



# **OVERVIEW**

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Overview of the SPA Oasis

Letting go and finding yourself again

### **PURE RELAXATION & WELLNESS**

An 800m<sup>2</sup> wellness area and a 1,000m<sup>2</sup> wellness garden create a relaxing ambience for you, with saunas, indoor pool, fitness area (access only with sportswear) as well as massage and beauty treatments (from 16 years).

Whether for a day, a weekend or even during a longer stay in our 4-star superior hotel - the wellness and SPA oasis offers pure relaxation and wellness for you.

During your stay, you will be accompanied by warm coloured light effects, soft music and delicate fragrances.

Furthermore, the hotel offers the best possibilities for an active start into the day. For example, go jogging in the adjacent mountain park, which is a UNESCO World Heritage Site, use our natural swimming pond and indoor pool to swim a few laps or play a round of golf at the Golf Club Wilhelmshöhe nearby.

We look forward to welcoming you as a guest in our wellness and SPA oasis.

Feel good and feel yourself again!











# **ASK FOR MORE**

BABOR facial treatments: Maximally beautiful skin. For more beauty, more self-confidence, more lust for life!



\* In the combined offer you save 10% of the normal price

#### LUXURY - SEA CREATION

Experience an unforgettable and highly effective luxury beauty treatment. The SeaCreation care for an allembracing anti-aging effect with rare, exquisite active ingredients from the deep sea ensures a visible result of smoothness, new-found resilience and cell protection, making this luxury treatment unique.

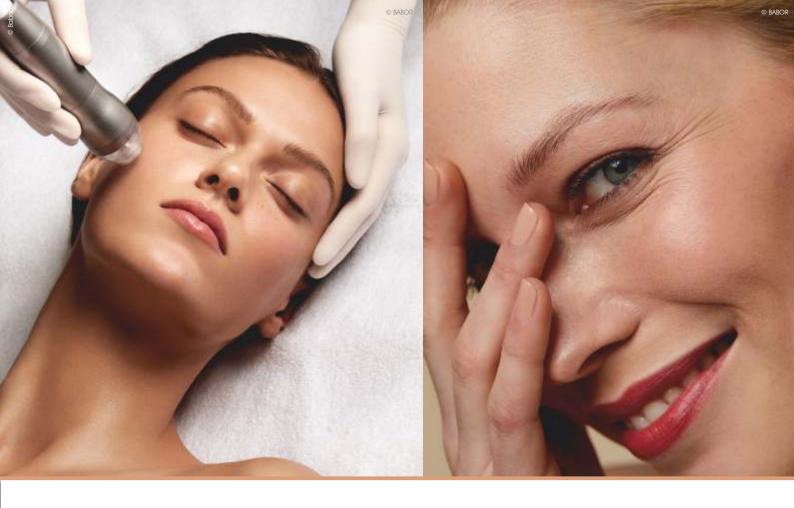
After applying the serum and the soothing massage, intensive masks make the skin look incomparably youthful, firm and smooth. Luxury you must have!

approx. 90 min. € 200

\* Pre-order necessary (at least 10 days)

approx. 90 min. + Your care for too House: **THE CREAM** (15 ml) and **THE SERUM** (30 ml) for € 360\*





#### **MICRODERMABRASION**

The power peeling against wrinkles, skin impurities, pigment disorders and tired skin. The finest crystals remove the topmost skin scales and stimulate the skin's own collagen synthesis. Hyaluronic acid makes the treatment perfect. Ideally also as a cure!

approx. 90 min. € 115 with cleaning

YOUR ONE TREATMENT FREE in

ADVANTAGE: 6-SUBSCRIPTION (90 min) for € 575

approx. 90 min. € 199 with cleaning including Ultimate Repair Cream 50 mi





# BABOR PRO

#### FRUIT ACID PEELING

Peeling treatment individualised according to skin type for even smoothing of the skin surface. Depending on the peeling used and the intensity of the application, the horn cells can be removed to different depths and evenly. Fast and effective for a radiant complexion as a single treatment or optimised as a course of treatment (4-6 treatments) for your individual long-term desired result.

60 min. € 95

70 min. € 130\*

(including cleaning + product set for perfect aftercare)



#### **CF-SHORT**

Ceramide short treatment for stressed skin in need of regeneration. This treatment serves to stabilise your skin's protective barrier - ceramides act like a plaster for stressed skin.

