



VILLA STEPHANIE  
BADEN-BADEN

THE SPA MENU



## MASSAGE MENU

During this unique treatment, our massage experts combine their individual massage techniques to form a special, highly effective massaging style. Each stroke is tailored to your particular needs, resulting in either vitality or relaxation being returned to your body from head to toe.

*Devised by our experts with love and devotion.*

60 MINUTES € 170,-  
80 MINUTES € 230,-

## AROMA OIL MASSAGE

Fragrant scents and individually selected organic aroma oils are the focus of this massage. This full body treatment can have either a relaxing or invigorating effect depending upon which aesthetic oils are used and which massage techniques are applied.

*A wellness massage that pampers your body and soul.*

30 MINUTES € 80,-  
60 MINUTES € 140,-  
80 MINUTES € 200,-

## CLASSIC MASSAGE

The classic massage with its different techniques has an effect on both the muscles and the layers of tissue. The resulting improved oxygen supply to the muscles and the removal of metabolic products bring pain relief to the areas of tissue.

*The classic treatment for relieving tension.*

30 MINUTES € 90,-  
60 MINUTES € 150,-  
80 MINUTES € 210,-

## DEEP TISSUE MASSAGE

A reflective massage that penetrates deep into the body tissue.

*Excellent for soothing away muscle tension and stress.*

60 MINUTES € 150,-  
80 MINUTES € 210,-

**SHIATSU** means finger pressure massage and is a holistic technique that works with the body and the body's energy. Tensions and energy blockages are released by pressure, stretching and rotating techniques, and the body's self-healing powers are activated. The Shiatsu Massage is traditionally carried out without oil.

*The Asian art of harmonising and activating the energies of life.*

60 MINUTES € 180,-

**LOMI-LOMI MASSAGE** characterises an ancient Hawaiian massage technique. The harmonious change between soft and hard massage strokes, performed to Hawaiian music and with the use of warm organic oils, makes this treatment the king of all massages.

*A massage from the centre of the soul.*

60 MINUTES € 190,-  
80 MINUTES € 260,-

## UNDERWATER MASSAGE

The mechanical effect of the water influences the muscle tone and has a damping effect. The Metabolism of the tissue is stimulated; adhesions and scarring of the tissue are solved. This relieves pain and calms down the vegetative nervous system

40 MINUTES € 130,-

## ABHYANGA

A traditional Ayurvedic full body massage with warmed, natural organic oils. Due to the combination of slow, gentle strokes along the energy channels and the stimulation of the marma points, the whole body metabolism is activated and the removal of toxins is stimulated.

*A unique massage experience that touches all your senses.*

60 MINUTES € 190,-  
80 MINUTES € 260,-

**4-HAND-ABHYANGA** Can also be booked with two therapists as a fourhanded spa experience.

60 MINUTES € 270,-

**THAI MASSAGE** is an ancient holistic treatment method. By means of a unique technique, the body is stretched, kneaded and energetically revitalised. Movements become smoother, tensions are released and the energy flows are stimulated. The Thai Massage traditionally takes

place on a tatami (straw mat) in comfortable clothing.

*Special strokes and sophisticated techniques induce an intensive physical sensation.*

60 MINUTES € 190,-  
80 MINUTES € 260,-

## BAMFORD PREGNANCY MASSAGE

A treatment specially tailored to the needs of pregnant women. Developed by an expert in prenatal yoga you will be supported in each yoga position for optimum comfort. A deeply relaxing and restful treatment.

*The treatment for a very special time in your life.*

60 MINUTES € 190,-



### CLASSIC FACIAL SISLEY

A deep cleansing facial with peeling, vapozone, facial massage, mask and final care.

*The full service programme for your skin.*

60 MINUTES € 170,-

80 MINUTES € 220,-

### AQUA ORGANIC LUXURY FACIAL

An exceptional treatment matched precisely to the individual needs of your skin. A precious combination of herbal ingredients in the form of pure plant-based oils and precious minerals ensure deep cleansing, a smooth skin and a radiant complexion. Following thorough cleansing with a cane sugar and coconut oil skin peel and a clarifying spirulina alginate face mask, the skin is pampered with highly effective hyaluronic acid and the natural moisture booster aloe vera. The treatment is rounded off with a metabolism-stimulating lymphatic drainage massage with sea buckthorn antioxidant serum.

