

Dorint

Maison Messmer
Baden-Baden



“Royal Spa”

Products · Treatments · Prevention & Health



Spa Manager Gisela Fischer-Eggler



Beautician Eileen Bartz





Dear Guests,

Well-being is the balanced symbiosis of body, mind and spirit. The treatments available in our beauty farm will render your stay with us a quite sensational experience. We exclusively use products by Carita, Weyergans, Ligne St Barth, Thalgo and Biodroga.

On the following pages we have outlined the special offers we have in store for both face and body. Our professional team is also on hand for individual consultation. If you would like to make use of our pool and sauna landscape as an external guest, please consult our day packages.

Yours,

Gisela Fischer-Eggler

Spa Manager

Contents

■ Our Products	4
■ Face Focus	5
Facial treatment – basics, luxury anti-aging treatment, medical beauty, extras	
■ Beauty Care	6
Make-up, eyes, manicure & pedicure	
■ Body Zone	7
Luxury body treatment, peeling / soft-pack system	
■ Baths & Massages	8
Classic massages, energetic massages, synchronised massages, double treatments	
■ Prevention & Health	10
Medical wellness, physiotherapy, relaxation & training, physical strength	
■ Spa Clinic	12
■ Day Packages	13
■ General Information	14



Our Products

Carita

Carita Rénovateur and Pro-Lift, the Rénovateur method developed by the Carita sisters in 1960, today still form the heart of each and every Carita treatment – the distinctive combination of a special product with a massage and drainage technique. The Rénovateur, a unique product composed of ground sunflower seeds and essential oils won from lemon and thyme, refines the skin, making it tender and astonishingly radiant. The concept is complemented by the Pro-Lift treatment which, when applied immediately afterwards, produces quite sensational results. The Pro-Lift machine is an electro-cosmetics device which enables the beautician to vastly improve the luminosity and radiance of your skin. Carita is the health cabin specialist worldwide. This form of treatment is not recommended, however, for persons with pacemakers or with a “fresh” facelift.

Caribbean – Ligne St Barth

Birgit and Hervé Brin, the creators of the Ligne St Barth series, have revived traditional recipes – some of them long forgotten – used by the indigenous people of the Caribbean island Saint-Barthélemy to protect their skin from the intensive rays of the sun. With these products they established their luxury natural skin care brand in which folk wisdom and the founders’ high standards merge in perfect harmony. To this very day the natural products – fresh fruit, plants, blossoms and selected oils – are still processed, in accordance with their respective unique effects, in the production laboratories on the island in the Lesser Antilles. The beguiling aromas of the products used enable you to catch a whiff of the Caribbean as the treatment unfolds.

Thalgo

Thalgo treatments and products are developed on the basis of medicinal thalasso therapy. These body and balneology treatments enable women and men alike to achieve practically whatever objective they desire – tautening, purification, moisturising, regeneration, vitalising. Thalgo Men: These days it takes more than soap, a razor and shower gel to achieve that perfect, suave appearance. Thalgo has combined its ocean-based treatments and products in such a way that they can efficiently supplement your personal training objectives. Immerse yourself and sense vitality, power and naturalness complete with a care and relaxation guarantee.

Weyergans

The Weyergans High Care AG has a whole 25 years’ experience in the cosmetology sector. With its expertise in the subject matter, the company has developed effective concepts for care, prevention and treatment, and is the creator of widely acknowledged methods, especially in the treatment of cellulite, weak connective tissue, vein disorders and circulatory problems. With the Weyergans range of products, your skin will be visibly tautened and given a much rejuvenated appearance.

