

STAUDACHERS SPA & GARTEN
PRICES - 2018/19



STAUDACHERHOF

BAVARIAN HISTORY &
LIFESTYLE HOTEL



FOR PERFECT DAYS

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Staudachers Spa & Garten

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Holistic Beauty
Treatments

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Massage & Therapy

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Ayurveda

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Yoga

WELCOME!

Indulge with all your senses here in Staudachers Spa & Garten! We invite you to take a few minutes and browse through this brochure to find inspirations for a relaxing sojourn in our Bavarian oasis. Welcome to your 'time out' at Staudacherhof!

We look forward to your reservation. Just send an email to spa@staudacherhof.de or call us at +49 (0) 8821 929-381.

You can let us know of any preferences or health issues when you make your reservation, so we can tune our treatments and services specifically to your individual needs. Please note that you can cancel appointments up to 12 hours beforehand at no charge; in case of a later cancellation, we charge 50 % of the price.



SPA LANDSCAPE

Enjoy life with all your senses – make yourself at ease in Staudachers Spa & Garten. At the Wellness reception counter, you can choose from diverse options and individual treatment recommendations for a perfect day at Staudachers.

OUR OPENING HOURS

Indoor sauna area
10 a.m. – 7:30 p.m.

Family sauna
10 a.m. – 3 p.m.

Panorama Sauna
1 p.m. – 7:30 p.m.

Outdoor pool
9 a.m. – 7:30 p.m.

Indoor pool
7 a.m. – 9 p.m.



- 01 Hotel Reception Desk
- 02 Wellness entrance
- 03 Cosmetic Room
- 04 Massage & Therapy
- 05 Cosmetics with shower
- 06 Rest & Relaxation / Information Board
- 07 Alpin Hamam with steam bath
- 08 Indoor pool entrance
- 09 Stille Alm / Peaceful Cabin with waterbeds & fireplace
- 10 Thai Yoga Massage Room
- 11 Ayurveda & Therapy
- 12 Lounging lawn & path to the Lounge/Bar
- 13 Whirlpool (Jacuzzi)
- 14 Lounging lawn
- 15 Sport Stadl/Sports Barn
- 16 Cliff Showers
- 17 WC/restroom
- 18 Sauna anteroom
- 19 Panorama Sauna
- 20 Pergola
- 21 Relax loungers
- 22 Outdoor pool
- 23 Rocking loungers

- 01 Adventure Showers
- 02 Saline Blossom Steam Bath
- 03 Bavarian Steam Room
- 04 Tepidarium
- 05 Laconium
- 06 Kneipp Brook
- 07 Loungers for chilling
- 08 Cleansing showers
- 09 Indoor pool
- 10 Access to the outdoor area
- 11 Relax bunks
- 12 Manicure & Pedicure Spa
- 13 Access to the ground floor
- 14 Coffee Bar / Grandeur water fountain
- 15 Spa Reception Counter
- 16 Spa Bistro snack bar
- 17 Lift/elevator
- 18 Exit
- 19 WC/restroom
- 20 Men's changing rooms
- 21 Women's changing rooms





HOLISTIC BEAUTY TREATMENTS

Feel sensational with beauty that isn't just skin deep! Our exclusive beauty products by Vinoble Cosmetics and Ericson Laboratoires will help you to ultimate beauty. Our professional Staudachers Spa & Garten Team will tune your treatment to your individual needs.

FACIAL TREATMENTS NATURE

Vinoble Eye Treatment – Visible High-concentration eye lift vial smoothens wrinkles, while refreshing eye gel with the antioxidant OPC relaxes the eye area being treated.	approx 20 mins	€ 39
Vinoble Refresh Let yourself be pampered with Vinoble Refresh, a deep relaxation facial massage and an intensely nourishing face pack. Active agents from grapevines let your skin look fresh and rested.	approx 30 mins	€ 49
Vinoble Classic Precious grapeseed extracts protect your skin from premature ageing and make it smooth. Gentle peel treatment for deep cleansing. The face pack that follows is tuned to your skin's special needs, giving you a fresh, young complexion.	approx 50 mins	€ 69
Vinoble Selection The face pack and serums are carefully selected for your skin type to give you radiant skin and intensive care. The integrated eye treatment smoothens fine lines and restores energy and freshness.	approx 80 mins	€ 120
Vinoble Mini Lifting Rejuvenates the skin with a gentle tartaric acid peel treatment. The secret? The vitality of the Sausal Pinot Noir grapeseed. At the same time, grape stem cells and precious red wine extracts visibly refresh and firm your skin.	approx 50 mins	€ 98
Eyelash and eyebrow tinting	approx 30 mins	€ 28



A tiny grapeseed sprouts in the fertile earth of the picturesque Styrian Wine Country and flourishes to become the unique key to Vinoble's expertise: powerful, highly resistant grapevines with grapes containing a virtually unsurpassable wealth of minerals.

