



Spa Menu

relax & unwind

at Spa & GolfResort Weimarer Land



CLASSIC MASSAGE

Powerful massage of the deep muscle tissue with a selection of Bobby Jones oils to relieve tension. Available as a full or partial body massage.

<i>Treatment time 20 minutes</i>	<i>€ 55,00</i>
<i>Treatment time 50 minutes</i>	<i>€ 110,00</i>

FOOT REFLEXOLOGY

A gentle and relaxing massage that harmonises the entire body. It can help to reduce stress, alleviate pain, improve blood circulation and promote general well-being. By massaging the reflex zones, blockages in the energy flow can be released.

<i>Treatment time 25 minutes</i>	<i>€ 60,00</i>
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HOT STONE TREATMENT

The heat of the stones goes deep under the skin and has a relaxing and calming effect. It will help to reduce stress, alleviate pain and promote blood circulation.

<i>Treatment time 20 minutes</i>	<i>€ 60,00</i>
<i>Treatment time 50 minutes</i>	<i>€ 110,00</i>





AROLLA MASSAGE WITH SWISS PINE PACK

Enjoy a relaxing full-body Swiss pine massage, during which the soothing essential oils of the arolla calm your senses and pamper your skin. Our special body wrap made from Swiss pine curls gently warms your body while you are enchanted by the soothing scent and healing.

After your massage, you can take the Swiss stone pine curls with you and use them at home. Place them in a small bowl and sprinkle with essential arolla oil. A miracle cure on the bedside table for a good night's sleep.

Treatment time 60 minutes

€ 125,00



HERBS STAMP MASSAGE

This massage is a soothing treatment using fragrant herbal stamps to apply gentle pressure to the body. The natural ingredients in the stamps can nourish the skin and stimulate the senses, while the gentle movement relaxes the muscles. Let yourself be pampered by soothing fragrances and gentle touches.

Treatment time 50 minutes

€ 110,00

HONEY DREAM

Pure natural honey is a treat for your skin! Enjoy a full body massage with massage honey and pure natural honey-ginger oil. Honey has a natural antiseptic effect. Also the circulation is stimulated.

Treatment time 50 minutes

€ 110,00

AROMAOIL MASSAGE

Effective active ingredients and a variety of fragrances invite your body into pure relaxation. The in-house Bobby Jones oils are massaged deep into the skin to stimulate your lymphatic, blood and nervous system. The regenerating oils and aromas have a nourishing, calming, refreshing or revitalising effect, depending on the type.

Treatment time 50 minutes

€ 110,00

ANTI STRESS MASSAGE

Specific massage movements on the face, décolleté and neck area can eliminate headaches and restore inner balance. This treatment is perfect to forget the stresses of everyday life.

Treatment time 20 minutes

€ 55,00

LINDEN RELAX FULL BODY MASSAGE

Wrapped in cosy, soft towels, the treatment begins with a balancing relaxation ritual. The unique massage movements stimulate the autonomic nervous system and deepen the state of calm and serenity. Specific massage strokes concentrate on the back, feet, hands and solar plexus, exactly where the nerve endings are particularly sensitive. Tension is intensively loosened and released. The warmed aromatic body oils exude a relaxing fragrance and enhance the skin's sense of well-being.

Treatment time 50 minutes

€ 110,00

STONE COMB MASSAGE

Enjoy our stone comb massage for tissue loosening and deep relaxation, surrounded by relaxing music. This activating massage with warm stone combs is performed in circular movements and supports lymphatic drainage and the loosening of adhesions in the connective tissue and muscles.

- *Foot washing and foot reflex zone activation with stone combs*
- *Partial body massage with warm stone combs*

Treatment time 50 minutes

€ 120,00





Clarins Facials



CLARINS BEAUTY SECRET

For her

The facial treatment is individually tailored to the specific needs of your skin and offers optimal care for every skin type. It begins with an intensive consultation and a competent skin anamnesis to meet the special needs of your skin.

Treatment time 50 minutes

€ 120,00

CLARINS MEN FACIAL TREATMENT

For him

The treatment includes thorough cleansing, exfoliation, massage and moisturising. The Clarins men's facial helps to cleanse, tone and revitalise the skin.

Treatment time 50 minutes

€ 120,00

FRESH KICK

For dry, tired and dull-looking skin

This gentle facial scrub is followed by a relaxing facial massage with aromatic oils from orchid extracts and active ingredients from the aloe vera plant. A face mask provides an indescribable feeling of well-being and pure relaxation.

Treatment time 80 minutes

€ 150,00

VITALITY

For stressed skin with the first fine lines and wrinkles

The gentle facial scrub optimally prepares the skin for the massage with active ingredients from lemon balm, maritime pine, cardamom and lavender. The cooling and revitalising face mask stimulates all skin functions.

Treatment time 80 minutes

€ 150,00



Clarins Care Rituals



CLARINS BODYFIT

Feel-good moments for the body

This treatment starts with refreshing your hands and feet. Afterward the warmed essential oil relaxes your back and the aromatherapy pampers your senses. Legs, stomach, arms and décolleté enjoy the product cocktail, which is individually tailored to your skin's needs. A Clarins body treatment for pure relaxation and a heavenly body feeling!

