

Arrangements: Spa & Cosmetics

Ayurveda anti-stress (7 days)

Initial examination by one of our therapists

2x Abhyanga (whole body oil massage) (à 60 mins.)

1x Shiro Dhara (90 mins.)

1x Padabhyanga (ayurvedic foot and leg treatment) (45 mins.)

1x Sathabhyanga (four-handed massage) (45 mins.)

1x Yoga, individual lesson (45 mins.)

2x Yoga group lessons

2x Morning exercises

1x Relaxation training

Package price € 398,00

Including 7 nights and breakfast from € 762,00

Atlantic relaxation (7 days)

4x Soft-pack (Thalassic/evening primrose oil crème bath/
Rügen healing chalk/Cucurbita) (à 30 mins.)

3x Special massage or reflexology (à 45 mins.)

1x Thalgo Luxury peeling (60 mins.)

1x Face, neck and décolleté treatment (90 mins.)

2x Yoga group lessons

2x Morning exercises

1x Relaxation training

Package price € 440,00

Including 7 nights and breakfast from € 804,00

OCEANO Beauty Week (7 days)

1x Individual facial treatment, according to your type of skin
(60-90 mins.)

1x L'Elixir-Thalgo (90 mins.)

1x Thalgo Luxury peeling (60 mins.)

1x Indoceano (120 mins.)

1x Padabhyanga (ayurvedic foot and leg treatment) (45 mins.)

1x Pedicure and Manicure

1x Eyelash and eyebrow colouring

2x Yoga group lessons

2x Morning exercises

1x Relaxation training

Package price € 488,00

Including 7 nights and breakfast from € 852,00

Price list: Spa & Cosmetics

SPA

Ayurveda	
Padabhyanga (ayurvedic foot and leg treatment) (45 mins.)	€ 50,00
Abhyanga (whole body oil massage) (60 mins.)	€ 67,00
Pinda (herbal massage) (60 mins.)	€ 67,00
Shiro Dhara (forehead pack) (90mins.)	€ 94,00
Sathabhyanga (four-handed massage) (45 mins.)	€ 94,00
Thalassic application with algae (30 mins.)	€ 45,00
Shiatsu (50 mins.)	€ 68,00
Individual training	
Personal Fitness Training (30 mins.)	€ 33,00
Yoga (50 mins.)	€ 52,00

FACIAL TREATMENTS

Facial cleansing (60 mins.)	€ 52,00
Face, neck and décolleté treatment (90 mins.)	€ 73,00
Thalgo Microdermabrasion (90 mins.)	€ 120,00
Regeneration and cell renewal	
Thalgo Cold-mask (60 mins.)	€ 77,00
Thalgo mask, cooling, reduces redness	
L'ElixirThalgo Lifting (90 mins.)	€ 110,00
Skin tightening by means of phytohormons	
Special acupuncture treatment to minimise wrinkles	€ 63,00
Spa pedicure including foot bath, peeling and massage (45 mins.)	€ 45,00
Eyelash and eyebrow colouring	€ 18,00
Manicure	€ 29,00

CELLULITE TREATMENTS

Our therapeutic program treats cellulite by its origin. We would be happy to provide you with more information!

Dry brush massage (25 mins.)	€ 29,00
Frigi-Thalgo (60 mins.)	€ 48,00
To counteract heavy, hot legs and lymph blockage	
Kapa Podi	€ 48,00
Ayurvedic anti-cellulite treatment	
Special acupuncture treatment to minimise cellulite (70 mins.)	€ 94,00

BODY TREATMENTS

Salt-oil peeling (25 mins.)	€ 33,00
Sea salt and oil peeling	
Thalgo Luxury peeling (60 mins.)	€ 88,00
With algae-mud and sea salt, followed by aromatherapy treatment for your skin	
Indoceano (120 mins.)	€ 110,00
Vitalising relaxation with precious elements originating from Egypt to China	
In Soft-Pack	
Thalassic application with algae (30 mins.)	€ 45,00
Antacid and remineralizing	
Cucurbita body treatment (30 mins.)	€ 45,00
Draining, peeling and moisturizing	
Evening primrose oil crème bath (30 mins.)	€ 45,00
Caring for soft smooth skin	