Face Focus

Classic treatment for her – basics	
This basic treatment, individually attuned to the various skin types, produces a pure, sleek and radiant complexion. Skin irritations or skin problems are analysed by our professional beauticians who help you to restore the balance of your skin. Intensive cleansing, skin diagnosis, vapozone treatment, peeling, manual detoxification, eyebrow shaping, energetic facial massage, pamper mask and finishing treatment.	ca. 50 minutes / € 85 ca. 85 minutes / € 120
Classic treatment for him – basics	
This basic treatment is equivalent to the “Classic treatment for her”, but is specially attuned to the male skin, catering for a clean and distinguished complexion.	ca. 50 minutes / € 85 ca. 85 minutes / € 120
Luxury anti-aging treatment	
Carita – Lift Fermeté (anti-aging), price with Pro-Lift deep cleansing & firming	ca. 120 minutes / € 175
Carita – Douceur Extrême (sensitive skin), price with Pro-Lift deep cleansing & firming	ca. 120 minutes / € 175
Carita – Hydratation Intense (dry skin), price with Pro-Lift deep cleansing & firming	ca. 120 minutes / € 175
Carita – Opéra: lends your skin vitality, elasticity and a radiant complexion	ca. 50 minutes / € 100
Weyergans Future Health – Soon Future Anti-aging – anti-wrinkle treatment with ultrasound. Professional anti-aging in the curative cosmetics sector and plastic-surgical aftercare, e.g. for wrinkle treatment or acne.	ca. 105 minutes / € 180
Medical Beauty	
Weyergans Future Health – Soon Future – Short The highly concentrated skincare serum is channelled into the skin using ultrasound equipment	ca. 45 minutes / € 75
SPM lift treatment Cleansing, peeling, ampoule, SPM facial and décolleté massage, collagen mask	ca. 90 minutes / € 140
Extras	
Facial massage Thorough relaxation in the shortest possible time for her and for him. The face muscles are loosened, tension is released and blocked energy centres are cleared.	ca. 25 minutes / € 50
Pamper mask – face, neck, décolleté: relaxing, nurturing – for a radiant appearance	ca. 25 minutes / € 35
Lymph drainage – face, neck, décolleté: decongestive	ca. 25 minutes / € 40

Beauty Care

Make-up	
Daytime make-up	ca. 25 minutes / € 30
Evening make-up	ca. 25 minutes / € 38

Eyes	
Eyelash tint	€ 18
Eyebrow tint	€ 10
Eyelash and eyebrow tint	€ 23
Eyebrow shaping	€ 15
Anti-stress eye treatment Special massage, eye serum, eye mask, eyebrow and eyelash tint	ca. 50 minutes / € 75

Manicure & pedicure	
Luxury manicure with hand wrap or varnish	ca. 70 minutes / € 51
Luxury foot care with foot wrap or varnish	ca. 70 minutes / € 56
Varnishing	€ 15
Quick manicure or quick pedicure	ca. 40 minutes / € 35
Foot massage	ca. 25 minutes / € 49
“Feet dreams” Energetic footbath, gentle peeling, foot reflex zone massage, foot mask and skincare cream	ca. 75 minutes / € 89



Body Zone



Luxurious body treatments	
<p>Ligne St Barth – Milou Body peeling with fresh papaya pulp, Caribbean sea sand and avocado or coconut oil. Relaxing feel-good massage with ivy gel and menthol oil. Detoxifying, firming, smoothing.</p>	ca. 70 minutes / € 105
<p>Ligne St Barth – Colombier Luxurious holistic treatment from the Caribbean. Body peeling with fresh papaya pulp, Caribbean sea sand and avocado or coconut oil. Body wrap with fresh fruit. Relaxing feel-good massage with natural oils from the Ligne St Barth product series.</p>	ca. 100 minutes / € 140
<p>Carita – Golf Relaxation The ideal treatment for achieving relaxation and physical comfort after a round of golf. Massage of the shoulders and neck, hand and arm massage, hot stone back massage, hot compresses, smoothing out.</p>	ca. 55 minutes / € 100
<p>Carita face and body – luxury Carita-Spa treatment Hot and cold stone massage. Rénovateur Body, massage of the shoulders and neck, arm and leg mask, facial cleansing, facial massage, eye and lip mask, hand and foot massage, arm / leg / face compresses, eye / lip / décolleté day care, hot stone body massage, facial massage with cold stones.</p>	ca. 210 minutes / € 389