Treatment time 25 minutes € 60,00

Treatment time 50 minutes € 110,00

STEAM BATH & AROMA PEELING

Starting with a pore-opening steam bath, you can enjoy a soothing revitalising peeling with sea salt and matching Clarins plant oil.

Treatment time 45 minutes € 110,00

CLARINS SUMMER FRESH

Feeling of summer freshness

The foot and leg massage is a soothing treatment that has a positive effect on blood circulation, lymph flow and muscles. The relaxation ritual and aromatherapy ensure an incredible feeling of well-being. A Clarins treatment with immediately visible and noticeable results!

Treatment time 50 minutes € 110,00

CLARINS MASSAGE AROMATIC

Our Clarins Aromatic consists of different massage strokes that stimulate the lymphatic system and blood circulation. The effect of each stroke and the essential aromatic oils selected to meet your needs complement each other in perfect synergy. Perfect conditions for a more beautiful silhouette and a youthful appearance for your skin.

Treatment time 50 minutes € 110,00



BEAUTIFUL EYES

<i>Eyebrow correction (10 minutes)</i>	<i>€ 25,00</i>
<i>Eyebrow colouring (10 minutes)</i>	<i>€ 25,00</i>
<i>Eyelashes colouring (10 minutes)</i>	<i>€ 25,00</i>
<i>„Beautiful Eyes“ total (30 minutes)</i>	<i>€ 60,00</i>

DETOX WRAP

Enjoy a nourishing and moisturising body wrap

<i>Treatment time 25 minutes</i>	<i>€ 55,00</i>
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For Two



WEIMAR SERENITY

Enjoy time together and let yourself be pampered side by side with this special spa experience. A ritual, customised to your needs, which will touch all your senses. Pure relaxation awaits you, a fragrance experience with our aromatic oils, a harmonising bath and a full body massage after your skin has been gently exfoliated. Enjoy an eventful journey of relaxation for two.

- *Full body scrub (incl. foot peeling)*
- *Relaxing bath together*
- *Full body massage with fragrance experience*

Treatment time 120 minutes (2 persons)

€ 390,00

WEIMAR STONE COMB EXPERIENCE

Enjoy our special stone comb massage as a couple for a deep tissue relaxation, surrounded by relaxing music. This activating massage with warm stone combs supports lymphatic drainage and loosens adhesions in the connective tissue and muscles. Our treatment room for double treatments offers enough space for both of you and invites you to dream and enjoy the daylight.

- *Foot reflex zone activation with stone combs*
- *Shared wellness bath*
- *Partial body massage with warm stone combs*

Treatment time 90 minutes (2 persons)

€ 290,00





RHASSOUL-BATH

Enjoy an oriental cleansing ceremony with various healing muds and flavoured steam. The Rhassoul bath is a traditional Turkish and Arabic wellness treatment that involves bathing in a mixture of mineral-rich mud and water. The mud is extracted from a type of clay called rhassoul, which is rich in minerals such as magnesium, calcium and potassium. Water is heated to a temperature of around 40 degrees Celsius and the mud is applied to the body in a rich layer.

Treatment time 45 minutes (1-2 persons)

€ 130,00



FIT &
ACTIVE



ACTIVITY COURSES

Our changing relaxation and vitality courses take place in the course room, in the pool or outdoors. Experience a wide range of relaxation and vitality courses, such as Nordic walking, aquafit, yoga and much more. The current program can be found online and in the Lindenpost and is available to you free of charge.

PERSONAL TRAINING

Let us assist you with our personal training program. No matter what goals you have set for yourself, whether weight loss, muscle strengthening or increasing muscle mass. We offer you the opportunity to be advised and trained by our well-trained professionals.

Treatment time 50 minutes

€ 110,00

ASSISTED STRETCHING

The stretching relieves tension in a similar way to a massage. It can also reduce the risk of injury, promote blood circulation and has a positive effect on the psyche. You relax and remain completely passive while your trainer stretches professionally.

Treatment time 35 minutes

€ 80,00

BODY AND BRAIN

Experience a method with which you can effectively activate and improve your learning and concentration skills as well as your brain performance. With exciting exercises for everyday life and lots of fun, you will take a piece of wellness and relaxation home with you.

Treatment time 50 minutes

€ 110,00



SPECIALS



WELLNESS LOMI WITH KATJA

This Hawaiian temple massage is like a full body therapy, treating not only the body but also the mind and soul. It uses fragrant, warm coconut oil, Hawaiian rhythms and movements that flow through the body like gentle waves. It's easy to forget everyday life.

<i>Treatment time 90 minutes</i>	<i>€ 200,00</i>
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<i>Treatment time 120 minutes</i>	<i>€ 290,00*</i>
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**incl. sound bowl footbath and a seasonal drink*

SOUND BOWL MASSAGE WITH INES

Soothing, harmonious sounds make every cell of the body vibrate and bring you back into balance. The sound bowl massage is used in particular for its meditative effect.

