



ALTHOFF GRANDHOTEL  
**SCHLOSS BENSBERG**  
BERGISCH GLADBACH/KÖLN

## **Beauty & Spa**

### **Selection of Services**

*Dive in to a world of relaxation, vitality and well-being...*

*Welcome to the Beauty & Leading Spa at the Grandhotel Schloss Bensberg!*

*We are looking forward to seeing you in our spa!*

***For further information and advice please contact us on +49 (0) 2204/42-1970,  
internal extension 1970 or per e-mail at [beauty-spa@schlossbensberg.com](mailto:beauty-spa@schlossbensberg.com)***

*We sincerely wish you a pleasant stay*

*Your spa team*

*Opening hours: Monday to Sunday from 9am to 7pm*





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## DAY SPA arrangements

### **Men's Special**

A programme especially for men for comprehensive vitalisation with...

- a Caribbean partial massage
- „just fit“ or „just relax“ facial treatment
- Manicure Royal
- special hand bath
- use of the pool and sauna area

€ 205.00

### **Anti Jetlag**

A short programme, which is very well suited to quickly provide you with new energy after a stressful journey or a busy day, including...

- pick-me-up treatment for heavy, tired legs
- anti-stress facial treatment
- vitamin shake

€ 160.00

### **Girlfriend Day**

Enjoy a day of "being lazy" with your best friend, exchanging views and letting yourself be pampered with...

- body treatment of your choice  
(*body massage or body peeling with ointment or Lomi Lomi*)
- individual Clarins facial treatment
- Pedicure Royal
- use of the pool, gym or saunas and steam baths

€ 255.00 per person





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## DAY SPA arrangements

### **Caribbean Day**

A truly exotic beauty day to make you feel truly "Caribbean" with...

- body peeling with sea sand and coconut oil
- an individual massage with balanced Caribbean oils
- an individual body pack to moisten the skin
- facial treatment with Caribbean plant products
- a hand pack with oils
- foot pack with massage
- a light, Caribbean snack
- use of the pool and sauna area

€ 295.00

*Bookable Sundays to Fridays*

### **A Day for Myself**

A day programme that is aligned completely towards your personal wellbeing with...

- body peeling with sea sand
- aroma-oil and Caribbean body pack
- a full body massage
- a hand pack with oils
- "freshness" facial treatment according to individual skin requirements
- use of the pool and sauna area

€ 295.00

### **CLARINS SPECIAL**

Enjoy a day with precious essences, strengthening and conditioning plant compositions with...

- fruit enzyme-scrub with lavender and safflower
- pampering body massage with revitalizing active ingredients
- personalized Clarins facial treatment
- Manicure Royal
- soothing treatment for legs and feet

€ 295.00 per Person

### **Relaxation Day**

A programme for a day...

- facial treatment according to your individual needs
- Manicure Royal
- Pedicure Royal
- body massage with precious ethereal oils
- body pack treatment of your choice
- special treatment for hands or face with caviar products
- use of the pool and sauna area

€ 340.00 per person





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## Face & cleavage

### **Facial massage**

During this treatment the facial musculature is loosened, tension is released and blockages are relieved. The result is complete and utter relaxation and thus a more vital appearance after only a short time. Cleansing, facial massage and final treatment.

25 minutes: € 50.00

### **Make-up & make-up consultation**

Make the most of your appearance. Our make-up consultation service will give you professional tips on how to underline your personality in the best possible way.

60 minutes: € 95.00

Day make-up: € 30.00

Evening make-up: € 45.00

Eyelash colouration: € 15.00

Eyebrow colouration: € 8.00

Eyebrow plucking: € 10.00

Bride make-up: € 120.00

*(consultation, make-up trial, make-up finish)*

### **Depilation**

Face	from	€ 12.00
Legs up to the knees		€ 35.00
Complete legs		€ 60.00
Upper body		€ 60.00

## Facial treatment with La Prairie

### **Caviar Crystalline**

The latest, extraordinary facial treatment with selected substances from caviar and diamonds:

*1 diamond drop ♦ 1 precious moment ♦ 1 rekindled sparkle*

This treatment gives the skin back its perfect vibrancy. Dive in to the regeneration of your skin:

120 minutes: € 195.00

### **Pure Gold Radiance**

The "gold" standard in anti-aging treatment. A serum with 24 carat gold visibly tautens and firms the skin, gives it a warm glow. Extraordinary masks provide a comprehensive feeling of well-being. Enjoy a golden treatment.

120 minutes: € 180.00

### **Caviar Firming**

Pure luxury with real caviar distinguishes this very special treatment. Immediate vibrancy and firming are the gift that this treatment brings with it. Pearls of caviar, a relaxing eye and face massage as well as the two-phase caviar mask give a tired complexion back its perfect radiance, just like after a short vacation.

