

STAUDACHERS SPA & GARTEN  
PRICES - 2025



# STAUDACHERHOF

BAVARIAN HISTORY &  
LIFESTYLE HOTEL



FOR PERFECT DAYS

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Staudachers Spa & Garten

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Staudachers  
Private Spa Night

## 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 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.



- 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 / Grandeur 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





## 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.

<b>Vinoble Refresh</b> Ritual, Cleansing, Scrub, Face Massage with Cream Mask, Cream for your skin type	approx. 30 mins	€ 55
<b>Vinoble Classic</b> Ritual, Cleansing, Scrub, Face Massage with Serum, Face Pack, Cream for your skin type	approx. 60 mins	€ 90
<b>Vinoble Selection</b> Ritual, Cleansing, Scrub, concentrate Cocktail, Face Massage, eye care, face pack, Cream for your skin type	approx. 90 mins	€ 129
<b>Microneedling Mini-Lifting</b> Cleansing, Scrub, Serum, Microneedling, Lifting Cream	approx. 60 mins	€ 120
<b>Eyelash and eyebrow tinting</b>	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



## O·P·I

### DELUXE NAIL SPA

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



## 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.



## WELLNESS MASSAGES

### Aromaoilmassage

Relaxing anti-stress massage with nourishing grape seed oil and an essential oil of your choice. Available as a partial body massage, full body treatment or full body PLUS treatment including a mud pack for the back.

Partial Body	approx. 25 mins	€ 49
Full Body	approx. 55 mins	€ 84
Full Body PLUS	approx. 75 mins	€ 120

### Intensive Massage

Regenerative and relaxing massage that specifically relieves tension and promotes blood circulation. Available as a partial body massage or full body treatment.

Partial Body	approx. 25 mins	€ 49
Full Body	approx. 55 mins	€ 84

### Myofascial Massage

Using manual techniques and unique devices such as the Pneumatron®200, adhesions are loosened and lymph flow is stimulated. The connective tissue is gently sucked in and immediately relaxed again – 200 times per minute. Toxins get removed. Excellent for cellulite, rheumatism and back pain. Available as a partial body massage or as a full body treatment.

Partial Body	approx. 55 mins	€ 84
Full Body	approx. 75 mins	€ 120

### Hot Stone Massage for the Back

Warm stones massage your back in gentle, circular movements. Blood circulation and lymph flow are stimulated and the muscles are relaxed. The warmth penetrates deep into the tissue.

Partial Body	approx. 40 mins	€ 65
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## AYURVEDA MESSAGES

**Abhyanga** approx. 80 mins € 125  
 Full Body Oil Massage incl. Head- and Face Massage  
 The ancient philosophy of the Vedas comes together in this massage and makes it an experience for all the senses.

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**Mukabhyanga** approx. 60 mins € 90  
 Gentle Massage for Upper Body, Head and Face  
 In Ayurveda the head is called the “gateway to heaven” through which we humans experience our true nature. The Ayurvedic facial massage stimulates the brain cells and activates important Marma points.

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**Padabhyanga** approx. 60 mins € 90  
 Gentle Massage for legs and feet  
 The Ayurvedic foot and leg massage stimulates the flow of energy, has a balancing effect on the organs and provides deep relaxation.

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**Prishtabhyanga** approx. 60 mins € 90  
 Back Massage with Oil and Singing Bowls  
 Warm oil and flowing massage movements relieve any tension. Gentle vibrations from the singing bowls caress you and have a balancing and energizing effect.