Peeling / soft-pack system	
<p>Thalgo – marine algae wrap For firming and detoxifying tissue and for cellulite. The greatest success is achieved by a course of treatment. 5 treatments for the price of 4 (€ 312)!</p>	ca. 40 minutes / € 78
<p>Haslauer – evening primrose oil wrap Optimum care for treating dry skin. Assists the healing process for psoriasis and atopic eczema. Is excellently suited for sensitive skin, sun-damaged skin, and skin in need of regeneration.</p>	ca. 40 minutes / € 78
<p>Cleopatra goats' milk oil wrap The special fatty acid spectrum contained in goats' milk is a guarantor for the absorption of important minerals and vitamins.</p>	ca. 30 minutes / € 49
<p>Ligne St Barth – Caribbean body With aloe vera gel and Ligne St Barth oils</p>	ca. 30 minutes / € 49
<p>Biodroga – silk and satin Salt scrub and milk-and-honey wrap</p>	ca. 50 minutes / € 70
<p>Peeling (St Barth / Thalgo / Biodroga)</p>	ca. 25 minutes / € 40
<p>Garshan (Ayurveda silk glove massage)</p>	ca. 25 minutes / € 59



Baths

The circulation of the blood is improved by means of air bubble massage, and by colour and light therapy.

Sea surf bath Enriched with sea salt, has a draining effect and stimulates the metabolism	ca. 20 minutes / € 49
Thalgo – marine algae bath	ca. 20 minutes / € 51
Thalgo – sparkling lagoon bath	ca. 20 minutes / € 35
Ligne St Barth beauty bath Exotic oils and lotions feed valuable minerals and trace elements into the skin.	ca. 20 minutes / € 56
Aromatic oil baths – with essential oils	ca. 20 minutes / € 45
Goats' milk bath (Cleopatra bath) The special fatty acid spectrum contained in goats' milk is a guarantor for the absorption of important minerals and vitamins. Premium oils lend the skin a silky-soft texture. The "bath of the goddesses".	ca. 25 minutes / € 40

Massages

Massages loosen the muscles and stimulate the circulation of the blood. Available for babies and small children on request.

Swedish massage	ca. 25 minutes / € 40 ca. 50 minutes / € 85
St Barth – aromatic oil massage	ca. 25 minutes / € 50 ca. 50 minutes / € 90
Goats' butter cream massage	ca. 25 minutes / € 50 ca. 50 minutes / € 90



Energetic massages

<p>Shiatsu Pressure point massage executed using thumb, flat of the hand and elbow pressure; stimulates the circulation of the blood and the body's self-healing powers, releases blockages and has a positive effect on the nervous system.</p>	<p>ca. 25 minutes / € 75 ca. 50 minutes / € 150 ca. 85 minutes / € 195</p>
<p>Yin-Yang energy Energetic massage individually attuned to your personal requirements. An energetic composition comprising Shiatsu and Ayurveda.</p>	
<p>Lomi Lomi Hawaiian full-body massage with flowing, Hawaiian massage techniques whose effects get deep down and whose origins lie in an ancient shamanic ritual.</p>	
<p>Abhyanga (Ayurveda) Indian Ayurveda oil massage with warm oils. The body is purified from the outside and from within, and is recharged with new, positive energy.</p>	
<p>Energetic foot massage Your feet are bathed. The soft, stroking movements help the feet, calves and knees to relax. The massage activates the reflex zones; avocado oil nourishes the skin with nutrients and moisture.</p>	<p>ca. 40 minutes / € 65</p>
<p>Hot stone massage Total physical and mental relaxation emanates from the warmth and the energy of the stones. The warmth penetrates deep into the body regions and has a positive effect on the inner organs. Regenerative massage that helps the energy flow.</p>	<p>ca. 40 minutes / € 75 ca. 85 minutes / € 150</p>
<p>Carita – stone energy The unique basis of a Rénovateur treatment, followed by the energy of volcanic earth and stones, renders this treatment a quite incomparable experience. Cleansing with Rénovateur Body, mineralising full-body wrap and a massage with hot volcanic stones from Hawaii.</p>	<p>ca. 110 minutes / € 150</p>
<p>Shiromardana (Ayurveda head massage) Warm sesame oil is applied to your scalp with a cotton ball and massaged into the skin. The massage relaxes the whole body, relieves insomnia, nervousness, stress and tension.</p>	<p>ca. 25 minutes / € 65</p>
<p>Synchronised Ayurveda massage Four-handed Ayurveda massage – an experience of the extra-special class. Warm oil is massaged into your body with flowing movements. This massage serves to harmonise the body energy, and it provides you with optimum relaxation.</p>	<p>ca. 55 minutes / € 225</p>
<p>Double treatments (2 persons) Together with your partner, you can enjoy the treatments of your choice in our “Energy Room”.</p>	
<p>2 x aromatic oil massage</p>	<p>ca. 55 minutes / € 160</p>
<p>2 x Ayurveda massage</p>	<p>ca. 55 minutes / € 280</p>
<p>1 x energetic massage and 1 x aromatic oil massage</p>	<p>ca. 55 minutes / € 220</p>



