



# VILLA STEPHANIE

SPA & WELLBEING

SPA MENU







## VILLA STEPHANIE

SPA & WELLBEING

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Having always been closely linked to the historical heritage of Baden-Baden, Brenners Park-Hotel & Spa, as a co-founder of the spa movement in Europe in the early 1980s, has deeply embedded the concept of *Salus per Aquam* in its DNA.

With the Villa Stéphanie Spa & Wellbeing, an entire establishment is now dedicated to the total spa experience. There are fifteen luxurious room units on five floors, including three imposing spa suites, with a private spa area, a generously-proportioned sauna landscape, a plunge pool, and stylish treatment rooms.

The impressive history, the wonderful natural surroundings in the spa town's green salon as well as the style and design – all of this contributes to creating an environment of rest and relaxation, with the atmosphere of a large private house, where the guest enjoys a customised experience.

The valuable overall concept is complemented by comprehensive therapies in the field of physiotherapy.

The Brenners Pool's Roman-style architecture follows the idea of tranquillity and symmetry, in addition to offering beautiful views of the park.





# SUMMARY

<b>Pampering Program</b> .....	<b>6</b>
<b>Augustinus Bader</b> .....	<b>8</b>
Face & Body	
<b>Aqua Organic</b> .....	<b>10</b>
Face & Body	
<b>SkinCeuticals</b> .....	<b>12</b>
Face	
<b>Massages</b> .....	<b>14</b>
<b>Wellbeing Massages</b> .....	<b>16</b>
<b>Extras</b> .....	<b>18</b>
<b>Physiotherapy</b> .....	<b>20</b>
<b>Training</b> .....	<b>28</b>
<b>Activities &amp; Nutrition</b> .....	<b>30</b>
<b>Day Spa</b> .....	<b>32</b>
<b>Ausava Club</b> .....	<b>34</b>
<b>Wellbeing Arrangements</b> .....	<b>36</b>
Relaxation and harmony   Balance of Life	
<b>General Information</b> .....	<b>38</b>



# PAMPERING PROGRAM

## **Stéphanie Wellbeing for her**

- Aroma Oil massage
- Augustinus Bader superior facial treatment
- Spa manicure or pedicure with polish