90 minutes: € 165.00





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## Facial treatment with La Prairie

### **Cellular Hydrating**

This intensive treatment causes sensational results with stressed and tired skin. Moisture and energy for the skin, the "Cellular Cycle" ampullae from the effective La Prairie treatment will comprehensively revitalise the skin.

90 minutes: € 155.00

### **Swiss Cellular De-Aging**

The solution against aging skin. It encompasses an efficient, gentle peeling with selected ingredients and the exclusive treatment specialties from La Prairie to effectively alleviate dry wrinkles and creases.

90 minutes: € 155.00

### **Swiss Cellular Purifying**

Find the perfect balance for over-active and unbalanced skin. The pores are refined, and after the treatment the skin is matted and pure.

90 minutes: € 155.00

### **Swiss Cellular Resurfacing**

Deep penetrating treatment for skin regeneration and refinement of the skin structure. Diamond dust and finely ground freshwater pearls in the Cellular Microderm Abrasion Cream bring out new skin.

90 minutes: € 155.00

### **Pressure Relief**

This treatment with the reflexology technique has a threefold effect:

It combats the effects of jetlag and daily stress by reducing toxins, brings your inner energy into balance and relieves stress. Giving you the feeling of levitating relaxation.

90 minutes: € 155.00

### **After Sun**

This special treatment counteracts the impact of sun and weather influences and reduces weather-related skin irritations.

75 minutes: € 125.00

### **Beauty Express**

Perfection in less than an hour! Designed for stressed people that are looking to become fresh and fit again quickly. Including head massage.

55 minutes: € 120.00

### **Swiss Cellular for men**

The pampering and regenerating treatment specifically for men. Depending on the individual requirements, it focuses on the deep cleansing or soothing of the skin.

60 minutes: € 120.00





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## Facial treatment with CLARINS

"Today, it is by no means a sign of luxury if you take a break for facial and body treatment - in fact, it has rather become a necessity of daily life. A positive attitude begins by you wanting to treat yourself to something good. Clarins has always seen it as its duty to be an advocate for your well-being and beauty."

Dr. Olivier Courtin-Clarins  
Managing Director Groupe Clarins

### **Anti-aging intensive**

Cell-activating care treatment, which visibly models and refines facial contours visibly. The skin looks more youthful and firmer - almost like after a facelift.

90 minutes: €125.00  
60 minutes: €95.00

### **Visage thermal mask**

Relieving care treatment for youthful, smooth facial contours and glowing, clear skin!

90 minutes: €125.00  
60 minutes: €95.00

### **Moisture to measure**

Feel-good treatment, which supplies even the thirstiest skin with moisture. Ideally nourished and smooth, the skin shines with new vitality.

90 minutes: €125.00  
60 minutes: €95.00

### **Power regeneration**

This anti-wrinkle treatment is a true fountain of youth for the face. It makes the skin incredibly supple, increases tautness and reduces wrinkles.

90 minutes: €125.00  
60 minutes: €95.00

### **Extra gentle to the skin**

The soothing skin care treatment for very sensitive skin. It repairs and restores the natural protective mechanism of the epidermis. Redness is reduced, the complexion is evened.

90 minutes: €125.00  
60 minutes: €95.00

### **Flawless complexion**

The clarifying, brightening care treatment for perfect skin without pigmentation. A real must, to give back the skin's freshness and rosy, youthful transparency.

90 minutes: €125.00  
60 minutes: €95.00





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## Facial treatment with CLARINS

### **Radiant luminosity**

Revitalizing facial treatment for radiant freshness in no time. The skin shines with new tautness and smoothness.

90 minutes: €125.00

60 minutes: €95.00

### **Simple pureness**

The ideal care treatment to bring mixed or oily skin back into balance. The cleansing and matting effect provides a more refined, healthy skin.

90 minutes: €125.00

60 minutes: €95.00

### **Fresh, clear skin**

Fresh skin care treatment that provides great looks and a radiant complexion. The skin is as beautiful as ever – it is pure, velvety and radiates with vitality.

90 minutes: €125.00

60 minutes: €95.00

### **Energy for men**

Gentle cleansing and invigorating massage that fills the energy deposits and provides new dynamism and charisma.

30 minutes: €45.00

60 minutes: €85.00

## Facial treatment with Ligne St. Barth

The uncomplicated and comprehensive product line from the Caribbean, with exquisite ingredients from fruits and plants.

For men and women:

### **Pureness**

Experience an exceptionally soft treatment for face, neck, cleavage and hands. The fresh scents of natural eloxadising substances will remind you of a Caribbean fruit basket.

75 minutes: € 115.00

### **Freshness**

Experience intensive treatment of face, neck, cleavage and hands with a special feature: the effects of the high-grade herbal care products with natural vitamins and minerals are additionally supported by fresh fruit that is prepared in front of you to make a special mask.