FACIAL TREATMENTS PROACTIVE

Enzymacide – Skin Regeneration Highly effective fruit acids instantly condition your skin, making any small imperfections disappear, and optimise metabolism in the horny cells.	approx 60 mins	€ 88
Bio Pure – Deep Cleansing Improves the structure of your skin. Includes a Pro Derm active agent vial transported into the skin with the help of oxygen for an optimum effect.	approx 75 mins	€ 95
Genxskin – Anti-Ageing Impressive premium cell regeneration with deep penetration. Bioactive nutrients are transported directly into the skin where they act immediately.	approx 75 mins	€ 120
Skinjexion – Anti-Wrinkle Special ingredient complexes visibly reduce wrinkle depth. Hyaluronic acid effectively acts in the skin without surgical injection.	approx 75 mins	€ 120
Mitocell – Seyo Total Beauty Express Visible skin rejuvenation with a long-term effect. The skin is regenerated from the inside. The active agent is transported into the skin with the help of oxygen, so that it can develop its effect directly in the cells.	approx 30 mins 3 x 30 mins	€ 75 € 195



TDA is the first aesthetic and therapeutic dermatology system worldwide that transports active anti-ageing agents non-invasively into the deepest layers of the skin. This leads to visible skin enhancement, leaving you with a radiant, healthy appearance.



The key to Ericson Laboratoires' success lies in the combination of medical findings with the goals of cosmetic treatments. Medical cosmetics promise visible results extending beyond individual care. The transdermal application rounds off the high tech program, in keeping with the expression: "Treat your skin like a VIP."



NEW! DELUXE NAIL SPA

Pedicure – the VIP treatment for silky smooth feet
Includes a peel treatment and a pack

approx 45 mins € 55

Manicure – for beautiful hands
Includes a peel treatment, pack and massage

approx 45 mins € 55

CND Shellac
Classic manicure with shellac in the desired trendy colour
with finishing treatment. Keeps up to 14 days, without damaging
the natural nail.

approx 60 mins € 70

UPGRADES FOR YOUR NAIL SPA TREATMENTS

Massage

approx 20 mins € 23

Colour polish

€ 15

Shellac

approx 20 mins € 23

Keratin nail care treatment
The optimum repair treatment for weak and brittle nails.
With repair polish for use at home

approx 10 mins € 10



CND is an international market leader in innovative and professional nail care. Selected ingredients and great designer colours have been making hands and feet shine for over 30 years.



STAY HEALTHY & BEAUTIFUL

STAUDACHERS SHAPE IT UP METABOLIC CURE

The program can be booked up to two weeks before travel:

Shape it up – Silver

€ 120

4 nights or more, including HCG metabolic meals, are recommended
Do you often feel tired, not as well physically as you normally do, just plain not your usual healthy self? Our metabolic cure will get you back on course and revive your spirits: with the help of vital substances, healthy food and a smile!
...with the priceless feeling of being back in shape again included!

Informative: Consultation, weighing and measuring

We take care of you: We put together your individual vital substances

Fat Burner: HCG Homeopathy Globules

Helpful: Guide for the cure, including recipe suggestions for at home
The costs of the vital substances are not included in the package, as these have to be selected according to your individual needs.
The composition of the best-possible combinations is jointly defined in an initial consultation.



Shape it Up – Gold

€ 270

7 nights or more, including HCG metabolic meals, are recommended

Skin-deep: Genxskin Facial incl TDA or
Pneumatron Anti-Cellulite Treatment

Shape it Up – Platinum

€ 360

21 nights or more, including HCG metabolic meals, are recommended

Skin-deep: Genxskin Facial incl TDA or
Pneumatron Anti-Cellulite Treatment

Relaxing: Abhyanga Full Body Massage

NEW!