3.5 h | € 550

## **Stéphanie Wellbeing for him**

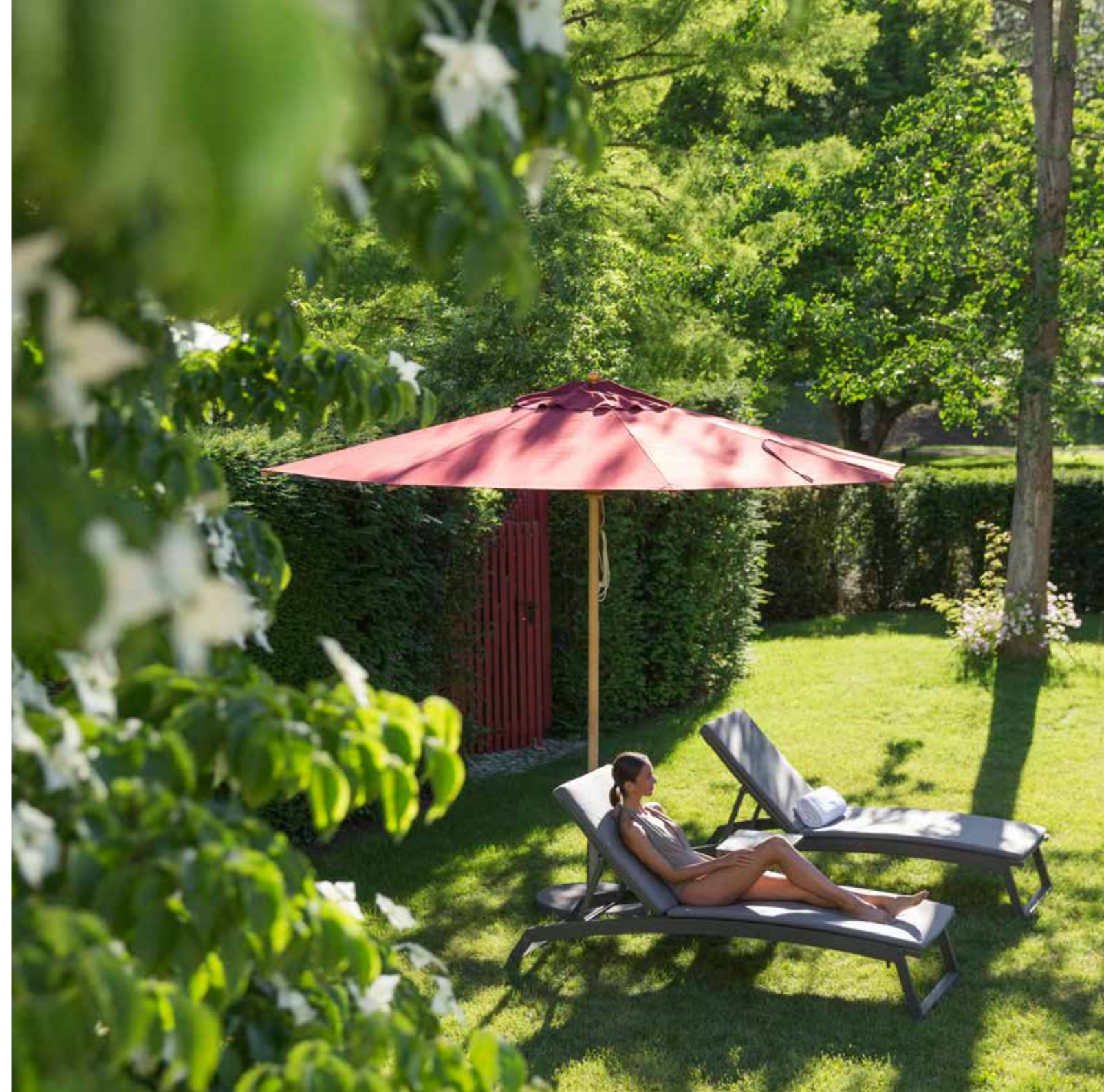
- Stéphanie Signature Massage
- Skinceuticals facial treatment
- Spa manicure or pedicure

3.5 h | € 550

## **Stéphanie Wellbeing “Deluxe” for two**

- Stimulating body scrub
- Rose petal bath, with relaxing aromas and a small bottle of champagne
- Stéphanie Signature Massage
- Aqua Organic Luxury Facial

3.5 h for two persons | € 990





# FACE & BODY



## The Augustinus Bader Method

Augustinus Bader is the intelligent skin care. Award-winning products, clinically proven results and innovative creations developed over thirty years of research. Augustinus Bader skincare is based on the patented TFC8®, the Trigger Factor Complex. The cell-renewing TFC8® technology promotes the skin's natural ability to renew itself with natural amino acids, high-quality vitamins and synthetic molecules.

**AB**  
Augustinus  
Bader

## Facial treatment

The Augustinus Bader method is a sophisticated, personalised educational experience for your face that uses patented TFC8 technology for instantly visible results and even greater cumulative effects.

50 min. | € 180

## Superior Facial treatment

The highly sensory, practical concept uses Augustine Bader's formula to boost cell communication, promote circulation and tone, firm and refresh the skin.

70 min. | € 250

## Augustinus Bader Full Body treatment

The truly special full body experience begins with a gentle exfoliation treatment, using Augustinus Bader's oil and sea salt, followed by a superficial fascia massage that has the goal of activating tissue metabolism and stimulating cell communication and repair. Finally, the entire body is coated with a luxurious layer of Augustinus Bader's The Body Cream, clinically proven to reduce the appearance of cellulite and achieve a visibly softer, smoother and firmer look and feel in just one session.

110 min. | € 350

# FACE & BODY



## AQUA ORGANIC – The ABC for healthy skin

Highest-quality organic cosmetics with an exceptional care concept, noticeably beneficial for the skin and senses. Plant-based active ingredients are used in a targeted manner to rejuvenate and improve the skin's appearance.