*Organic luxury for the skin.*

60 MINUTES € 150,-

80 MINUTES € 200,-

## FACIALS

### SPECIAL SKINCEUTICALS FACIAL

A highly concentrated treatment to protect the skin from damaging UV-rays and to prevent and correct light-induced skin aging.

*A protective shield for your skin.*

60 MINUTES € 160,-

### SISLEY PHYTO AROMATIQUE FACIAL

The phyto aromatique treatments combine massage rituals from around the world with the know-how and experience of a high-tech brand to allow vitality to be restored to your body and soul. Local traditions and the power of aromatherapy provided the bases for the development of the different massage techniques. Your skin will become supple, strengthened and will permanently win back its radiance.

*Savour the world of aromas in combination with relaxing massages.*

60 MINUTES € 200,-

80 MINUTES € 250,-

### SISLEY PHYTO AROMATIQUE FACIAL – SISLEYA

During 80 unforgettable minutes, this treatment unfurls all the virtues of 10 years of research in developing the Sisleya Global Anti-Age formula. By means of highly sophisticated massage techniques, your face will experience deep penetrating relaxation, resulting in a regenerated, young appearance. Fine lines and wrinkles will be smoothed out while the epidermis will be strengthened, firmed and have greater elasticity.

*The best that Sisley has to offer to your skin.*

80 MINUTES € 280,-

### MEN'S FACIAL

Once the facial skin has been thoroughly cleansed, your skin type will be determined by our experts who will then tailor all following steps accordingly. Hence the skin peel, outer cleansing and skincare procedures will all be attuned specifically to you.

*A short break for the 'stronger' sex.*

30 MINUTES € 90,-

60 MINUTES € 180,-

### FRESH & SHINE

Tailored to the needs and current condition of your skin, this short treatment will allow you to reveal a fresh, radiant appearance.

*A short break for your skin.*

30 MINUTES € 90,-

### SHAMPOO AND BLOW-DRY FOLLOWING A FACIAL

€ 40,-

### AQUA ORGANIC CLARIFYING TREATMENT

Intensive cleansing. A cane sugar and coconut oil skin peel removes dead skin flakes while at the same time dry, tired-looking skin is revived and moisturized. The following body wrap consisting of white alumina, jojoba, almond and sunflower oils removes impurities and nourishes the entire body. While the wrap is left to work, the spa guest is treated to a cleansing facial and a relaxing facial massage.

*Cleansing from head to toe.*

90 MINUTES € 220,-

### AQUA ORGANIC DETOXIFYING TREATMENT

A skin peel stimulates the body's circulation and triggers the skin's detoxifying process. A chlorella algae wrap intensifies the detox effect. A special hot compress warms boosts the detoxifying wrap. While the wrap is left to work, the face is pampered with a moisturizing treatment and a decongesting lymphatic drainage massage.

*Detoxifying from head to toe.*

90 MINUTES € 220,-

### ULTRATONE DETOX-SHAPING-BODYTRAINING

Make yourself comfortable while ULTRATONE performs wonders on your body. Train like the sport and fitness professionals with bioelectric impulses.

*Sensational results while you are more or less sleeping.*

1 TREATMENT € 150,-

10-SESSION PACKAGE € 1200,-

### LUXURY BODY TREATMENT

A full body peeling followed by a milk & honey body pack for improving the moisture supply to the skin.

*For silky smooth skin.*

60 MINUTES € 180,-

each treatment separately € 100,-

### BAMFORD BODY SIGNATURE TREATMENT

Beginning with a cleansing foot bath and followed by Shiatsu, Meridian and Swedish Massages, this treatment penetrates the muscles and the body's energy channels. A Foot Reflexology Massage helps to promote positive energy flow and to detoxify the organs, while a Pressure-Point-Massage to the face, neck, shoulders and head offers a relaxing as well as an uplifting effect. The treatment culminates with revitalising yoga breathing exercises.

