



SPA TREATMENTS

DEAR »KRANZBACH« GUESTS,

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, Traditional Chinese Medicine (TCM) with acupuncture and cupping enrich the medical-therapeutic range.

Holidays in the mountains offer more than just "passive" pampering. There is something special about doing exercise in the wonderful nature and fresh air in our protected mountain valley, you will certainly return home with more 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 learn or improve your understanding of Yoga, Meditation, Qi Gong and other relaxation techniques, you will reduce your inner unrest.

With its own „Ladies Sauna“ there is a separate retreat available in which only women can use to relax.

WELCOME TO THE »KRANZBACH« NATURE SPA

SPA RECEPTION

Telephone +49 (0)8823 - 92 800-920

E-Mail badehaus@daskranzbach.de



SPA-INFORMATION

OUR OPENING TIMES:

Spa reception & Spa-shop	daily from 09:00 till 19:00
Treatments	daily from 10:00 till 19:00
Medical department	Monday – Friday from 09:00 till 17:00
TCM & Chinese Wellness Treatments	in each case by appointment
Energy treatments	in each case by appointment

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With the release of this brochure all previous Spa Journals and prices lose their validity. September 2018.

WHAT YOU SHOULD KNOW....

HOW YOU ARRANGE AN APPOINTMENT?

Connect directly to our Spa reception from a hotel room on Tel. No. 920. We recommend that you make your reservations before you arrive in the hotel to ensure you get the treatment for your desired dates. From out of town you can reach us on the following Tel. No. +49 (0)8823 92 – 800-920, daily from 09:00 till 19:00.

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

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. In the case of a no-show 100% of the treatment price will be charged.

In the case that you arrive late to your appointment, you will receive a shortened treatment, as it is normally not possible due to other treatments to extend the appointment.

WHAT CLOTHES DO YOU NEED?

Our entire pool house is a bathrobe, resting and whisper zone. If you have booked a treatment, please come in your bathrobe and bathing suits. Exceptions are Cranial Sacral Therapy, Nuad Thai Massage, Singing Bowl Massage and Energy Treatments – we recommend light exercise clothing.

SPECIAL RELAXATION AREA

Our guests crave rest and relaxation. We have therefore declared the Kranzbach pool house a „Whisper Zone“. We kindly ask you to comply and in doing so to turn off your mobile phones in the pool house.

MEDICAL INFORMATION

Please inform us in advance if your health condition requires special attention, if you are diabetic or allergic, use blood thinning medicine or use cortisone, have thrombosis or a slipped disk or are pregnant. For questions please contact our physician, Dr. Christine Müller.

KRANZBACH GIFT VOUCHER

We will happily prepare a treatment gift voucher for you to present to someone special; these are available at the hotel reception.

MASSAGES AND SPECIFIC TREATMENTS

CLASSIC HEALING MASSAGE

This treatment stimulates the blood circulation of the muscles and skin, relaxes tense areas and attends to individual problem areas. **The pressure is individually adjustable to your needs.**

partial massage ca. 25 min € 38,-
full body massage ca. 50 min € 68,-

FOOT REFLEXOLOGY

Stimulating the reflex zones on the soles of the feet causes a local and intense blood flow and achieves an improvement of organ and tissue function. Stress and tension levels decline. **With powerful pressure.**

ca. 25 min € 38,-

COMBINED HEALING MASSAGE

A beneficial combination of foot reflexology and a traditional healing massage focusing on the back, shoulder and neck.

With powerful pressure.

ca. 50 min € 68,-

SPORT MASSAGE

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. Please let us know your requirements.

With medium / powerful pressure.

ca. 50 min € 72,-

PREGNANCY MASSAGE FROM THE 4TH MONTH

Gentle massage is like balsam for the soul. Long, calming strokes enable deep relaxation for mother and child. Depending on your situation, you can lie in a relaxing side position, comfortably on your back or enjoy the massage while seated in our special stool. **With soft pressure.**

ca. 25 min € 38,-

ca. 50 min € 68,-

MANUAL LYMPH DRAINAGE

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. **With medium pressure.**

ca. 25 min € 42,-

ca. 50 min € 75,-

GENTLE APPLICATION OF THE DORN METHOD

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. **With medium pressure.**

ca. 50 min € 75,-

CRANIO SACRAL THERAPY *

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.