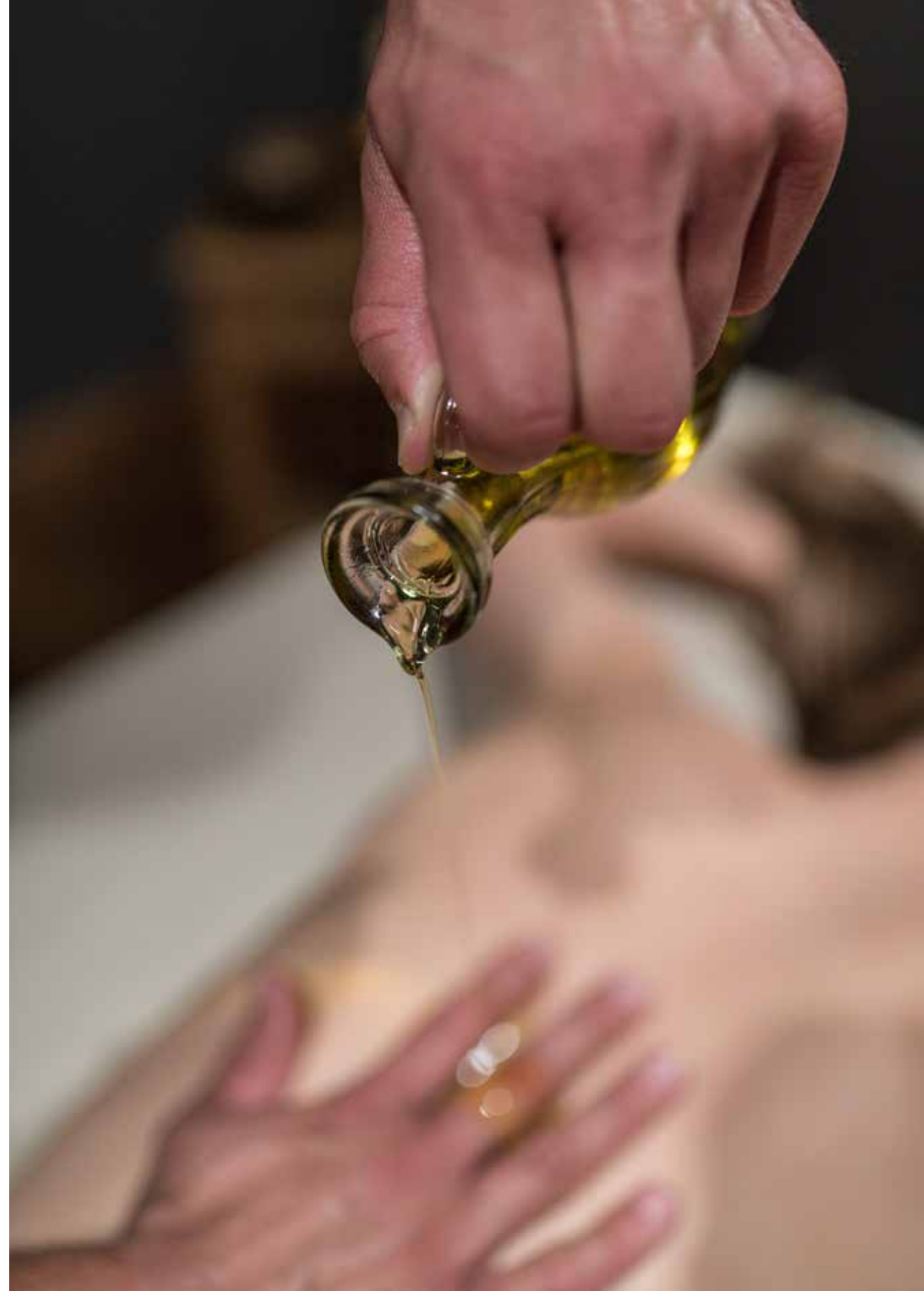
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**Udarabhyanga** approx. 60 mins € 90  
 Abdominal Massage with Alkaline Liver Wrap  
 Our Belly is sensitive like no other part of our body. Here we not only digest our food, but also our feelings. The Ayurvedic abdominal massage activates the digestive fire and stimulates intestinal activity. The alkaline compress that follows supports the liver in its function as a detoxification organ.

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**Gemstone Shirodhara** approx. 45 mins € 70  
 Treatment for Head and Forehead  
 The Gemstone Shirodhara is the oil-free alternative to the classic oil pouring on the forehead in Ayurveda. After a relaxing head massage, a gemstone is moved over the forehead in a calm, evenly movement. A trance state is induced and tension in the forehead is released.

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## MASSAGE RITUALS

### Vinoble Body Ritual

approx. 95 mins € 155

A scrub made from grape seeds, salt and nourishing grape seed oil removes dead skin cells and makes your skin velvety soft. This is followed by a full body massage with warm oil and hot stones. Dry feet and hands as well as the delicate facial skin receive special care thanks to the vegan products from Vinoble Cosmetics. The active ingredients from grapes such as OPC and resveratrol protect the skin from free radicals and regenerate it.

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### Ayurveda-Detox-Ritual

approx. 85 mins. € 140

A lymph-stimulating Ayurvedic dry massage with raw silk gloves removes dead skin cells and stimulates circulation. After a short oiling of the skin you will relax in an alkaline bath with a cup of herbal tea that supports the body to detoxify.

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### Soapsud-Peeling-Ritual

approx. 65 mins € 115

A relaxing treatment on our warm Hamam Bed including full body scrub, washing and gentle massage.

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## BATHS AND PACKS

Rasul in private Steam Bath for one – approx. 20 mins € 45  
The three types of mud with a gentle peeling effect nourish and tighten the skin. for two – approx. 20 mins € 75

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Romantic Bath for 2 approx. 40 mins € 65  
Candlelight, a glass of sparkling wine, fragrant bath water and nourishing goat butter cream. Perfect for relaxing together in our liquid sound bathtub.

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Alkaline Bath approx. 40 mins € 45  
An alkaline mineral salt with has a relaxing effect and is particularly good for sensitive and dry skin. Along with the lungs, liver and kidneys, our skin serves as an excretory organ for excess acidity in the body. With a pH value of 8.5 the alkaline bath supports the acid-base balance in our body. Deacidification is particularly important for muscles that are used a lot, as lactic acid forms here during exercise, which in turn is responsible for sore muscles. The bath is completed with a cup of alkaline herbal tea.

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Full Body Scrub with Hand and Foot Massage approx. 45 mins € 70  
Enjoy a scrub made from grape seeds, salt and nourishing grape seed oil finishing with a nourishing cream for dry hands and feet.

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## 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 Anja. 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 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.



## 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
- With fragrance for your personal sauna infusion
- 90 °C sauna, steam bath and Laconium
- Use of the pool



**TIP:**

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

## STAUDACHERS DAY SPA

### You will find all of this in our Day Spa

50 m<sup>2</sup> (538 ft<sup>2</sup>) indoor pool (30 °C / 86 °F), tepedarium, taconium, bavarian sweating room (60 °C / 140 °F), saline steam bath, a kneipp Bbrook, 50 m<sup>2</sup> (538 ft<sup>2</sup>) 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 mins € 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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