### Aqua Organic Luxury Facial

Green luxury for your skin. 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 cleanse the skin, smoothing it and leaving it looking radiant.

50 min. | € 180

70 min. | € 250

### 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. While the wrap is working its magic, we will pamper you with a cleansing facial and a relaxing face massage.

80 min. | € 250

### 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. While the treatment is taking effect, we will nourish your face and pamper you with a cleansing facial and a relaxing face massage.

80 min. | € 250

### Aqua Organic 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.

50 min. | € 200



**State-of-the-Art, Scientifically-Based Skin Care.**

SkinCeuticals' professional skincare products feature highly-concentrated antioxidants and formulas with pure active ingredients that verifiably ensure optimal skin penetration.

**Special Facial Treatments**

Highly-concentrated effective treatments that protect the skin from harmful UV radiation and prevent and correct light-induced skin ageing.

25 min. | € 100

50 min. | € 180

70 min. | € 250



# MASSAGES

## Stéphanie Signature Massage

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

50 min. | € 190

70 min. | € 250

90 min. | € 290

## Aroma Oil Massage

An aromatic oil massage that pampers body and mind. For this relaxing massage, fragrant, organic essential oils are used that relieve tension or have a stimulating effect on the body.

50 min. | € 180

70 min. | € 230

90 min. | € 280

## Sport Massage

Experience ultimate rejuvenation with our exclusive sports massage. Our experienced therapists utilize targeted deep tissue massage and reflexology techniques to penetrate even into the fascia. Muscle tensions dissolve, circulation increases, and flexibility improves noticeably.

50 min. | € 180

70 min. | € 230

90 min. | € 280

## Head-Face-Neck Massage

Treatment for headaches, insomnia, physical, and mental tension. This massage technique helps to increase energy and vitality. It nurtures the skin and hair and eases tension. It is an effective means of reducing stress, promoting inner peace and serenity.

25 min. | € 100

## Back and Neck Massage

Through skilful techniques by our experienced therapists, not only surface tensions in the shoulders and back are released, but also deeper myogeloses are gently addressed. Feel the muscle tensions melt away, allowing the energy in your body to flow freely once again. Relaxed muscles have a positive impact on your posture, flexibility, and overall well-being.

25 min. | € 100

## Leg and Foot Massage

Precise techniques release not only superficial tensions but also enhance blood circulation and alleviate lymphatic congestion. Gentle touches dissolve knotted or tense leg muscles, visibly reducing discomfort. The leg and foot massage doesn't only heighten your physical well-being, but also has a positive impact on your mental relaxation. Each individual pressure point and every gentle motion contribute to stress reduction and soothing the mind.

25 min. | € 100



# WELLBEING MASSAGES

## **Lomi Lomi**

This Hawaiian massage treatment leaves the body and soul with a deep sense of wellbeing. A range of coordinated stroking techniques makes this treatment the »queen of massages«.

50 min. | € 250

70 min. | € 300

## **Abhyanga**

An ancient Indian massaging technique that restores your body's balance.

A traditional, full-body Ayurvedic massage, with gentle motions and marma point stimulation to activate the metabolism.

