



**VILLA STEPHANIE**

BADEN-BADEN

TREATMENT MENU



HOUSE  
OF WELLBEING



# MASSAGES

## MASSAGE MENU

Carefully selected for you by our dedicated staff. A massage is a unique treatment: the masseur's every move is designed to meet your particular requirements in order to revitalise and relax your body from head to toe.

60 mins | 170 €

80 mins | 230 €

## SPA MASSAGE

A spa massage is a treat for body and soul. Fragrant organic essential oils are used for this relaxing massage that relieve tension or have a stimulating effect on the body.

60 mins | 150 €

80 mins | 210 €

## DEEP TISSUE MASSAGE

Relieves sore muscles and tension due to stress. A massage where pressure is applied deep and direct on the painful areas.

60 mins | 150 €

80 mins | 210 €

## CUPPING THERAPY

Revitalising massage that increases the blood circulation in the connective tissue and has a regenerative effect. The use of cupping glasses and other special techniques that are applied during the treatment stimulate the removal of waste products in the tissues.

60 mins | 170 €

## SHIATSU

The Asian art of balancing and activating the body's vital energy. Translated, shiatsu means: finger pressure massage. The pressing, stretching and rotating movements unblock the energy channels and relieve tension. Shiatsu is traditionally carried out without oils.

60 mins | 190 €

## LOMI LOMI

This Hawaiian massage treatment leaves body and soul with a deep sense of well-being. A range of coordinated stroking techniques makes this treatment the „queen of massages“.

60 mins | 190 €

80 mins | 260 €

## ABHYANGA

An ancient Indian massaging technique that restores your body's balance. A traditional Ayurvedic full body massage with gentle strokes and marma point stimulation to activate the metabolism.

60 mins | 190 €

80 mins | 260 €

## THAI MASSAGE

Special Far Eastern techniques help to deeply relax the body. The body is pulled, stretched, pummelled and revitalised. Traditionally, a Thai massage is carried out on a tatami in comfortable clothing.

60 mins | 190 €

80 mins | 260 €

## LYMPH DRAINAGE

Special techniques are used to stimulate the lymphatic system and encourage the removal of waste products in the body. No oil is used for this partial body treatment. It can be used on the face, arms, stomach or legs.

30 mins | 90 €

60 mins | 140 €

## PREGNANCY MASSAGE

Treatment for a very special time. A special treatment that is designed to meet the requirements of pregnant women. This treatment is carried out between the fourth and the seventh month of pregnancy.

60 mins | 190 €

## BACK MASSAGE

A partial body massage treatment that relieves tensions in the shoulders and back. A range of massage techniques is applied to loosen areas of myogelosis and hardened back muscles.

30 mins | 90 €

## LEG AND FOOT MASSAGE

Pleasant relaxation that revitalises your legs and feet. This partial body massage treatment is aimed at the relaxation of the muscles in the calves and feet.

45 mins | 120 €



## SISLEY

### CLASSIC FACIAL TREATMENT

The all-round treatment programme for your skin, A deep cleansing facial including exfoliation, vapozone, a face massage, a mask and a finishing treatment.

60 mins | 170 €

80 mins | 220 €

### PHYTO AROMATIQUE FACIAL

Enjoy aromatherapy in combination with relaxing massages. A Phyto Aromatique treatment combines massage rituals from all over the world with the expertise and experience of a high-tech brand to revitalise body and soul. Various massage techniques have been developed on the basis of local traditions and the effectiveness of aromatherapy. Your skin will be left feeling supple and firmer, and regain a lasting radiance.

60 mins | 200 €

80 mins | 250 €

### SISLEÏA GLOBAL ANTI-AGING FACIAL

The best of what Sisley has to offer for your skin. This 80-minute treatment features all of the benefits of ten years of research it took to develop SisleÏa Global Anti-Age. Highly sophisticated, deeply penetrating massage techniques relax your face, leaving it regenerated and young looking. Fine lines are smoothed away; the epidermis is strengthened and becomes firmer and more elastic.

80 min | 280 €

## SKINCEUTICALS

### SPECIAL FACIAL

Highly concentrated, effective treatment to protect the skin from harmful UV rays, as well as prevent and correct skin ageing caused by light. Available with or without vapozone treatment.

60 mins | 190 €

## AQUA ORGANIC

### LUXURY FACIAL

Carefully personalised to meet the individual requirements of your skin. A precious combination of plant-based active ingredients, the powerful effects of pure essential oils and high-quality minerals deep cleans the skin, smoothens it and leaves it looking radiant. Green luxury for your skin.

60 mins | 160 €

80 mins | 210 €

## MENS FACIAL

### FACIAL TREATMENT FOR MEN

Some time out for the „stronger“ sex. After deep cleansing of the skin, our experts determine your skin type, which all further treatment steps are then based on. Personalised exfoliation, additional cleansing and care.