80 MINUTES € 270,-

### BAMFORD ROSE UPPER BODY AND FACIAL TREATMENT

A mild treatment that incorporates gentle exfoliation of the back with an upper-body massage. The face, shoulders and neck are massaged with particular attention to the pressure points, while an uplifting Indian Head

*Massage rounds off the treatment.*

60 MINUTES € 190,-

### BACK TREATMENT

Cleansing, peeling, vapozone, deep cleansing, mask and final care.

45 MINUTES € 120,-

### INTENSIVE SLIMMING BODY CARE BY SISLEY

An intensive and firming body treatment for comprehensive action against cellulite. Specific massage strokes over the entire body stimulate the skin's metabolism and relieve the tissue of excess water. The different products, such as Phyto-Svelt Global or Cellulinov, have a smoothing effect and make lasting improvements to your skin's appearance. Your skin will be smoother and your legs will feel lighter. Best results are achieved after a minimum of five sessions.

*The new 'wonder weapon' against cellulite from Sisley.*

60 MINUTES € 200,-

5-SESSION PACKAGE € 950,-

including Sisley Anti Cellulite Body Cream (200ml)

### SISLEYA ANTI-AGING FIRMING BODY CARE BY SISLEY

A luxurious and regenerating body treatment. The highly effective body care product Sisleya Concentré Anti-Aging Fermeté Corps unites the efficiency of a serum, the comfort of a cream and the effectiveness of a firming preparation. Combining this sensual care formula with exceptional massage techniques has a firming and lightening effect, and your figure will become more clearly defined. Best results are achieved after a minimum of five sessions.

*Luxurious body massage with a firming effect.*

80 MINUTES € 280,-

5-SESSION PACKAGE € 1500,-

including Sisleya Firming Body Cream (150ml)



### BODY ANALYSIS WITH TRAINING CONSULTATION

With the aid of BIA measurements, our sports experts will analyse your body composition, establish your health and nutritional status, and, at your request, will plan with you a personal strategy for a healthier lifestyle.

€ 150,-  
RETEST € 120,-

### NUTRITION COACHING QPNT

Our nutritionists will analyse your habits and help you improve your long-term health with a sensible, well-balanced diet.

€ 150,-

### INDIVIDUAL DIET PLAN

A health-conscious diet will provide you with new energy and mental freshness. We will devise a well-balanced and extremely tasty menu plan from your favourite dishes. Choose either the 'extra healthy' or calorie-reduced variation.

PER WEEK € 150,-

## FITNESS & NUTRITION

### SPA-CUISINE FULL BOARD

Based on the nutrition coaching analysis, we will prepare individual meals for you consisting of breakfast, a 3-course lunch and a 3-course dinner:

PER DAY € 180,-

### PERSONAL TRAINING

Devote enough time to your health – our sports experts will draw up an individual programme tailored specifically to you that will be fun to follow. The sport offers include running, Nordic walking, aqua fitness, hiking, body and mind, strength and figure training, weight management, back exercises, medical training therapy, cardio training and innovative vibration training.

60 MINUTES € 140,-  
10-SESSION PACKAGE € 1200,-

### TRAINING PLAN FOR HOME USE

Our experts will draw up an individual training plan for exercising at home

€ 150,-

### MIHA BODYTEC – EMS TRAINING

or

### FITVIBE

*With a Trainer*

30 MINUTES € 80,-  
60 MINUTES € 150,-

### PRIVATE TRAINING SUITE / PRIVATE GYM

The Private Gym in Brenners is a facility unrivalled throughout the world. It is equipped with top-quality sports equipment in accord with an impressive design and the maximum in individual flexibility. As a result, the Private Gym is tailored, like a bespoke suit, to the needs and wishes of our gym visitors. Who does not dream of completing a training session on a carbon fibre time trial bike or sparring with one of the best kickboxers in Europe?

€ 150,-

### BRENNERS BIKING / BRENNERS HIKING

For hiking and biking enthusiasts the Black Forest is a particularly attractive destination. Here, everyone can find a route to suit them. We always offer the latest generation of mountain bikes and electric bikes in all sizes.

