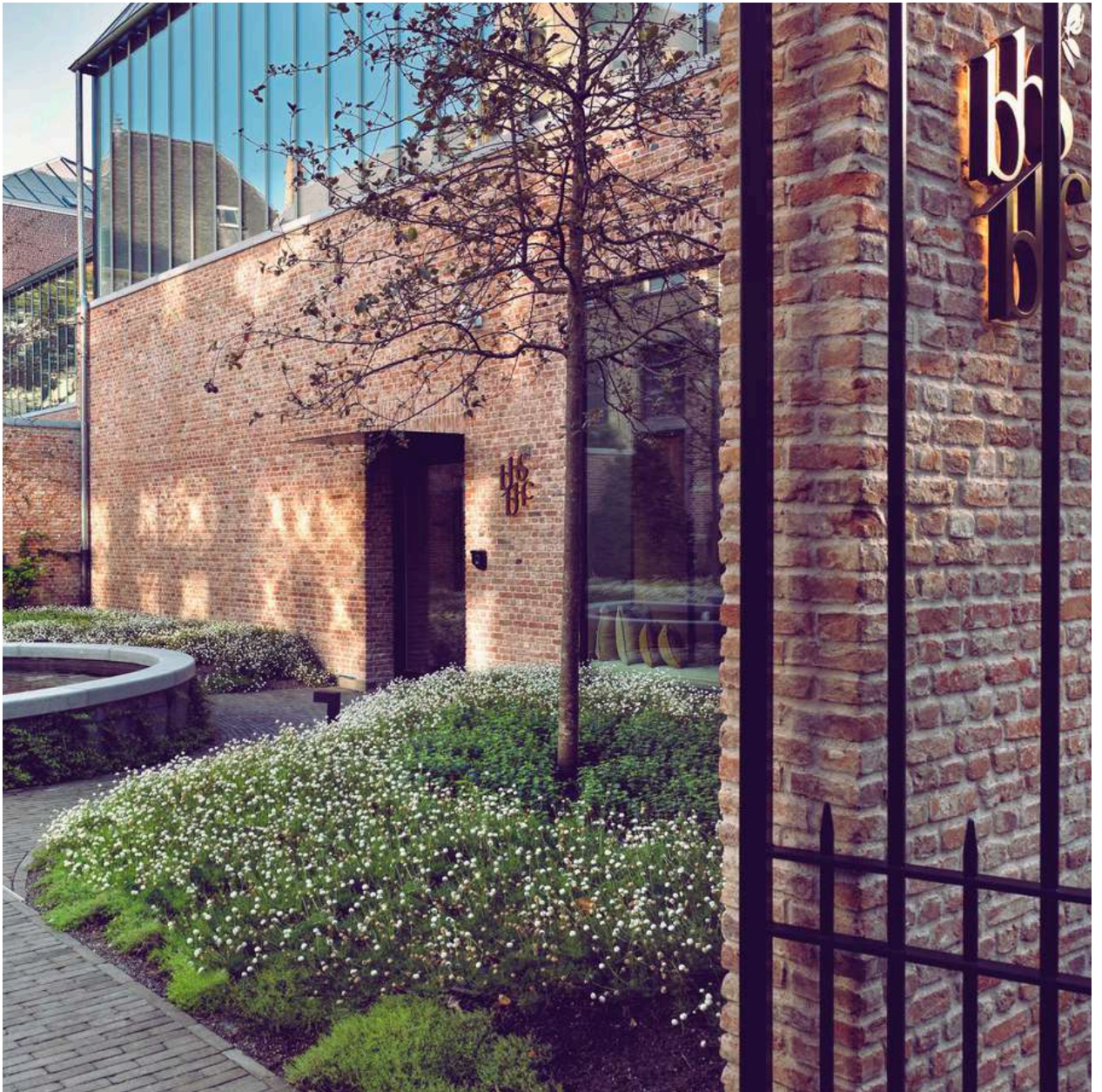




BOTANIC HEALTH
spa & club



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TO PLANT A GARDEN
IS TO BELIEVE IN
TOMORROW

AUDREY HEPBURN





BOTANIC HEALTH SPA

our philosophy

At our Botanic Health Spa, we integrate a unique philosophy rooted in the synergy of nature's bounty and cutting-edge medical expertise. Embracing holistic approach, we define health as a capital to be measured, nurtured and enhanced.

Our distinguished medical division meticulously assesses each guest's health status, offering informed guidance and tailored treatments aimed at amplifying their well-being.