BAYURVIDA® – Holistic Health

€ 249

3 nights or more are recommended

Skin-deep: 1 x Garshan Massage, 1 x Abhyanga Massage, 1 Mukabhyanga (facial massage) or 1 x Padabhyanga (leg/foot massage)

Relaxing: 1 session of Aranja Yoga

Informative: 1 BAYURVIDA cookbook with background information about “Bavarian holism” and recipes that you can cook at home yourself (sorry, currently only available in German)





CLASSIC RELAXATION MESSAGES

Aromatic Oil Partial Body Massage Choose from: back & neck, head or legs.	approx 25 mins	€ 39
Aromatic Oil Full Body Massage Comprises: legs from the front and back, arms and abdomen.	approx 55 mins	€ 69
Soapsud Massage Peel treatment, soapsud massage and full body oiling.	approx 65 mins	€ 81
Hot-Stone Basalt Stone Massage for your back	approx 40 mins	€ 53
Hot-Stone Basalt Stone Massage for your whole body	approx 75 mins	€ 98

FULL BODY AND PARTIAL BODY TREATMENTS

Peel Massage and Body Care Pack Removes small dry skin flakes and sustainably replenishes your skin reservoirs. Both treatments can also be booked separately.	approx 50 mins	€ 74
Rasul in the Private Steam Bath Impurities and toxins are drawn out of the skin. The three different kinds of mud with a peeling effect rejuvenate and firm your skin.	approx 20 mins / 1 person approx 20 mins / 2 persons	€ 36 € 58
Vinoble cleansing Salt and Grapeseed Full-Body Peel Treatment Peel treatment with grapeseeds, salt and grapeseed oil for intense hydration and exfoliation. The cleansed skin surface allows the body to optimally absorb the beneficial fatty acids of the cold-pressed grapeseed oil.	approx 25 mins	€ 39
Depilation – hair removal per body zone We will be glad to advise you at the Spa Reception Desk.	Price per min	€ 1.70

MASSAGE THERAPY

Sports Massage with Magnesium Oil Regenerative and relaxing massage. Trained hands relieve muscle cramps and focus on stressed muscles.	approx 25 mins approx 55 mins	€ 43 € 73
Trigger Point Massage Special muscle points in the body are treated, to relieve tension and tightened connective tissue, while stimulating blood circulation.	approx 25 mins approx 45 mins	€ 38 € 63
Foot Reflexology Massage A pressure point massage of the feet to stimulate metabolism.	approx 45 mins	€ 53
Lymph Stimulation Massage Individually tuned to your needs.	approx 55 mins	€ 68
Fascia Massage The collagenous tissue is treated with a special tool. This relieves tightened, hardened and altered tissue fibres (fascia).	approx 55 mins	€ 73
Pneumatron Massage In this form of massage, the tissue is gently suctioned with negative pressure and then relaxed again with gentle pressure – 200 times per minute. Tightened tissue is relieved and toxins and impurities are drawn out, down to the deepest layers of the connective tissue. This activates lymph flow, which quickly transports toxins away – to produce immediately noticeable relief for the tissue. Excellent for cellulitis, rheumatism and back pain.	approx 20 mins approx 50 mins	€ 44 € 92

YOUR JOURNEY TO MORE
WELL-BEING

More time for yourself, more content-
ment, more vitality & beauty. Let us
accompany you on your individual
journey!



MIND YOUR BODY!
CRISTIAN
SPA CHEF
AYURVEDA THERAPIST &
YOGA INSTRUCTOR

*WHATEVER CONTACTS YOUR SKIN
BECOMES PART OF YOU!*
DORIS
BEAUTY EXPERT & DERMATOLOGIST



*BENEFICIAL ESSENCES,
MINDFUL TREATMENT,
CREATES INNER WELL-BEING.*
ROBIN
MASSAGE THERAPIST & AYURVEDA

AYURVEDA – THE PATH TO YOURSELF

Abhyanga

Full body massage with body oil, including a face and scalp massage

approx 90 mins € 120

The thousand-year-old philosophy of the Vedas is united in this massage, making it an adventure for all your senses.

Mukabhyanga

approx 60 mins € 87

A gentle massage for your face, head and upper body
In Ayurveda, the head is referred to as the “gateway to heaven”, through which we human beings experience our true nature. The Ayurvedic facial massage stimulates your brain cells and activates important marma points.

Padabhyanga

approx 60 mins € 87

Leg and Foot Massage for Inner Balance

Activates the foot reflexology zones and relieves lymphatic congestion.

Shirodhara

approx 45 mins € 68

Forehead Oil Treatment

The even flow of the warm oil lets you experience a state of deep peace. Your mind is clear, inducing a state of wonderful relaxation. Includes a head massage as preparation.

Gems & Shirodhara

approx 45 mins € 68

A terrific, entirely oil-free variation of classical Shirodhara therapy.

Staudachers bonus: You will be massaged with your own personal gem stylus that can be taken home afterwards.

The massages are carried out sensitively and precisely by our Ayurveda massage therapists. Precious oils and a room filled with natural aromas additionally help harmonise and create a unique atmosphere. Find yourself and embark on a journey to inner wellness.