30 mins | 90 €

60 mins | 170 €

## FRESH & SHINE

### EXPRESS FACIAL

Some time out for your skin. Personalised to meet your needs and your skin's current condition, this short treatment helps you to look fresh and radiant.

30 mins | 90 €



# BODY TREATMENTS

## AQUA ORGANIC CLARIFYING TREATMENT

Head to toe cleansing. An exfoliation treatment removes dead skin cells, and revitalises and moisturises dry, tired looking skin. This is followed by a white clay, jojoba and almond oil body wrap that cleanses and nourishes the skin. During the time the wrap takes to work, we will pamper you with a cleansing facial and a relaxing face massage.

90 mins | 200 €

## AQUA ORGANIC DETOXIFYING TREATMENT

Head to toe detox. Exfoliation stimulates the circulation and the skin's detoxification process. A chlorella seaweed wrap increases the detoxifying effect. Heat compresses amplify the effects of the detoxifying hot pack. During the time the treatment takes to work, we will nourish your face and pamper you with lymphatic drainage.

90 mins | 200 €

## LUXURY BODY TREATMENT

For super-smooth skin. Full body exfoliation treatment, followed by a full body wrap to moisturise the skin. May also be booked separately for €100 per treatment.

60 mins | 180 €

## BACK TREATMENT

Treat your back to some special attention. Includes cleansing, deep cleansing, exfoliation, vapozone, mask and a finishing treatment.

45 mins | 120 €

## INTENSIVE SLIMMING BODY CARE BY SISLEY

Sisley's latest cellulite beating offer is an intensive, firming body treatment. Specific massage strokes all over the body stimulate the skin's metabolism and relieve tissue affected by water deposits. Products such as Phyto-Svelt Global or Cellulinov have a smoothing effect and improve the look of the skin long-term. At least five treatments are needed for optimum effect.

60 mins | 200 €  
5 sessions x 60 mins | 950 €

## ULTRATONE DETOX SHAPING BODYTRAINING

Sensational results without any effort. Relax whilst ULTRATONE shapes your body to perfection. Bioelectrical impulses exercise your body in the way professionals go to the fitness studio.

1 session x 80 mins | 150 €  
12 sessions x 80 mins | 1.200 €

## SISLEYA ANTI-AGING FIRING BODY CARE BY SISLEY

Luxurious body massage with a firming effect. The extremely effective body care product Sisleya Concentré Anti-Aging Fermeté Corps combines the efficiency of a serum with the comfort of a cream and the impact of a firming product. Combining this care product with massage techniques has a firming and relieving effect. Your contours will become more clearly defined. At least five treatments are needed for optimum effect.

80 mins | 280 €  
5 sessions x 80 mins | 1.500 €



BEAUTY

## EXTRAS

### EYEBROW DYEING

30 €

Day make-up

from 50 €

Together with a facial

15 €

Evening make-up

from 70 €

### EYELASH DYEING

35 €

Wedding make-up  
(including rehearsal make-up)

from 150 €

Together with a facial

20 €

Wedding make-up & hair  
(including rehearsal make-up & hair)

from 300 €

## HAIR REMOVAL

Facial hair removal

from 15 €

Hair removal lower leg

40 €

Hair removal entire leg

75 €

Hair removal underarm

20 €

## NAIL LOUNGE

### NAIL TREATMENTS

Spa manicure, without nail varnish

80 €

Spa pedicure, without nail varnish

80 €

Spa manicure, with nail varnish

90 €

Spa pedicure, with nail varnish

90 €

New varnish

30 €

Gel polish

140 €



## BRENNERS LADIES' DAY

Spa massage

Classic Sisley facial

3,5 h | 370 €

## PURE MASCULIN

Treatment menu - massages

Brenners men's facial

Spa manicure or spa pedicure

3,5 h | 450 €

## DELUXE PROGRAMM TREAT YOURSELF TO SOMETHING VERY SPECIAL

Beauty spa special for your body  
with exfoliating scrub and treatment wrap

Spa massage

Classic facial,  
neck and neckline treatment

3,5 h | 370 €

## COUPLE TIME TREATS FOR TWO

Relax in a comfortable atmosphere  
with a small bottle of champagne

Beauty bath with relaxing essential oils

Treatment menu - massages

Classic facial treatment

For 2 people

3,5 h | 750 €



AUSAVA  
CLUB

## AUSAVA CLUB

Discover the unique House of Wellbeing Villa Stéphanie. 120 m<sup>2</sup> fitness centre with state-of-the-art cardio machines 500 m<sup>2</sup> sauna area with integrated ladies' sauna, plunge pool with lounge area, Roman-style pool with views across Lichtentaler Allee, sunbathing lawn in a private park, personal trainer for personalised exercise sessions, beauty spa with gorgeous treatment rooms and Brenners physiotherapy in our „Haus Julius“. Join the exclusive circle of AUSAVA Club members. We are looking forward to your registration.

