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MARC AUREL Spa & Golf Resort

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Hotel GmbH & Co. KG

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**Wellness prices &
SPA offers**





THALGO Beauty Treatments

THALGO
LA BEAUTE MARINE

THALGO Short Treatment with Sève Marine – Fresh Kick

A cleanse, peel, active ingredient ampoule, massage, mask and eye care.

A complete moisturising treatment for very dry skin.

45 minutes 55 €

THALGO Deep Cleanse – for well-balanced skin

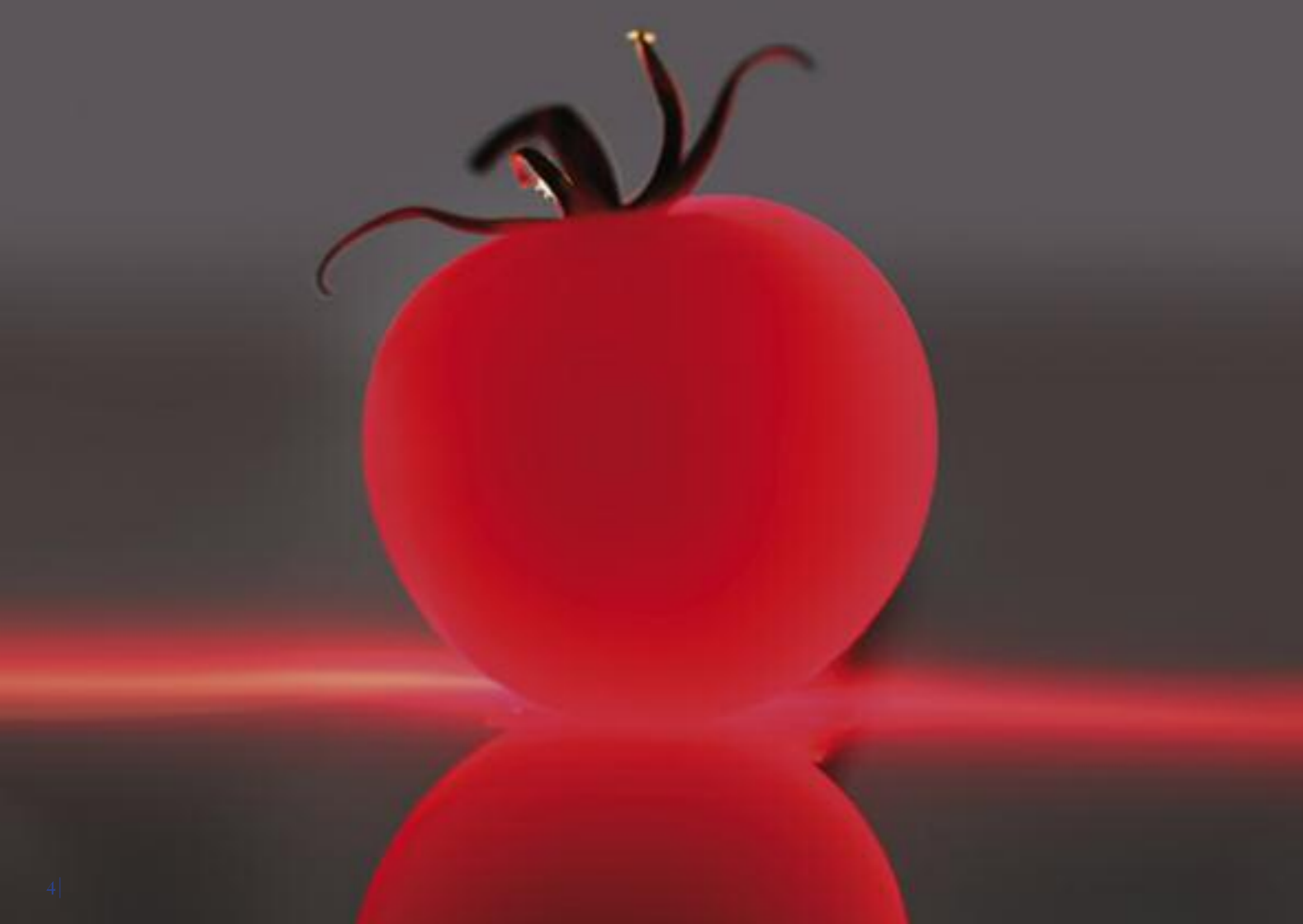
A cleanse, peel, deep cleanse, active ingredient ampoule, mask and finishing treatment.