Prevention & Health

Medical wellness	
“Cellulite active”: algae bath, peeling, algae wrap	ca. 80 minutes / € 145
“Thalgo Thalgomince”: firming treatment for the stomach, legs and buttocks problem zones	ca. 60 minutes / € 75
“Thalgo Frigi”: cooling, firming body treatment for the problem zones	ca. 60 minutes / € 75

Weyergans — SPM vacuum-pump massages

Firming and lifting, regeneration and targeted fat reduction for the problem zones

“SPM partial body”: hips, upper arms, buttocks	ca. 25 minutes / € 45
“SPM full body”: figure forming	ca. 50 minutes / € 85
“SPM Breast”: breast augmentation, firming, lifting, preservation	ca. 60 minutes / € 75
“SPA Breast DELUXE”: breast augmentation, firming, lifting, ultrasound treatment with active agent ampoule	ca. 90 minutes / € 115

Weyergans — Slide Styler (mechanical lymph drainage)

Gentle energy wave massage, detoxifies and unblocks swollen tissue, removes accumulations of fluid in the legs

Legs	ca. 30 minutes / € 40
Arms	ca. 30 minutes / € 40
Abdominal and intestinal massage	ca. 30 minutes / € 40

Weyergans arrangements

"Body Tuning" : Styler bath, Slide Styler legs, SPM legs / hips and breast, collagen facial mask	ca. 2.10 hours / € 195
"Facial Body Tuning" : Styler bath, Slide Styler legs, SPM legs / hips and breast, Future Health	ca. 2.30 hours / € 245

Physiotherapy

Both active and passive measures are combined for the effective treatment of problems in the muscles, tendons, connective tissue, joints and nerves.

Physiotherapeutic massage	ca. 25 minutes / € 49 ca. 55 minutes / € 90
Water gymnastics	ca. 25 minutes / € 35

Relaxation & Training

Tai Chi / Qigong	ca. 50 minutes / € 70
Tai Chi / Qigong (from 2 persons, price per person)	ca. 50 minutes / € 35
Yoga	ca. 50 minutes / € 70
Yoga (from 2 persons, price per person)	ca. 50 minutes / € 35

Physical strength

You would like to optimise your fitness training, bring your sport programme up to date, or simply do something for your health? In the course of an individual training session with your private trainer, you will achieve your specially targeted health, fitness and physical well-being goals.

Individual training – professional coaching and motivation (equipment training, walking, spinning)	ca. 55 minutes / € 70
Spinal gymnastics	ca. 25 minutes / € 45 ca. 55 minutes / € 65
Aqua fitness / individual gymnastics	ca. 25 minutes / € 45 ca. 55 minutes / € 65
Nordic walking	ca. 25 minutes / € 45 ca. 55 minutes / € 65



MAX GRUNDIG KLINIK

Bühlerhöhe

MEDICINE ON TOP LEVEL

OUR MAJOR FOCUS IS THE PATIENT

In cooperation with the Dorint Hotel it is our pleasure to offer medical examinations for you. If you are interested, please contact the reception.



