Beauty & Wellness







Welcome in our St. Wolfgang Spa

Take a break ... A break to bring body, mind and soul back to harmony. A professional guidance is the base for your special moments of spoiling.

Together with you, we create your individual care program – adjusted to your personal needs and visions.

Of course we also welcome guests that don't stay with us. We can book your desired appointments already in advance if you like. Our beauty team can be reached at: + 49 (0) 8532/980-610.

Please inform us by no later than the day before if you can't perceive the appointment.

Let yourself be spoiled - we're looking forward to you.





4 Beauty & Wellness

Thalgo – Ella Baché

The product lines are carefully chosen.

Among others we're using products of ...



Thalgo - an ocean of beauty and welfare. Adjusted to your skin and needs. Since 1964 Thalgo has managed inimitably to summon up the impershability of the sea and to use its soothing powers for beauty and care. And so it has emerged a maritime care based on the knowledge of the thalasso therapy.

Ella Baché

Since 1936 Ella Baché has been setting new standards with innovative and highly effective product and treatment concepts again and again. With this unique philosophy Ella Baché combines premium ingredients of nature, biotechnology and nourishment in efficient beauty formulas.



Basic – Facial Treatments

Facial Cleansing - Basic

This treatment is especially for skin tending to have impurities.

Cleansing with peeling, deep cleaning, correction of brows, active ingredient serum, cream mask and final care

Duration - about 50 mins€ 65,00

Facial Treatment - Relax

Pure recreation

Cleansing with peeling, correction of brows. active ingredient serum, cream mask, massage and final care

Duration - about 50 mins€ 65,00



Facial Treatment - Comfort

Special treatment - ingredients individually based on your complexion.

Purification ritual with peeling, gentle cleansing, correction of brows, active ingredient concentrate, special mask, massage and final care

Duration - about 80 mins€ 89,00





Anti-Aging – Facial Treatments

Facial Treatment - Intensive

Anti-aging therapy against sings of the times. Look forward to a harmonious and firmer appearing complexion.

Purification ritual with peeling, correction of brows, intensive active ingredient concentrate, anti-aging mask, hand pack, massage, eye care and final care

Duration - about 75 mins€ 99,00

Facial Treatment – De Luxe

The anti-aging treatment for ultimate rejuvenation of skin. The skin looks tighter and firmer. Enjoy a velvetysoft skin feeling and your brilliant appearance.

Purification ritual with peeling, correction of brows, intensive active ingredient concentrate, anti-aging mask, décolletage mask, massage, eye care and final care

Duration - about 90 mins€ 129,00





Medical Beauty Facials

M-Ceutic Facial

Inspired by medicine, M-Ceutic is based on a maritime active ingredient complex. Highly concentrated, patented active ingredients improve skin appearance. The result is a radiant, clear skin and a perfect complexion. The individual and perfecting treatment consists of three consecutive steps, in which the skin quality is being restored.

A powerful and highly effective treatment

Complete treatment including a repair mask Duration - about 55 mins 89,00 Euro Short treatment (without mask)

Duration - about 30 mins 49,00 Euro

Our recommendation: Intensive programmes with M-Ceutic

Target groups:

For everyone who, wants to:

- see fast & effective results already after the first treatment
- · improve their skin quality
- · maintain the youthfulness of the skin
- stop suffering from special skin irregularities such as acne scars, pigmentation disorders, wrinkles and enticorns
- find a targeted and effective solution for specific skin problems (acute impurities, large-pored skin)

Suitable for all skin types and age groups



Medical Beauty Facials



Microdermabrasion - Pure

Purification, enzyme peeling, microdermabrasion (face and neck), finish with vitamin C.

Duration - about 40 mins€ 55,00

Microdermabrasion - Classic

Purification, enzyme peeling, microdermabrasion (face and neck), mask and finish with vitamin C.

Duration - about 50 mins€ 75,00

Microdermabrasion - Special

Purification, enzyme peeling, microdermabrasion (face, neck and décolleté), mask, massage and finish with vitamin C.