## AUSAVA CLUB CLASSIC

Use of pool all year round

Gym and sauna including bathrobe, towels and amenities

Use of Brenners sunbathing lawn

Additional 20% off all spa treatments

Annual fee | 2.100€  
Partner card | 1.500€

## AUSAVA CLUB SUPERIOR

Use of pool all year round

Gym and sauna including bathrobe, towels and amenities

Use of Brenners sunbathing lawn

Additional 20% off all spa treatments

10% off spa products

Free aqua aerobics and yoga sessions  
Each additional personalised exercise session €80 instead of €140

Free monthly body analysis and personalised workout plan

Annual fee | 3.500€  
Partner card | 2.500€

## AUSAVA CLUB PREMIUM

Use of pool all year round

Gym and sauna including bathrobe, towels and amenities

Use of Brenners sunbathing lawn

Additional 20% off all spa treatments

10% off spa products  
Free aqua aerobics and yoga sessions

1x personalised exercise session a month; each additional personalised exercise session €80 instead of €140

Free monthly body analysis and personalised workout plan

Free use of Villa Stéphanie lounge including drinks and snacks

Free parking

€2,000 credit for treatments and products at Brenners Spa as well as all in-house F&B services

Free use of our private gym, depending on availability

Personalised spa basket with exclusive laundry service

2x a year free booking of our spa suite

Annual fee | 5.500€  
Partner card | 2.500€



# DAY SPA

## BRONZE – AFTERWORK SPA

Sundays to Thursdays from 6 p.m. onwards

Use of pools, fitness studios and saunas including bathrobe, flip-flops, bath towels & amenities

Use of lounge and sunbathing lawn

Free parking in front of Villa Stéphanie (depending on availability)

Free Wi-Fi

Price per person | 50 €

## SILVER – ME TIME

Daily

Use of pools, fitness studios and saunas including bathrobe, flip-flops, bath towels & amenities

Use of lounge and sunbathing lawn

Free parking in front of Villa Stéphanie (depending on availability)

Free Wi-Fi

20% off every treatment booked

Price per person | 100 €

## GOLD – RENEW, RELAX, REFRESH

Daily

Use of pools, fitness studios and saunas including bathrobe, flip-flops, bath towels & amenities

Use of lounge and sunbathing lawn

Free parking in front of Villa Stéphanie (depending on availability)

Free Wi-Fi

20% off every treatment booked

Breakfast in the „Fritz and Felix“ until 11 a.m.

60 minute spa massage

Light spa snack in the Villa Stéphanie

Price per person | 250 €



# FITNESS & DIET

## COACHING

Body analysis including exercise advice	150 €
Retest	120 €
Personal trainer	10-visit pass x 60 mins   1.200 € 50-visit pass x 60 mins   5.000 € 100-visit pass x 60 mins   8.000 €

## MIHA Bodytec – EMS training with trainer

30 mins	80 €
60 mins	150 €

## Fitvibe – vibration training with trainer

30 mins	80 €
60 mins	150 €

Workout plan for at home 150 €

Use of private gym 60 mins | 150 €

## DIET

Diet coaching QPNT	150 €
Personalised diet plan per week	150 €
Spa cuisine full-board per day	180 €

## ACTIVITIES

Brenners biking / hiking with trainer	60 mins   140 €
Mountain bike or e-bike hire per person	per day   50 €

## SPECIAL TRAINING SESSIONS

### KICK-BOXING AND MENTAL TRAINING

with Henry Charlet

In sports, mental strength is just as important as talent. Choose your training session:

UPGRADE YOUR FITNESS

THE WAY OF THE SAMURAI

THE JOURNEY ITSELF IS THE DESTINATION

60 mins | 250 €

### KIYINDO SHIATSU

with Pierre Clavreux

An unforgettable experience invented exclusively for the Oetker Collection. Pierre Clavreux developed Kiyindo Shiatsu, a revolutionary technique that is based on pain relief through touch, over twenty years ago.

60 mins | 280 €

### REIKI

The word is a combination of the two Japanese words „rei“, which means spirit, and „ki“, the body's vital energy. The Reiki practitioner touches specific parts of the body, and the recipient experiences a warm and tingling sensation. Reiki is a complementary technique for balancing the body's vital energy and activating the body's self-healing powers. It is aimed at achieving physical and mental health.