30 min. € 60

30 min. € 130 incl. Ceramide Cream (50 ml)



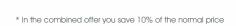
#### **EGF-SHORT**

Treatment with the cell growth factor EGF for uneven skin contours with decreasing tissue firmness. Experience how your skin is reactivated and gains elasticity and volume.

30 min. € 60

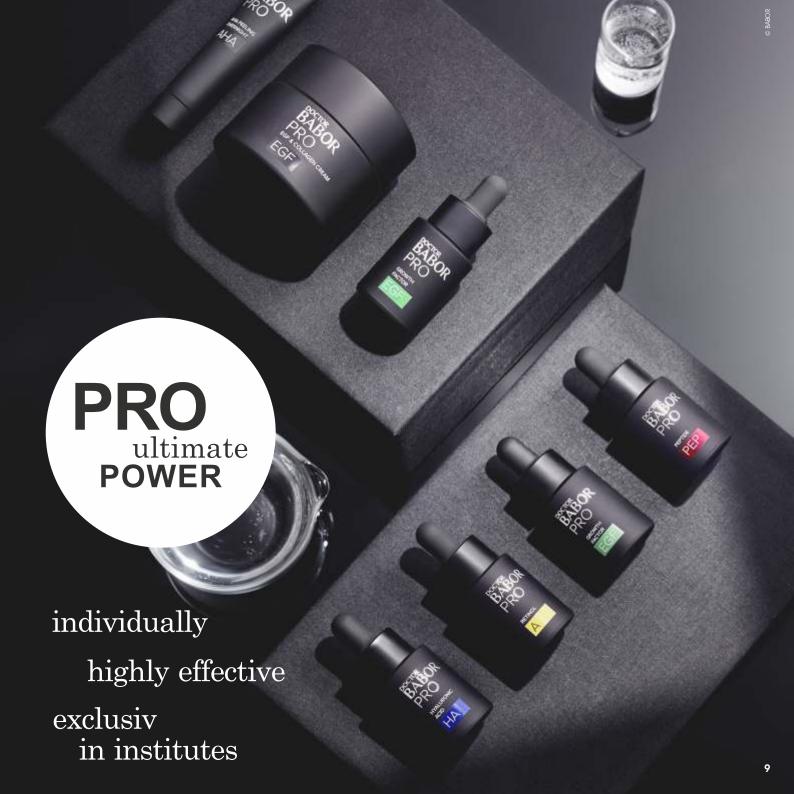
30 min. € 100

incl. EGF Cream Mask (75 ml)









#### CLASSIC TREATMENT

Visibly beautiful and well-groomed complexion - a pampering treatment that is individually tailored to the needs of your skin.

approx. 60 min. € 75

approx. 90 min. € 150

incl. Skinovage Cream suitable for your skin type (50 ml)



#### LIFT ME UP

Effective concentrations of active ingredients from DOCTOR BABOR and/or HSR visibly plump up the skin, improve firmness and tone and coskin ageing.

approx. 50 min. € 79

approx. 90 min. € 150 incl. Collagen Booster Ampoules (7x 2 ml)





#### THE QUICK FIT & BEAUTY MAKER

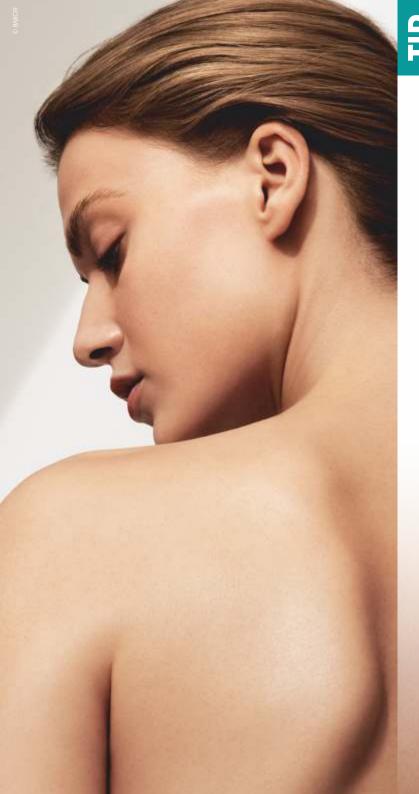
After cleansing and peeling, experience how BABOR's all-approx. ampoules quench your skin's thirst for care in the long term! The successful concentration of active ingredients speaks for itself.