LDM - Local Dynamic Micro Massage

The complexion is made delicate in a gentle way. Tightens, smooths and moderates little wrinkles. Intensive transfecting of highly concentrated hyaluronic acid and herbal native cells. The complexion is improved permanently and the aging progress is delayed prophylactically.

Ultrasonic treatment

Purification, ultrasonic treatment with ingredients (face and neck), final care

Duration - about 40 mins \in 65,00 **Program 7 instead of 6** \in 390,00 (7 treatments)

Microdermabrasion and Ultrasonic - Intensive

Purification, enzyme peeling, microdermabrasion (face and neck), ultrasonic treatment with highly concentrated hyaluronic application and native cells, final care

Duration - about 75 mins€ 120,00

Power treatment - Anti-aging

Purification, micro needling (face and neck), ultrasonic treatment, soothing mask and final care

Duration - about 110 mins€ 189,00

Premium treatment - Anti-aging

Purification, peeling, microdermabrasion (face and neck), micro needling, ultrasonic treatment, soothing mask and final care

Duration - about 130 mins€ 239,00





Medical Beauty



n a cosmetic micro needling, up to the upper 0.5 mm are treated. Already after the first treatment, the skin is visibly firmer and smoother.

In order to get an ideal and permanent result, an intensive program of 3 up to 6 treatments - depending on the indication - should be realised.

The treatment is almost painless. The micro needling with the pen can be realised without anaesthetisation. But in order to let the treatment be as comfortable as possible, we use a light anaesthesia cream.

After a micro needling treatment, the skin is slightly reddened, but you will be able to pursue your usual activities from now on.

Medical Beauty

Cosmetic Micro Needling:

Gentle treatments for a fresh and tightened complexion are now more demanded than ever. And at this, micro needling is considered to be a real wonder. This natural treatment tells the skin to firm and tighten itself - you could also call it self-renewal of the skin by endogenous processes.

Suitable for every skin type and applicable on the whole body:

- Wrinkle reduction
- Tightening of slackened facial skin
- Skin rejuvenation of sun-damaged skin
- Improvement of scars
- Brightening of pigmentation marks
- Diminution of pores and smoothening of complexion
- Improvement of stretch marks
- Skin rejuvenation on neck and décolleté

Face and Neck

1 treatment	€ 159,00
3 treatments	€ 449,00

Face, Neck and either Décolleté or Hands

1	treatment	€ 179,00
3	treatments	€ 495,00

Face, Neck, Décolleté and Hands

1	treatment	€ 199,00
3	treatments	€ 565,00



Beauty – Extras

You want to enjoy a little more care?

These extras can be booked additionally to your facial treatment:

LDM (Ultrasonics)

Intensive infiltration of active ingredients in your skin (face and neck).

Duration - about 20 mins€ 29,00

Hyaluron mask pads for the eyes

intensive care of the eye area for a firm and fresh feeling

.....€ 15,00

For a nice flash:

correction of eyebrows \in 15,00
dyeing eyebrows \in 10,00
correction and dyeing of eye brows \in 22,00
dyeing eyelashes€ 15,00
dyeing eyelashes, correcting and dyeing
of eyebrows€ 30,00

Hair removal with hot wax:

Upper lip	€ 10,00
Chin	€ 10,00
Lower leg	€ 35,00
Whole leg	€ 45,00

Perfect back

Special treatment for a pretty back

Back peeling, purification, mask and care

Duration - about 30 mins€ 39,00





Well-groomed hands and feet

Manicure

Hand bath, shortening and filing of the nails, removal of cornea and care

Without polish	€ 28,00
With polish	€ 34,00

Pedicure (cosmetic foot care)

Foot bath, shortening and filing of the nails, removal of cuticles and cornea, care

Without polish	€ 35,00
With polish	€ 41,00

Spa pedicure

Exclusive pedicure with aroma foot bath, shortening and filing of the nails, removal of cuticles and cornea A scented peeling and a soothing massage ensure neat feet

(without polish) duration - about 50 mins \in 49,00



Discover a wonderful journey to the world of well-being, which matches the different needs and spirits.