With soft pressure.

ca. 50 min € 75,-
ca. 80 min € 110,-

Note: The duration of the treatment includes a pre-and post-consultation.

*The treatment of "Cranio Sacral Therapy" is held in the dressed state - please come in light training apparel.

On request with prior warming of the body in our infrared cabin.

NUAD THAI MASSAGE *

The Nuad Thai Massage consists of stretching movements and joint mobilisation. Gentle stretching and rhythmic pressure helps to reduce tension and blockades.

With medium / powerful pressure.

ca. 50 min € 78,-
ca. 80 min € 115,-

*Note: The Nuad Thai Massage is conducted in the dressed state on a floor mat. Please come in light training apparel.

INDIVIDUAL MESSAGE
TO RELIEVE PAIN

This massage is aimed specifically to your needs. In a preliminary talk with your therapist, you can explain which parts of your body feel particularly stressed. Based on this information the therapist will decide on the treatment technique that suits you best. Please let us know your requirements in advance so that we can provide you with the best treatment.

With powerful pressure.

ca. 25 min € 42,-
ca. 50 min € 75,-

GENTLE MESSAGES FOR BODY & SOUL

AROMA OIL MESSAGE
WITH PHARMOS NATUR®

After a warm foot wrap, gentle massage stokes with essential oils help to improve drainage. Citrus, rose or Joy-Skin vital oils are available. To conclude this regenerating and harmonising massage, the lower legs and feet are massaged with fresh Aloe Vera in order to moisturise and nourish the skin. With soft pressure.

ca. 50 min € 72,-

THE »KRANZBACH« PINEWOOD
RELAXATION MESSAGE

Deep relaxation with high quality oils and the aroma from the „King of the Alps“ – the pine tree. This intensive full body massage is calming and will release tensions, whilst at the same time giving you more energy. Additionally the hands and feet will be massaged and you will receive a beneficial heat pack filled with pine chippings.

With soft or medium pressure.

ca. 50 min € 78,-

SINGING BOWL MESSAGE *

During this massage, singing bowls are placed on or held above the clothed body and struck. The vibrations from the bowls are absorbed by the body and received by the ear. These soft and harmonic vibrations lead quickly to a deep relaxation.

With medium pressure.

ca. 60 min € 86,-

*Please wear light and comfortable sports clothing for the Singing Bowl massage

MESSAGE WITH HOT
AND COLD STONES

The effect of a gentle full body massage is increased with heated lava stones and cooled marble stones, creating a pure pampering experience. With medium pressure.

ca. 80 min € 120,-

THE »KRANZBACH« HERBAL
PACK MESSAGE

Warm sesame oil and a self-prepared herbal pack are a delight and an experience. 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.

With soft pressure.

ca. 80 min € 120,-

THE »KRANZBACH« BIRCH
BRUSH MESSAGE

The cleansing and vitalising brush massage in combination with the aromatherapy oil massage with 100% natural active ingredients from birch extract leads to increased energy levels and radiating skin.

With soft pressure.

ca. 50 min € 82,-

RELAXING FOOT AND LEG
MESSAGE

Soft massage techniques release and relax tired muscles which create heavy legs.

With soft pressure.

ca. 25 min € 38,-



AYURVEDA MESSAGES

The Ayurveda 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 equalizing for insomnia, migraine and burn out.

All Ayurvedic massages with medium pressure.

FULL BODY MASSAGE – ABHYANGA

After the entire body is covered in warm oil, it's lubrication enables a precisely defined massage sequence. Through the warm oil and the flowing massage strokes, the whole organism is stimulated and toxins which bring the body into imbalance are excreted.

ca. 50 min € 82,-

with additional massage of your head, feet and face ca. 80 min € 120,-

AYURVEDIC BACK MASSAGE – PRISTABHYANGA

ca. 25 min € 43,-

AYURVEDIC FACE-, HEAD- AND NECK MASSAGE – MUKABHYANGA

ca. 25 min € 43,-

AYURVEDIC FOOT- AND LEG MASSAGE – PADABHYANGA

ca. 25 min € 43,-

A FLOW OF OIL OVER THE HEAD – SHIRODHARA

Shirodhara with warm sesame oil. Soft, harmonising strokes of the forehead will help to reduce inner blockades and will help you relax.

ca. 40 min € 68,-

ABHYANGA WITH 4 HANDS (2 therapists)

