



S P A  
M E N U



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## SPA FACTS

### Pool

Pool size	11 x 18 m
Water depth	0.80-1.35 m
Water temperature	28-30° C
Special features	massage jets, jets of water specifically designed to massage the nape of your neck
Whirlpool	diameter 3 m, 35-37° C

### Mixed sauna

Finnish sauna	90° C, 10 % rel. hum.
Steam bath	45° C, 100 % rel. hum.
Bio-sauna	60° C, 20 % rel. hum.
Ice room	8° C, 20 % rel. hum.
Special features	Kneipp basin, sauna courtyard, chill-out room

### Ladies' sauna

Finnish sauna	90° C, 10 % rel. hum.
Steam bath	45° C, 100 % rel. hum.
Special features	Kneipp basin

## Fitness

Machines

Technogym

Free courses

Pilates, legs, bums and tums, aqua aerobics, Nordic walking, beach walking, back exercises, body tuning and power workout

## Yoga

Indian yoga master Sanjay Vyas from the Himalayas

## Solarium

Sunbeds from Ergoline

## Product partners

La Prairie, LIGNE ST BARTH, ila spa, O.P.I., Thalgo Cosmetics

## SPA Lounge & Bar

Heiligendamm SPA cuisine, freshly squeezed juices, teas and vitamin cocktails, generously sized roof terrace and 5,000 m<sup>2</sup> outdoor area

## SEA BUCKTHORN – THE VITAMIN BOMB

At the Heiligendamm SPA, you will be treated to the local sea buckthorn from Ludwigslust. The small orange berries are a power pack for the immune system, containing seven times more vitamin C than lemons, along with other valuable components. Sea buckthorn boosts your performance, especially during times of increased physical and mental stress.

**Sea buckthorn & sea salt exfoliation treatment** 30 Min | EUR 55

**Sea buckthorn full body massage** 60 Min | EUR 95

### **Sea buckthorn pampering treatments**

Revitalising sea buckthorn and sea salt exfoliation, wave-like massage and sea buckthorn vitamin drink

90 Min | EUR 145

## OCEAN RITUALS

In 1793, Duke Friedrich Franz I of Mecklenburg-Schwerin took the advice of his doctor, Prof. Dr. Vogel, and bathed at the “Heiliger Damm” (“Holy Dam”), making it the birthplace of the first German seaside resort. Why don’t you also enjoy the healing powers of salt water and gain beauty and energy from the sea? Authentic care and treatment concepts based on thalassotherapy purify, detox, firm up and revitalise your body and skin.

### Ocean menu “Friedrich Franz”

Sea salt exfoliation, purifying and detoxifying seaweed wrap, face and head massage and full body massage 120 Min | EUR 190

### Ocean menu “Luise”

Full body exfoliation treatment made of red algae extracts, moisturising seaweed wrap and full body massage with sea-based oils  
120 Min | EUR 190

### Ocean menu “Alexandrine”

Full body exfoliation treatment made from red algae extracts, firming ginger wrap and full body massage that focuses on the problem areas  
120 Min | EUR 190

## MASSAGES

### Full body massage

Muscle-loosening and robust or relaxing  
with aromatic oil

60 Min | EUR 95

90 Min | EUR 145

### Abhyanga

Ayurvedic full body massage  
with warm oil

90 Min | EUR 145

### Lomi-Lomi-Nui

Gentle massage with warm oil and  
Hawaiian music

90 Min | EUR 145

### Hot stone

Traditional Asian massage with warm  
and hot stones

90 Min | EUR 145

### Balinese massage

Gentle massage with lemon grass oil  
for mental relaxation

60 Min | EUR 95

### Thai massage

Interplay of gentle movement, rhythmic pressure and deep stretches on a floor mat in comfortable clothing

60 Min | EUR 95  
90 Min | EUR 145

### Foot reflexology massage

Strengthening and harmonising pressure point massage

30 Min | EUR 55  
60 Min | EUR 95

### Massage at home (for 2 people)

Get to know the basic massage techniques and discover how you can really spoil your partner

200 Min | EUR 300

## ALTERNATIVE HEALING TREATMENTS

### Reiki

Inner blockages are harmonised and released thanks to the healing power of the palms of the hands

60 Min | EUR 95

### Cupping for your back

Stimulates the flow of stagnant blood and relaxes muscles thanks to the placing of glasses on the skin. Because of the low air pressure, bruising may occur.

30 Min | EUR 55

## BALTIC SEA HAMMAM

A hammam is the Middle Eastern version of the steam bath and is prized for its highly beneficial effects. The warm steam bath is then followed by a phase of rest and relaxation in a cooler room or even a classic massage.