*Personal Trainer* PER HOUR € 140,-

Mountain bike or e-bike rental

PER PERSON & DAY € 50,-

Booking a personal trainer includes the bike rental.



## STYLING LOUNGE

### EXTRAS

|                       |      |        |
|-----------------------|------|--------|
| FACIAL DEPILATION     | from | € 15,- |
| LEG DEPILATION, half  |      | € 40,- |
| LEG DEPILATION, full  |      | € 75,- |
| ARMPIT DEPILATION     |      | € 20,- |
| FULL BRAZILIAN WAXING |      | € 80,- |

|                                      |  |        |
|--------------------------------------|--|--------|
| EYEBROW TINT                         |  | € 30,- |
| (€ 15,- in connection with a facial) |  |        |
| EYELASH TINT                         |  | € 35,- |
| (€ 20,- in connection with a facial) |  |        |

|               |  |         |
|---------------|--|---------|
| SPA MANICURE  |  | € 90,-  |
| SPA PEDICURE  |  | € 90,-  |
| POLISH CHANGE |  | € 30,-  |
| GEL COLOR     |  | € 140,- |

### LADIES' HAIRSTYLING

|                            |        |  |
|----------------------------|--------|--|
| SHAMPOO & BLOW DRY         |        |  |
| Short hair                 | € 50,- |  |
| SHAMPOO & BLOW DRY         |        |  |
| Long hair                  | € 80,- |  |
| SHAMPOO & SET              | € 50,- |  |
| excluding care ritual      |        |  |
| (head massage & hair mask) | € 90,- |  |
| HAIRCUT                    | € 60,- |  |
| HAIRCUT from long to short | € 90,- |  |
| UPDO HAIRSTYLES from       | € 50,- |  |

### MEN'S HAIRSTYLING

|                    |         |
|--------------------|---------|
| HAIRCUT            | € 40,-  |
| HAIRCUT & SHAMPOO  | € 50,-  |
| WET-SHAVING-RITUAL | € 130,- |

### STYLING LOUNGE PACKAGES

#### QUICK START € 100,-

- Shampoo, blow dry / set
- Daytime make-up

#### PURE PAMPERING € 290,-

- Manicure
- Pedicure
- Daytime make-up
- Shampoo, blow dry / set
- Hairstyling

#### EVENT TIME € 160,-

- Evening make-up
- Shampoo, blow dry / set
- Hairstyling
- A glass of champagne
- Canapés

|  |      |         |
|--|------|---------|
| DAYTIME MAKE-UP                        | from | € 50,-  |
| EVENING MAKE-UP                        | from | € 70,-  |
| BRIDAL MAKE-UP                         |      |         |
| (including trial make-up) from € 150,- |      |         |
| BRIDAL MAKE-UP &                       |      |         |
| BRIDAL HAIRSTYLE                       | from | € 300,- |
| (including trial make-up & hairstyle)  |      |         |



### LUXURY RITUAL SISLEY

An ideal combination that begins with an energetic body peeling, followed by the Sisleÿa Anti-Aging Firming Body Care and the Sisley Phyto Aromatique Sisleÿa Facial. It leaves your body and skin feeling perfect.

*Enjoy the luxury from Sisley – from head to toe.*

3,5 HOURS

€ 600,-

### BRENNERS LADIES DAY

- Aroma Oil Massage
- Either a spa pedicure or a spa manicure
- Classic Sisley Facial

*The perfect pampering programme for every woman.*

3,5 HOURS

€ 400,-

### DELUXE PROGRAMME

- Beauty bath
- Beauty Spa Special for the body with body peeling and body pack
- Aroma Oil Massage
- Classic facial for face, neck and décolleté

*Treat yourself to something exceptional.*

3,5 HOURS

€ 490,-

## PAMPERING PROGRAMMES

### PURE MASCULIN

- Vitality bath
- Massage Menu
- Brenners Men's Facial
- Spa manicure or spa pedicure

*The perfect pampering programme for men.*

3,5 HOURS

€ 450,-

### AQUA ORGANIC LUXURY RITUAL

The ritual begins with a detox bath with salt from the Dead Sea and organic aroma bath oil. The choice of either a clarifying or detoxifying body treatment then follows. The hours of pampering are concluded with the above described AQUA ORGANIC Luxury Facial.