The synchronised ayurvedic massage helps to improve the metabolism, reduce the illness inducing blockades and leads to a deeper sense of relaxation.

ca. 50 min € 160,-

ca. 80 min € 235,-

ABHYANGA WITH SHIRODHARA

Beneficial and effective combination of full body massage and Shirodhara.

ca. 110 min € 160,-

PINDA SWEDA – 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.

ca. 70 min € 110,-

COSMETIC PRODUCTS USED IN »K RANZBACH«

THALGO
LA BEAUTE MARINE

THALGO has developed over 50 years its treatments and products based on the medical Thalasso therapy. High performance, precious ingredients from algae and the deep sea provide the basis to 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.

Experience the healing power of the sea while we pamper you. A wide variety of treatments allow you to treat your individual needs and enjoy the sensation of wellbeing.

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.


PHARMOS NATUR
GREEN LUXURY

The application of a fresh Aloe Vera plant leaf in every treatment makes **PHARMOS NATUR** a particularly special experience! Feel for yourself the unique and regenerative effects of the healing and rejuvenating plant on your skin:
SACRED PLANTS. Nature, that works!

These sacred plants are attentively and holistically included to provide you with their rich ingredients:

- 100% herbal active cosmetic without alcohol, citric acid, chemically treated water, Paraben – and made completely free of preservatives.

- included in the precious facial and body care oils

- keeps your skin healthy, helps it to regenerate and look younger

The intensity and impact can be felt and seen on the skin after the first treatment. The quality of this product can especially be trusted when you have sensitive skin.

The highlight from your **PHARMOS NATUR** treatment is that 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.

FACIAL TREATMENTS WITH THALGO

FACIAL MASSAGE

A quick boost for tired skin. After a gentle cleansing, the skin is moisturized during a relaxing massage. After which your skin will look tight and radiant.

ca. 25 min € 42,-

DEEP SEA TREATMENT

(with deep cleansing, without eyebrow correction)

High quality, maritime products, rich in minerals and trace elements from the depths of the sea, act as a stimulant for clearing, regenerating, moisturizing and vitalizing the skin. The concentration of the ingredients and the type of mask are decided based on your specific skin type.

ca. 50 min € 78,-

INTENSIVE DEEP SEA TREATMENT

(with deep cleansing and eyebrow correction)

A long massage and the additional use of an infusion mask increase the effects of the remineralisation and the absorption of the concentrates. Resulting in smooth, radiant and beautiful skin. The concentration of the ingredients and the type of mask are decided based on your specific skin type.

ca. 80 min € 115,-

THALGO ANTI-AGING SPECIAL TREATMENTS

(all modules without deep cleansing and eyebrow correction)

MODULE 1
with maritime collagen –
against first wrinkles

Collagen is the principal protein that moisturizes the skin. It gives the skin its elasticity and its smooth and tight appearance.

MODULE 2
with maritime Hyaluron –
against visible wrinkles

The perfect power treatment for dry skin. Through the extremely high hydrophilic properties of the maritime Hyalurons, the skin is filled and smoothed, whilst gaining a refreshed appearance.

MODULE 3
with maritime silicon – against
visible wrinkles and ageing skin

A special treatment with maritime silicon against the visible signs of ageing skin. The elasticity and firmness of the skin will be improved. The skin will appear rejuvenated and tighter.

All modules last ca. 50 min € 130,-

THALGO – THE ART OF MANLINESS

SKIN CLEANSING AND
REVITALISING OCEAN CARE
FACIAL TREATMENT

Invigorating algae extracts provide the dehydrated male skin with complimentary moisturizing ingredients. The treatment includes a peeling, a deep clean of the skin, a relaxing facial massage, ampule, face mask and a concluding moisturising treatment.

ca. 50 min € 78,-

VITALISING AND SMOOTHING
OCEAN CARE FACIAL TREATMENT

This vitalising and regenerating special treatment includes an additional infusion mask for dry and sensitive skin. As a result, the protection of the skin is strengthened and the skin is rehydrated. The skin will look more relaxed, calmer and fresher.

ca. 80 min € 115,-



FACIAL TREATMENTS WITH PHARMOS NATUR®

RADIATING EYES

Eye massage and special lifting mask with pure Aloe Vera Bio juices lifts and smooths the delicate skin around the eyes. Tautness, tiredness, swelling will be reduced and the delicate skin will be strengthened.

ca. 25 min € 42,-

Every PHARMOS NATUR facial treatment includes a gentle peeling, an intensive massage with fresh Aloe Vera plant extract and a regenerating mask. The treatment is rich in active components which will make your skin look radiant. Lines and wrinkles are reduced as the skin is rehydrated.