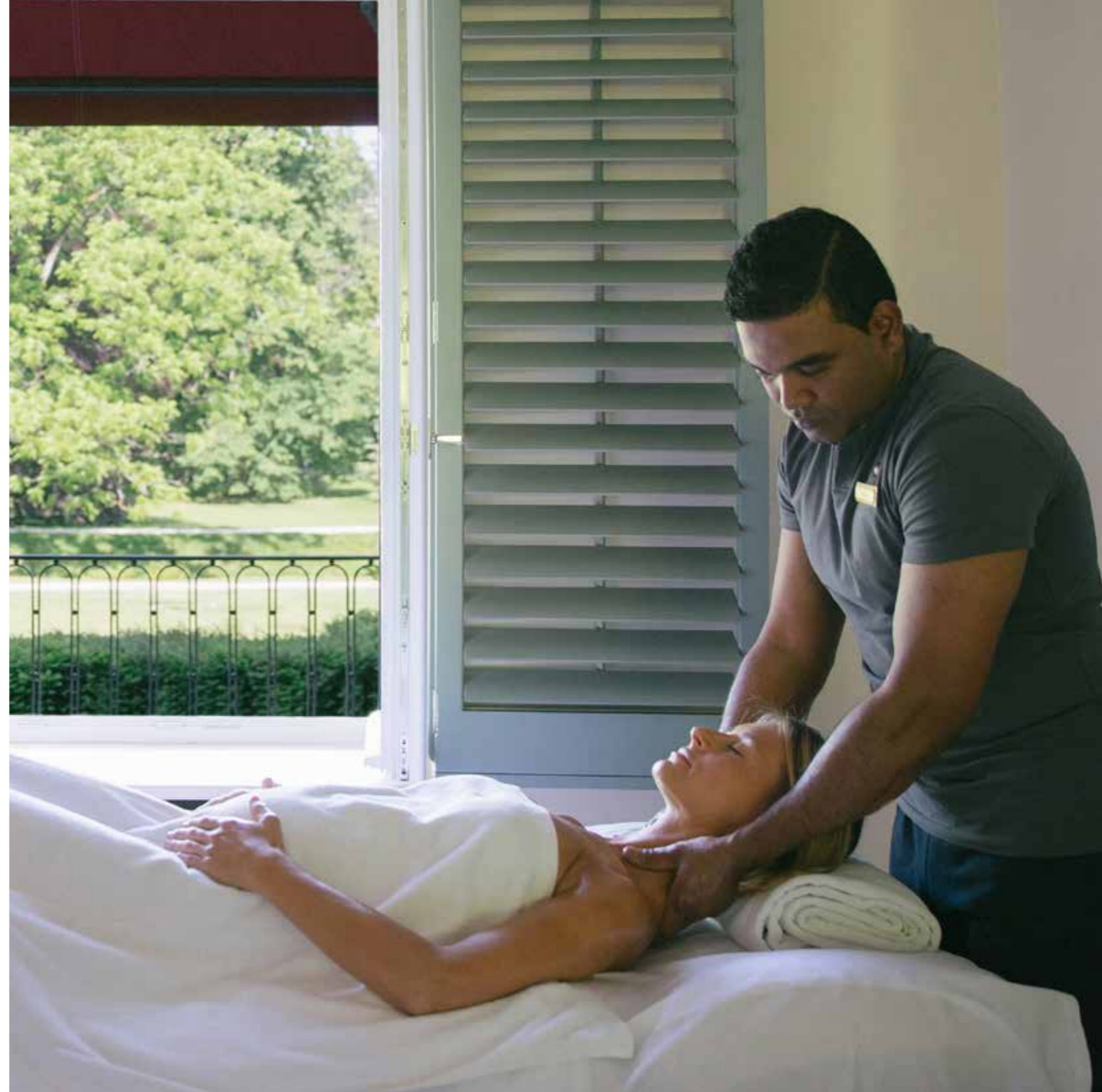
50 min. | € 250

70 min. | € 300

## **Kiyindo Shiatsu by Pierre Clavreux**

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. Traditional shiatsu is carried out without oils.

50 min. | € 300





# EXTRAS

## Facial Treatment

Skin analysis for the face upon request.....€ 20

## Eyebrows

Eyebrow correction ..... € 50

in combination with a facial treatment ..... € 30

Eyebrow dyeing..... € 50

in combination with a facial treatment ..... € 30

## Eyelashes

Eyelash dyeing..... € 50

in combination with a facial treatment ..... € 30

## Hair Removal with Wax

Face ..... € 25

Upper lip..... € 25

Armpits..... € 40

Half leg ..... € 35

Whole leg ..... € 70

## Manicure & Pedicures

Spa manicure without varnish..... € 80

Spa pedicure without varnish ..... € 80

Spa manicure with varnish..... € 90

Spa pedicure with varnish ..... € 90

Change of varnish..... € 40



# PHYSIOTHERAPY

## Physiotherapy - how it works and what it can do

Physiotherapy is a specific form of holistic body therapy. The focus of the treatment is individually tailored to the patient's needs. In doing so, the therapists are guided by the anatomical and physiological conditions of your body. Physiotherapy helps...