*Green glam: cleansing, detoxing and nurturing.*

3,5 HOURS

€ 450,-

### COUPLE TIME

- Arrival in pleasurable surroundings with a glass of champagne
- Beauty bath with relaxing aromas
- Massage Menu
- Classic facial

*Double pleasure in our Couple-Lounge.*

3 HOURS / 2 PERSONS

€ 750,-





## SPA SUITE

4 HOURS

€ 300,- for up to 2 persons

€ 50,- for each further person

## PRIVATE SAUNA

On request we will be more than happy to reserve our Private Sauna – with Finnish sauna, hammam and relaxation room – exclusively for you from 5pm to 9pm. (Prices apply for up to 5 persons including fresh fruit juices, mineral water and a fruit bowl)

*Luxury at its peak.*

€ 600,- use of the Private Sauna

€ 900,- use of the Private Sauna and the plunge pool

## SPA SUITE

SPA SUITE PACKAGES  
(INCLUDING 4 HOURS IN THE SPA SUITE)

### EXECUTIVE DESTRESS

- Fitness smoothie
- Spa snack
- Beauty bath
- Massage Menu

*Treat yourself to a break from daily life.*

FOR 2 PERSONS € 600,-

### PURE ROMANCE

- 1 bottle of champagne (0.7l)
- Finger food
- Rose flower bath
- Aroma Oil Massage

*One to one – a unique celebration.*

FOR 2 PERSONS € 650,-

### SUNRISE

- Spa breakfast with fresh fruit juices
- Full body peeling
- Massage Menu

*The perfect start to a relaxing day.*

FOR 2 PERSONS € 750,-

## PHYSIO THERAPY

### PHYSIOTHERAPY

|               |          |
|---------------|----------|
| 25 MINUTES    | € 90,-   |
| 55 MINUTES    | € 170,-  |
| 10-ER PACKAGE | € 1400,- |

### PNF – PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION

|            |         |
|------------|---------|
| 30 MINUTES | € 95,-  |
| 60 MINUTES | € 180,- |

### MANUAL THERAPY

|               |          |
|---------------|----------|
| 25 MINUTES    | € 95,-   |
| 55 MINUTES    | € 180,-  |
| 10-ER PACKAGE | € 1450,- |

### CRANIOSACRAL THERAPY

|            |         |
|------------|---------|
| 30 MINUTES | € 95,-  |
| 60 MINUTES | € 180,- |

### MANUAL LYMPHATIC DRAINAGE

|            |         |
|------------|---------|
| 30 MINUTES | € 85,-  |
| 45 MINUTES | € 125,- |
| 60 MINUTES | € 160,- |

### MEDICAL FOOT REFLEXOLOGY

|                                   |         |
|-----------------------------------|---------|
| 60 MINUTES<br>(incl. rest period) | € 145,- |
|-----------------------------------|---------|

### CONNECTIVE TISSUE MASSAGE

|               |        |
|---------------|--------|
| 15–20 MINUTES | € 70,- |
|---------------|--------|

### SLING TABLE

|            |        |
|------------|--------|
| 20 MINUTES | € 40,- |
|------------|--------|

### ULTRASOUND/ELECTROTHERAPY

|            |        |
|------------|--------|
| 15 MINUTES | € 40,- |
|------------|--------|

### THERMO THERAPY

#### • FANGO PACK

|            |        |
|------------|--------|
| 25 MINUTES | € 45,- |
|------------|--------|

#### • HOT ROLL

|            |        |
|------------|--------|
| 15 MINUTES | € 35,- |
|------------|--------|

#### • HOT AIR

|            |        |
|------------|--------|
| 15 MINUTES | € 35,- |
|------------|--------|

### TRAINING PLAN FOR HOME USE

|   |         |
|---|---------|
| Our experts will draw up<br>an individual training plan<br>for exercising at home | € 150,- |
|---|---------|

