this massage, the precious purification oil 'EUROPEA' is employed, with the active ingredients from various healing plants. With help from mineral-rich healing earth and the unique healing properties of Aloe Vera, the lymphatic system will be activated, the whole body decongested and the connective tissue visibly strengthened. In addition, the face is cleansed, massaged and supplied with nutrients. Individual problem areas are treated by a firming and nourishing pack.



Massages

The classic massages loosen the muscles, focus on specific problem areas, remove blockages and promote deep relaxation.

Classic Healing massage ca. 25 min € 35,--
Classic Healing massage ca. 50 min € 65,--

This treatment stimulates the blood circulation of the muscles and skin, relaxes tense areas and attends to individual problem areas.

Foot reflexology ca. 25 min € 35,--

An energy balancing massage is achieved over the entire body, when the reflex zones on the soles of the feet are stimulated. It causes a local and intense blood flow and achieves an improvement of organ and tissue function. Stress and tension levels decline.

»Kranzbach« Foot reflexology ritual ca. 50 min € 65,--

A soothing foot bath prepares you for an extensive foot reflexology massage. Then relax your feet in a warm grain-cushion. Stretches and special equalising techniques will be applied. A short pre and respectively post consultation completes the treatment.

Combined healing massage ca. 50 min € 65,--

A beneficial combination of reflexology and a traditional healing massage. With this combination of massage, the specific reflex points on the feet are stimulated and then a massage focuses on the back, shoulder and neck. Advantage: the reflex zones can positively influence back problems.

Aroma oil massage with Pharmos Natur® ca. 50 min € 70,--

After a warm foot wrap follows a draining massage with essential oils. Legs and feet, stomach, chest, hands, arms, neck, forehead and scalp are treated. Citrus, rose or Joy-Skin vital oils are available. The treatment takes place continuously in the supine position. Finally, Aloe Vera is massaged into the feet. Stress-related tensions are resolved. The aroma oil massage has a regenerative and harmonizing effect on the autonomic nervous system.

Sport massage with Infra-red Cabin ca. 50 min € 55,--

The warming of the body takes place in an infra-red cabin (approx. 25 min) whose heat and light therapy optimally prepare the body for the massage (approx. 25 min). With this combination of classical massage and stretching, the focus is specifically directed to the stressed muscles. The body can be prepared for an upcoming physical activity, or after exercise overworked muscles can be treated and loosened.

Deep relaxation massage**ca. 50 min € 70,--**

In this massage the face and body is massaged with mood clearing, warm St. John's Wort oil. The combination of massage, energy work and the soothing effect of the warm oil relieves tension in the muscles and soul. The energy flow is harmonized, congestion is reduced and the autonomic nervous system balanced.

Hot Stone Massage**ca. 80 min € 110,--**

A pure, pampering experience with high-quality oils and hot stones. The special volcanic rocks (Basalt rocks) are in advance heated in water to 60 °. They give off enough heat to relax even the deepest regions and induce relaxation. The heat also accelerates the blood circulation and increases the supply of oxygen to the cells. The Hot Stone Massage has a side effect in that it increases the removal of waste products ("detoxification") and stimulates the metabolism. Additionally, energy blockages can be tackled.

The »KRANZBACH« Herbal pack massage**ca. 80 min € 110,--**

Silky and soothing scents are calming. Warm sesame oil and a self-prepared herbal pack (Sage, Lemon balm and Chamomile) are a delight and an experience. Through specific massage techniques, altering pressures and strikeouts along the meridians and muscles, an inner and outer harmony is achieved throughout the body. Through the development of herbal ingredients, the self-healing powers are activated. The blood circulation will be stimulated and simultaneously the skin will be moisturised and the tissues tightened.

Health Massages

Manual Lymph drainage

ca. 50 min € 70,--

Circular movement techniques are applied with light pressure. Thus the fluid is displaced from the tissue into the lymphatic system which improves waste removal from the body.

Recommended for:

All orthopedic and trauma disorders associated with swelling (dislocations, strains, sprains, muscle tears, etc.). Lymphatic drainage is also used to treat in burns, whiplash, Sudeck's disease and related illnesses.