- ... before and after joint operations
- ... after injuries
- ... with back problems
- ... in cases of muscular hardening
- ... as a preventive measure

We will be happy to create an individual package for your stay on request.



No matter what lies behind you - times of special stress or a serious illness.  
We will be happy to create a therapy programme tailored to your individual needs:

### **Feeling Good Package**

*5 days, 4 nights / arrival Monday, departure Friday*

- 1x initial consultation followed by physiotherapy treatment 80 min.
- 1x body analysis
- 3x physiotherapy 80 min. Including hot air, electrotherapy or fango
- 2x manual lymph drainage 45 min.
- 1x craniosacral therapy 60 min.
- 2x water gymnastics 30 min.
- 1x therapy plan to take home

€ 2,000

### **Brenners Back Relax**

#### **Walk upright – Stand upright.**

*4 days, 3 nights / Arrival Sunday – Wednesday*

- 1x initial consultation followed by treatment 80 min.
- 2x physiotherapy 55 min.
- 2x personal training/ back school 50 min.
- 2x back-neck massage 25 min.

€ 1,080

*Optionally vitality cuisine (lactose- and gluten-free), with individual menu plan, optionally also vegetarian or vegan, including water and tea for € 260.*



### **Initial contact and consultation for physiotherapy or physio-therapeutic treatment for guests and patients who have no doctor's prescription**

After a detailed anamnesis, assessment and diagnosis, the objective of the treatment is individually determined, and the most suitable techniques for the patient are selected from a wide range of options.

30 min. | € 90

### **Physiotherapy or Physical Therapy**

The goal of the treatment is to avoid, improve or eliminate restrictions of the body's functions by means of special techniques. Therefore, physio-therapeutic procedures are used in prevention, curative medicine and rehabilitation.

25 min. | € 90

55 min. | € 180



### **Temporomandibular joint Treatment**

A malfunction of the temporomandibular joint can negatively impact the overall body statics, as the masticatory apparatus is closely linked to the head, spine, brain, and other organs. Teeth grinding, jaw clicking, pain in the jaw joints, head, ears or neck, tinnitus, migraines and many more are typical symptoms. Here, the focus is on examinations of the temporomandibular joint and the cervical spine or the overall body statics. The treatment is then carried out accordingly, using manual techniques.