approx. 30 min. € 45

approx. 30 min. € 60 incl. Hydra Plus Ampoules (7x 2 r



\* In the combined offer you save 10% of the normal price



The following additional services can be booked with every BABOR cosmetic treatment:

# High-tech skin analysis

Experience an in-depth analysis of your current skin condition with a special focus on wrinkles, pores, pigment disorders and skin moisture.

per skin analysis € 30

#### **MICRODERMABRASION**

An intensive high-tech power peeling to refine the skin.

approx. 15 min. € 30

#### SENSATIONAL EYES

Gentle cleansing and mask with high-quality active ingredients make your eyes shine.

approx. 15 min. € 30



# **MEN'S BUSINESS**

because "man" wants to be groomed differently.

#### MEN SHORT Head & foot massage

The massage strokes on the head, face and feet with moisturising aloe vera gel, ivy gel and nourishing facial fluid give strength and vitality to body and soul.

approx. 30 min. € 45

#### MAN'S BACK Back treatment

Experience a cleansing and invigorating exfoliation of the back area and relax during the back massage that follows.

approx. 45 min. € 60





#### BABOR MEN'S POWER

The facial treatment for stressed men's skin, which has its own needs. The BABOR MEN Brush provides a freshness kick, the active ingredient concentrates for intensive care and vitality. The neck massage provides lasting deep relaxation. Tiredness and stress are a thing of the past.

approx. 50 min. € 70

approx. 90 min. € 120

# **HAND & FOOT**

#### **MANICURE**

The hands - your figurehead. Shaped and polished nails and care make for fantastically beautiful hands.

approx. 35 min. € 45

approx. 60 min. € 55 (with nail polish) approx. 60 min. € 65 (with UV-nail polish)

#### MENU FOR HANDS

Peeling, pack and a hand massage make your hands magically soft.

approx. 45 min. € 45

#### **PEDICURE**

During the cosmetic pedicure the callus is removed and the nails are shortened and shaped. A foot care product rounds off the treatment.

approx. 35 min. € 45

approx. 60 min. € 55 (with nail polish)

approx. 60 min. € 65 (with UV-nail polish)

#### MENU FOR FEET

Peeling, a pack and a massage make your feet silky smooth.

approx. 45 min. € 45



# MUST-HAVE

eyebrow tint	€ 15
eyelash dye	€ 20
eyebrow & eyelash tinting	€ 30
eyebrow correction	€ 12
eyelash lifting & tinting approx. 60 min	€ 55



# PEELING | PACK | BATHS

#### **BODY-PEELING**

The smooth cream peeling gently exfoliates with pearls from poppy seeds.

approx. 30 min. € 40

#### MARINE SALT PEELING

A mixture with Canadian salt leaves the skin soft to the touch.

approx. 30 min. € 40

#### **POWER-PACK**

Vitamins A, C, E - the guarantors of nutritional power. The power pack for dry skin.

approx. 30 min. € 45

#### LIFTING PACK

Intensive body firming. An extract of elderflower and tropical almonds firms the tissue.

approx. 30 min. € 45

#### SFA SALT BATH\*

Active ingredients from the sea with algae extract and aromatic oil provide intensive care. The skin is noticeably energised and revitalise

approx. 25 min. € 40

- \* BATH-UPGRADE The following services can be booked additionally:
  - ·Fruit plate for € 5 per person
  - ·Praline etagére for € 6 per person
  - ·A glass of Crémant for € 7,50 per person





#### ST BARTH ELASTICITY

Clarifying body pack with clay & pineapple or cucumber mousse

The creamy body pack is prepared individually for each skin type - with fresh pineapple or cucumber mousse and green or pink clay. It contains valuable minerals, trace elements and vitamins; camphor & menthol oil and firming ivy gel have a calming and stimulating effect in equal measure. Relax and surrender to the moment: While the pack unfolds its clarifying and firming properties, a head or foot massage provides a feeling of well-being.

#### ST BARTH HARMONY

Pampering full body massage

Enjoy personal relaxation: The focus of the full-body massage and the care products are geared to individual wishes. Coconut oil is used to care for dry skin, cold-pressed avocado oil to maintain skin elasticity, camphor & menthol oil and firming ivy gel to revitalise the skin. A luxurious body lotion with the favourite fragrance of choice completes the treatment.

