

SPA

TIME FOR ACTIVE RELAXATION



Wald & Schlosshotel Friedrichsruhe

GOLF, WELLNESS UND SPA



*immerse
yourself*

IN THE CONSTANT WHIRL OF
LIFE, WE OFTEN LOSE SIGHT
OF WHAT IS ESSENTIAL:

ourselves

THIS IS PRECISELY WHY AT-
TENTIVE MOMENTS ARE SO
VALUABLE. WHAT EXACTLY
DO YOU NEED, HERE AND
NOW? OUR SPA IS A RETREAT
FOR REST AND REVITALISA-
TION. WE FOCUS ON WHAT
YOU NEED FOR YOUR PHYSI-
CAL AND MENTAL STRENGTH.



**BOOK A SPA EXPERIENCE, ATTAIN
GOALS – YOUR ACTIVE BREAK FROM
THE DAILY ROUTINE**

Refresh, let off steam, recharge or relax? Every day has its own conditions and demands. For this reason: let us help you define your wellness goals – “My time, my well-being, my style of relaxation”. This mantra is not just for the spa, but also for life in general. We invite you to actively take advantage of a time-out from your daily routine.

Each of our massage techniques is the result of intensive research. We have intentionally tailored all of our treatments to directly support your essential break – as the key to a complete and healthy life.

Balance and inner strength can be achieved with a harmonious equilibrium of body, mind and emotions. Our treatments not only ensure rest and relaxation but also provide stimuli for your daily routine. The spa experience should inspire you to actively relax and create moments of pleasure in which you can unwind and recharge.

WHAT EMOTION
WOULD YOU LIKE TO
spend END THE DAY WITH?



massages

ACTIVE RELAXATION
BASED ON YOUR OWN RHYTHM

FULL-BODY MASSAGE

Muscle balance for complete freedom of your body

Find your inner self through muscular equilibrium: we adapt our touches to your needs to ensure complete relaxation. Take note of the balance in the muscles that extends its revitalizing power from head to toe.

50
MIN

105 EUROS

STRESS-FREE MASSAGE

Targeted relaxation for back, neck, legs

Our professional therapists offer targeted relaxation for specific areas, such as the back, the shoulder and neck area or the legs. Partial body massage is ideal for reducing stress and recharging your energy quickly.

25
MIN

55 EUROS

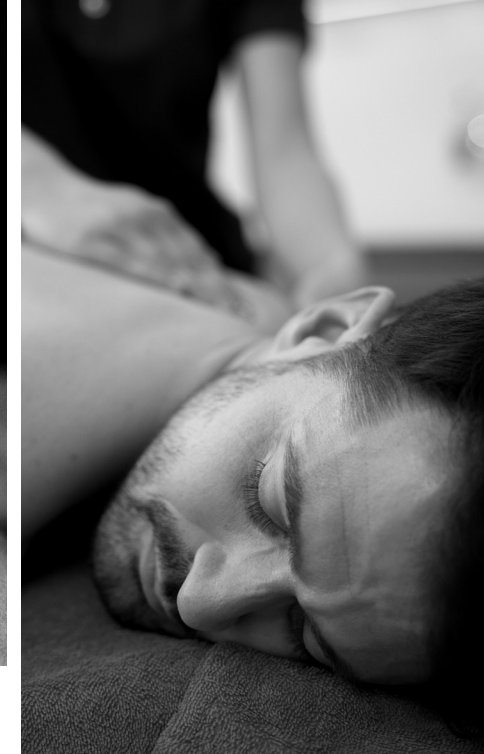
FOOT REFLEXOLGY MASSAGE

Active relaxation from the toes and upwards

Treat your feet to a time-out that brings noticeable relief and soothing relaxation: specific touches revive the reflex zones in the foot and stimulate the energy flow throughout the body.

50
MIN

105 EUROS



CONSCIOUSLY SHAPE YOUR SPA EXPERIENCE: OUR ATTENTIVE SPA EXPERTS FIND THE SUITABLE TECHNIQUES FOR YOU – REGARDLESS WHETHER YOU WOULD LIKE TO ACTIVELY ABSORB NEW ENERGY OR RELAX

LYMPH DRAINAGE

Gentle flow for a sense of lightness

Discover the gentle flow of our lymph drainage that provides a refreshing calmness and lightness. Targeted, gentle movements and massage techniques help to remove excess fluid from the tissue and reduce swelling. The body relaxes, stimulating a sense of lightness and relaxation.

