

BRINE BATH AND SAUNA GARDEN

OPENING HOURS:

Daily from 9:00 AM–10:00 PM
(with the exception of December 24 and 25)
Open until midnight on Fridays.

The admission fee includes admission to the brine bath and the sauna garden.
Children up to 12 years pay a 50% reduced rate. Handicapped persons with a "B" in their handicapped ID are given free admission for their assistant.

ADMISSION FEES:

	Single unit price	100 Euro* Bonus card	200 Euro* Bonus card	Children (1–12 years)
	€	€	€	€
2 hours	13.00	11.05	10.40	6.50
3 hours	16.00	13.60	12.80	8.00
4 hours	19.00	16.15	15.20	9.50
Day ticket	23.00	19.55	18.40	11.50

*Groups with 10 or more persons and owners of a 100 Euro bonus card receive a 15% reduction on the single unit price.

*Owners of a 200 Euro bonus card receive a 20% reduction on the single unit price.

These reductions do not apply in combination with other special offers.

Card deposit 3.00

Additional charge	for each started half hour	1.50
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ADDITIONAL OFFERS

Solariums	time-dependent	starting at 1.00
Massage bench	time-dependent	starting at 5.00

FITNESS PANORAMA

MEMBERSHIP:

		per month	per month
Basic			9 AM–4 PM Good morning rate*
Fitness + trainings	6 months	56.00	47.00
	12 months	46.00	39.00
	24 months	36.00	30.00
Noon rate			
from 11 AM to 3 PM	12 months	21.00	
Classic			
Fitness + training	6 months	76.00	67.00
3 hours thermal bath per week	12 months	66.00	59.00
	24 months	56.00	50.00
Premium			
Fitness + training	6 months	89.00	79.00
2 x 3 hours thermal bath per week	12 months	79.00	69.00
	24 months	69.00	59.00

*(10.00 € additional charge if checkout occurs outside these times)

Supervision charge	Semi-annually	19.00
The service includes: Initial test: heart and blood circulation test, back check, establishing a training plan, training supervision, repeated test every 3 months, adaptation of the training plan, administration fee		
Fitness day card	per day	11.00
Fitness day card including thermal bath	per day	28.00
Personal training (appointment required)	60 min	45.00

BEAUTY TREATMENT

OPENING HOURS:

Daily from 9:00 AM–10:00 PM
(with the exception of December 24 and 25)

Tel. 035603 1885-32

Dr. Spiller BIOCOSMETIC and Gehwohl foot care products promise gentle care with high quality natural substances. Our modern range of services includes manicure, foot care, basic beauty treatments and a lot more.

Our team of advisers will gladly create your individual wellness program for you.

Beauty treatment	60 min	40.00
Cleansing treatment with cleanser lotion, peeling, treatment of skin blemishes, eyebrow correction, facial massage, facial pack, final treatment, hand pack		
Exclusive treatment	90 min	69.00
Cleansing treatment with peeling, treatment of skin blemishes, skin toning, eyebrow corrections including dyeing of eyebrows and eyelashes, hand or foot pack with paraffin wax, face, head and neck massage, collagen fleece, eye and final treatment		
Small beauty pack	40 min	25.00
Cleansing treatment with cleanser lotion, peeling, treatment of skin blemishes, eyebrow correction, facial pack, final treatment		
Beauty treatment with ampoule or collagen fleece	60 min	47.00
A cleansing treatment with cleanser lotion, peeling, treatment of skin blemishes, eyebrow correction, facial massage, ampoule with facial pack or collagen fleece, final treatment hand pack		
Beauty treatment for men: "Everything a man needs"	60 min	40.00
Cleansing treatment with cleanser lotion, peeling, treatment of skin blemishes, eyebrow correction, facial massage, facial pack, final treatment		
Facial massage with cleansing treatment	25 min	23.00
Cosmetic pedicure	30 min	25.00
Manicure	25 min	25.00
Nail polishing, uni-colored		5.00
Eyebrow plucking or dyeing		5.00
Eyelash dyeing		5.00

BEAUTY TREATMENT / HAIR SALON

Aloe Vera facial treatment with collagen fleece	30 min	25.00
Cleansing treatment with cleanser lotion and peeling, Aloe Vera soaked collagen fleece and pure Aloe Vera gel, regenerates and moisturizes		
Hand massage with paraffin pack and nurturing lotion	20 min	15.00
Hand and foot massage, each with a paraffin pack	30 min	21.00

OPENING HOURS (HAIR SALON):

Monday: closed

Tuesday through Saturday: 10:00 AM–6:00 PM

Sunday: 10:00 AM–4:00 PM

(with the exception of December 24 and 25)

Reservations by telephone 035603 1885-50

The Spreewald Therme Hair Salon offers you the opportunity to not only leave the Therme relaxed and well-groomed, but also freshly coiffured and styled. Individual all-around advice, hairstyles according to the latest trends and a competent service are a matter of course for us. The beautiful view across the directly adjacent meadow orchard turns even this area into a relaxation area.