Our commitment extends beyond conventional spa services. While providing unparalleled facials and body massages to our members, hotel guests and external visitors, we prioritize the fusion of advanced technology and scientific advancements in our practises.

We envision a future where wellness and disease prevention intertwine effortlessly. Our goal is to facilitate the natural well-being of every client and patient, fostering an environment where harmony between mind, body and science flourishes. Join us on a transformative journey towards health and holistic rejuvenation at Botanic Health Spa.



FACIALS

renew & radiance

The greeting ritual includes a 10% lactic acid peel to prepare skin for profound cleansing and subsequent absorption of active ingredients. A mask supports cell regeneration to boost the overall repairing effect. The lymphatic system is stimulated and skin cells are supplied with oxygen and nutrients before including emulsion application provides moisture and strengthens the skin natural protective shield.

50min | 135,00€

saint charles facial

Rebalancing phase, enzyme peel facial. Shadows and bags under puffy eyes are the result of a build-up of lymphatic fluid under the skin. Restores the skin's natural protective film with this morpholymph treatment.

50min | EUR 135,00

balance beauty

This treatment restores skin balance with a refining and smoothing 10% lactic peel. Combined with a bioenergetic lymph drainage, your skin's natural ability to self-regulate is heightened, actively combatting excess tissue fluid. Wellbeing, profound relaxation and increased. Skin vitality are the noticeable outcomes of the resulting inner harmonization. A concluding serum and powerful mask intensify the long-lasting effects. Natural high-tech for a smooth, relaxed and radiant complexion.

50min | 165.00€

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*certified organic skincare
with visible results*

fake a facelift

Inspired by aesthetic medicine's most advanced techniques, this treatment features a 10% lactic acid peel to smoothen skin, followed by a dynamic muscle-toning 40-minute massage to redefine the shape of the face and give skin a visible lift. Targeted moisture delivery eliminates dryness and energises the skin with astonishing effectiveness. A lipid-restoring mask with personalised skin-plumping serums boosts skin elasticity and discernibly improves skin firmness. Defy gravity with this skin boosting treatment.

90min | EUR 195,00

skin power facial (men)

Cleanse. Lactic acid peel. Rebalance. Detox massage. The cleansing gel welcoming ritual is specially tailored to meet the challenges life throws at men's skin. This treatment eliminates toxins and impurities, stimulates the lymphatic system and counteracts lymphatic congestion.

50min | EUR 135,00

signature facelift

Rebalancing phase, enzyme peel, Bioaromes are all tailored to your morphology, mask, finishing treatment. Microencapsulated hyaluronic acid penetrates deep into the skin via bipolar radiofrequency for instant moisturising and rejuvenation. This gentle treatment wards off the natural ageing processes, stimulates cell regeneration, encourages collagen and elastin production, and brings about long-term rejuvenation. Skin is radiant, visibly firmer and rosy. The physiodermie-tonic massage in combination with the corresponding active ingredients stimulates muscle tone and achieves a natural lifting effect.

95min | EUR 315,00





BODY TREATMENTS

full body renew

Feeling sluggish, heavy, fatigued and burnt out? Detox your body, activate your energy and restore natural balance. The Full Body Renew treatment starts with a tailored morphological comprehension and is followed by a manual abdominal treatment as well as a detox and slimming massage. We invigorate the body's energy points to stimulate the digestive system and support the body's toxin elimination. This body styling programme is completed by a body wrap, either hot or cold depending on cellulite presentation.

120min | EUR 240,00€
3 session, 6 day program | EUR 495,00

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*stimulate and maximise
your detox functions*

detox & slimming

The core of our methodology

This invigorating slimming massage combines special techniques to stimulate the lymphatic system, drain excess fluid from tissues, excrete toxins, encourage natural detoxification, and reduce skin tension caused by water retention. Feel your body overflow with wellbeing and lightness.

90min | EUR 195,00

tone your body

Relaxes and strengthens muscles

This special muscle-maintenance massage technique improves skin tone and tissue firmness. We warm your muscles and improve blood flow, thereby supplying oxygen and nutrients to your muscles. This invigorating treatment restores the body's balance, corrects bad posture and eliminates pain.

90min | EUR 195,00€

energetic massage

Mobilise joints, fasciae and muscles

This treatment promotes nerve functionality, eliminates excessive spine tension and releases blockages by stretching the muscles. Muscles and fasciae are treated with special Bioaromes. Gentle stretching of the longitudinal, shoulder and pelvic muscles, as well as the spine, enables the body to realign itself. Followed by a synergy cocktail application to supply the joints with nutrients for long-term benefits.