MOISTURISING TREATMENT

For a lively and fresh appearance. An intensive and moisturising massage that works deep into the skin. Experience and enjoy the quality of nature. For those who have dry and tired skin.

ca. 50 min € 78,-

SKIN – BALANCE

This intensive deep cleansing is a balancing and regenerating treatment especially for people who have impure and problematic skin. You will be rewarded with a refined appearance of the skin and a wonderful sense of wellbeing.

ca. 50 min € 78,-

During the special treatments from PHARMOS NATUR for the face, the neck and décolleté will also be treated. You will additionally receive a shoulder, neck and arm massage.

DETOX-FACE

An ingredient rich interaction activates the lymph flow, decongests the tissue and improves the elasticity of your skin. The capillaries will become less visible.

ca. 80 min € 115,-

BIO-LIFTING

(without deep cleansing)

New impulses for quick and genuine regeneration. Lines and wrinkles will be reduced. An even, smooth and rejuvenated look allows your skin to radiate.

ca. 80 min € 115,-

„LOVE YOUR AGE“ – POWER TREATMENT

A natural way to gain rejuvenating power. Collagen improves the thickness of the skin and fills it out. The depth of the wrinkles will be reduced and the connective tissue will be strengthened.

ca. 80 min € 150,-

DELUXE FACIAL TREATMENT JOY OF LIFE®

After cleansing, peeling, deep cleansing and eyebrow shaping, you will receive a wonderful massage with a fresh Aloe Vera leaf of the face, neck and arms. Your skin will be rehydrated and cared for with a comprehensive selection of ingredients.

ca. 80 min € 115,-

„NATURE OF MEN“

CARE & VITALITY

This energising treatment of the face, head, shoulders and neck releases tension and stress.

Regenerating and invigorating ingredients effectuate a power boost and leave your skin looking nurtured. The treatment contains a cleansing, peeling, massage, serum and mask. The highlight is the massage with a fresh Aloe Vera leaf.

ca. 50 min € 78,-

CARE & VITALITY HOLISTIC

As above but with an additional back massage and stretching of the calves and feet, this pampering experience leaves you deeply relaxed and full of energy.

ca. 80 min € 115,-

QUICK FRESH KICK

Following a cleansing, the skin is moisturized, relaxed and refreshed through a facial massage using a fresh Aloe Vera leaf and a high quality serum.

ca. 25 min € 52,-



BODYCARE

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.

EXFOLIATION & WRAPS

ALGAE MOUSSE FULL BODY EXFOLIATION WITH THALGO

This creamy algae mousse invigorates the micro-circulation and promotes detoxification.

ca. 25 min € 42,-

»KRANZBACH« FULL BODY NATURAL EXFOLIATION

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.

ca. 25 min € 42,-

VELVET & SILK WITH THALGO

This soothing treatment cares from head to toe. After a flattering scrub the body is wrapped in a soft cream: The wrap leaves a wonderfully relaxing body sensation.

ca. 50 min € 78,-

RELAX & MOVE BODYWRAP USING THE PHARMOS NATUR® METHOD

Blocked energy from the muscles and joints are diverted out of the body. This helps to reduce tension and cramping in the muscles. As a result you will experience better freedom of movement and more lust for life.

ca. 50 min € 78,-

ALGAE WRAP BY THALGO

Algae in their purest form create an effective bodywrap that will detoxify, purify and remineralise. Through the skin, the body will be regenerated, whilst fluid accumulations and cellulite are reduced. To finish the moisturising cream „Cold Cream Marine“ will be applied.

with algae powder peeling ca. 80 min € 115,-
without Peeling ca. 50 min € 78,-

PEELING WITH SUBSEQUENT HEALING EARTH BODY WRAP USING THE PHARMOS NATUR® METHOD

A peeling using bio Aloe Vera and finely ground algae refines the appearance of the skin. Rich minerals from Moroccan healing earth are combined with high quality aromatherapy oils and the complex ingredients from natural bio Aloe Vera. This combination of ingredients in this individual wrap are quickly absorbed by the skin.