Body Treatments

"Ella Baché" - beauty prescriptions for your body

Back to the roots

Relaxing and regenerating ritual for new juvenility and energy

This anti-aging body treatment abducts you to a sensual journey. A gentle peeling, a charming body massage and a body pack which is made of valuable ingredients like argan oil and incense are going to make your skin satiny and smooth. A luxury ceremony for all senses in order to give youthfulness, to tighten and to firm your skin.

Luffa body peeling, relaxing whole-body massage, rich body pack

Duration - about 115 mins€ 135,00

Elementary Power of the Earth

Tranquilizing spoiling ritual for smooth and glowing skin

Let yourself be indulged by a nurturing and regenerating beauty prescription made of honey and almonds. This ritual covers you in the smooth and relaxing warmth of our earth. A whole-body massage removes tension and you can find back to your ease of mind and your fortitude.

Luffa body peeling, honey-almond body pack, relaxing whole-body massage

Duration - about 110 mins€ 120,00





THALGO

Polynesia – Exotic journey of your senses Exotic beauty ritual for relaxation

ake an exotic relaxing trip of the senses to the islands of Polynesia and pamper yourself. Enjoy the traditional beauty secrets with all your senses and discover the treasures of the Polynesian islands.

Body scrub, Polynesian Mahana Massage and final care

Duration – about 90 mins \in 110,00

The care ritual – Polynesia includes:

Delicious body scrub

The exotic mix of coconut shells, sea salt, white sand and caring oils leaves a silky soft skin.

Mahana Massage

This traditional Polynesian Mahana Massage is an absolute delectation for body and spirit. A silky-soft massage oil with an exotic scent of the Tiaré-flower moisturizes and cares for the skin.

Shimmering body oil

The mix of silky soft oils moisturizes and pampers the skin and is the end of the relaxing journey. It leaves a golden shimmer to your skin.





THALGO

Indocéane - Charm of the orient An oriental journey to your inner calmness

Pet you get abducted and enjoy the ease of mind and the relaxing power of the orient. Betake yourself to a delightful expedition. Body and soul are back in harmony again and you feel relaxed and regenerated.

Body peeling, relaxing massage and body pack

Duration about 90 mins..... € 110.00

The caring ritual - Indocéane contains:

Delightful body peeling - Mediterranean

Sea salt, sucrose and Mediterranean oils are going to envelop your body and leave behind a satiny smooth skin.

Indian relaxing massage - India

Forget about all the stress and tensions - betake yourself to a journey into the heart of the orient with this ayurvedic massage. A sensual composition of essential oils perfects the feeling of total relaxation and you'll gain a lot of new energy.

Silky body pack - China

This silky dream of care made of rice oil envelopes your body with a delicate flavour of jasmin, sandalwood and white musk and builds the finish of this marvellous journey.



Immerse yourself and discover the treasures of the sea. Algae and sea salts moisturize and smooth the skin. Experience the soothing power for beauty and care.



Thalasso – Body Treatments

Algae - Cream Peeling

This creamy algae mousse liberates your body gently and caringly from dead skin. Your skin appears finer and is receptive.

Duration - about 30 mins€ 35,00

Sea Salt - Algae Peeling

This intense peeling made of sea salt and algae prepares your skin perfectly for following treatments. The skin appears fresh and well supplied with blood.

Duration - about 30 mins€ 35,00

Sea Salt - Algae Bath

This classic thalasso bath made of sea salt and algae motivates the metabolism, steeps and tightens the tissue.

Duration - about 30 mins€ 29,00

Algae Body Pack in Softpack Daybed

Feel the power of the sea on your skin. Freshly blended algae in their purest form can help you reduce water accumulations and pads specifically. Your body is regenerated and you will feel like a new born baby.

Duration - about 50 mins \in 65,00 Duration (peeling incl.) - about 65 mins \in 85,00 Special offer: 3x Algae body pack with 1x peeling incl..... \in 195,00



Thalasso – Special treatments

Figure-treatment – Performance

Perfecting treatment for a well-shaped figure

Intensive treatment for a naturally perfect figure An active oxygen pack is stimulating, two effective concentrates are tightening and provide in combination with a special body shaping massage for results that last.