75 minutes: € 125.00





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## Hands & feet

In the spa of the Grandhotel Schloss Bensberg the treatment of hands and feet becomes a regal experience. The treatment includes peeling and a special massage of hands and feet respectively, as well as treatment for smooth and firm texture:

Manicure Royal	60 minutes:	€ 60.00
Manicure Royal with French varnish	75 minutes:	€ 75.00
Pedicure Royal	60 minutes:	€ 65.00
Pedicure Royal with French varnish	75 minutes:	€ 80.00
Treatment for smooth and firm hands or feet		€ 30.00

## Body treatment with CLARINS

### **Peeling for bon vivants**

#### **For velvety, silky skin**

Gentle cell renewal, boost of energy and suppleness for rough, tired and dry skin. In preparation for the following body treatments.

25 minutes: €45.00

### **Invigorating prelude**

#### **Fruit enzyme peel with safflower**

Pure Camargue salt, fruit enzyme powder and moisturizing safflower flowers remove dead skin cells, stimulate the microcirculation and accelerate cell renewal. The invigorating essential oils of the Spa Tonic line drive any weariness away and make the body ready to receive the following care rituals.

25 minutes: €55.00

### **Soothing prelude**

#### **Fruit enzyme exfoliation with lavender**

Exotic combination of Camargue salt, pineapple and lemon enzymes as well as lavender extract for a relaxing start to the spa treatment. The skin is prepared in three phases: gentle removal of dead skin cells, stimulation of microcirculation and acceleration of natural cell renewal. The gentle, harmonious Spa Relax body oils invite you to relax consciously.

25 minutes: €55.00

### **Body wrap with clay**

#### **Revitalising, modelling or comforting intensive care**

The special wraps with warm white clay and essential oils stimulate microcirculation, purify, clean and invigorate. The whole body is warmed, the skin functions are revitalized. A head and foot massage provides a relaxing and pampering effect during the application time.

25 minutes: €60.00





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## Body treatments

### **Lomi-Lomi**

An old Hawaiian type of massage where the massage is alternately carried out with hands and forearms. The massage technique alternates between being slow, gentle and flowing, and dynamic, strong and penetrating.

45 minutes: € 90.00

### **Foot massage intensive**

Special foot treatment for feet that affects the entire organism.

45 minutes: € 65.00

### **Body brush massage**

Your body is treated with brushes in gently rotating and brushing movements. This improves the skin's blood supply and accelerates the metabolism. The stimulating and refreshing brush massage distinctly refines the skin texture.

30 minutes: € 45.00

### **Body brush massage with ointment**

45 minutes: € 60.00

## Body treatment with La Prairie

### **Swiss Bliss**

A fantastic 3-hour experience that makes you forget time. The method is based on the fundamentals of Caviar Firming treatment and leads to immediate results. Face and body are truly harmonized with this programme. It is effective from head to toe and provides the feeling of total relaxation and of complete well-being.

180 minutes: € 395.00

### **Caviar Body Treatment**

Luxurious caviar is the basis of this constitutive and energy-dispensing total body massage. Vitality, firmness and even texture are the result.

90 minutes: € 155.00

### **Cellular Detoxifying Back**

Intensive treatment of the back for him and her. This often neglected part of the body is cleansed and exfoliated. While waiting for the products to take effect, you can enjoy a pleasant hand and foot massage.

60 minutes: € 115.00





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## Body massage

Cosmetic partial massage	25 minutes:	€ 50.00
Cosmetic total body massage	50 minutes:	€ 80.00

## Body treatment with Ligne St. Barth

### **Slimness**

For rapid relief and relaxation of heavy legs, e.g. after long periods of standing, sitting or after long flights. A pleasant and de-blocking leg massage.

25 minutes: € 55.00

### **Softness**

Peeling massage for tender, silky and smooth skin. The fruit enzymes of fresh papaya, natural yoghurt and a special mineralising sea sand complex remove the dead skin dander. Pure coconut oil nourishes the skin lastingly and pampers it with valuable nutrients. Ideal as preparation for an especially long-lasting and even tan.

25 minutes: € 55.00

### **Elasticity**

Intensive body treatment to improve the skin texture through valuable minerals and vitamins. An exquisite body pack with clay, pineapple or cucumber mousse. Results in visibly improved and firm skin.

25 minutes: € 55.00

### **Harmony**

Enjoy a gentle, pampering body massage with care products individually matched to your requirements.

60 minutes: € 90.00

### **Sensation**

Noble body pack and pleasant massage. The pack provides a high degree of moisture and is a pleasure for all the senses. You choose your favourite scent of Bourbon vanilla, Tiare blossoms or exotic lilies. The ensuing massage completes the exotic relaxation and gives you silky soft skin.

60 minutes: € 105.00

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