55 min. | € 180

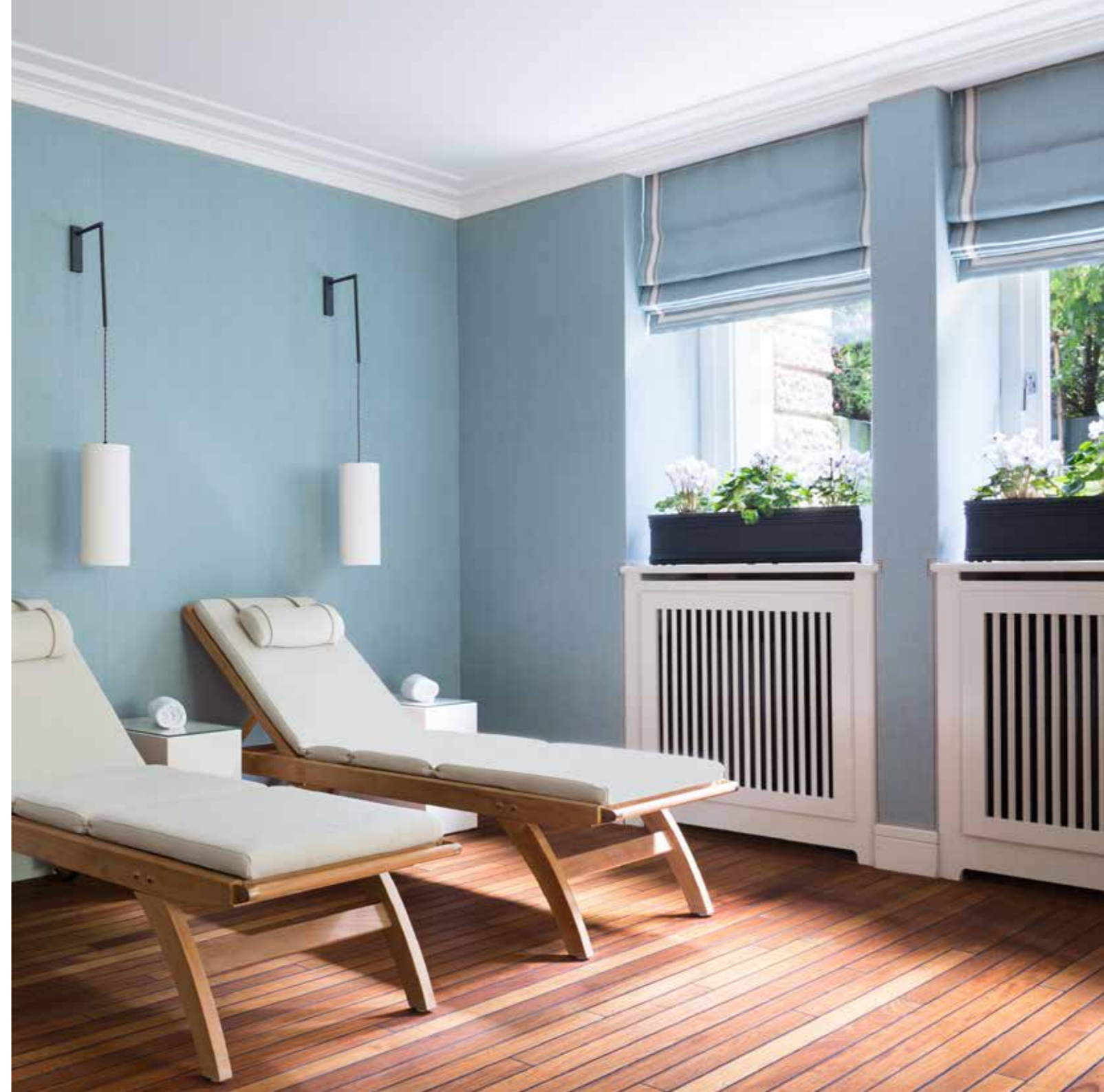
### **Manual Lymphatic Drainage**

Lymphatic drainage is a light, decongestive massage. It is mainly used to decongest the tissue and relieve pain after operations, cancer treatment, trauma or venous weakness. To achieve better success in cases of severe oedema, lymphatic drainage is combined with a compression bandage or a specially-fitted compression stocking.

30 min. | € 95

45 min. | € 145

60 min. | € 180





### **Craniosacral Therapy**

This craniosacral therapy is a body-oriented form of treatment that has developed from 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.

60 min. | € 200

### **Foot Reflexology**

The foot mirrors the reflex zones of the entire body. As a result, by treating the feet, the reaction/treatment of the inner organs can be achieved. Reflex zone therapy applied to the foot is not only for relaxation; it also has a reflexive effect on the internal organs.

45 min. | € 145

### **Physical therapy only in combination with physiotherapy**

#### **Natural Mud**

25 min. | € 40

#### **Hot Roll**

15 min. | € 35

#### **Hot Air**

15 min. | € 35



### **Electrotherapy**

Electrotherapy refers to the medical application of electric current. Depending on the illness, the physiotherapist treats one or more parts of the body using different forms of current. The effects of the electric current are manifold: blood circulation is promoted, muscle activity and metabolic processes are stimulated, and pain is relieved.

15 min. | € 40

### **Ultrasound Therapy**

Our ultrasound therapy employs high-frequency sound waves to selectively regenerate muscle and tendon tissue – akin to a gentle electrotherapy. It accelerates healing processes, alleviates spinal and joint issues, and provides long-lasting relaxation. Experience the positive transformation at the cellular level: improved circulation and enhanced cellular metabolism promote your overall well-being – all within a minimal time frame.