### **Baltic Sea hammam**

Cold and warm infusions, cleansing silk glove exfoliation and a sea foam wash

60 Min | EUR 95

### **Baltic Sea hammam treatments**

Baltic Sea hammam, algae wrap with head massage and full body massage with aromatic oil

for one person

165 Min | EUR 215

for two people

165 Min | EUR 410

## HEALTH AND BEAUTY FOR MEN

Men's skin is nearly 20 per cent denser than women's, which is why it needs special care products and treatments. What we offer by way of fitness, health and beauty for men has been specially tailored to their well-being and is ideally suited to reduce everyday stress levels.

### Facial

Anti-ageing care, cleansing, moisturising  
60 Min | EUR 95  
90 Min | EUR 145

### Hand care/foot care

60 Min | EUR 55

### Purely a man's thing

Facial, full body massage and manicure  
or pedicure  
180 Min | EUR 220

### Fitness – pure and simple

Personal training session including a fitness check,  
Baltic Sea hammam and Thai massage  
180 Min | EUR 220

## FEEL GOOD DURING PREGNANCY

During pregnancy, everything revolves around your baby. In order that you don't feel left out as an expectant mother, we have put together a special programme of pampering for your body and soul. Look good, feel good and stay fit for the full nine months.

### Yoga for expectant mothers

For inner peace and contentment

60 Min | EUR 95

### Joy of motherhood

Caribbean full body wrap, express pedicure  
and cleansing facial

120 Min | EUR 155

## BEAUTY FOR CHILDREN AND TEENAGERS

Minimum age 5 years old

### “Show us your feet”

Small pedicure with foot massage

30 Min | EUR 35

### “Show us your hands”

Small manicure with hand massage

30 Min | EUR 35

### “Show us your face”

Face mask with hand massage

30 Min | EUR 35

### Princess for a day

Make-up, hand and foot massage as well as  
varnishing your toe and finger nails

45 Min | EUR 50

### Teen-SPA

Gentle exfoliation, facial cleansing, face mask  
and hand massage

60 Min | EUR 85

## PURIFICATION, DETOX AND WEIGHT LOSS

Germany's oldest seaside resort is famous for its healing breeze: the natural aerosol from the breakers, the sea water, sun and movement all ensure your holistic well-being.

Attain a new state of consciousness with treatments that are tailored to suit your individual needs. With the support of our fitness trainer and our state-certified non-medical practitioner, you will get a whole lot closer to your goal of purifying your body and losing weight.

We would be happy to put together an individual programme of treatments for anyone staying a minimum of two nights. Contact our SPA reception before you come to stay in Heiligendamm.

## FITNESS AND PERSONAL TRAINING

Use your holiday time to benefit from our active programme. Our personal trainers will put together an effective training concept for you. You can expect fitness equipment from the Technogym company and a range of free fitness and relaxation courses such as Pilates, legs, bums and tums, aqua aerobics, Nordic walking, beach walking, back exercises, body tuning and a power workout.

### **Fitness check**

Test your current level of fitness, incl. a certificate 30 Min | EUR 30

### **Personal training**

Workout under professional supervision in the gym or on the beach 60 Min | EUR 55

## YOGA WITH SANJAY VYAS

Experience authentic yoga from the Himalayas with our Indian yoga master Sanjay Vyas. He comes from Rishikesh, the birthplace of “Himalayan yoga”, and used to work in the legendary “Ananda SPA”. He is qualified in yoga meditation and Ayurvedic treatment as well as in Thai massage.

**Our range of free courses** (max. 10 people)

Morning yoga – well suited for beginners

Evening yoga – well suited for advanced students of yoga

Meditation – various meditation techniques

Please register at the SPA reception before the course starts.

**Private yoga training** (max. 2 people)

Yoga	60 Min   EUR 95
Meditation	60 Min   EUR 95
Yoga and meditation	90 Min   EUR 120
Pranayama – yogic breathing	30 Min   EUR 45
Yogic nose cleansing	30 Min   EUR 45
Five Tibetans	30 Min   EUR 45

We would be happy to tell you about our yoga weekends, too.

## ILA SPA – BEYOND ORGANIC

The “ila spa” brand was established in Great Britain in July 2007. The products of this range are based on the Indian principles of Ayurveda and are produced on a purely organic basis. They endow you with new energy and balance your body, spirit and soul again.