75
MIN

155 EUROS

SANVINO GRAPE SEED PEELING MASSAGE

Perfect complement to every massage

The refreshing SanVino grape seed peeling method is the optimal pre-massage preparation for your skin: gentle exfoliation allows for more effective results from care products. It lends a healthy glow to your skin. And you experience the relaxing effect of a massage twice in a row!

30
MIN

65 EUROS



SANVINO GRAPE SEED OIL MASSAGE

Energy boost from grapes - enjoyably invigorating

Recharge your energy with grapes that will pleasurably awaken your senses. The full-body massage with precious grape seed oil and warm grape seed bags promote deep relaxation and regeneration in your muscles. The invigorating head massage provides the highest sense of well-being.

50
MIN

110 EUROS

SANVINO VITLISING MASSAGE RITUAL

Refreshing for body and mind

Feel the revitalising effect of the tingling red wine gel strengthening your tissue. The intensive care treatment with pure grape seed oil ensures a deep-reaching skin care. Immerse yourself in a fragrant finale with the unique SanVino aroma.

50
MIN

115 EUROS



SANVINO LIGHTNESS RITUAL

Just let yourself fall for 90 minutes

Warm foot compressions invite a sense of deep relaxation. This is followed by a red wine peeling with a natural cellulose that conjures up a magical sensory feeling and a full-body massage with heated SanVino grape seed oil. The warmth encourages muscle relaxation; gentle movements give the impression the body is floating. Simply release all stress and burdens while you let yourself be completely pampered as you lay on your back.

90
MIN

165 EUROS

FLOWING STONE MASSAGE WITH HOT & COLD STONES

Energy massage with lava stones and marble

Inspired by the ancient Chakra tenets, our therapists place carefully selected stones on your energy centres. Hot lava stones bestow a sense of security; refreshing marble stimulates circulation. This relieves tensions and blockages.

75
MIN

165 EUROS

facials

SELECT YOUR FACIAL TREATMENT & RESERVE YOUR PERSONAL TIME FOR BEAUTY.

95 MIN	RELEASE	75 MIN	FREE YOUR MIND	50 MIN	ARRIVAL Basic treatment	<ul style="list-style-type: none"> • Gentle preparation with a genial welcoming ritual • Individual analysis to understand your wishes and requirements • Thorough skin cleansing and analysis • Peeling followed by a shoulder-neck massage • The distinctive SIGNATURE-MASSAGE OF SPA FRIEDRICHSRUHE • Concluding ritual to carry on for refreshing results 	<p>SIGNATURE-MASSAGE FRIEDRICHSRUHE</p> <p>Focus on refreshment - Energy experience</p> <p>Die Signature Massage 'Friedrichsruhe' accentuates contours and lets your muscles breathe. Inspired by Japanese Kobido massage and active massage techniques, we achieve visible results immediately: you will leave the spa feeling profoundly relaxed and with glowing skin!</p>	105 EUROS
						<ul style="list-style-type: none"> + Facial mask suitable for your skin type and your needs + Therapeutic arm & hand massage + Gentle face cleansing 	<p>ACTIVE GUA SHA MASSAGE</p> <p>Glowing feeling – Ritual revitalisation</p> <p>The active Gua Sha massage from traditional Chinese medicine is a revitalising ritual that lets your skin radiate and starts your energy flowing. The massage is performed with special Gua Sha stones that stimulate the lymph. It is suitable for every type of skin.</p>	145 EUROS
						<ul style="list-style-type: none"> + Active GUA SHA MASSAGE for revitalising well-being 		185 EUROS

facial CARE

SANVINO

Naturalness from the vineyard - our own brand

- Cold-pressed grape seed oil, red wine and grape seed extras
- Care that harmonised with nature
- Gives your skin a healthy glow and provides intensive care