PARTIAL BODY: approx. 30 min. € 60 WHOLE BODY: approx. 60 min. € 95

#### ST BARTH SENSATION

Nourishing body wrap with relaxing massage

An opulent body pack, prepared from pure coconut oil or avocado oil and a personally selected favourite fragrance: tropical vanilla, lily or tiare flower. Moisturising and nourishing, rich in lipids and valuable unsaturated fatty acids. The relaxing massage with gentle stroking movements intensifies the effect of the pack, relaxes the body and caresses the senses.

approx. 60 min. €95

#### ST BARTH SUNDOWNER

Hydrating Body Wrap with Green Clay & Melon Mousse

A refreshing body wrap that provides maximum moisture to the skin. The juicy melon mousse has a revitalising effect, while green clay clarifies, soothes and gently purifies the skin. Aloe Vera Gel as a freshness kick provides a cooling and hydrating finish. Ideal as an after-sun treatment to soothe heated skin after sunbathing. Optionally with a head or foot massage.

#### ST BARTH SLIMNESS

Stimulating leg massage

The decongestive massage has a beneficial effect on heavy legs, for example after long journeys - or it simply ensures beautiful, slim legs. Thinly applied ivy gel firms and smoothes, while the massage with silky camphor and menthol oil stimulates the skin's microcirculation. Feel a new lightness and verve and bring a touch of the Caribbean into your life.

approx. 30 min. € 60



#### ST BARTH DREAM

Fragrant beauty bath

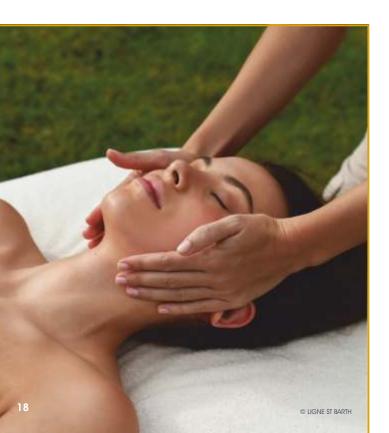
An individual beauty bath with milk and a special care and fragrance composition of three ingredients. Mild shower gel is mixed with a body oil and body lotion from Ligne St Barth to create a nourishing bath additive. A ritual of purity and sensual experience. The bath nourishes the skin, leaving it scented and with a velvety glow afterwards.

#### ST BARTH SOFTNESS

Relaxing body peeling with coconut oil and papaya mousse

A fruity full-body peeling massage that pampers body and senses with the treasures of tropical nature: the fresh mousse of papaya containing enzymes unfolds its effect, fine sand gently removes dead skin cells and rich coconut oil provides valuable nutrients. Find peace and enjoy purity - the skin is enveloped in an exotic fragrance and feels velvety soft and smoothed.

approx. 45 min. € 75



#### ST BARTH PURENESS

Invigorating face and décolleté treatment with hand massage (only by 60 min)

A comprehensive facial and décolleté treatment with a series of coordinated care products. Cleansing, toning and peeling are inspired by the fragrant blossoms and fruits of tropical gardens. Camphor & menthol oil and firming ivy gel provide a vitalising face and décolleté massage. While the clarifying mask takes effect, close your eyes and enjoy a soothing hand and arm massage.

approx. 30 min. € 60 (without mask) approx. 60 min. € 100 (incl. mask)

#### ST BARTH FRESHNESS

Gentle face and décolleté treatment with partial body massage

A sophisticated facial and décolleté treatment consisting of cleansing and gentle peeling, vitalising massage and clarifying mask. The interplay of fresh tropical fruits and high-quality oils, lotions and gels is particularly effective and enchants with delicate textures and exotic aromas. Once the mask of clay or cucumber mousse has taken effect, a hand massage provides relaxation at will.

approx. 90 min. € 125



#### CHILL OUT!

Full body massage with warm shells

The incomparable full-body spa massage with "warm shells" applies intensive grips that always feel gentle and flowing. They stimulate circulation, relieve muscle tension and can have a calming influence on stress-related states of tension. A gentle touch for body and soul that opens up a world of deep well-being with Caribbean savoir-vivre.