50min | EUR 165,00€

somatic massage

Stress relief

Stress and the constant pressure to achieve cause perpetual muscle tension. Headaches, back and joint pain, persistent fatigue and poor posture are the consequences. This treatment encompasses the whole body but is particularly focused on areas most affected by osteoarticular tension. Deep breathing techniques allow you to calm your mind and reduce the concentration of stress hormones in your blood. Tensions and blockages are resolved, muscles stretched, and your body is re-energised.

90min | EUR 195,00

deep relaxation

Botanical glory aromatherapy

A massage with oils from traditional European medicine, tailored to your individual needs.

Relaxation 25min | EUR 80,00

Relaxation 50min | EUR 135,00

Deep tissue 50min | EUR 165,00

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Our therapists use products by Saint Charles for their superb quality, their ability to harness nature's power to heal, and their affinity with the local herb world.

floating detox

Floating experience & massage

Clearing work and stress from the mind can help you get through challenging times at work. Make yourself a priority, de-stress and rebalance to boost your productivity. For a happier, healthier you.

50min | EUR 165,00

botanical head-to-toe

Relax, restore and rebalance

This signature treatment includes a botanical facial and a soothing body massage perfectly devised to suit your wants and needs. Absolute bliss as well as vitality, glowing skin and clarity of mind!

120min | EUR 270,00

signature treatment

Inner peace & calm

A gentle but firm full body massage with enveloping movements promotes a sense of ease and comfort. Feel your mind unwind, your body relax and your stresses drift away.

90min | EUR 195,00

4 hands, 50min | EUR 240,00

hot stone massage

From warmth to wellbeing

Hot stone therapy combines classic massage therapy and the pleasant effect of hot basalt stones. Body and mind are activated, tension melts away and vitality is boosted.

90min | EUR 195,00

full body detox

Wrap up for amazing benefits

This highly effective full body treatment cocoons you in soothing warmth and imparts an almost weightless state. We wrap you in a special film before applying gentle water pressure to facilitate the skin's absorption of active ingredients such as brown algae and Bioaromes. Whether you're looking to tighten loose skin following weight loss, or require a reboot of mind and spirit with a body detox, this wrap offers a range of benefits: exfoliates, moisturises and restores elasticity.

120min | EUR 270,00



BEAUTY ESSENTIALS

hands & feet

Gentle exfoliation, cuticle treatment, buffing, finishing massage and base coat.

Manicure 30min | EUR 70,00

Pedicure 50min | EUR 80,00

shine, last & go!

Manicure or pedicure with BIAB
(without bath).

Manicure 75min | EUR 85,00

Pedicure 75min | EUR 95,00

BIAB removal 20min | EUR 30,00

add-ons

Paraffin pack for hands & feet

25min | EUR 30,00

Manicure polish or french polish,
with KOH colours

25min | EUR 30,00

eye catching

Where every blink reveals a brighter,
more youthful you.

Eyebrow shaping | EUR 30,00

Eyebrow tinting | EUR 30,00

Eyelash tinting | EUR 30,00

Eyelash & eyebrow tinting | EUR 40,00

make-up

Clean, skin-loving mineral makeup &
skincare by Jane Iredale.

Day make-up | EUR 65,00

Evening make-up | EUR 100,00

Wedding make-up | EUR 90,00

hairdresser

Art of hair, by Atelier Geraud.

Hairstyling short | EUR 100,00

Hairstyling long | EUR 115,00

Hairstyling events | EUR 175,00



TCM & TEM

holistic focus

The holistic focus of the Botanical Health Spa is on a mix of tried and tested healing and preventive methods. But the quintessential expression of the Spa lies in the synergistic combination of Traditional Chinese medicine and traditional European Medicine administered by a team of highly qualified therapist.

Osteopathy 30min | EUR 80,00

Acupuncture 30min | EUR 80,00

Physiotherapy 30min | EUR 80,00

MOT measurement

Ultra-eak electric impulses are transferred to the body via electrodes. Within only 12 minutes more than 600 different kind of cells are measurend in their frequencies, which then serve as basis for analysis.

45min | EUR 175,00

TCM treatment

An extraordinary partnership of two seemingly disparate world: we combine the best of two ancient healing arts. Traditional European medicine and traditional Chinese medicine. We use massage techniques developed to stimulate specific pionts along the meridians to remove blockages and restore the flow of Qi, while healing herbal essences and botanicalsbring about an even greater sense of wellbeing.

60min | EUR 80,00

EMT treatment

After a MOT measurement we will treat you based on the results we found in the MOT.

45min | EUR 140,00

Blood analysis

15min | EUR 45,00