Not suitable during or after:

Congestive heart failure, fever, bacterial infection, a cardinal edema or acute deep vein thrombosis.

Gentle application of the Dorn Method

ca. 50 min € 70,--

A gentle method to correct vertebral misalignments. In a sensitive way the displaced vertebrae and joints are gently realigned into their ideal position. The therapists work very carefully and exert minimum pressure. For sustainable results this treatment requires active participation, regular self-help exercises and additional sessions.

Cranio Sacral Therapy*

ca. 50 min € 75,--

ca. 80 min € 110,--

The aim of this treatment is to restore the individual optimal harmony in terms of releasing stress in the autonomic nervous system. For this purpose, manual techniques are applied with low doses of pressure, which are individually tailored to your needs. The treatment is especially recommended for migraines, headaches, chronic neck and back pain, stress and stress-related disorders.

Shiatsu*

ca. 50 min € 75,--

ca. 80 min € 110,--

Shiatsu is a Japanese massage based on the traditional Chinese concept of health. It involves manual and energetic bodywork.

"Shi = finger and atsu = pressure" - that is, the pressure from the hands of the therapist - the full body will be treated using selected meridians.

The aim is to promote the mobilization of the body's physical, emotional and spiritual well-being.

* Note: The duration of the treatment includes a pre-and post-consultation. The treatment of "Cranio Sacral Therapy" and "Shiatsu" is held in the dressed state - please come in light training apparel.

Ayurveda Massages

The Ayurvedic massage technique has a harmonizing effect on stress relief, relaxation, the autonomic nervous system, and is considered a classic detoxifying treatment. It uses copious amounts of sesame seed oil in striking, sensitive movements. Helpful and equalising for insomnia, migraine and burn out.

Back massage ca. 25 min € 40,--

Face-, Head- and Neck massage ca. 25 min € 40,--

Foot- and Leg massage ca. 25 min € 40,--

Shirodhara ca. 40 min € 65,--

Abhyanga – Full body massage ca. 50 min € 80,--

Abhyanga – Full body massage ca. 80 min € 115,--
(focus on Head, Face and Feet)

Abhyanga with Shirodhara ca. 110 min € 150,--

Pinda Sweda ca. 70 min € 105,--
(original ayurvedic herbal pack massage)

Therapists pamper you with warm herbal packs, called Bolis, which are filled with rice milk, coconut and lemon peel. With these Bolis' the whole body is covered with long, deep strokes, circular, pounding and vibrating movements. The body is heated to stimulate sweating and the metabolism is activated. Tension and rheumatic complaints can be alleviated. The connective tissue is tightened, especially for an improvement in skin appearance of cellulite. In addition, it has a strong balancing effect on the autonomic nervous system.

Traditional Chinese Medicine & Chinese Wellness treatments

The over 2,000 years-old TCM has evolved in China as an independent system of medicine. The therapeutic procedures of external treatment include Acupuncture, Tui Na massage and the Cupping.

Acupuncture

ca. 25 min € 55,--

Acupuncture as a branch of Traditional Chinese Medicine is one of the reversal and regulation therapies. It helps to promote and maintain, our physical and mental well-being.

Cupping massage (normally on the back)

ca. 25 min € 55,--

Cupping glasses and cupping massage belong as reflex therapy to the classical drainage procedures. The metabolism is improved, toxins are discharged and it stimulates the immune system.

Chinese Tui Na Massage

This massage supports the energetic meridian circulation by stimulation of acupuncture points and energy lines.

Tui Na area massage

ca. 25 min € 50,--

Tui Na „Facial bath“

ca. 50 min € 70,--

With head- and Neck massage & Relaxing-Herb pillow

Tui Na Full massage

ca. 50 min € 80,--

- in combination with „warm Herb roll“,
Hay sack or Ginger pack.
to deepen muscle relaxation and blood circulation