#### **BECOMING MOM**

Relaxing facial treatment and leg massage for expectant mothers

This pampering treatment does last good: to start with, a footbath and a leg peeling with decongestive massage - avocado oil softens and moisturises the skin. Afterwards, gentle grips loosen the neck area. Another feel-good moment is the cleansing and nourishing facial treatment - it supplies the skin with vitamins and minerals and leaves the complexion glowing.

approx. 60 min. €80

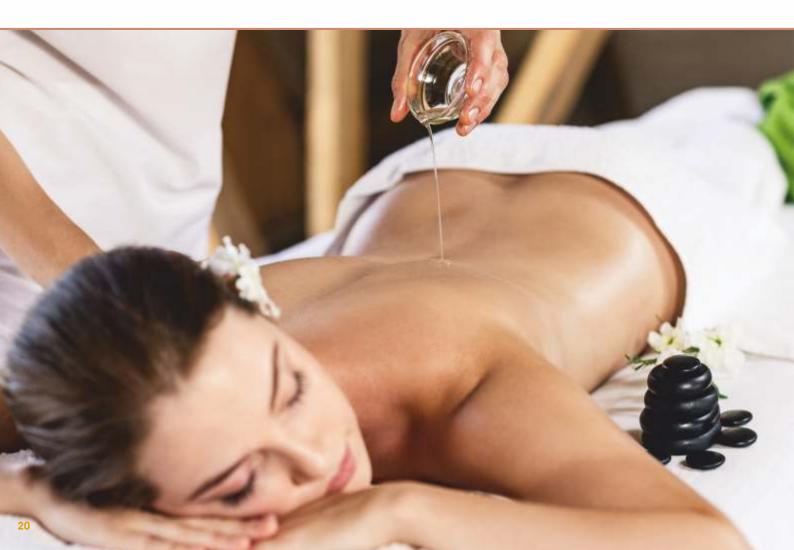
# AYURVEDA ... the knowledge of life

With high-quality oils and special massage techniques to more well-being!

Ayurveda is considered the first complete health teaching in the world and sees the human being in harmony with nature, in perfect harmony, full of health and joy of life. Self-healing powers can only be released when the three life energies "doshas" Pitta, Kapha and Vata are in harmony.

"Relaxation means being able to actively engage with something else."

Quote: Frank Berzbach



#### ABHYANGA - full body massage

Abhyanga is considered the queen of Ayurvedic massages in India. Warm sesame oil calms the nervous system, strengthens the immune system and harmonises the life energies.

approx. 60 min. € 100

#### PADA ABHYANGA - leg and foot massage

By activating the three energy points Pitta, Kapha and Vata, the organism is regenerated and strengthened. Inner restlessness and states of stress are alleviated.

approx. 40 min. € 60

# SHIRO ABHYANGA – head massage

This Ayurvedic sensual massage with warm oil strengthens the hair roots and scalp and calms the nerves and muscles.

approx. 30 min. € 50



# **MASSAGES**

#### **WELLNESS MASSAGE**

back - neck - legs

approx. 45 min. € 60

#### PARTIAL BODY MASSAGE

light relaxation massage

approx. 30 min. € 45

#### **FOOT MASSAGE**

pure relaxation

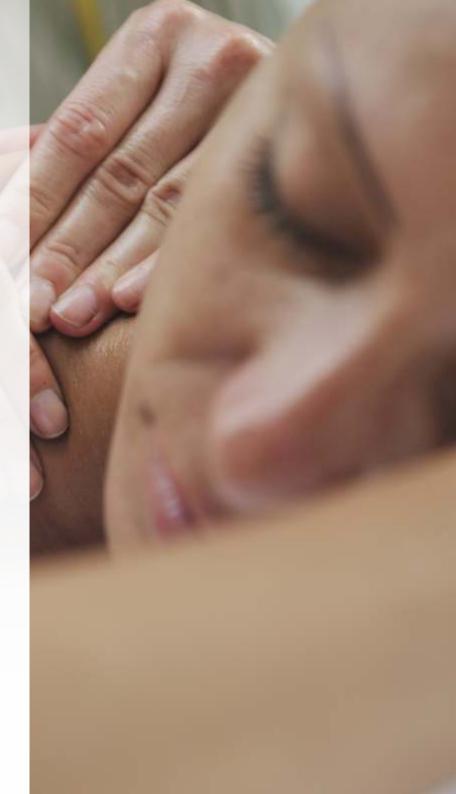
approx. 30 min. € 45

#### AROMA OIL MASSAGE

High-quality oils have a gentle and relaxing effect on both the physical and sensual levels during this massage.