<i>Treatment time 60 minutes</i>	<i>€ 120,00</i>
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ACUPRESSURE WITH JULIAN

The human body is criss-crossed by meridians. Qi, the life energy, flows through these meridians. During the acupressure treatment, the flow of Qi and blood circulation are stimulated using different grip techniques. This treats the well-being and recovery of painful areas of the body.

<i>Treatment time 20 minutes</i>	<i>€ 60,00</i>
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<i>Treatment time 50 minutes</i>	<i>€ 120,00</i>
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ENERGETIC FULL BODY MASSAGE WITH THERESA

Enjoy an individually tailored holistic full-body massage that will surprise you with its combination of slow-feeling and fast, energising movements. A holistic experience for body and soul.

<i>Treatment time 80 minutes</i>	<i>€ 150,00</i>
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GEMSTONE WORKSHOP WITH CARO

Gemstones have been valued for their healing properties in many cultures around the world for thousands of years. As lucky charms, protective amulets or to support the healing of physical and mental ailments, healing stones are used in a variety of ways. Learn how to use healing stones skillfully in everyday life and how to cleanse them properly. Find out which stone is the perfect companion for you and we will do a gemstone meditation together.

Treatment time 80 minutes

€ 130,00

each additional person

*€ 10,00**

WEIMAR LIME BLOSSOM RECOVERY RITUAL

Let yourself be pampered with a lime blossom sugar scrub, followed by a lime blossom bath and a herbal oil massage, including herbal tea.

Treatment time 75 minutes

€ 150,00





DAY SPA





DAY SPA

Available from Sunday - Thursday / 10 a.m. - 7 p.m.

Treat yourself to a break from everyday life. You can create your own individual wellness program in our spa area and additionally book a massage, body treatment or facial from the spa menu. We are happy to provide you with a bathrobe and slippers for the duration of your stay.

Price per person

*€ 69,00**

**Bookable at the times indicated, except public holidays and Subject to availability.*

Please book your day spa visit in advance by telephone on 0 36 459 . 61 64 4600 so that we can guarantee you a day's stay.





SPA ETIQUETTE



INFORMATION & APPOINTMENT BOOKING

We We will be happy to advise you personally on our treatments at the spa reception, by telephone (+49 36459 6164-4600) or by email (spa@spahotel-weimar.de).

We recommend that you book wellness treatments together with your room reservation so that we can cater to your individual wishes. Some of our treatments can also be enjoyed at the same time as your partner/companion. Please ask our spa staff about this.

CHECK-IN

We recommend that you arrive 5 to 10 minutes before the start of your treatment so that you can get into the right mood for your treatment. Please understand that your treatment time will be shortened if you are late.

TREATMENT TIME

The treatment times stated in the spa menu correspond to the total time of the treatment from reception by the employee to departure.

VOUCHERS

A voucher is always a great gift. We would be happy to advise you personally on our value or application vouchers and hope you enjoy giving them as a gift.

AGE RESTRICTIONS

The use of the sauna and relaxation area is only permitted for young people aged 16 and over in the presence of a parent.

REST AND RELAXATION

The LindenSpa is a place of tranquility and relaxation. We ask you to adapt to this. Our guests are seeking for calm and quiet in the spa area, so please leave your mobile phone in your room or switch it off.

BABIES & CHILDREN IN THE POOL AREA

Babies and toddlers are welcome in our LindenSpa. Out of consideration for others, we ask that you do not let your children play and bathe in the pool area unclothed. For reasons of hygiene, please let them wear swimming nappies. Out of consideration for our other guests, please refrain them from running around and playing in the spa area.

CLOTHING

With a bathrobe and slippers, you are suitably dressed for your visit to the spa. Robes and slippers will be available in your room or can be obtained at the spa reception. The sauna area is a textile-free area. Out of consideration for other guests, please do not enter the LindenSpa in street clothes. We also ask you not to wear your bathrobe in the restaurant areas.

FOOD, DRINKS AND SMOKING

Please order refreshing beverages, coffee specialties and snacks with our spa employees. Our LindenBistro offers delicious Moroccan delicacies.

Due to health safety reasons you are not allowed to bring your own food and beverages. Please adhere to the smoking ban in our LindenSpa.

CANCELLATIONS

If you are unable to keep your appointment, please cancel at least 24 hours in advance. We reserve the right to charge 90% of the treatment fee for cancellations on the day of the agreed appointment.



YOUR HEALTH & WELLBEING...

...are very important to us. Please inform the spa staff/ therapist of any medical conditions or impairments such as cardiovascular diseases, metabolic disorders, allergies, pregnancy or recent operations before your treatment.

We recommend drinking plenty of fluids and avoiding heavy meals immediately before the treatment and before visiting the sauna. A soothing shower before your visit to the pool/ sauna or treatment is also a good way to start your spa experience. After your treatment, enjoy a relaxing break with a flavoursome tea or water.