ca. 50 min € 85,--

- in combination with **Acupuncture**

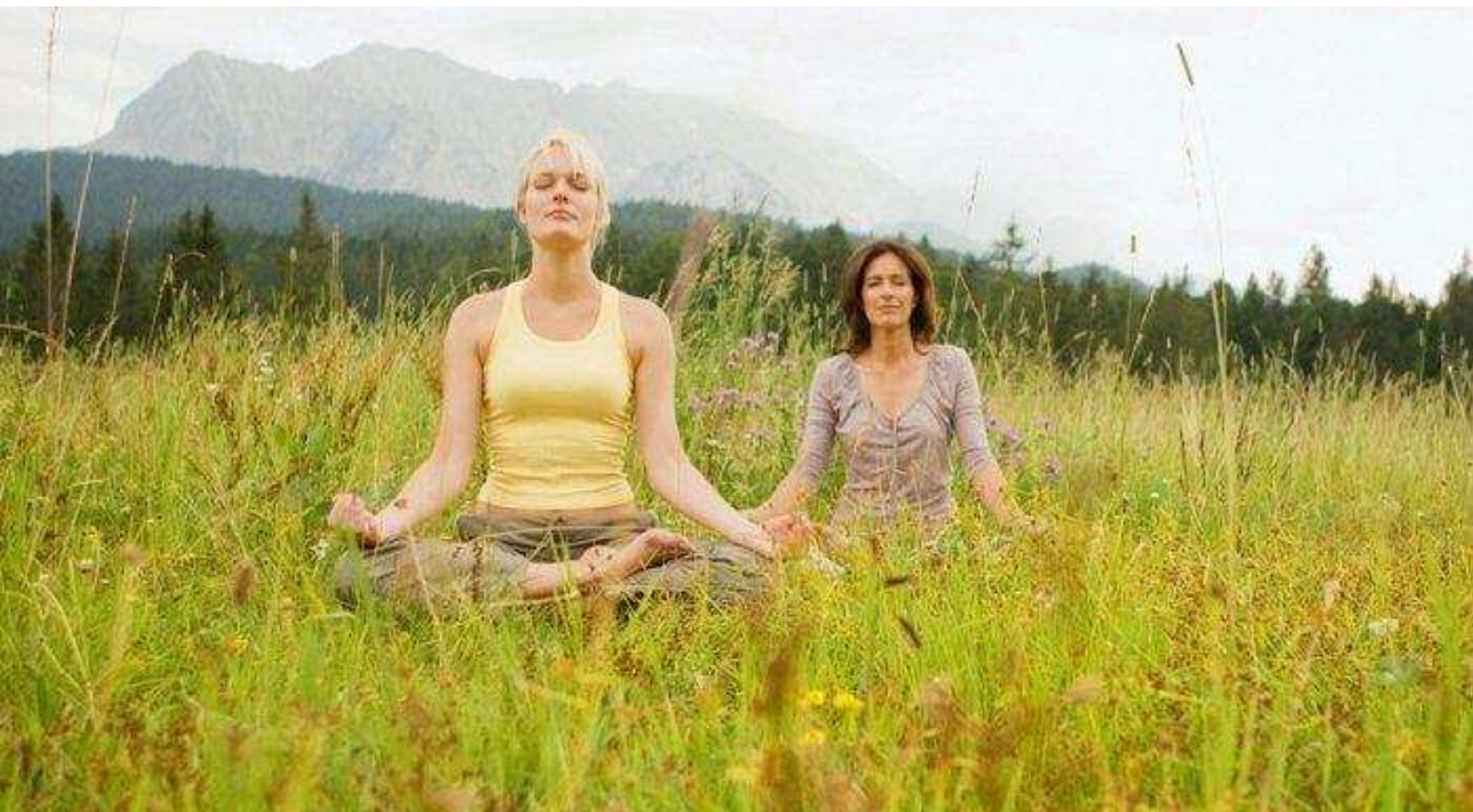
ca. 50 min € 90,--

By appointment only - please contact our Spa reception.

Relaxation and Fitness Training

A private session with a personal coach

Aqua Fit individual training (2 nd Person € 15,--)	ca. 25 min	€ 45,--
Yoga individual session (2 nd Person € 15,--)	ca. 50 min	€ 90,--
Nordic Walking individual session (2 nd Person € 15,--)	ca. 50 min	€ 90,--
Pilates individual session (2 nd Person € 15,--)	ca. 50 min	€ 90,--
Qi Gong individual session (2 nd Person € 15,--)	ca. 50 min	€ 90,--
Physiotherapy individual training	ca. 50 min	€ 90,--



»KRANZBACH«-LIGHT THERAPY

Bathing in Light – Helps against depressive moods and fatigue.