Depending on your choice of scent, the special effect of the oil becomes apparent - stimulating or calming.

approx. 30 min. € 50 approx. 60 min. € 85



#### EGYPTIAN STEAM BATH

Soothing care muds, applied to the whole body, provide the skin with minerals and trace elements.

Pleasant warmth and steam intensify the effect.

approx. 30 min. € 35 per person

#### HAMAM - 1001 NIGHTS

Heat, moisture and foam turn this Turkish cleansing ritual into a feast for the senses. Full-body foam massages with various water infusions and full-body massages with pure sesame oil.

incl. 10 min. steam bath

approx. 100 min. € 150

Let go &
feel good



# **PRIVATE SPA**

Here, 2 people can relax and enjoy themselves for 4 hours in complete privacy! The Private SPA offers a huge day bed, your own experience shower, 2 private wellness loungers and an exclusive whirlpool. There is also a completely private retreat area with a wardrobe, a flat screen TV and iPhone docking station. In your own classic Finnish sauna, you can choose from a wide range of programme variations according to your preferences.

Your stay in your luxurious wellness oasis is rounded off with fresh fruit variations, chocolates and a bottle of crèmant or one of our included refreshments from the fully equipped minibar as well as your own Nespresso coffee machine - according to your wishes.

#### PRIVATE SPA

Including 30-minute aroma oil massage per person as well as bathrobe & towels.

4 hours € 165 per person\*

#### ROMANTIC DELUXE

After your 4-hour stay in our Private SPA, a lovingly laid table awaits you for a 4-course candlelight dinner in the restaurant.

4 hours PRIVATE SPA + candle-light-dinner in the restaurant € 205 per person\*



# TIME OUT FOR ONE DAY

#### DAY SPA IN THE BERGPARK

You don't have to be an overnight guest at our hotel to treat yourself to some time out and let your soul soar. Take the time and think of yourself - recharge your batteries with us. We are open Sundays to Thursdays from 10 am to 9 pm and Fridays and Saturdays until 10 pm! (Weekend subject to availability)

#### DAY SPA - REGULAR

4 hours stay in the wellness oasis

€ 35 per person\*

#### DAY SPA - WELLNESS

4 hours stay in the wellness oasis incl. 30 min partial body massage

€ 65 per person\*

#### DAY SPA - BEAUTY

4 hours stay in the wellness oasis incl. facial treatment "Fit & Beautifier"

€ 75 per person\*

#### **SPA RULES**

Treatments from 16 (or liability waiver available in advance at the SPA reception), 24 h cancellation condition, no massages in case of pregnancy (or liability waiver available in advance at the SPA reception), register approx. 10 min. before the start of treatment at the SPA reception, sauna area is textile-free, all other rooms are not.

#### DAY SPA – AFTER WORK

Mon - Fri : from 5.00 p.m. to 8 p.m.

€ 25 per person\*

#### WELLNESS & VITALITY MENU

4 hours stay in the wellness oasis incl.
3-course menu (as recommended by the chef), a milk bath (max. 2 pers./25 min.)
and a wellness cocktail

