

STAUDACHERS SPA & GARTEN  
PRICES - 2022



# STAUDACHERHOF

BAVARIAN HISTORY &  
LIFESTYLE HOTEL



FOR PERFECT DAYS

4

Staudachers Spa & Garten

6

Holistic Beauty  
Treatments

14

Massage & Therapy

16

Ayurveda

18

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](mailto: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 24 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 / Grandner 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 will help you to ultimate beauty. Our professional Staudachers Spa & Garten Team will tune your treatment to your individual needs.



## FACIAL TREATMENTS

The less time we have, the more we appreciate those short moments of relaxation. You can choose how much time you want to treat yourself to today. During our treatments, we fully dedicate ourselves to your skin's needs. Skin happiness is what we strive for. Happy skin is healthy, feels good to the touch and looks fresh. The secret of skin happiness lies in nature and in the vegan care products by Vinoble.

30 mins		€ 43
Ritual, cleansing, peel, facial massage with a face pack, final treatment		
60 mins		€ 80
Ritual, cleansing, peel, facial massage with serum, cream mask of your choice: antioxidant or regenerating final treatment		
90 mins		€ 119
Ritual, cleansing, peel, concentrate cocktail, facial massage, eye care and special face pack of your choice: a lift or peel-off face pack, final treatment		
Eyelash and eyebrow tinting	approx 30 mins	€ 28

## ACTIVE INGREDIENTS

Barely any other fruit has as many ingredients that are important for our skin as the grape does. We process these to obtain formulations with a lasting effect.

OPCs  
Oligomeric  
Proanthocyanidin Complexes



RESVERATROL

STEM CELLS

GRAPE SEED OIL



## BODY TREATMENTS

### Vinoble reinigende Peelingmassage

Peeling aus Traubenkernen, Salz und intensiv pflegendem Traubenkernöl. Durch die gereinigte Hautoberfläche kann der Körper die wertvollen Fettsäuren des kaltgepressten Traubenkernöls ideal aufnehmen.

30 Min.		€ 39,-
Full body peel		
45 Min.		€ 62,-
Full body peel followed by a head-and-neck massage		
75 Min.		€ 105,-
Full body peel followed by a full body massage		



## O·P·I

### DELUXE NAIL SPA

<p>Staudachers Spa Manicure Nail filing, cuticle trimming, gentle peel, intensive-care hand massage, four-layer nail polish application</p>	approx 50 mins	€ 55
<p>Staudachers Spa Pedicure Foot bath, nail trimming, filing and polishing, cuticle and callus removal, nail oil application</p>	approx 50 mins	€ 55
<p>Staudachers Spa Manicure &amp; Pedicure</p>	approx 95 mins	€ 98
<p>Colour nail polish Book your favourite polish, which you are welcome to keep afterwards. Available only in combination with a treatment.</p>		€ 15
<p>Gel-Color Hands or feet</p>	approx 70 mins	€ 69

## O·P·I

OPI is the world's leading supplier of nail design and nail care products. Famous for its exceptional nail polishes with legendary names, the American cult brand will make your hands and feet shine.



## 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:** Cure guide 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:** Pneumatron Anti-Cellulite Treatment

#### Shape it Up – Platinum

€ 360

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

**Skin-deep:** Pneumatron Anti-Cellulite Treatment

**Relaxing:** Abhyanga Full Body Massage

#### BAYURVIDA® – Holistic Health

€ 249

3 nights or more are recommended

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

**Relaxing:** 1x session of Aranja Yoga

**Informative:** 1x 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	€ 43
Aromatic Oil Full Body Massage Comprises: legs from the front and back, arms and abdomen.	approx 55 mins	€ 79
Soapsud Massage Peel treatment, soapsud massage and full body oiling.	approx 65 mins	€ 95
Hot-Stone Basalt Stone Massage for your back	approx 40 mins	€ 59
Hot-Stone Basalt Stone Massage for your whole body	approx 75 mins	€ 112

## 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	approx 20 mins / 1 person approx 20 mins / 2 persons	€ 45 € 75

Impurities and toxins are drawn out of the skin.  
The three different kinds of mud with a peeling effect rejuvenate and firm your skin.

## 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	€ 49 € 81
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	€ 43 € 73
Foot Reflexology Massage A pressure point massage of the feet to stimulate metabolism.	approx 45 mins	€ 65
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	€ 82
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



## AYURVEDA – THE PATH TO YOURSELF

### Abhyanga

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

approx 80 mins € 120

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

### Mukabhyanga

A gentle massage for your face, head and upper body

approx 60 mins € 90

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

Leg and Foot Massage for Inner Balance

approx 60 mins € 90

Activates the foot reflexology zones and relieves lymphatic congestion.

### Shirodhara

Forehead Oil Treatment

approx 45 mins € 65

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

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

approx 45 mins € 68

**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

Herbal Stamp Massage

approx 55 mins € 83

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

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.

approx 30 mins € 48

### Upanasveda Prishtha Back Massage with a Pack

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

approx 60 mins € 90

### Singing Bowl Massage

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

approx 40 mins € 61



## THAI YOGA MASSAGE

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

Thai Yoga Massage approx 80 mins € 115

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.)

Fascia Yoga	approx 45 mins	€ 50 (p.p.)
Our body needs exercise.	2 persons or more	€ 35 (p.p.)

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.





## RELAXATION BATHS

### BAYURVIDA herbal bath

Ayurvedic herbal and oil blend based on your Dosha type, a mug of BAYURVIDA tea. For exhaustion, anxiety & stress.

BAYURVIDA herbal bath	approx. 30 mins	€ 35
In combination with an Abhyanga massage	approx. 120 mins	€ 145

### Alkaline full bath

Forest oil, a mug of alkaline tea. The alkaline body care salt with minerals with 8 ground gemstones has a relaxing effect and is especially beneficial for sensitive skin and dry skin. Along with the lungs, liver and kidneys, our skin assumes the role of an excretion organ for excessive acid in the body. With a pH value of 8.5, the alkaline bath improves the acid-base balance in our body. Deacidification is particularly important for muscles that are used a lot. Lactic acid is produced here during exercise, which, in turn, can lead to sore muscles.

Alkaline full bath	approx. 40 mins	€ 45
In combination with a pneumatic pulsation massage	approx. 65 mins	€ 85

### Romantic Bath

Goat butter milk, rose oil, rose petals, 1 glass of vintner's sparkling wine (pp)

for one person per bath	approx. 45 mins	€ 45
for two persons per bath	approx. 45 mins	€ 65
for two persons in combination with a Private Spa Night	approx. 240 mins	€ 250



### 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](mailto: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 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 kindly ask you to 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 24 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.



Photos: Marc Gilsdorf | istockphoto.com: tomasworks | Wolfgang Ehn



## STAUDACHERHOF

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