15 min. | € 40

### **REIKI**

The origin of the word “Reiki” lies in the Japanese language. It is composed of the syllables “Rei” (spirit) and “Ki” (life force). The combination of these terms describes the central aspect of Reiki, which is the channelling and transmission of positive, healing energy through the hands of the practitioner to the recipient. This traditional practice emphasizes the promotion of balance, relaxation, and health on physical, emotional, and spiritual levels.

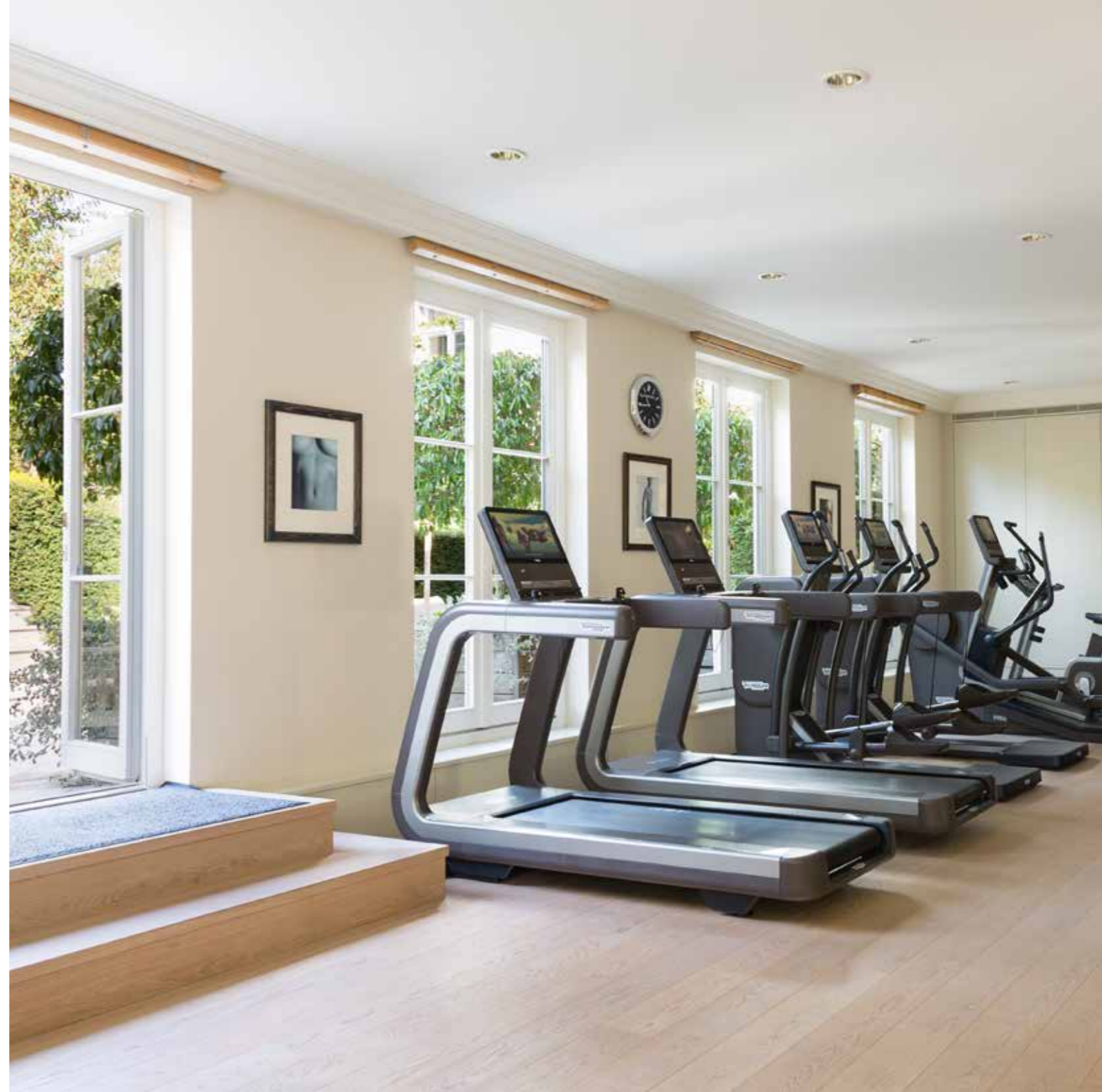
60 min. | € 200



# TRAINING

Personal Training .....	50 min.   € 150
Body Analysis with training and nutrition advice .....	50 min.   € 170
Body Analysis Retest .....	45 min.   € 140
MIHA Bodytec – EMS Training with a trainer .....	45 min.   € 150
(analysis included)	
Fitvibe – Vibration training with a trainer .....	25 min.   € 80
	50 min.   € 150
Back Training .....	50 min.   € 150
Fascia Training .....	50 min.   € 150
Mobility Training .....	50 min.   € 150
Water Gymnastics .....	25 min.   € 80
	50 min.   € 150

*All prices are per person per unit.*







# ACTIVITIES & NUTRITION

Cycling incl. bike.....	60 min.   € 180
	120 min.   € 220
Brenners hiking with accompaniment .....	60 min.   € 160
	120 min.   € 200
Yoga .....	25 min.   € 100
	50 min.   € 150
Meditation .....	25 min.   € 90
	50 min.   € 150
Pilates .....	50 min.   € 150
Qigong.....	25 min.   € 90
	50 min.   € 150
Kickboxing by Henri Charlet.....	50 min.   € 280
Nutritional counselling.....	30 min.   € 150
Individual diet plan .....	€ 180 per week

*All prices are per person per unit.*





### Pure Relaxation for Body and Mind

Jump into the pool, loosen your muscles in the sauna, give your mind some time to meander while enjoying an aroma steam bath. In our spa, well-being lovers will find everything their hearts desire. Apart from the sauna area, the plunge pool, with a lounge area, is the spa's centrepiece.