Duration – about 60 mins \in 79,00
Special offer:
3x Figure treatment – Performance€ 225,00





Frigi-Thalgo

Cooling wraps for light legs

Feel the freshness of the sea. Cooling leg-wraps with soothing extracts from algae, camphor and menthol firm the connective tissue and therefore cellulite and equestrian pants become less. Tired, heavy legs are revitalized.

Duration – about 45 mins \in 49,00
Special offer:
3x Frigi-Thalgo treatment€ 139,00

Thalasso Wraps

Stimulating special treatment

Form your body with the force of the sea. With a combination out of micronized algae, algae-gel-concentrate and an aroma essence your body is efficiently formed.

Duration – about 45 mins \in 49,00
Special offer:
3x Thalasso Wraps€ 139,00

Thalasso - Special treatments

Thalasso packages

Maritime dreams

1x Sea salt algae peeling
1x Seaweed body wrap
1x Vitalizing bath – blue lagoon
1x Body cream pack "velvet & silk"
.....€ 159,00

Moments for pure well-being

1x Sea salt algae peeling
1x Seaweed body wrap
1x Feel-good massage (50 mins)
You choose your scent – just as you like
.....€ 155,00

Top shape – feel light Intensive treatment for a naturally perfect figure. 1x Figure-treatment – Performance (incl. massage) 1x Special massage against cellulite 1x Cooling wraps for light legs - Frigi-Thalgo€ 159,00







Beauty- & Wellness Packages

Luxury beauty days

1x Facial treatment – Exclusive
1x Manicure (without polish)
1x Spa pedicure (without polish)
1x Rich body peeling
1x Body oil pack with valuable oils
.....€ 225,00

Wellness for two Ideal for couples and friends 2x Facial treatments – Exclusive 2x Pedicures (without polish) 2x Back-vital massages (20 mins)€ 295,00

Heavenly relaxation

1x Rich body peeling with a sensual scent and a silky texture1x Relaxing full-body massage with valuable oils (50 mins)

.....€ 95,00

Short time-out

1x Facial treatment – Relax
1x Manicure (without polish)
1x Pedicure (without polish)
....€ 120,00





Discover the world of men care ... nurturing and pleasant!

Welltended skin just looks better!

Our facial treatments for men are specially designed for the needs of male skin and make your skin feel good.

Facial treatment "Clean"

The refreshing cleansing treatment for stressed male skin

Cleansing with peeling, active serum, cream mask, relaxing face massage and final care

Duration – about 50 mins€ 65,00

Facial treatment "Relax"

The relaxing facial treatment for tired male skin The skin looks fresh and revitalized.

Purification with scrub, active ingredient serum, creme mask, relaxing facial massage and final care

Duration – about 50 mins€ 65,00



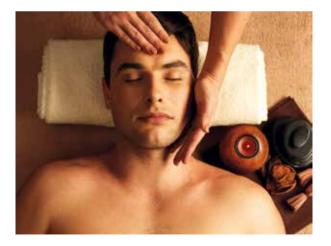
Man's Business

Facial treatment "Comfort"

The intensive special treatment for demanding skin The skin looks regenerated, tired facial features are revived and smooth.

Cleansing ritual with peeling, gentle cleansing, active concentrate, special mask, relaxing facial massage and final care

Duration – about 80 mins€ 89,00



Clear matter

1x Facial treatment "Comfort"
1x Pedicure
1x Aroma oil massage (30 mins)
.....€ 159,00

Freshness boost

1x Facial treatment "Clean" or "Relax"1x Vital back massage (20 mins)....€ 95,00

Vital

1x Aroma oil massage (full-body 50 mins)

1x Pedicure

.....€ 95,00



Fascinating massages from all over the world – The highest degree of relaxation

Beauty & Wellness



Indocéane – Oriental massage

Forget stress and tensions. A sensual composition out of essential oils makes you feel completely relaxed and filled with energy.

Duration – about 50 mins€ 69,00

Mahana massage

The Polynesian massage is a great pleasure for body and spirit. Wrapped in the smell of exotic scents of the Tiaré-blossom, tensions dissolve leaving a deep sense of relaxation.

Duration – about 60 mins€ 75,00

Wellness Massages

Vital Back Massage

Relaxing and vitalizing back and neck massage with scented oils and valuable essences. Enlivens the senses and cares for the skin.