The combined effect of coloured light and sound therapy - depending on colour choice – can be calming, balancing or revitalizing. It is excellent for harmonizing the inner balance and restoring general well-being. The self-healing powers are activated.

Light therapy originates in Sweden and is used there against „Winter depression“.

LIGHT, COLOUR & SOUND THERAPY

Combined Light, Colour and Sound therapy (without Massage)	ca. 25 min	€ 25,--
Combined Light, Colour and Sound therapy (without Massage)	ca. 50 min	€ 50,--
Combined Light, Colour and Sound therapy accompanied by a full body massage (Back and Stomach)	ca. 50 min	€ 70,--

You rest under a bright, colourfully, lit sky on a sound bed and let yourself be pampered with music that gently caresses the entire body. The sound bed transmits the music over whole body and has an immediate effect. Every cell in the body is gently massaged and harmonized by the sound.

You can choose from the following programs:

Program 1: **Vibrant Life**

Activating red enlivens and brings new energy.

Program 2: **Joy of Vitality**

Orange evokes joy and alleviates muscle ache due to overexertion.

Program 3: **Happiness**

Golden yellow coloured sunbeams refresh the body, mind and soul. A ray of hope during wintry and rainy weather.

Program 4: **Ocean Dreams**

The turquoise coloured lagoon harmonises, calms and stimulates the natural healing powers.

Programme 5: **Blue Sky**

Relaxation and inner peace. Ideal on dreary days and also against sleeping disorders.

Facial Treatments with PHARMOS NATUR®

Eye treatment

ca. 25 min € 40,--

Eye massage and special lifting mask with pure herbal power lifts and smooths the delicate skin around the eyes. It reduces dark circles and acts to prevent wrinkles, shadows and puffiness.

Basic facial treatment for „Her“

ca. 50 min € 75,--

The treatment is tailored to each skin type. With cleansing, exfoliation, deep cleansing, eyebrow shaping and a facial massage with organic Aloe Vera extract.

Basic facial treatment for „Him“

ca. 50 min € 75,--

A fountain of youth for men's skin; with plenty of moisture and vital nutrients, which stimulates cell renewal and supports cell regeneration. The treatment includes basic cleansing, gentle exfoliation, an invigorating massage of the face, throat, neck and shoulders, finishing with a vitality pack.

Naturally organic lifting treatment SESAM ME®

Tightening treatment for face, throat & breast

ca. 80 min € 110,--

(without cleansing or eyebrow shaping)

The black sesame seed from the Himalayas contains especially valuable ingredients. Calcium, magnesium, iron, zinc, lecithin, essential amino acids and complex vitamins give the skin a new impetus for genuine regeneration. Lines and wrinkles are significantly reduced. An even, smooth and rejuvenated skin is created - alive and beautiful.

Detoxifying facial treatment EUROPEA®

ca. 80 min € 110,--

The ingredient-rich combination of oils from native plants, mineral-rich healing earth and fresh Aloe Vera plant leaf nourishes, improves elasticity and resilience whilst detoxifying and purifying the skin. The facial contours become tauter, while the skin is left feeling silky soft and sleek.

Regenerative Facial and Eye treatment MAYA ME®

ca. 80 min € 110,--

An intense moisture and freshness treatment for the face, neck and breast. The focus of treatment is the use of freshly peeled Aloe Vera plant gel, which is applied in a special mask to the skin. The ideal moisture treatment, especially on hot summer days or after sun exposure.

DELUXE Facial treatment LEBENSFREUDE®

ca. 100 min € 140,--

A beneficial foot wrap kick starts this treatment. After cleansing, peeling, deep cleansing and eyebrow shaping, you will receive a wonderful massage of the face, neck and arms. To conclude, a mask pampers your face, while your feet are invigorated with a fresh Aloe Vera leaf.

