

Between heaven and earth  
there is a place  
*for me.*



Spa and wellness  
treatments

DAS TEGERNSEE |

# *Body treatments*



## *Time for me*

45 minutes | € 95  
60 minutes | € 125  
90 minutes | € 180

For a holistic feel-good treatment concentrated on your individual needs, we recommend booking your desired time frame. Decide in consultation with our spa experts on the focus of the massage and enjoy your very own mental getaway – “Time for me.”

Give yourself and your body an extra added value by completing your “Time for me” with one of our following recommendations.



## Peeling | Sea salt

30 minutes | € 60

Vitalizing full body peeling.

It stimulates your blood circulation and aids your metabolism and lymph flow.

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## Heat therapy | Natural moor

20 minutes | € 25

Invigorating warming pads in the neck and shoulder area.

The mood pack loosens up and relaxes your muscles and musculoskeletal system.

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## Soothing rhassoul

30 minutes | € 45 or € 75

1 or 2 persons

Pleasant ceremony with healing earth for the whole body.

The natural mud develops a mineralizing, deep-cleaning and activating effect and detoxifies your body holistically.

# Massage

## Foot reflexology

30 minutes | € 65

This vigorous treatment uses the nerve connections between your feet and other parts of the body, thus creating a holistic effect. By using finger pressure and massage of the reflex zones, a direct improvement on body parts and organs is achieved.

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## Detox body

60 minutes | € 125

Detoxification treatment for the whole body with sacred plants in combination with pure organic aloe vera. It purifies and discharges through the lymph, strengthens the connective tissue, activates the metabolism and softens cellulite.

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## Anti stress deep relaxation

60 minutes | € 125

Deep relaxation and slow down for body and soul. The ideal massage to relieve stress and feel balanced at all levels. Try this special technique and trade everyday life for peace and tranquility.

## Warm basalt stone

90 minutes | € 190

In this pleasant treatment the healing effect of heat is central. A special placement of the stones releases blockades as well as tension, relieves the connective tissue and stimulates the blood circulation as well as the lymph flow.

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## Herbal stamp

90 minutes | € 190

Complete relaxation and soothing warmth thanks to the pleasant pad, a massage with herbs, flowers and sesame filled cotton bags as well as the use of fragrant essential oils. Dive into your very own oasis for a whole new level of relaxation.

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## Lomi Lomi Nui

90 minutes | € 190

This ancient Hawaiian massaging technique is claimed to be the “Queen of massages” since it cleanses physically, emotionally and mentally. Therefore, it releases blockades as well as tension and leaves you at ease with your mind and body. Try this special treatment and radiate inner harmony more than ever.

## Abhyanga full body massage

90 minutes | € 190

Pleasantly warm sesame oil casts open this ayurvedic ceremony, followed by an energetic massage which frees your body of toxins. Thanks to this special treatment, self-healing powers are being activated and your skin gets nourished – glowing of purity.

## Mukabhyanga facial, head and neck massage

30 minutes | € 65

Gently stroking according to your personal needs and massaging of certain marma points (vigorous spots) in the areas of head, face and neck stimulate your blood circulation. As a result, you burst with a new source of energy and happiness since worries, stress and fear can be reduced. Natural beauty as well as a whole new feeling of vitality and a deep sense of well-being are generated.

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## Padabhyanga foot and leg massage

30 minutes | € 65

Strengthens and at the same time stabilizes body and mind for a lasting feeling of vitality and grounding. Get pampered: Special movements and strokes of certain vigorous points in the areas of the feet, calves and knees have a positive effect on the organism, organs and glandular system. Therefore, restlessness, nervousness and exhaustion vanish.



# Holistic *body rituals*

During this distinctive treatment, you are being spoiled and given a feeling of relaxation and harmonious well-being. We only use sacred plants products of Pharmos Natur for your treatments.

## Package intense moisture

100 minutes | € 220

Algae body scrub | moisturizing cream pack | massage

## Package pure spoiling

100 minutes | € 220

Detox healing earth pack | massage with aromatic oil | care facial treatment

# Cosmetics

A close-up photograph of a sliced aloe vera leaf, showing the green outer skin and the white, gelatinous inner pulp. The leaf is cut horizontally, and the background is a soft, out-of-focus green.

## Time *for me*

60 minutes | € 125

90 minutes | € 190

Pamper yourself by taking care of your face, neck and décolleté with this discerning treatment, which is tailored to the individual needs of your skin. We recommend the reservation of your desired time frame. Decide in consultation with our spa experts on the focus and peculiarities of your cosmetic treatment and enjoy your personal beauty ceremony – “Time for me”.

We offer you unique relaxation and pamper you with products of the natural cosmetics line Pharmos Natur. These are made from 100% aloe vera juice as well as fresh aloe vera leaf. Natural freshness for your skin!





## Experience the luxury of Rohini

120 minutes | € 240

The ritual begins with a bath of your feet and a spoiling foot massage. This is followed by cleansing and peeling your face and neck. Afterwards, your head is massaged gently, which ensures deep relaxation and a flow of inner harmony through all cells of your body. Thanks to the use of sacred plant leaves, the valuable active substances of Aloe Vera are transported into the skin. In addition, the special regeneration massage relaxes and smooths your muscles. During the mask you enjoy a massage of the arms and hands. This is indeed pure luxury.

# Manicure & Pedicure

## Manicure with nail oil

50 minutes | € 75

For healthy, beautiful hands.

Hand bath | peeling | nail care | natural plant nail oil

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## Spa manicure with vegan transparent or coloured nail polish

70 minutes | € 95

by ‚NAILBERRY‘

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## Pedicure with nail oil

50 minutes | € 75

An intensive cosmetic programme for well-groomed feet.

Footbath | foot scrub | nail care | natural plant nail oil

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## Spa pedicure with vegan transparent or coloured nail polish

70 minutes | € 95

by ‚NAILBERRY‘

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## Painting the nails with your personal nail polish by ‚NAILBERRY‘ to take home

20 minutes | € 40

# Contact & information

## Your time to indulge

Let our spa experts advise you and arrange your entire personal and individual time-out in a place between heaven and earth.

Phone: +49 (0) 8022 1 82-570 | E-Mail: [guestservice@dastegernsee.de](mailto:guestservice@dastegernsee.de)

In order to secure your treatment, please make a reservation for your preferred date in advance.

## Reception for your treatment

You are welcome to arrive at the spa reception 10 to 15 minutes before your appointment. Therefore, you have enough time to relax, enjoy a cup of fresh tea and attune yourself to your treatment ahead. We kindly ask for your understanding, that - with consideration for following guests - a late arrival results in a shortening of your treatment time.

## Your health

In all treatments, it is our claim to offer a carefully personalised service since we want to meet your individual needs and requirements. That is why, in advance of the treatment, we will ask what is particularly important to you. Competent advice is a part of your spoiling time-out and dear to our hearts. Please make us aware of any health specialities because individual offers may not be suitable for you.

## Cancellation policy

Please note that your reservation can be cancelled free of charge up to 24 hours before the start of the treatment. For appointments not cancelled in time as well as not taken, we reserve the right to charge 100% of the treatment you booked.



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