



STAUDACHERHOF

BAVARIAN HISTORY &
LIFESTYLE HOTEL



FOR PERFECT DAYS

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Staudachers Spa & Garten

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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 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 p.m.

Family sauna
10 a.m. – 3 p.m.

Panorama Sauna
1 p.m. – 7 p.m.

Outdoor pool
9 a.m. – 7 p.m.

Indoor pool
7 a.m. – 9 p.m.



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|-------------------------------|---|
| 01 Adventure Showers | 12 Manicure & Pedicure Spa |
| 02 Saline Blossom Steam Bath | 13 Access to the ground floor |
| 03 Bavarian Steam Room | 14 Coffee Bar /
Grander water fountain |
| 04 Tepidarium | 15 Spa Reception Counter |
| 05 Laconium | 16 Spa Bistro snack bar |
| 06 Kneipp Brook | 17 Lift/elevator |
| 07 Loungers for chilling | 18 Exit |
| 08 Cleansing showers | 19 WC/restroom |
| 09 Indoor pool | 20 Men's changing rooms |
| 10 Access to the outdoor area | 21 Women's changing rooms |
| 11 Relax bunks | |



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| 01 Hotel Reception Desk | 12 Lounging lawn & path to the Lounge/Bar |
| 02 Wellness entrance | 13 Whirlpool (Jacuzzi) |
| 03 Cosmetic Room | 14 Lounging lawn |
| 04 Massage & Therapy | 15 Sport Stadl/Sports Barn |
| 05 Cosmetics with shower | 16 Cliff Showers |
| 06 Rest & Relaxation / Information Board | 17 WC/restroom |
| 07 Alpin Hamam with steam bath | 18 Sauna anteroom |
| 08 Indoor pool entrance | 19 Panorama Sauna |
| 09 Stille Alm / Peaceful Cabin with waterbeds & fireplace | 20 Pergola |
| 10 Thai Yoga Massage Room | 21 Relax loungers |
| 11 Ayurveda & Therapy | 22 Outdoor pool |
| | 23 Rocking loungers |





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. Full body peel	€ 47
45 Min. Full body peel followed by a head-and-neck massage	€ 65
75 Min. Full body peel followed by a full body massage	€ 115

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





CLASSIC RELAXATION MESSAGES

Aromatic Oil Partial Body Massage approx 25 mins € 47
Choose from: back & neck, head or legs.

Aromatic Oil Full Body Massage approx 55 mins € 79
Comprises: legs from the front and back, arms and abdomen.

Hot-Stone Basalt Stone Massage approx 40 mins € 65
for your back

Signature Relax Massage approx 75 mins € 120

Discover our special full-body anti-stress massage, developed by our experienced therapists. The treatment starts with a reflexology foot massage, gently stimulating the entire body. This is followed by a full-body massage with forest oil, specifically designed to loosen and deeply relax overworked body parts. The experience is completed with a moor and heat pack, which not only enhances blood circulation but also has anti-inflammatory properties, ensuring holistic well-being.

RASUL IN THE PRIVATE STEAM BATH

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

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



MASSAGE THERAPY

Sports Massage with Magnesium Oil	approx 25 mins	€ 49
Regenerative and relaxing massage. Trained hands relieve muscle cramps and focus on stressed muscles.	approx 55 mins	€ 81
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Trigger Point Massage	approx 25 mins	€ 43
Special muscle points in the body are treated, to relieve tension and tightened connective tissue, while stimulating blood circulation.	approx 45 mins	€ 73
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Foot Reflexology Massage	approx 45 mins	€ 65
A pressure point massage of the feet to stimulate metabolism.		
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Fascia Massage	approx 55 mins	€ 82
The collagenous tissue is treated with a special tool. This relieves tightened, hardened and altered tissue fibres (fascia).		
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Pneumatron Massage	approx 20 mins	€ 44
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 50 mins	€ 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

approx 60 mins

€ 90

A gentle massage for your face, head and upper body
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

approx 60 mins

€ 90

Leg and Foot Massage for Inner Balance

Activates the foot reflexology zones and relieves lymphatic congestion.

Shirodhara

approx 45 mins

€ 65

Forehead Oil Treatment

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

approx 45 mins

€ 68

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

Staudachers bonus: You will be massaged with your own personal gem stylus
that can be taken home afterwards.

Garschan Silk Glove Massage

approx 30 mins

€ 48

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.

Upanasveda Prishta Back Massage with a Pack

approx 60 mins

€ 90

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





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

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.

approx 60 mins

2 persons or more

4 persons or more

€ 65 (p.p.)

€ 45 (p.p.)

€ 35 (p.p.)

Fascia Yoga

Our body needs exercise.

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.

approx 45 mins

2 persons or more

€ 50 (p.p.)

€ 35 (p.p.)



STAUDACHERS PRIVATE SPA NIGHT

Enjoy quiet hours of relaxation. From 7 p.m. to 10 p.m., you can have Staudachers Spa all to yourself - with a friend, your sweetheart, or as a group.

Staudachers Private Spa Night

2 persons or more

€ 85 (p.p.)

Included extras

- One bottle of Staudachers Vintner Sparkling Wine (or a non-alcoholic fruit cocktail) and Grandeur water
- Sauna Pamper Set with premium spa products by Vinoble Cosmetics
- Diverse fragrances for your personal sauna infusion
- 90 °C sauna, steam bath and Laconium
- Use of the pool until 10:30 p.m.

TIP:

We recommend that you reserve a table in our Bistro-Lounge before the Private SPA Night.



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. 40 mins	€ 45
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	€ 230

STAUDACHERS DAY SPA

You will find all of this in our Day Spa

50 m² (538 ft²) indoor pool (30 °C / 86 °F), tepedarium, taconium, bavarian sweating room (60 °C / 140 °F), saline steam bath, a kneipp Bbrook, 50 m² (538 ft²) outdoor pool (30 °C / 86 °F) heated year round, outdoor panorama sauna (90 °C / 194 °F), a whirlpool bath (hot tub) in the Heustadl hay barn, cosy corners to relax and our highlight, the “Stille Alm” peaceful cabin with waterbeds and a hay bed.

Included extras

- Spabistro with fresh apples and dried fruit
- Tea bar and Grander fountain station
- Selection of home-baked cakes in the afternoon
- Manual dousings every day as well as rub products for the steam bath

Wish list

- We lend you our wellness bag incl. a bathrobe and slippers: € 8 per bag
- Deposit for the wellness bag is € 50/ will be returned to you at reception
- Treatments can be booked at our spa reception or previously via phone or email

Opening hours & prices

Monday to Friday

10 a.m. – 7 p.m. € 69

4 p.m. – 7 p.m. € 34

Weekends and bank holidays

10 a.m. – 7 p.m. € 79

4 p.m. – 7 p.m. € 39

Day Spa Package – A day BAYURVIDA® approx. 105 min. € 173

Abhyanga full-body oil massage including head and face massage, followed by an Ayurvedic salt scrub in the private steam bath. BAYURVIDA cookbook for home. Including the day-spa entrance. (also available for couples)

STAUDACHERS
BONUS

Enjoy free admission for our Day Spa
when reaching a value of treatments of € 170 p.p.



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. 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 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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