Choose from:

- Rose oil = calming
- Citrus oil = activating
- Europea Detox oil = purifying and tightening

ca. 50 min € 78,-

BODY SPECIFIC TREATMENTS

PURIFYING BACK TREATMENT
WITH THALGO

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 equalize and regulate the excessive production of sebum, before cleansing and regulating the moisture level within the skin.

ca. 50 min € 72,-

FOR THE EXPECTING MOTHER
„RELAXATION FOR TWO“ BY
THALGO

A gentle, pampering full body wash cleans and sensitively exfoliates the skin with foamy coconut gel and red algae extract. The body wash is particularly rich in minerals like magnesium and zinc. The following delicate body wrap has a light oriental fragrance from iris and jasmine, complemented by notes of sandalwood and white musk plant. The wrap relaxes your body while the rice bran oil leaves you with a satiny sensation.

ca. 50 min € 78,-

CONTOUR FORMING
„MINCEUR“ BY THALGO

This tightening oxygen treatment is especially recommended for weak connective tissues and cellulite. A special combination of ingredients support the catabolism of fat, activate the metabolism and stimulate the flow of blood. This treatment includes a wrap, massage with a concentrate and a finishing treatment.

with peeling ca. 80 min € 120,-
without peeling ca. 50 min € 78,-

FULL BODY TREATMENT FOR
TISSUE TIGHTENING WITH
PHARMOS NATUR ALAYA ME®

The precious active ingredients from 31 herbs are gently massaged into the body. The skin is exfoliated and the metabolism activated. The skin and the connective tissue are tightened and revitalised. Cellulite can be reduced.

ca. 80 min € 130,-

FULL BODY DETOX TREATMENT
BY PHARMOS NATUR EUROPEA®

A gentle Ayurvedic silk-glove peeling prepares you for a massage with the precious detoxifying EUROPEA oil. Active ingredients from European healing plants activate the lymph system whilst purifying and strengthening the connective tissue. The effect can be increased by placing a healing earth wrap on specific problem zones.

ca. 80 min € 150,-

COSMETICS
FROM HEAD TO TOE

EXTRAS FOR THE FACE

Eyelashes and Eyebrows – Shaping and Colouring	ca. 25 min € 25,-
Eyelashes colouring	ca. 15 min € 15,-
Eyebrows colouring	ca. 10 min € 10,-
Eyebrows shaping	ca. 10 min € 10,-

HAND AND TOE

Paraffin hand treatment with hand care	ca. 25 min € 35,-
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	each ca. 15 min € 15,-

DEPILATION

Back / Upper body / Complete legs	each ca. 50 min € 60,-
Legs up to the knee / Bikini zone	each ca. 25 min € 30,-
Facial features / Armpit	each ca. 15 min € 20,-
Upper lip	ca. 10 min € 10,-

SPA RITUAL FOR TWO

Most couples are separated during their daily lives and do not spend enough time together. Why then spend more time apart during your wellness treatments, when you could book one together. Couple treatments are something special and provide a mutual experience. Enjoy the time together in our **SPA** suite with a private steam room, whirlpool and twin massage room.

»KRANZBACH« MOUNTAIN MEADOW RITUAL

Fragrances, essences and aromas from our splendid alpine world accompany you through this pampering experience. After an invigorating peeling with mountain salt and alpine herbs, you can enjoy a refreshing full body massage with powerful alpine healing plant extracts. This is followed by a stimulating whirlpool bath with meadow flower essence, during which we will serve you freshly brewed herbal tea and clear »Kranzbach« spring water.

- Peeling with mountain salt and alpine herbs
- Full body massage with high quality oils
- Stimulating whirlpool bath
- Fresh herbal tea

ca. 95 min € 110,- per person

„ROMANTIC PAMPERING FOR TWO“

After a warming visit in your own private steam room comes an invigorating peeling with sugar and almond oil. In your partial body massage under the experienced hands of our therapists tensions and blockages begin to dissolve. The highlight of this ritual is a fragrant aroma whirlpool bath. To complete the ritual we will provide you with a bottle of champagne and a delicious plate of fruit as well as our own mountain spring water.