60 minutes 75 €

THALGO Hydra-Mask with Sève Marine – for intensive hydration

A cleanse, peel, deep cleanse, active ingredient ampoule, massage, special mask, eye and lip care and eyebrow shaping.

90 minutes 109 €



Beauty recipe for the face by Ella Baché Paris Ella Baché

Beauty prescriptions for the face of Ella Baché

Ella Baché uses the most efficient active ingredients from nature and cuisine. With a clear, gentle and targeted treatment methodology your well-being is increased, your skin pampered with healthy food and catered for pure relaxation. Explore the Ella Baché secret recipes for your beauty.

ELLA PERFECT – Express treatment

This treatment is intended for all skin types. A vitamin cocktail made of tomato, ensures freshness and a radiant complexion.

Cleansing, peeling, massage, mask, final care

Duration: 45 minutes 55 €

ELLA PERFECT – for a perfect skin

Tomato extracts and natural ingredients refresh and revitalize the skin. A nourishing vitamin cocktail gives the skin a healthy, fresh appearance.

Cleaning, peeling, massage, serum, special mask, final care

Duration: 60 minutes 75 €

SENSIBEAUTICS – for a sensitive skin

This beneficial treatment is like a protective cocoon, soothes and calms sensitive skin and giving it new comfort.

Cleaning, peeling, massage, serum, special mask, final care

Duration: 60 minutes 75 €

DETOX AROMATIQUE – for oily and combination skin

This balancing treatment combines grapefruit seed extracts and 16 aromatic extracts of herbs and zinc to refine your skin.

Cleaning, peeling, massage, serum, special mask, final care

Duration: 60 minutes 75 €



Anti Age Facial Treatments

Anti-Ageing Treatment with Marine Collagen*

smooths out initial signs of wrinkles. A cleanse, peel, active ingredient ampoule, special mask, massage and finishing treatment.

70 minutes 90 €

Anti-ageing Treatment with Marine Hyaluron*

visually fills in existing wrinkles. A cleanse, peel, active ingredient ampoule, mask pads, massage and finishing treatment.

70 minutes 90 €

Anti-Ageing Treatment with Marine Silicon*

streamline facial contours and gives you a „LIFTED“ look. A cleanse, peel, active ingredient ampoule, special mask, firming extract for facial contours and the neck, massage, eye and lip care and eyebrow shaping.

100 minutes 125 €

NEOPERFECT – Fruitessence Treatment

Exfoliating treatment for skin improvement (Even without fruit acid) This effective beauty treatment, with Hyaluron, Collagen and Aloe Vera, provides immediately visible results in signs of aging, enlarged pores, blemishes dry and tired skin.

60 minutes 85 €

Paris **Ella Baché**

THALGO
LA BEAUTE MARINE

*These treatments are also available with eyebrow shaping and deep cleansing. 20 minutes extra 25 €



PEELS

Loofah-Peeling

Gentle body scrub with natural loofah fibers removes dead skin cells, nourishes and moisturizes your skin. Enjoy the fragrance, you will be delighted.

Duration: 20 minutes 35 €

Lagune scrub

Nourishing sea salts and apricot kernel oil ensure a silky-soft skin and profound care. In warm towels wrapped, massaged on a waterbed, the skin can absorb the nourishing oils and you can relax.

Duration: 50 minutes 70 €

Honey Almond Scrub - gentle scrub for sensitive skin

Honey and almond extracts care especially gentle, sensitive and dry skin. Relax wrapped in warm towels on our massaging water bed.

Duration: 50 minutes 70 €

PACKS

Enjoy one of our soothing Cream packs and enjoy wrapped up warm on our massaging, heated water bed (Hydrojet)

Jasmin-Iris flower cream pack

For normal and dry skin

Apple-peach cream pack

For sensitive, dry skin

Almond-honey cream pack

For very sensitive and very dry skin

each 20 minutes 40 €

Algae Wrap

A special treatment for targeted purification, detoxification and deacidification and against cellulite. Your skin will be smooth and firm even after the first treatment.