### Our recommended package

#### **ila-Experience**

Body exfoliation, Kundalini back massage  
and facial

120 Min | EUR 175

### **Ananda facial**

Regenerating and revitalising treatment, bringing about deep-seated feelings of joy as well as a glowing complexion

60 Min | EUR 95

### **Kundalini back massage**

Profoundly soothing and relaxing, this optimises the flow of energy and balances your chakras

60 Min | EUR 95

### **Manipura full body treatment**

Harmonises the flow of energy in the body and ensures vitality

60 Min | EUR 95

### **ila-Body exfoliation treatment**

Tender and soft skin, cleansing you inside and giving you energy

- I) for a blissful experience and sheer relaxation
- II) energising and detoxifying

60 Min | EUR 95

## LA PRAIRIE – THE ART OF BEAUTY

The La Prairie laboratories originate in the renowned Clinique La Prairie in Montreux, Switzerland. For more than 50 years now, the product line has been a pioneer in the field of cellular care that guards against the effects of ageing. These ultimate pampering treatments give your skin new vitality, firmness and elasticity as well as a wonderful feeling of well-being.

### Our recommended package

#### Swiss bliss

Firming feel-good care with caviar  
for face and body

180 Min | EUR 250

### **Pure gold radiance face**

24-karat gold restores your skin's equilibrium and ensures more luminosity

120 Min | EUR 190

### **Caviar firming face**

Moisturising anti-ageing care for smooth and silky skin

90 Min | EUR 160

### **La Prairie facial**

Depending on your skin type: cleansing, moisturising, balance, anti-ageing, for young skin or to combat skin imperfections and pigmentation

90 Min | EUR 145

### **Caviar body treatment**

Revitalising and firming full body treatment and massage

90 Min | EUR 160

## LIGNE ST BARTH

The exotic products manufactured by LIGNE ST BARTH originate from probably one of the most beautiful islands in the Caribbean: St.-Barthélemy. The high-quality care range is based on the natural active ingredients of plants, whose healing and nurturing properties have been used by the indigenous people of India for many generations. Let the wonderfully exotic scents of the tiaré flower, the lily or the pure aroma of the bourbon vanilla bean transport you to the world of the Caribbean.

### Our recommended package

#### Summer breeze

Full body exfoliation treatment, exotic beauty bath,  
gel wrap and full body massage with aromatic oil  
for one person  
for two people

150 Min | EUR 255

150 Min | EUR 459

### **ST BARTH freshness**

Face and neckline treatment with fresh papaya and cucumber mousse

90 Min | EUR 145

### **ST BARTH pureness**

Clarifying and stimulating facial

60 Min | EUR 95

### **ST BARTH softness**

Body exfoliation treatment for tender and even skin

45 Min | EUR 70

### **ST BARTH elasticity**

Firming body wrap with clay and cucumber mousse

45 Min | EUR 70

### **ST BARTH sensation**

Moisturising body wrap with relaxing massage

60 Min | EUR 95

### **ST BARTH slimness**

Beneficial and decongesting leg massage

40 Min | EUR 60

## O.P.I.

Well-groomed hands and feet are seen as a personal calling card and require special attention. O.P.I. from California is one of the world's best brands for hand and nail care and is used by many international film and pop stars. Discover for yourself the broad range of O.P.I. products and let yourself be spoiled at the Heiligendamm SPA.

Manicure	60 Min   EUR 65
Manicure de luxe – manicure, paraffin bath	75 Min   EUR 80
Pedicure	60 Min   EUR 65
Pedicure de luxe – pedicure with foot mask	75 Min   EUR 80
Nail varnish	EUR 15
French polish	EUR 25

## BEAUTY SERVICE

Day make-up	EUR 35
Evening make-up	EUR 65
Eyelash dyeing	EUR 15
Eyebrow dyeing	EUR 10

## HAIR STYLIST GERHARD MEIR

In our branch of the department store QUARTIER 206, there is a hair-dressing salon run by star hair stylist Gerhard Meir. Besides the latest hair-colouring and cutting techniques, our guests can receive advice on their what best suits them. Our SPA reception will be happy to make an appointment. Opening hours are from 10 a.m. to 6 p.m. every day.

## DAY SPA

Enjoy a day at our Heiligendamm SPA – without having to stay a night. Every day, experience some relaxing hours in our generously sized pool area with whirlpool, our diverse sauna world with a Finnish sauna, steam bath and bio-sauna, as well as in our fitness area with sports and relaxation courses.

### One-day admission

EUR 39

including use of a bathrobe and towels

When booking a treatment, the price of the one-day admission is reduced to EUR 19.

Our Day SPA recommended packages include relaxation in the pool, sauna, fitness and course areas as well as the use of a bathrobe and towels.

### After-work relaxation

Full body exfoliation and classic full body massage. Can be booked from Sunday to Thursday from 2 p.m.

90 Min | EUR 135

### Best friends forever day SPA

Balinese full body massage and facial per person

120 Min | EUR 175

### Sheer romance – relaxation for two

Full body exfoliation, exotic beauty bath, gel wrap and full body massage with aromatic oil for one person  
for two people

150 Min | EUR 255

150 Min | EUR 459



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