COMFORT ZONE

Nature meets science

- Unique formulations and aromas
- Create a connection between body & mind through sensuous experiences

REVIDERM

Deep regeneration for sustainable strength

- Targeted treatment for sustainable support of skin functions
- Developed in connection with microdermabrasion
- Concentrated ingredients and biological active ingredients for a balanced complexion

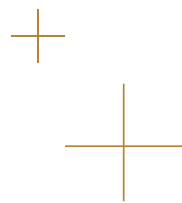
SanVINO®

TOGETHER WITH OUR EXPERTS, SELECT THE PRODUCT THAT SUPPORTS YOUR NATURAL RADIANCE, ENHANCES YOUR STRENGTHS AND DIMINISHES YOUR FLAWS.



book a time

AND LOOK AND FEEL
CONFIDENT



THE BEWEI METHOD

Natural strengthening of your skin

Instead of temporary 'corrections', the BEWEI method relies on long-term results, promotes collagen production and improves circulation. Through electromagnetic waves, the skin is stimulated from within and mitigates traits of skin aging such as nasolabial folds, forehead and eye wrinkles, creases, tear ducts and slackening chin jawlines. The BEWEI method distinguishes itself from approaches that attempt to impose a beauty ideal. Instead, we emphasise your natural facial features to create a harmonious overall look. We stress your individuality and focus on the authentic radiance that underscores your personality.

10
MIN

25 EUROS

MICRODERMABRASION

Gentle skin rejuvenation, radiance & glow

Microdermabrasion is a gentle method to augment your natural beauty. Horny skin cells are carefully removed, stimulating the circulation and natural skin regeneration. This reduces fine lines, folds, acne scars and discolouration. Our experienced professionals aim to optimise your skin structure and promote a balanced complexion. To achieve ideal treatment results and avoid complications, you should forego a visit to the pool, solarium and sauna after completion. This can be booked in combination with the Release Facial.

10
MIN

25 EUROS



ACENTING THE EYELASHES AND EYEBROWS

DYE EYELASHES AND EYEBROWS, EYE-
BROW CORRECTION

EACH 20 EUROS

RADIANT APPEARANCE MAKE-UP

Intensive radiance with special facial care

QUICK TOUCH-UP

15 EUROS

DAILY MAKE-UP FOR A FRESH
EVERYDAY LOOK

35 EUROS

GLAMOUROUS BRIDE OR
GALA MAKE-UP

STARTING AT 75 EUROS





HAND & FOOT *Rituals*

COMPREHENSIVE HAND RITUAL

Care from the fingertips to forearm

Treat your hands to some special attention – with a soap-brush massage, moulding of your nails, nail care and a thorough hand and forearm massage. If desired, we can also apply nail polish or nail shellac.

85 EUROS

NAIL POLISH

60
MIN

10 EUROS

SHELLAC

25 EUROS

COMPREHENSIVE FOOT RITUAL

Care from your toes to your knees

Your feet deserve tender pampering – with a refreshing bath, gentle peeling, nail care, smoothening of rough areas of skin and an extensive massage of the feet and calves. If desired, we can apply nail polish.

60
MIN

85 EUROS

NAIL POLISH

10 EUROS



01

ATTENTIVE BREATHING

Take a few moments during the day to breathe deeply and attentively. This reduces stress, increases concentration and enhances wellness.

02

ANTI-AGING SELF-MASSAGE

Take time for your skin care mornings or evenings – perhaps with the gentle movements of a Gua Sha massage. Upwards massages, fascia rollers and Gua Sha tools promote circulation and support the skin structure. With face yoga exercises, you can train the facial musculature. Use the moment to concentrate on the positive aspects of aging.

03

MINDFUL WALKING

Make your walk a conscious experience. Pay attention to your steps, making contact with the ground, the noises around you. This can become a meditative moment of attentiveness while you enjoy the movement at the same time.

TAKE-AWAY *moments*

04

HEALTHY MORNING ROUTINE

Start with a glass of warm lemon water. This stimulates metabolism and sets a positive note for the day.

HYDRATION REMINDER

Carry a re-useable bottle with you and set a goal to drink sufficient water throughout the day. It is important for your skin health and your general well-being to stay hydrated.