- Private steam room
- Full body peeling with sugar and almond oil
- Partial body massage with high quality oils
- Relaxing bath together
- A bottle of Champagne
- A plate of fruit

ca. 150 min € 160,- per person

SPA RITUAL POLYNESIA BY THALGO

Enjoy together a full body peeling that prepares the skin perfectly for the following treatments and products. Allow the power of the ocean to relax you while you lie in a lagoon water bath and feel your skin become smoother. The full body massage is based on traditional massage techniques and relaxes both body and mind. Slow and powerful massage strokes are combined with warm sand stamps. At the end of your ritual, your body is covered with velvety oil that moisturises and protects your skin.

- Full body exfoliation with coco-vanilla fragrance and apricot, jojoba and almond oil
- Share together a lagoon water bath
- Full body massage with warm sand stamp
- Body oil concluding care
- 1 non-alcoholic fruit cocktail per person

ca. 150 min € 160,- per person

TRADITIONAL CHINESE MEDICINE

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.

CHINESE TUI NA (AN MO) MASSAGE

These massages support the energetic meridian circulation by stimulating energy meridians and acupuncture points. The Tui Na massage is suitable for mobilising joints and improving mobility.

- Tui Na ca. 25 min € 50,-
- Tui Na ca. 50 min € 80,-
- Tui Na „Facial bath“ ca. 50 min € 75,- with Head- and Neck massage & Relaxing-Herb pillow

TUI NA MASSAGE IN COMBINATION WITH

- Acupuncture ca. 50 min € 90,-
- warm haybag or ginger pack to deepen muscle relaxation and blood circulation ca. 50 min € 85,-
- cupping glasses ca. 50 min € 85,-

CHINESE ACUPUNCTURE

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.

ca. 25 min € 55,-

CUPPING MASSAGE (NORMALLY ON THE BACK)

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.

ca. 25 min € 55,-

All our TCM treatments include an initial consultation.

By appointment only – please contact our Spa reception.

ENERGY TREATMENTS

ENERGY TREATMENT*

It serves to increase the level of energy in the case of deficiencies of physical, emotional and psychological nature
To strengthen

- self-perception and self-acceptance
- positive and constructive thought processes
- intellectual clarity through the cleansing of the energy flows
- the physical and mental immune system

The treatment will be conducted wearing **comfortable clothing** whilst you lie on your back. Gentle strokes either on the body or in the vicinity of the body will be used.

ca. 60 min € 85,-

AUTOGENOUS TRAINING / ENERGY TRAINING*

For vital power and a regulated energy balance

ca. 25 min € 52,-
ca. 50 min € 90,-

By appointment only – please contact our Spa reception.

* For all energy treatments please come in light training apparel.

YOGA

The location of Kranzbach – surrounded by nature and absolute tranquility – provides the ideal conditions in order to find more peace and serenity.
Kranzbach uses highly qualified yoga teachers to provide morning and evening Yoga sessions. The Yoga sessions are suitable for all age and ability levels. Ideal in order to learn or to practice Yoga.

Participation charge € 14,- per person per session (90 min).

Please refer to our weekly activity and relaxation program for the timings of the yoga sessions.

Additionally throughout the year special intensive Yoga workshops are offered with varying emphasizes like

- ★ Hatha-Yoga
- ★ Aerial-Yoga
- ★ Kundalini-Yoga
- ★ Yoga and meditation
- ★ Yoga and hiking
- ★ And lots more...

Details of the yoga and activity workshops can be found in our annual calendar and on the internet under

www.daskranzbach.de/yoga

PERSONAL TRAINING

With a personal trainer for a private session. In the fitness or yoga room, in the warm pool or in the open air. You will receive an individual training, tailored to your needs. Your personal trainer develops a goal-orientated and individual program for you.

Individual Aqua Fit training*
ca. 25 min € 45,-

Private Yoga session*

Training on gym equipment*

Private Nordic Walking session*

Individual Fascial training session*

Individual Pilates session*

Individual stretching session*

Autogenic relaxation training

Individual Physiotherapy training

each ca. 50 min € 85,-

* each additional person € 15,-

MEDICAL THERAPIES & APPLICATIONS



Dr. Christine Müller - born in Frankfurt am Main - studied at the Leopold-Franzens-University in Innsbruck and qualified in Reute in Tyrol. She has worked in the university hospital in Innsbruck as well as the psychiatric hospital in Hall in Tyrol. 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.