Duration – about 20 mins€ 35,00

Aroma Oil Massage

Smooth and gentle wellness massage with warm, scented aroma oils for a harmonious body sensation. Release, dream and be pampered precious. Choose your favourite scent!

Duration – about 50 mins	€ 65,00
Duration – about 30 mins	€ 45,00

Hot Stone-Massage

The force of hot stones

Treat your body with sensual care-elements and feel the smooth, hot lava stones on your skin. The muscles are loosened up and you feel completely relaxed. Enjoy a warm and calming massage with valuable oils.

Duration – about 60 mins€ 75,00

Hot Chocolate-Massage - Sweet Pleasure

The exotic temptation for skin and senses

A soothing and gentle massage with warm, precious and nice-smelling cocoa butter. Shea butter makes your skin silky soft and delicate. The result is impressive. A celestial delicacy!

Duration – about 50 mins plus 10 mins rest period.....€ 69,00





Body, spirit and soul in harmony



eeling, to perceive the human in his wholeness and through his cautious contact to lead him to his inner mid, is the purpose of Lydia Lehermann. The graduated living consultant and trained Reiki-Master is a native of Bad Griesbach. With her honest

and at the same time cheerful character she offers since many years her own form of energy and body work in St. Wolfgang. Of course there have to be soothing massages like the Lomi Lomi Nui from Hawaii or the Anti-Stress-Massage. The special treatment "Raindrop-Massage" is a must.

Energy and body work

Raindrop Technique®

The Raindrop technique unites the art of aroma therapy with the traditional rituals of the Lakota Indians. It provides a gentle possibility to dissolve tensions, promote detoxifications processes and support the body to come back in balance.

Duration – about 70 mins€ 100,00

Lomi Lomi Nui

The Hawaiian temple massage is an old ritual of the Hawaiian Kahunas. Tensions and blockades are dissolved. This creates space to strike out into a new direction. An unforgettable experience.

Duration – about 60 mins€ 78,00

Duration – about 90 mins€ 105,00

Anti-Stress-Massage

A gentle energy massage, which has a profound effect on all levels. The massage helps to dissolve stress in deeper layers. Your vitality improves.

Duration – about 60 mins	€ 75,00
Duration – about 90 mins	€ 99,00





Energy and body work

Sound Massage

The sound massage provides the possibility in the state of deep relaxation to go inside and discover yourself new. The vibrations of the singing bowls mobilize selfhealing powers and liberate creative energies.

Duration – about 60 mins€ 75,00

Biodynamic Detoxifying Massage

The gentle massage with finest plants with herbal oils activates the metabolism of internal organs. The body is stimulated to excrete toxins and slags.

Duration – about 60 mins plus 20 mins rest period.....€ 80,00

Reiki

A centuries-old healing and relaxation method for refilling new vital energy The unlimited energy flows in a concentrated form through the hands of the therapists. Reiki brings you back into balance and strengthens your spirit and body.

Duration – about 60	mins	€ 75,00
Duration – about 90	mins	€ 99,00





Body-Scrubs

njoy a full-body peeling of your choice at the beginning of your beauty program. It makes your skin silky smooth and more receptive for subsequent treatments. All scrubs are applied with a gentle massage.



Scrubs, Packs and Baths

Sea Salt-Sugar-Scrub

This soft-melting peeling with Mediterranean oils envelops the body gently and leaves a silky smooth skin.

Duration – about 30 mins€ 35,00

Algae Cream-Scrub

This creamy algae mousse frees your body soft and careful from dead skin cells. Your skin look's finer and is receptive. Even for sensitive skin.

Duration – about 30 mins€ 35,00

Rich Scrub

This delicious peeling with a sensual scent and silky texture made from sugar, salt and rice powder smoothens and refines the skin appearance very gently. Even for sensitive skin.

Duration – about 30 mins€ 35,00

Scrub Flash

The peeling ritual for a radiantly beautiful, soft and firm skin. Enjoy three different scrubs which are applied with soothing massaging movements and leave your skin in a new gloss shine. The skin regains its luminosity and looks smooth and silky soft.