05

bathhouse

RITUALS



Read more about our connection to
Roman bath culture in the SALMA
Spa edition



SANVINO BATHHOUSE RITUAL I

Warmth, well-being and pampering

The SanVino steam bath and soap-brush massage offer deep cleansing and relaxation of your body and mind. Allow yourself to be invited to arrive, release and tune out.

ONE PERSON	35 MIN	85 EUROS
TWO PERSONS	70 MIN	160 EUROS

SANVINO BATHHOUSE RITUAL II

Immersion in a care bath, steam and massage

Immerse yourself in a bath full of soothing warmth: start with a steam bath and soap-brush massage and follow up with a SanVino care bath with fragrances and ingredients from the vineyard and a grape seed oil massage. A refreshing drink complements the vitality of the grapes.

ONE PERSON	120 MIN	240 EUROS
TWO PERSONS	145 MIN	450 EUROS

ROMAN RITUAL RASUL

Dynamic and rejuvenation with steam

Experience the dynamic power of the Hohenlohe Roman ritual Rasul and give your metabolism a boost. Apply natural mud to your body in the special steam bath. Feel the intensive cleansing, circulation and rejuvenation of the skin.

TWO PERSONS	30 MIN	105 EUROS
THREE PERSONS	30 MIN	125 EUROS
FOUR PERSONS	30 MIN	145 EUROS

spa SUITE

ROMAN-STYLE RELAXATION HEAVEN JUST FOR US

Enjoy the privacy and relax in pairs or with friends: the private Spa Suite is modelled after the Roman bath culture. Soak in the double whirlpool, switch between different temperatures and moisture ratios in the sauna and the solarium, relax in our separate lounge with a fireplace and leave all your cares behind.

THREE HOURS

FOR TWO PERSONS	€320 €
ADDITIONAL PERSON (MAX. SIX PERSONS)	SURCHARGE 50 €
EXTRA HOUR	80 €

The price includes a bottle of Crémant or a fruit cocktail, an étagère of homemade chocolates, a fruit plate and a selection of alcohol-free drinks.

AND UPON REQUEST

A BOTTLE OF LAURENT PERRIER CHAMPAGNE,
TOUR-SUR-MARNE LA CUVÉE, BRUT 105 €

AN ETAGERE WITH HOMEMADE
CANAPÉS 24 €

AN ETAGERE WITH PASTRY SPECIALITIES
FROM OUR HOUSE PATISserie 12 €

UNIQUE FLOWER
ARRANGEMENT EACH 40 €

Specify your preferences when booking.

INDIVIDUAL SPA PACKAGE

All spa treatments can be combined with a visit to our private Spa Suite. We will gladly create a suitable Relaxation Package for you!





PHYSICAL *fitness*

PERSONAL TRAINING

for active aficionados

Awaken an interest in movement and understand your health. Take advantage of our professional trainers to avoid injuries and gain the best experience from your valuable training time: coordinated exercise plans are based on your needs, goals and capacities. Diverse and effective training routines incorporate various training methods from strength training to endurance sessions. Our trainers are by your side to overcome barriers and support you in continuously achieving better results.

50
MIN

80 EUROS

HEALTH CHECK

Through precise body analysis

Understand your body better: gain insight into the significance of health values to understand and achieve your fitness goals better. The Tanita body composition analysis makes accurate measurements of your body composition, including body fat percentage, muscle mass and more possible. Our experts help you understand the detailed data and make useful decisions for your health goals. The analysis also takes various health aspects into consideration to facilitate worthwhile recommendations.

15
MIN

35 EUROS



SPA

bistro

MOMENTS TO ENJOY

ENERGISING SNACKS

Our selection of healthy and tasty snacks provides you with the energy necessary to active relaxation.

FRUITY REFRESHMENTS

Discover refreshing fruit juices and vitalising smoothies that activate your senses. Our balanced, light meals are ideal for providing your body with essential nutrients without impairing the relaxation experience.