Duration: 50 minutes 65 €



Cosmetic Treatments

Manicure

without polish	30,00 €
with polish	34,00 €

Pedicure

without polish	40,00 €
with polish	44,00 €

Additional applications

Eyebrow shaping..... 10,00 €

Eyelash or eyebrow tinting..... 12,00 €

Eyelash and eyebrow tinting..... 20,00 €

Hair removal with warm wax

Up to your knee 20,00 €

Full leg 40,00 €

Upper lip or chin 10,00 €

essie

USA's nail salon expert. Since 1981.
PROFESSIONAL APPLICATION





For Men

MARC AUREL Express – Thalgo

A cleanse, peel, facial massage and finishing treatment
30 minutes 40 €

Men-Power

A cleanse, peel, active ingredient ampoule, massage and finishing treatment.
40 minutes 50 €

Fresh Kick for HIM

A cleanse, peel, deep cleanse, active ingredient ampoule, massage, special mask.
80 minutes 95 €

Special treatment for sport enthusiasts – golfers, cyclists and runners

This combination of a classic massage and stretching targets stressed muscles. It can prepare your body for upcoming activity but also give overworked muscle groups a regenerative and relaxing treatment after sport.
40 minutes 50 €





Thalgo BODY RITUAL

Indocéane – Discover the World

Your pleasurable journey through four different cultures begins in the Mediterranean – with a citrus fragrance peel. A vitalising relaxing massage from India, the home of Ayurveda, will revitalise you. Your dream journey will end in China. Here you will enjoy the magic of a seductive fragrant nourishing wrap at the source of youthfulness.

Duration: 90 minutes 120 €

Polynesia Spa Ritual

Experience Polynesia, the exotic sensorial spa ritual, inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean.

This luxurious treatment begins with exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoï for a thorough exfoliation of the feet and lower legs to leave the skin feeling smooth and soft.

The Mahana Massage incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raiatea, the sacred island, is swept over the skin, its subtle golden pearls leaving a sunkissed glow and a delicate scent of flowers and monoï.

Duration: 120 minutes 160 €





Massage and Wellness Treatments

Partial Body Massage

Choose from a head, back, neck, shoulder, arm or leg massage

30 minutes 40 €

Full Body Massage*

60 minutes 70 €

A special treatment for sport enthusiasts – golfers, cyclists and runners

This combination of a classic massage and stretching targets stressed muscles. It can prepare your body for upcoming activity but also give overworked muscle groups a regenerative and relaxing treatment after sport.

40 minutes 50 €

Spinal Treatment incl. Lymphatic Drainage

This soothing spinal treatment with St. John's Wort followed by lymphatic drainage for your face and head calms and relaxes your whole body.

40 minutes 55 €

Manual Lymphatic Drainage

Lymphatic drainage stimulates your immune system and has a purifying and detoxifying effect on your body. It gently supports the removal of lymphatic fluid to relieve swelling and blockages in your tissue.

40/70 minutes 50 € / 75 €

Foot Reflexology Massage

Thousands of nerves connect the internal organs to the skin zones of your feet. The reflex zones of your associated organs, muscles and joints are stimulated and positively influenced during the massage.

40 minutes 50 €



Massage and Wellness Treatments

Aromatherapy Massage

We introduce you to selected essential oils that bring deep relaxation and harmony.

You choose and let us know which fragrances you would like us to use for your pampering.

40/60 minutes 60 €/75 €

Stone Massage

This intensive yet very pleasant hot stone massage relaxes deep into your muscle layers. It loosens your tissue and relieves existing tension.

A lasting feel-good effect is guaranteed.

30/80 minutes 50 €/105 €

Shiatsu

Gentle but specific pressure and targeted stretching on the whole body boosts tired spirits and lets you skip through life again with a new sense of well-being. You are fully dressed for this treatment. Please wear lightweight and comfortable clothing.

60 minutes 80 €

Lomi Lomi Nui

A Hawaiian massage ritual that achieves great relaxation and a feeling of weightlessness as well as a sense of security through long and slow sweeping motions.

80 minutes 115 €

Roman Oil Massage

50 minutes 65 €

Singing Bowl Massages

Several singing bowls are placed on your fully clothed body and tapped during this singing bowl massage. Fine vibrations and tones sooth your body, mind and soul and flow through your body to reach all your cells.

60 minutes 80 €



Ayurveda Massages

The Ayurveda massage technique harmonises the vegetative nervous system, has a destressing and relaxing effect and is considered a classic detox treatment. It is helpful and balancing for insomnia, migraines and burn-out.

Abhyanga – Full Body Massage

Duration: 60 minutes 85 €

Sarvanga-Abhyanga

A full body massage including a facial and head massage

Duration: 90 minutes 120 €

Shirodara (Warm Oil Forehead Treatment)

Warm sesame oil is poured over the forehead in a gentle flow and brings your whole body into a state of deep relaxation and inner silence.