60 mins | 200 €





## DR. KÖNIG & TEAM

Detox infusion including initial consultation from 350 €

Colon hydrotherapy including initial consultation from 350 €

Various full medical examinations  
We will be happy to make you a personalised offer.  
from 2.200 €

Traditional Chinese medicine  
with acupuncture / singing bowls & initial conversation from 180 €

Medical osteopathy from 200 €

Healthy Sleep  
Comprehensive medical history and a clinical examination at the beginning of the stay. A final discussion after the end of the therapy, review of your night sleep including heart rhythm monitoring, blood pressure monitoring, body position, oxygen saturation, respiratory function, sleep advice including „Digital Detox“ and individual final report with advice on sleep hygiene).  
from 1.200 €

Genetic testing and preventive medical advice  
(Whole genome sequencing and interpretation) from 2.500 €

Autologous Plasma Therapy (ACP)  
Intraarticular / soft tissue treatment from 400 €

## ADDITIONAL MEDICAL DETOX

(to accompany our weight loss & detox packages)

3x personalised detox infusion (with homeopathic and vital substances), detailed ultrasound examination of the abdominal organs (detoxifying organs), comprehensive laboratory diagnosis of the metabolism including inflammation parameters, digital detoxification advice, 3x cleansing colon hydrotherapy including detailed medical consultation before the first treatment, personalised final report including laboratory parameters and diet advice.

from 3.450 €

## UROLOGY / GYNECOLOGY / COACHING

Urological consultation / examination from 350 €

Gynecological Check Up from 1.450 €

in combination  
with holistic hormone counseling from 1.750 €

Mental Health / Coaching from 150 €





## DR. YILDIRIM

Consultation and Canfield 3D imaging  
face treatment simulation 350 €

Line smoothing with botulinum toxin, one zone 350 €  
Zones: frown lines, forehead lines, crow's feet, chin.

Mid-face lift with hyaluronic acid from 2.400 €  
Look fresh and rested

Face contouring with hyaluronic acid from 4.800 €  
Look young and attractive

Full-face contouring with hyaluronic acid from 9.000 €  
In combination with collagen production  
stimulating treatments



## DR. BESCHNIDT

### TREATMENTS

Basic dental check-up from 150 €

Professional dental cleaning from 150 €

Professional teeth whitening  
(Bleaching) from 550 €

### COMPLETE DENTAL CHECK-UP

Complete medical examination of the teeth, professional  
dental cleaning, assessment of condition of the teeth and the  
periodontium, X-rays if indicated (potentially 3D CB-CT)  
and further therapy suggestions (as needed).

from 1.300 €



## PHYSIOTHERAPY

Initial physiotherapy consultation 30 mins | 80 €

Physiotherapy is used to treat all sorts of medical conditions. The patient's symptoms dictate which treatment techniques are applied.

25 mins | 90 €  
55 mins | 170 €

## PNF – PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION

PNF is based on the interaction between the nerves and the muscles. The aim is to encourage the nerve and muscle system to carry out necessary movements again by copying the stretching and contracting sequence.

30 mins | 95 €  
60 mins | 180 €

## MANUAL THERAPY

A treatment for spinal chord and joint disorders that involves passive techniques as well as active exercises. The therapist mobilises locked joints by employing gentle techniques or stabilises hypermobile or unstable joints with individual exercises.

25 mins | 95 €  
55 mins | 180 €



## CRANIOSACRAL THERAPY

A body-oriented form of manual treatment that has its origins in osteopathy. It is based on working with the craniosacral rhythm, or the gently pulsating brain and spinal fluid. This is a holistic treatment that carefully addresses physical, emotional and mental issues.

30 mins | 90 €  
60 mins | 170 €

## MANUAL LYMPHATIC DRAINAGE

A treatment aimed at draining away the lymph that can be beneficial if you suffer from lymphoedema. Special rhythmic, pumping massage strokes increase the lymph flow.

30 mins | 90 €  
45 mins | 135 €  
60 mins | 170 €

## REFLEXOLOGY MASSAGE

This treatment speeds up the circulation in the organs as well as all other areas of the body. The inner healing powers are therefore activated, and body and soul regain their balance.

60 mins | 145 €

## CONNECTIVE TISSUE MASSAGE

Stimulating the connective tissue in the hypodermis with pulsing and pressing movements speeds up the circulation, releases tension and has a beneficial effect on the organs.

20 mins | 70 €

## MYOFASCIAL RELEASE – FASCIA TREATMENT

The targeted manipulation of deep-down hardened areas in the connective tissue or fascia system is aimed at evening out the entire organism and restoring its balance and vitality.

30 mins | 95 €

## ULTRASOUND / ELECTROTHERAPY

15 mins | 40 €

## THERMOTHERAPY

(only in combination with physiotherapy)

Fango packs 25 mins | 40 €  
Thermal towel treatment 15 mins | 35 €  
Hot air treatment 15 mins | 35 €

## WORKOUT PLAN FOR AT HOME

Our experts will compile a personalised workout plan for you to follow at home. 150 €



*„ Time is the true luxury. “*



VILLA STEPHANIE  
BADEN-BADEN



## BRENNERS PARK-HOTEL & SPA

BADEN-BADEN

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