CASUAL ATMOSPHERE

Be inspired by the calming atmosphere of the bistro while you indulge in a culinary break.

your guide

FOR A SPA EXPERIENCE

CLOTHING

Wear comfortable clothing that are easily put aside. We will provide hand towels, robes and slippers so you can move unhindered between different treatments and spa areas. Please wear swimwear or underwear under the robe, swimwear in the pool and exercise clothes and trainers on the fitness equipment. The saunas are textile-free. For massages as well as cosmetic and body treatments, your body will be covered. Only the body part that is being massaged or treated at the moment will be exposed. For each treatment, we provide a disposable undergarment to protect your privacy.

HEALTH QUESTIONS

Please inform us in advance if you have health concerns or issues or are pregnant or nursing, so that we can adapt your treatments and advise you accordingly.

BOOKING AN APPOINTMENT

We recommend contacting the Spa Reception Desk to book your treatments with your room or spa day reservation in advance: +49 7941 6087- 600, spa@schlosshotel-friedrichsruhe.de or www.schlosshotel-friedrichsruhe.de.

VALUABLES

Valuables can be left with the Spa Reception where lockers are available. We recommend that you store your valuables in your hotel room safe or leave them at home. We are not liable for the loss of valuables.

CHECK-IN

Please arrive five minutes before your booking so that we can calmly discuss your requests. In the case of late arrivals, we will be obliged to shorten the treatment time to ensure other guests a smooth visit.

RELAXATION

Turn off your mobile device for your visit to create an undisturbed and relaxed environment for all guests. Use our relaxation rooms before or after treatment to enjoy the relaxed atmosphere and adapt yourself to your wellness experience. Turn off your mobile device for your visit to create an undisturbed and relaxed environment for all guests. Use our relaxation rooms before or after treatment to enjoy the relaxed atmosphere and adapt yourself to your wellness experience.



SPECIAL REQUESTS

We make dreams come true! If you cannot find your desired treatment in our brochure, talk to our spa reception. We will gladly create an individual treatment or a comprehensive package for you.

TIPS

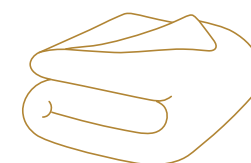
Tips are optional and are very appreciated. If you are satisfied with your treatment, you can either personally give a tip to the spa employee, leave it with the Spa Reception Desk or indicate this on the guest confirmation (guest check).

CANCELLATION AND APPOINTMENT CHANGES

If you cannot keep your appointment, please inform us in a timely manner so that we can give other guests the opportunity to book a time. We will charge 50 percent if you cancel 12 hours before the appointment begins. We will charge the full price if you cancel 6 hours before the appointment begins or for a non-appearance.

SPA ETIQUETTE

Please converse quietly and discreetly in all areas out of consideration for other guests. It is not permissible to bring drinks in glassware or snacks into the spa and wellness area. For safety reasons, we serve all drinks in plastic glasses. Please observe the general smoking prohibition in the entire spa facilities. We kindly ask that you avoid the use of mobile telephones, laptops, as well as video and photography equipment.



THERAPISTS

We have male and female therapists on our team. Please inform us if you have a special preference or would like a specific therapist for your treatment.

CHILDREN AND TEENAGERS

For safety reasons, individuals must be 16 years or older to use the fitness equipment and for gymnastics. Treatments are permissible for individuals aged 12 or older. Children can use the pools from 9 to 11 a.m. and from 4 to 5:30 p.m. Guests must be 16 years or older for a spa day.

GIFT CERTIFICATES

Visit our gift certificate shop on our homepage! You will find a wide selection of gift certificates under www.schlosshotel-friedrichsruhe.de. You can customise these to include your specifications. We will gladly create personal gift certificates for spa experiences of your preference at the Spa Reception Desk.



SPA HOURS DAILY

Spa with indoor and outdoor pool 7 a.m. to 8 p.m. (for guests, Spa Day 9 a.m. to 8 p.m.)

Sauna 9:30 a.m. to 7:45 p.m.

Fitness area 7 a.m. to 8 p.m.

Treatments 10 a.m. to 7 p.m. (or by request)

Spa Bistro 12 to 6 p.m. (warm meals 5:30 p.m.)

www.schlosshotel-friedrichsruhe.de/wellness-spa