Duration: 40 minutes 75 €

Shirodara-Abhyanga

A warm oil forehead treatment with a full body massage

Duration: 90 minutes 140 €

Sharira-Abhyanga

A neck, shoulder and back massage

Duration: 40 minutes 60 €

Shiro-Abhyanga

A facial and head massage

Duration: 40 minutes 60 €

Pada-Abhyanga

A foot and leg massage

Duration: 40 minutes 60 €

Garshan-Silk Glove Massage

This stimulates your circulation, boosts your metabolism and lymph flow and assists the firming of your skin and tissue.

Duration: 40 minutes 55 €



Day Spa

A Day for Me

Start your day with an anti-stress facial massage (20 minutes) and leave the worries of everyday life behind. Feel a new sense of well-being after a full body peeling (50 minutes) whilst wrapped in warm towels with soft music and video images. An aromatherapy massage (40 minutes) is the perfect finish to your wellness day. 145 €

Ayurveda Day

Let yourself be whisked away into another world with a Garshan treatment (40 minutes). This dry massage with raw silk gloves stimulates your circulation and boosts your metabolism and lymph flow. A Shiro-Abhyanga (40 minutes) for your face and head provides relaxation and relieves stress. We will also pamper you with a Pada-Abhyanga as well as an Ayurvedic foot and leg massage (40 minutes). 65 €

Pampering Day for You

A particularly gentle full body peel (20 minutes) cleanses and nourishes your skin and prepares you for your pampering day. The subsequent facial treatment (60 minutes) will be tailored to your skin type and give you a renewed radiant glow. Let us wrap you up and enjoy a firming algae body wrap (20 minutes). 165 €

For Men

The THALGO OCEAN Care facial treatment (75 minutes), specially for men, revitalises tired skin. The subsequent full body massage (60 minutes) will help relieve tension and restore your body's balance. 145 €

A Break for Him

After a liberating peel enjoy a blissful sensation with this body treatment (50 minutes), wrapped on a bed in a warm fleece. Your feet will skip through life again after a foot reflexology treatment (40 minutes). A back massage (30 minutes) will specifically relax tense muscles and at the end of the day we will serve you a refreshing wheat beer! 145 €





Short break

Roman Spa dream

After a Roman relaxation massage (20 minutes) you share a „Blue Lagoon“ bath in your own couples Jacuzzi color matches. To do this, we serve you a refreshing fruit cocktail and fruit.

90 Pampering minutes 160,00 €

Romeo & Juliet

Four trained hands pamper you both at the same time with a full-body relaxation massage (60 min). Enjoy the togetherness with a bottle of champagne and fresh fruit in your own couples Jacuzzi with Play of colors.

150 Pampering minutes 290,00 €

„Blue Lagoon“ partner bath

Enjoy a common „Blue Lagoon“ bath in their own couples Jacuzzi color matches.

30 Pampering minutes 70,00 €

„Paradiso Lounge“

In our „Paradiso lounge“ on the edge of our sauna landscape, you have the opportunity to enjoy your own relaxation room.

€ 70,00 for a day for up to 4 people

Pure luxury

€ 120,00 for the whole day including a bottle of Champagne and fruits for up to 4 people
More private and comfortable?





Spa Etiquette

Notes

To be able to best advise and treat, inform us please, diseases suffer from, diabetics or people with allergies, apply blood thinning medicines or cortisone therapy, had thrombosis or a herniated disc or are pregnant.

Your appointment

Gladly we comply with your wishes treatments and time to your full satisfaction. We recommend the booking, as soon as possible to make before arrival. For this purpose you can reach us by telephone under +49 (0)9445/958-485 - daily from 9:00 to 18:00.

Well dressed

Bathrobe, slippers and towels will be in your room for the duration of your stay. If you have booked a treatment, you come in your bathrobe and bathing suits. Shiatsu and singing bowl massage are the exception - here we recommend comfortable clothing.

Delays and cancellations

Please understand that in the event of a delay on your part, we will respect the booked time frame of the treatment out of consideration for subsequent guests. If you are unable to make an appointment, please let us know 24 hours before the agreed time. In case of a short-term cancellation, we will charge the full amount for the treatment. On arrival and departure day you can use the Wellness & Spa offer as long as you like. For these days, lockers for your clothes and valuables are available.