Pinda Sveda

approx 55 mins € 83

Herbal Stamp Massage

Hand-filled organic herbal stamps produce a stimulating and activating effect on your body. Ideal after a day of skiing or a long hike.

Garschan Silk Glove Massage

approx 40 mins € 48

Your body is intensely massaged with silk gloves, entirely without oil. Revitalising massage to stimulate metabolism and blood circulation, while cleansing at the same time.

Upanasveda Prishtha Back Massage with a Pack

approx 60 mins € 87

Different vital points are activated to relieve tension and energy blockages. The mudpack afterwards produces an anti-inflammatory, calming effect.

Singing Bowl Massage

approx 40 mins € 61

The Singing Bowls are placed on the body and struck gently. They create sound waves that let you enjoy deep relaxation and balance.



THAI YOGA MASSAGE

TOUCH. AND BE TOUCHED. THAT IS NATURAL FOR US.

NEW! Thai Yoga Massage approx 90 mins € 105

The Thai Yoga Massage is a dialogue without words. Communication comes about as a result of attentive, intuitive touching. Thai Yoga combines elements from acupressure, stretching, energy work and meditation. The body is treated and activated by gentle movements of the heels of the hands, thumbs, feet and elbows. The massage takes place dressed in comfortable yoga clothing on a Shiatsu mat.

Benefits:

Muscles are relaxed, joints made flexible, toxins removed and organs stimulated, mental vitality is increased, tension and stress are relieved, the immune system is boosted, you become calm of mind and let go emotionally.



YOGA – ONE-ON-ONE COACHING

Aranja Yoga One-on-One Coaching	approx 60 mins	€ 65 (p.p.)
Aranja Yoga means to perform fine movements of the body, sense and release tension and resistance. Enjoy your own personalized yoga experience with our yoga trainer Cristian.	2 persons or more	€ 45 (p.p.)
	4 persons or more	€ 35 (p.p.)

NEW! Fascia Yoga	approx 45 mins	€ 50 (p.p.)
Our body needs exercise. The revolutionary form of yoga, FaYo, was developed with a view to this need of the body. The new joint optimising exercises of Fascia Yoga comprehensively activate your metabolism and boost the health-preserving capacity of your connective tissue in a targeted manner at the same time. Health is important for any age.	2 persons or more	€ 35 (p.p.)



STAUDACHERS PRIVATE SPA NIGHT

Enjoy quiet hours of relaxation. From 8 p.m. to 10:30 p.m., you can have Staudachers Spa all to yourself - with a friend, your sweetheart, or as a group.
Staudachers Private Spa Night **2 persons or more** **€ 85 (p.p.)**

Included extras

- One bottle of Staudachers Vintner Sparkling Wine (or a non-alcoholic fruit cocktail) and Grandeur water
- Exquisite finger food, small snacks and Staudachers Sandwich
- Sauna Pamper Set with premium spa products by Vinoble Cosmetics
- Diverse fragrances for your personal sauna infusion
- 90 °C sauna, steam bath and Laconium
- Use of the pool until 10:30 p.m.

TIP:

We recommend that you skip dinner that evening, as the Private Spa Night includes selected delicacies.

Dear Guest,

We have put together some information here to help make your stay in Staudachers Spa & Garten a most pleasant experience.

You can obtain individual advice or information on our products and services at the Spa Reception Desk. You can also contact us by phone at +49(0)8821-929 381 or by email at spa@staudacherhof.de. If no one is at the Spa Reception Desk, the staff at the Hotel Reception Desk will be glad to assist you. We recommend booking your treatments in advance by phone from home.

Our Spa Team includes both male and female therapists. Please make sure to inform us about any preferences when you make your reservation. Please also let us know if you prefer a certain therapist for your treatment. Tips are not included in our prices. If you were happy with your treatment, you can tip the therapist personally.

In your own interest, we would like to ask you to please sign your treatment receipt after every appointment.

If you have any health issues, please make sure to discuss these with your therapist prior to every treatment session or point them out when making your appointment.

When you are receiving a massage or body treatment, your body will be covered and only the part being massaged or treated will be exposed. Therefore, please make sure to always wear a bathrobe to your treatments. This does not apply to the Thai Yoga or Singing-Bowl massages. Please come to these treatments in light, loose leisurewear.

The treatments you select will be specially reserved for you. Please note that you can cancel a session at no charge 12 hours prior to your appointment. If an appointment is cancelled later, we charge 50 % of the price, unless we are able to find a replacement for the appointment.

Please understand that children under the age of 14 may only enter the Sauna Area accompanied by an adult. Family hours are from 10 a.m. to 3 p.m. After that, only adults are allowed. We ask for complete silence.



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