LADIES

Washing, drying, styling	starting at 12.50
(including special shampoo, hair conditioner, setting lotion, spray)	
Washing, cutting, drying, styling	starting at 23.00
(including special shampoo, hair conditioner, setting lotion, spray)	
Hair dyeing	starting at 22.00

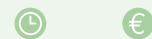
GENTLEMEN

Dry hair cut	7.50
Washing, cutting, drying	15.00
(including special shampoo, hair conditioner, setting lotion, spray)	



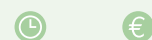
SERVICES AND PRICES

BATHS



Spreewald style baths in a wooden tub, including a glass of sparkling wine for each guest		
Spreewald algae and herbal bath		
beauty bath (oil, milk and honey)		
herbal baths		
one person	25 min	24.00
two persons	25 min	36.00
Beer bath		
one person	25 min	29.00
two persons	25 min	41.00
Brine and sun tub	25 min	22.00

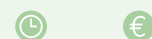
MASSAGES



Partial body massage	20 min	19.00
Full body massage	45 min	43.00
Anti-stress massage ("spine massage according to the Breuss method")	30 min	29.00
Aroma oil massage (gentle stroking massage)	30 min	28.00
Aroma oil massage (gentle stroking massage)	40 min	36.00
"mydlo skotka" soap brush massage	20 min	21.00
Lather massage	20 min	21.00
Replenishing the skin's natural oil with Spreewald style nurturing oil	10 min	9.00
Foot reflex zone treatment	30 min	26.00
Lymph drainage, tissue-strengthening		
short (face)	20 min	21.00
long (body)	50 min	44.00
Body peeling	10 min	12.00
Hot herbal stamps massage		
legs and back	30 min	32.00
full body	40 min	49.00

All specified times are approximate and may vary slightly. The length of the stay in the brine bath and the sauna garden is extended by the net application times of the individual wellness applications.

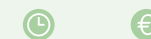
SPECIAL MESSAGES



"Spreewald massage"	50 min	49.00
Full body massage with Spreewald style massage oil made of linseed oil and herbs from the Spreewald		
"Linen Weaver massage"	40 min	39.00
Vigorous and circulation-stimulating back massage consisting of:		
salt and oil peeling	10 min	
massage with honey	10 min	
massage with St. John's wort oil	20 min	
"Sople a zymne"	30 min	39.00
Short massage with hot stones		
Body treatment, back and legs with hot stones		
"Sople a zymne"	60 min	69.00
Long massage with hot and cold stones		
Full body treatment including the face with hot and cold stones		
"Ferryman's massage"	90 min	105.00
Vigorous full body massage including a head and face massage and facial treatment with special aroma oils		
"Four-hands massage"	40 min	79.00
This massage is carried out by two therapists; hot Spreewald herbal oil is rhythmically and synchronously massaged in for a soothing and relaxing effect		
"A Spreewald Fairy Tale"	40 min	49.00
Face and head treatment		
Soothing, relaxing and skin-refreshing facial treatment with herbal substances followed by a vigorous head and face massage with rose oil lotion and herbal oil		
"Spreewald Dreams"	30 min	29.00
Face, head and nape of the neck massage		
Gentle massage techniques applied to face, neck and nape of the neck in combination with precious oil clear your head for the beautiful things in life		
"On Cloud Nine"	30 min	29.00
Special foot massage		
Gently treatment of the lymph system through the foot reflex zones		
"Krabat massage"	40 min	52.00
Cleansing treatment and relaxation ritual with alternating cold and hot dousing, consisting of a gentle peeling, a relaxing massage and a pleasant head massage		

The appointments are binding however appointments can be re-scheduled at no extra charge until minimum 24 hours before the treatment time.

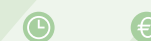
WELLNESS FOR TWO



A romantic day for two. The ideal gift for wedding anniversaries and other sensual occasions.