Facial treatments with THALGO

Facial massage

ca. 25 min € 40,--

In this treatment, the face is spoiled with a gentle massage. The blood circulation is stimulated and the facial muscles are relaxed. Furthermore, the lymph flow is stimulated and the accumulation of excess water diverted. The massage has a beneficial, calming effect on the autonomic nervous system.

Basic facial treatment for „Her“

ca. 50 min € 70,--

This is a classic facial treatment with cleansing, exfoliation, deep cleansing, eyebrow shaping, massage and mask - tailored to your skin type. The mask is complimented by a herbal pillow to heighten the relaxation experience.

Basic facial treatment for „Him“

ca. 50 min € 70,--

In this classic facial treatment the active ingredients have been specially tailored for men's skin. The skin is tightened, revitalized and regenerated. The treatment includes exfoliation and cleansing of the skin before a relaxing, draining facial massage. To finish the face is protected with moisturising and anti-wrinkle cream.

Special facial treatment

ca. 80 min € 105,--

In addition to the basic facial treatment a long massage pampers and a special facial mask nourishes your face - individually tailored to each skin type

Intensive Anti-aging Oxygen treatment

ca. 100 min € 135,--

This treatment is ideal for tired, lifeless skin. "Complex O2 Marine" contains a special combination of active ingredient that especially promotes cell respiration and cell growth. The cell regeneration is supported as the elasticity of the skin improves. In addition, the microcirculation of the skin is stimulated. The treatment includes exfoliation, deep cleansing of skin, a facial massage and an oxygen mask. The face, neck and breast are treated with a special serum, that gives the skin renewed energy, increased luminosity and radiance.

Intensive pampering

ca. 120 min € 160,--

The treatment begins with a relaxing, back massage. This is followed by a classic facial as well as a short hand and foot massage. This pampering program is completed by the shaping and colouring of the eyelashes and eyebrows.

Cosmetics from head to toe

Extras for the face

Eyelashes and Eyebrows – Shaping and Colouring	ca. 25 min	€ 30,--
Eyelashes or Eyebrows colouring (in combination with a facial treatment)		€ 10,--

From hand to toe

Paraffin hand treatment with hand care	ca. 25 min	€ 30,--
Manicure and pedicure (without varnish)	ca. 80 min	€ 85,--
Manicure with hand care (without varnish)	ca. 50 min	€ 55,--
Cosmetic pedicure with foot care (without varnish)	ca. 50 min	€ 55,--
Nail varnishing – hands or feet (only in the course of a treatment)	ca. 15 min	€ 15,--
French manicure (hands or feet)	ca. 25 min	€ 25,--
Permanent French manicure for toenails	ca. 50 min	€ 55,--

Waxing

Back / Upper body / Complete legs	ca. 50 min	€ 55,--
Legs up to the knee/ Bikini zone / Shoulders	ca. 25 min	€ 30,--
Upper lip/ Facial features	ca. 15 min	€ 20,--

Waxing with Sugar wax

Back / Upper body / Complete legs	ca. 50 min	€ 60,--
Legs up to the knee/ Bikini zone / Shoulders	ca. 25 min	€ 35,--
Upper lip/ Facial features	ca. 15 min	€ 25,--

»Kranzbach«-Spa Ritual for Two

„Time for two“

ca. 90 min € 120,-- per Person

A pampering hot stone massage for two in our "twin room". Then we care for the face with a refreshing scrub and finish this treatment with a relaxing facial massage.

Includes for both

- 1 Hot Stone Massage
- 1 Caring facial scrub (with Thalgo)
- 1 Facial massage

„Romantic pampering for two“

ca. 150 min € 160,-- per Person

This relaxing treatment package for 2 people pampers your body and your senses. Candlelight and soft music create a pleasant atmosphere whilst our therapists serve you during the treatment our in-house spring water, fresh fruit and a bottle of champagne.

Includes for both

- 1 Full body exfoliation with sugar and almond oil in our Spa suite steam room
- 1 Joint aroma oil bath in our large Spa suite jacuzzi
- 1 Classic healing massage with warm oil



»DAS KRANZBACH«
Hotel & Wellness-Refugium **** Superior

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