Max Grundig Klinik, private clinic for internal medicine
(oncology, cardiology, gastroenterology, rheumatology, psychosomatics, orthopedics)

- Hospital treatment
- Rehabilitation
- Preventive check-ups

We shall be happy to arrange a suitable check-up programme for you.



MAX GRUNDIG KLINIK

Day Packages

Monday to Friday (appointment necessary)

Beauty Day Relaxation in the “Royal Spa”, “Deluxe” facial treatment (ca. 85 minutes)	€ 150
Gentleman Day Relaxation in the “Royal Spa”, sport massage (ca. 55 minutes), facial treatment for men (ca. 50 minutes)	€ 175
Relaxing Day Relaxation in the “Royal Spa”, full-body peeling (ca. 20 minutes), soft-pack body wrap (ca. 25 minutes), aromatic pamper massage (ca. 50 minutes)	€ 175
Energy Day Relaxation in the “Royal Spa”, energetic massage (ca. 55 minutes), foot reflex zone massage (ca. 45 minutes)	€ 230
“2-gether” 2 x relaxation in the “Royal Spa”, 2 x aromatic oil massage, 2 x basis facial treatment (2 x ca. 105 minutes)	€ 370

General Information

Hours of opening	
Pool and fitness sector	7:00 a.m. – 10:00 p.m.
Sauna, pool bar and spa reception	7:30 a.m. – 9:00 p.m.

Admission prices for external guests	
Monday – Friday from 9:00 a.m. – 9:00 p.m.	€ 35
Carnet (12 x admission for the price of 10 x)	€ 350
Use of the spa area is included in all “Day Spa Arrangements”	

Members' Club	
6 months' membership (price per month / 1 person)	€ 125
1 year's membership (price per month / 1 person)	€ 100
1 year's membership (price per month / 2 persons)	€ 75

Our “Royal Spa” etiquette

How do I know what's the right option for me? Any of our professionally trained staff members will be glad to advise you on the right choice of elements in your programme. Regardless of whether you have little time or wish to enjoy one of our extended rituals – our staff will be happy to assist you in reaching your decision.

What should I do if I have health problems? Please inform our staff member when booking of any health problems (high blood pressure, diabetes, heart condition, etc.). Before booking your stay with us, please take medical advice you can rely on (e.g. from your GP).

What does the “Spa Check-in” involve for me? Your reason for booking with us is to get away from day-to-day pressures. Allow yourself ca. 30 minutes beforehand to attune yourself to the relaxed atmosphere over a cup of freshly brewed herbal tea.

Is there a dress code? No matter what your appearance when you arrive, we will transform you in next to no time into a “Spa Walker”. Bathrobe, handtowels and slippers will be provided for you, as well as a hairdryer and, if requested, disposable briefs.

I have arrived late – what can I do? Late arrival will unfortunately mean a loss of treatment time and of the pleasure involved. We are unable to offer compensation and/or refunds on shortened treatment sessions.

When and how can I cancel my appointment? If you find it necessary to cancel an appointment, please do so 4 hours beforehand. Later cancellation and/or failure to keep appointments will result in 90% of the full price being invoiced.

And what about the “Oasis for the Senses”? Please show consideration for other guests by refraining from the use of mobile phones in our spa. Ours are non-smoking premises throughout. All spa treatments are bookable subject to availability. If you have any questions, please contact our Spa Manager Gisela Fischer-Eggler on: **+49 7221 3012-940** or by e-mail addressed to: **gisela.fischer-eggler@dorint.com**.





Dorint Hotels & Resorts
 Soon also in Hamburg, Stuttgart and Oberursel (from 2011)

Dorint

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You'll be back.