### OSTEOPATHY (ON REQUEST)

|            |         |
|------------|---------|
| 60 MINUTES | € 250,- |
|------------|---------|

*We will gladly provide you with individual advice  
on the scope of our services either  
by direct dial telephone +49(0)7221 900 613 or  
via email: [physio.brenners@oetkercollection.com](mailto:physio.brenners@oetkercollection.com).*





## SPECIALS

### KICKBOXING & MENTAL TRAINING WITH HENRI CHARLET

Choose a training session:

- UPGRADE YOUR FITNESS
- THE WAY OF THE SAMURAI
- THE JOURNEY IS THE REWARD

*Mental strength is as important as talent in the sport.*

60 MINUTES € 250,-

### KIYINDO SHIATSU WITH PIERRE CLAVREUX

Pierre Clavreux developed Kiyindo Shiatsu more than 20 years ago. It is a revolutionary technique based on pain relief through touch.

*An unforgettable experience, devised exclusively for the Oetker Collection.*

60 MINUTES € 250,- on request

### HAMMAM TREATMENT

Benefit from the many years of experience of our massage specialist Othman Challouf with his own self-developed hammam treatment. Our therapists unite stimulating and vitalizing massage techniques with the cleansing effects of traditional, oriental care products.

75 MINUTES € 250,- / after 4:30pm



### CONTURE MAKE-UP

Start the day without putting make-up on? Doing sport, going to the sauna or swimming and still looking great? It is not a dream but reality all thanks to permanent make-up. Place yourself in the trusted hands of Nadja Kedal, our Elite Linergist from Long-Time-Liner. Following a preliminary sketch, you will be able to see exactly how your own Conture Make-Up will look.

*For a perfect look already when waking up.*

All applications include possible post treatments within 3 months

|                  |          |
|------------------|----------|
| EYEBROWS         | € 750,-  |
| EYE LINE, UPPER  | € 430,-  |
| EYE LINE, LOWER  | € 430,-  |
| LIP CONTOUR WITH |          |
| FULL LIP SHADING | € 1140,- |
| LIP LIGHT        | € 290,-  |

## WEIGHT LOSS

Your new body feeling in 7 or 10 days

*Subject to availability, valid until 20th March 2018*

### MEDICAL SERVICES

- 1x Medical examination – Comprehensive medical anamnesis
- 1x Blood analysis in order to check your metabolism and important vital substances

### COACHING & PERSONALTRAINING

- Entrance consultation with your Weight Loss specialist including one body analysis
- Elaboration of your personalised menu plan
- 6x Personal Training (60 minutes) (9x in 10 days)
- Final body analysis and a review of the results

### TREATMENTS

- 1x Revitalizing muscle relaxation alkaline bath supporting your corporeal removal (30 minutes) (2x in 10 days)
- 1x Full body massage – A wellness massage that pampers your body and soul (60 minutes) (2x in 10 days)
- 1x Medical lymphatic drainage stimulating your lymphatic system for decongestion (60 minutes) (2x in 10 days)
- 1x Detoxifying Body & Face Treatment activates your blood circulation, warm compresses and the Chlorella-algae wrap enhance the detoxifying effect for a refreshing well-being (90 minutes)
- 1x Intensive Slimming Body Care by Sisley – An intensive and firming body treatment for comprehensive action against cellulite (60 minutes)

## BENEFITS

- Daily full board prepared in the Vitalizing Kitchen in accordance with your menu plan (Possible options: vegetarian, lactose or gluten free or low carb)
- Your personal Weight Loss host will be at your disposal during the whole stay
- Your individual Training plan for your workout at home
- Your tailor-made menu plan including recipes for you to take home

### 7 DAYS

**€ 3.100,-** per person (excluding accommodation)

### 10 DAYS

**€ 4.100,-** per person (excluding accommodation)

## TERMS

Only valid in combination with our WEIGHT LOSS PROGRAMME

Choose 7 NIGHTS in your preferred category:

|  |            |
|--|------------|
| Stéphanie Classic double room<br><i>(view on the patio, approx. 38 m<sup>2</sup>)</i> from | € 3.010,-  |
| Stéphanie Superior double room<br><i>(view on the park, approx. 42 m<sup>2</sup>)</i> from | € 3.570,-  |
| Stéphanie Deluxe double room<br><i>(view on the park, approx. 50 m<sup>2</sup>)</i> from   | € 3.850,-  |
| Stéphanie Deluxe suite<br><i>(view on the park, approx. 110 m<sup>2</sup>)</i> from        | € 14.000,- |