In everyday life stress leads among others 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 health concept in Hotel »DAS KRANZBACH« is built upon the four pillars: „detoxification of the body“, „movement in nature“, “healthy, light nutrition” and „relaxation through Yoga and meditation“. Both preventative as well as curative, permanent lifestyle modifications are sought. Through the close guidance and personal assistance of Dr. Christine Müller many guests during their health stay find the correct balance.



**MEDICAL CONSULTATION
with Dr. med. Christine Müller**

Dr. Christine Müller personally conducts the individual medical consultation. A personal treatment program is created adapted to the constitution of the guest's health.

ca. 25 min € 38,-

**BRIEF MEDICAL CONSULTATION
with Dr. med. Christine Müller**

ca. 5 min € 15,-

**MANUAL STOMACH TREATMENT
with Dr. med. Christine Müller**

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.

ca. 25 min € 47,-

followed by a hayflower liver pack

ca. 50 min € 78,-

**COLON HYDROTHERAPY WITH
STOMACH MASSAGE
with Dr. med. Christine Müller**

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.

ca. 60 min € 98,-

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.

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.

**DETOX ALKALINE SALTS BATH
WITH PHARMOS NATUR®**

Effective mineral-rich alkaline bath with pure salt from the Dead Sea. Unrivalled 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.

ca. 25 min € 32,-

**NUTRITIONAL COUNSELING
with Dr. med. Christine Müller**

The consequences of malnutrition are sensitive for the individual and affect one's attitude towards life. 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.

ca. 50 min € 75,-

**ORGANIC ENERGY REGULATION
THROUGH CUPPING
with Dr. med. Christine Müller**

Cupping as well as „wet cupping“ helps to stimulate the flow of blood, balances and realigns the flow of qi, breaks up obstructions and creates an avenue for toxins to be drawn out of the body. (bloodless, at 50 min also bloody)

ca. 25 min € 55,-

ca. 50 min € 105,-

HEALTH PROGRAM – DETOX

INTESTINE-STOMACH-VITALITY

Intestinal health

Do you feel flat, weak and tired? Through our way of living and nutrition our digestive system becomes overburdened, which over time reduces its effectiveness. Many forget that the intestine is our primary metabolic organ and should therefore receive focused attention.

»DAS KRANZBACH« offers a special treatment program for your intestinal health – "5 days for your intestine – stomach – vitality."

The treatment package is suited for...

people with digestive complaints of any kind, food intolerances, allergies and stress as well as those who want to take preventative care of their intestinal health.

The aim of our therapy...

is for you to take control of your "Core", stabilise your immune system, strengthen the intestinal flora and practice ways to improve your digestive power in daily life.

5-DAY PROGRAM INTESTINE-STOMACH-VITALITY

Divided into 5 treatment days; Sunday (arrival) till Friday and includes

- ★ Medical assessment (ca. 25 min)
- ★ 2 Manual stomach treatments followed by a hayflower liver wrap (each 50 min)
- ★ 1 Basic-salt bath (25 min)
- ★ 1 Deep relaxation massage (50 min)
- ★ 1 Gentle cupping massage with Pino (50 min) or 1 individual detox treatment by arrangement with Dr. Mülller (50 min)
- ★ 1 Stronger cupping massage (50 min)
- ★ 1 Pharmos Natur special facial treatment (50 min)
- ★ 3 warm, mild, meals per day, additionally probiotic yogurt and a special evening drink
- ★ Final medical consultation (ca. 25 min)

Package price Health Care Program Intestine-Stomach-Vitality
per person € 500,-

Please request a hotel room separately for your preferred date.

DETOXIFYING & PURIFYING

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.

For questions, please contact Dr. Müller. She is personally at your disposal. Phone number +49 (0)8823 – 92 800-920.

DETOX-PROGRAM „BASIC“

Divided into 5 treatment days; Sunday (arrival) till 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 hayflower liver wrap (à 50 min)
- ★ 1 DETOX-Alkaline-salt bath (25 min)
- ★ 1 Healing mud or algae body wrap (50 min)
- ★ Daily cleansing Detox-health cuisine (Breakfast, Lunch, Evening)
- ★ Daily participation in our active and relaxation program (e.g. Nordic Walking, hiking, energetic body exercises, fascial training and lots more. Yoga is also inclusive for our detox guests).
- ★ Daily sauna, steam room, brine bath, infrared sauna
- ★ Final medical consultation (ca. 25 min)

Additionally available on request:

- ★ Colon hydrotherapy (ca. 60 min) – surcharge from € 98,-
- ★ Energy treatment (ca. 60 min) – surcharge from € 85,-

Package price Detox program “Basic” per person € 400,-

Please request a hotel room seperately for your preferred date.