€ 85 per person\*

#### DAY SPA - FIT INTO THE DAY

Schlosshotel breakfast buffet and 4 hours stay in the wellness oasis

€ 55 per person

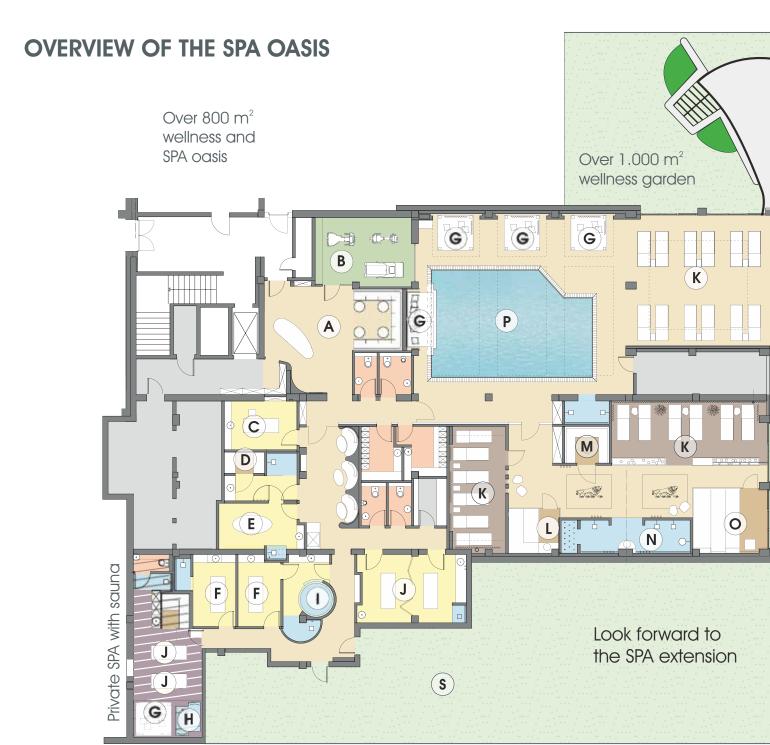
SPECIAL: Mon - Fri for € 45 per person\* (holidays excluded)

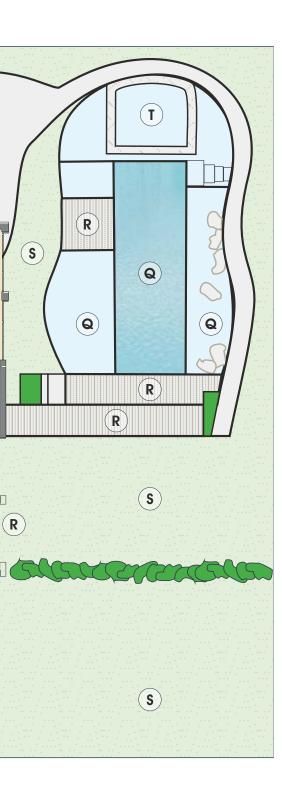
For your little break from everyday life, we are happy to provide you with a bathrobe, bath slippers and towels free of charge. Help yourself to free tea and water during your stay.

# Please book in advance at: spa@schlosshotel-kassel.de or telephone (05 61) 30 88 - 600.

Please cancel 24 hours before your appointment.

\*Based on the significantly increased energy costs, a levy of Euro 5.00 per person is currently charged for our Day SPA offers. As a thank you for your support, you will receive a complimentary wellness cocktail when visiting our SPA Oasis.



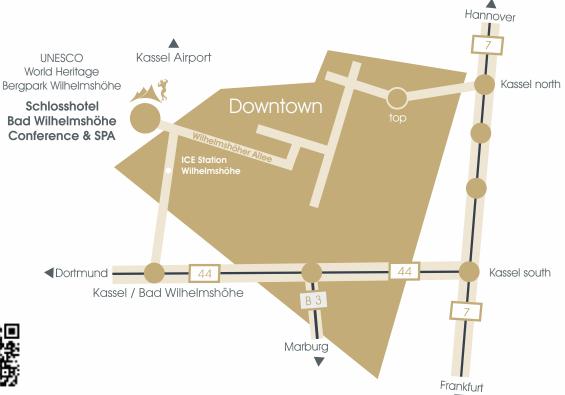


#### **LEGENDE**

- A SPA reception
- B fitness/cardio
- C beauty
- D egyptian steam bath
- E hamam
- F massage
- G day bed
- H hydromassage pool
- I light & sound bath
- J massage (possibility of single & partner massages)
- K relaxation rooms
- L bio/herbal sauna
- M steam bath
- N experience shower
- O panorama sauna
- P indoor pool with counter-current system
- Q natural swimming pond
- R wooden deck loungers
- S lawn
- T neptune fountain

# The way to Schlosshotel Bad Wilhelmshöhe Conference & Spa

- ... by car > From the A44 take the exit Kassel-Bad Wilhelmshöhe and follow the signs towards Berapark Wilhelmshöhe. You will reach the Schlosshotel after approx. 6 km.
- ... by tram > You can travel directly to and from the city centre by tram line 1, the stop is approx. 300 m from the hotel
- ... by train The ICE train station Wilhelmshöhe is only 2 km away from the hotel.
- ... by plane > Regional airport Kassel Airport, distance 13 km
  - ➤ Airport Paderborn, distance 85 km
  - Airport Frankfurt am Main, distance 204



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