Choose 10 NIGHTS in your preferred category:

|  |            |
|--|------------|
| Stéphanie Classic double room<br><i>(view on the patio, approx. 38 m<sup>2</sup>)</i> from | € 4.100,-  |
| Stéphanie Superior double room<br><i>(view on the park, approx. 42 m<sup>2</sup>)</i> from | € 4.900,-  |
| Stéphanie Deluxe double room<br><i>(view on the park, approx. 50 m<sup>2</sup>)</i> from   | € 5.300,-  |
| Stéphanie Deluxe suite<br><i>(view on the park, approx. 110 m<sup>2</sup>)</i> from        | € 20.000,- |

# PACKAGES

## DETOX

Reboot your body and mind in 7 days

*Subject to availability, valid until 20th March 2018*

### MEDICAL SERVICES

- 1x Medical examination – Comprehensive medical anamnesis
- 1x Blood analysis in order to check your metabolism and important vital substances

### COACHING & PERSONAL TRAINING

- Entrance consultation with your detox specialist including one body analysis
- Elaboration of your personalised menu plan
- 2x Personal Training (60 minutes)
- Final body analysis and a review of the results

## TREATMENTS

- 2x Lymphatic drainage – Stimulating your lymphatic system for decongestion (60 minutes)
- 3x Thermo-Algae Mud Wrap – The warmth will make your body sweat and accelerate your detox process (60 minutes)
- 1x Foot reflexology massage – Increases circulation and boosts your immune system (60 minutes)
- 1x Clay Body-Treatment – Let your skin feel fresh and smooth (30 minutes)
- 1x Detoxifying Body & Face Treatment – Activates your blood circulation, warm compresses and the Chlorella-algae wrap enhance the detoxifying effect for a refreshing well-being (90 minutes)

## BENEFITS

- Daily detoxifying tea, water and one freshly squeezed green smoothie in your room
- Daily full board prepared in the Vitalizing Kitchen in accordance with your menu plan (Possible options: vegetarian, lactose or gluten free or low carb)
- Your personal Detox host will be at your disposal during the whole stay
- Receive one personalised menu plan including recipes and a detox information brochure to take home

7 DAYS

€ 2.900,- per person (excluding accommodation)

## TERMS

Only valid in combination with our DETOX PROGRAMME

Choose 7 NIGHTS in your preferred category:

|  |            |
|--|------------|
| Stéphanie Classic double room<br><i>(view on the patio, approx. 38 m<sup>2</sup>)</i> from | € 3.010,-  |
| Stéphanie Superior double room<br><i>(view on the park, approx. 42 m<sup>2</sup>)</i> from | € 3.570,-  |
| Stéphanie Deluxe double room<br><i>(view on the park, approx. 50 m<sup>2</sup>)</i> from   | € 3.850,-  |
| Stéphanie Deluxe suite<br><i>(view on the park, approx. 110 m<sup>2</sup>)</i> from        | € 14.000,- |

## SERVICES INCLUDED IN ALL PACKAGES

- Group fitness activities: Aqua Fitness, Yoga, Nature Experience, Core-Workout and Fascia Training (Up to two each day)
- Brenners Spa with Fitness Center; Large indoor pool in Roman style, 500 square meter sauna, Plunge pool, Ladies sauna

*You can find more spa packages on [www.brenners.com](http://www.brenners.com).*

*We look forward to welcoming you.*





BRENNERS PARK-HOTEL & SPA  
BADEN-BADEN

Schillerstraße 4/6  
76530 Baden-Baden · Germany  
Telephone +49(0)7221 900 602  
Telefax +49(0)7221 900 610  
spa.brenners@oetkercollection.com  
www.brenners.com