DETOX PROGRAM „INTENSIVE“

Divided into 12 treatment days; arrival on 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 hayflower liver pack (à 50 min)
- ★ 2 DETOX-Alkaline salt baths (à 25 min)
- ★ 2 Healing mud or algae 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 hayflower liver wrap (50 min)
- ★ Daily cleansing Detox-health cuisine (Breakfast, Lunch, Evening)
- ★ Daily participation in our active and relaxation program (e.g. Nordic Walking, hiking, energetic body exercises, fascial training and lots more. Yoga is also inclusive for our detox guests).
- ★ Daily sauna, steam room, brine bath, infrared sauna
- ★ Final medical consultation (ca. 25 min)

Package price Detox program “Intensive” per person € 900,-

Please request a hotel room seperately for your preferred date.

FOREST THERAPY

WHAT MAKES THE »KRANZBACH« NATURE SPA UNIQUE?

It is the stunning location in a romantic mountain valley and the beautiful surrounding nature. Nothing but nature: Gorgeous mountain meadows, thick forests and surrounding mountain ranges from the Karwendel over the Wetterstein through to the Zugspitze. As well as fresh, pure mountain air and silence.

We feel intuitively that a stay in a green and especially a forested area does us good. But it has now been scientifically proven that forest air helps us to relax and recuperate and improves our well-being. In addition to the oxygen, the trees provide us with fragrances and essential oils – so-called Terpene. When we enter a forest our bodies gain the following healthy benefits from the Terpene:

- ★ An increase in natural killer cells (a form of white blood cell), which protect us from illness
- ★ Our stress levels decline – the production of adrenalin and cortisol decreases
- ★ Reduction in heart frequency and blood pressure and therefore a decrease in strain on the cardiovascular system
- ★ The capacity of the lungs and the elasticity of the arteries increases
- ★ The immune system is strengthened
- ★ Activation of the nervous system which provides inner tranquility
- ★ Negative thoughts decline and you feel better

After spending one day in the forest, the number of these natural killer cells in the blood has risen by almost 40%. The effect lasts seven days. After a stay of three days in a forestry area this effect lasts up to 30 days.

During your holiday in Kranzbach you will experience forest therapy directly. To benefit from forest therapy you do not have to partake in any high level physical training. Just being in the forest is enough and gentle walks will only positively reinforce this.

We recommend that you go out every day to benefit from the fresh air and the surrounding forest – in every weather. After rain or in the mist there are many special Terpenes in the forest air.

In our spa treatments the nature is inevitably included: from the light-flooded treatment rooms; the products and the treatments that we offer; through to the activities led by our trainers. Our Yoga teachers, our Doctor and Sports trainers accompany you also directly into the forest. Appointments and timings can be found on our daily Activity and Relaxation program.

**YOGA AND MEDITATIONS
PLATTFORM**

The platform (approx. 90m²) is built with local larch wood. The sub-construction is made from spruce trunks which were dragged into the forest clearing by horses. During the construction no metal nails were used but instead nails made from wood. Yoga in the forest is a special experience. Our Yoga instructors accompany you to the yoga session on the platform.

NATURE AND FOREST HIKES

Our walking guides and sports trainers will lead you over mountain meadows and along forest paths to the most beautiful places that surround us. They will charmingly pass on to you their in-depth knowledge and understanding about nature and in particular information about the local forests. The surrounding nature will be experienced with all senses; e.g. moving through the forest barefoot, collecting fir cones, picking flowers and tasting herbs. You can find these appointments in our Active and Relaxation program.

**FOREST THERAPY –
THE HEALING EFFECT OF
THE FOREST**

Our medical doctor Dr. Christine Müller will accompany you in the »Kranzbach« forest and explain from a medical perspective the effect of the forest on the human health. You can find these appointments in our Active and Relaxation program.

www.daskranzbach.de/wald



»DAS KRANZBACH«



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