Duration – about 50 mins€ 69,00





Caring body packs

njoy one of our care packs after a peeling or baths. You will be wrapped in soft fleece so that the valuable ingredients are able to develop.

Rich cream oil pack

This anti-age-pack with a sensual scent and valuable ingredients out of argan oil, figs and myrrh The skin is regenerated and seems balanced. A real treat for skin and senses!

Duration – about 30 mins€ 39,00

Body oil pack

Oil pack with a sensual scent and valuable ingredient combination. By the special anti-aging-effect the skin is visible smoothed out, regenerated and is saved from drying out.

Duration – about 30 mins€ 35,00

Body pack "velvet and silk"

The extraordinary cream pack with valuable oils for dry and dehydrated skin. This intensive pack regenerates also very dry skin.

Duration – about 30 mins€ 39,00

Cream pack with rice oil

The delicate, silky pack with the adorable scent of jasmine, sandalwood and white musk for flattering soft skin

Duration – about 30 mins€ 35,00

Vital Bath – Blue Lagoon

A tropical fragrance experience. A maritime care complex brings softness, water lily extract soothes and moisturizes.

Duration – about 20 mins€ 29,00

Luxurious Milk Bath

Sugar crystals develop a powdery and relaxing fragrance which gives you a wonderful well-being.

Duration – about 20 mins€ 29,00



Medical Beauty



Medical Beauty - What exactly is this?

n former times, there were hardly alternatives to cosmetic surgery. But in the last few years, the possibilities of non-operative procedures have become more and more diverse: sustainable skin rejuvenation and efficient body shaping can now be accomplished even without a scalpel in a gentle and effective way - and this without any downtime!

With medical beauty, we build a bridge between medicine and cosmetics: modern medical technology and professional methods are bunched in our holistic concept in order to enable a successful treatment with the aid of non-operative procedures - beginning with the improvement of the complexion and individual smoothing of wrinkles via skin tightening and ending with removal of annoying fat stores.

Skin Rejuvenation:

Cosmetic micro needling:

Gentle treatment for a fresh and firm complexion. The natural and endogenous regeneration process is activated and the complexion is effectively improved. For skin resurfacing, skin rejuvenation and smoothing of wrinkles.

Microdermabrasion:

By precise but gentle removal of the upper skin cells, the regeneration processes in the skin are noticeably animated. Cornifications are removed gently and leaves the skin visibly smoother. The skin becomes more fine-pored, fresher and younger.

Dynamic ultrasonic: LDM - Local dynamic micro massage Make your skin shine

At this innovative technology, ultrasonic waves with

different and fast changing frequencies are used for a unique way of treatment which can be differed by quality from the classic cosmetic applying of supersonics. In LDM, resting connective tissue cells are activated and animated to produce hyaluronic acid, collagen and elastin.

Body shaping:

Coolsculpting by Zeltiq (Cryolipolysis) Reducing fat by frosting

Coolsculpting, the body-contouring treatment which reduces persistent fat depots gently and without surgery. No needles, no operation - and no downtime. The coolsculpting technology provides exactly controlled refrigeration in a safe way in order to find fat cells and eliminate them. Academically proven and highly effective against persistent midriff bulges and fat stores.

In a personal consultation, we'll inform you with pleasure about all the details concerning coolsculpting.



Beauty is a question of trust The desire for an attractive look lives in each one of us. But no human is perfect.



Modern Treatment Concepts

The possibilities to change your outer appearance are very diverse. A plastic surgery doesn't always have to be the first choice. At the beginning of the treatment, therefore, is a detailed consultation. Here the personal notions are discussed, but also limits and risks identified. At the end an especially for your needs designed treatment results.

Aesthetical Medicine

- Skin rejuvenation
- Wrinkle treatment
- Lip correction
- Body sculpting

Plastic-aesthetical Surgery

Plastic-aesthetical surgeries are carried out with the latest operational techniques which allow low downtimes.

Face

- Eyelid lifting
- Forehead and brow lift
- Thread lift
- Facelift

Breast

- Breast augmentation
- Breast reduction (men)
- Male man breast (gynaecomastia)

Body

- Liposuction using a modular technique
- Sweat gland suction surgery





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