"Quiet Stream" (for two people)		138.00
"mydlo skotka" soap brush massage	15 min	
Nurturing pack with Spreewald algae in a soft pack waterbed	20 min	
Replenishing the skin's natural oil with Spreewald style nurturing oil	10 min	
Includes a day ticket for the brine bath and the sauna garden		
"Romantic Day in the Spreewald" (for two people)		179.00
Spreewald algae and herbal bath in a wooden Spreewald boat includes a glass of sparkling wine or a vitamin drink for both	25 min	
Nurturing pack with Spreewald algae in a soft pack waterbed	20 min	
Spreewald style massage with linseed oil and comfrey	40 min	
Includes a day ticket for the brine bath and the sauna garden		
"Spreewald Idyll" (for two people)		188.00
Spreewald algae and herbal bath in a wooden Spreewald boat includes a glass of sparkling wine or a vitamin drink for both	25 min	
Spreewald style massage with linseed oil and comfrey	40 min	
3-course menu in the Therme restaurant includes a glass of wine		
Includes a day ticket for the brine bath and the sauna garden		

WELLNESS ONLY FOR ME



"Lutki"		59.00
Evening primrose oil pack in a soft pack waterbed	20 min	
Partial body massage	20 min	
Includes a 4 hour ticket for the brine bath and the sauna garden		
"Spreewald Pampering Hours"		65.00
Evening primrose oil pack in a soft pack waterbed	20 min	
Small beauty treatment	40 min	
Includes a 4 hour ticket for the brine bath and the sauna garden		
"Everything is Flowing" time-out from daily hassles		66.00
Brine and sun tub	25 min	
"mydlo skotka" soap brush massage	15 min	
Replenishing the skin's natural oil with Spreewald style nurturing oil	10 min	
Includes a day ticket for the brine bath and the sauna garden		

WELLNESS ONLY FOR ME



"Spreewald Day" naturally beautiful from head to toe		88.00
Body peeling	10 min	
Nurturing pack with Spreewald algae in a soft pack waterbed	20 min	
Nurturing facial treatment	25 min	
Gentle foot massage	25 min	
Includes a day ticket for the brine bath and the sauna garden		
"Streams, Pusch and Meadow" herb program		79.00
Body peeling	10 min	
Spreewald algae and herbs bath in a wooden Spreewald boat, includes a glass of sparkling wine or a vitamin drink	20 min	
Anti-stress massage with St. John's wort oil	30 min	
Includes a day ticket for the brine bath and the sauna garden		
"King of the Snakes" purely men's business		97.00
Beer bath	25 min	
"mydlo skotka" soap brush massage	15 min	
Beauty treatment for men	60 min	
Includes a day ticket for the brine bath and the sauna garden		
"Spreewald Beauty Day" balsam for skin and soul		99.00
Body peeling	10 min	
Brine and sun tub	25 min	
Aroma oil massage	40 min	
Facial care treatment	25 min	
Includes a day ticket for the brine bath and the sauna garden		

SOFT PACK



Applications in a soft pack waterbed		
Spreewald algae pack	20 min	28.00
Evening primrose oil pack	20 min	25.00
Mud pack	20 min	21.00
Brine pack	20 min	23.00
Season-special pack	20 min	28.00

Dear guests, our team of advisers will gladly create your individual wellness program for you (tel. 035603 1885-32). Please make reservations as early as possible (Daily between 10:00 AM–6:00 PM, with the exception of December 24 and 25).

DEAR GUESTS,

Your well-being is very important to us. We therefore kindly ask you to keep the following issues in mind.

- > Please remember your locker number.
- > Your contribution to a good water quality: Please take a thorough shower before taking a bath.
- > Wear bathing shoes to reduce the risk of slipping.
- > Please also wear bathing shoes in the wellness area.
- > Please do not reserve loungers.
- > Cell phones and cameras are not allowed in the brine bath and the sauna garden.
- > The consumption of your own food and beverages is not permitted in the brine bath and the sauna garden.
- > Jewelry and glasses may become damaged by the brine water and the high temperatures in the saunas. Please avoid contact!
- > Please make reservations for your wellness dates in due time.

We wish you a restful stay.
Your Spreewald Therme

GIFT CERTIFICATES CAN BE ORDERED AT:
035603 1885-32 or
in our online-shop at www.spreewald-therme.de

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