# DAY SPA

## After Work

- Sundays to Thursdays from 6 p.m. onwards
- Use of pools, gyms and saunas
- Including bathrobe, bath towels & amenities

price per person | € 80

## Me Time

- Use of pools, gyms and saunas
- Including bathrobe, bath towels & amenities
- 10% off for every booked treatment

price per person | € 200

## Renew & Relax

- Use of pools, gyms and saunas
- Including bathrobe, bath towels & amenities
- 10% off for every booked treatment
- Breakfast at Fritz & Felix Restaurant until 11 a.m.
- 50-minute well-being massage
- Light spa snack in Villa Stéphanie

price per person | € 350

## 10 "Me Time" Admissions

€ 1,600



### Exclusive Membership

Become a member of the Brenners AUSAVA Club and let us pamper you all year round.



# AUSAVA CLUB

### Classic

- Admission Mondays to Thursdays (excluding public holidays)
- Use of pool all year round
- Fitness & Sauna incl. bathrobe, towels and amenities
- For each additional person over 12 years old, we charge € 60
- Membership card / chip

Annual membership | € 3,500

### Premium

- Admission Mondays to Sundays (including public holidays)
- Use of pool all year round
- Fitness & Sauna incl. bathrobe, towels and amenities
- One personal training per quarter (not cumulative)
- One cosmetic treatment per quarter (not cumulative)
- One voucher for two persons for Afternoon Tea inspired by Pierre Hermé
- Ten day passes for family & friends
- Personalised bathrobe
- Free use of Le Salon, including drinks and snacks from the buffet
- For each additional person over 12 years old, we charge € 60
- Membership card / chip

Annual membership | € 6,000

*For both memberships, we charge an additional one-time registration and administration fee of € 500.*



# WELLBEING ARRANGEMENTS



## Relaxation and Harmony

- Daily Brenners breakfast
- Welcome bath, including a glass of champagne
- 1x aromatic oil massage 50 min.
- 1x classic facial 50 min.
- 1x head, face and neck massage 25 min.
- 3-course dinner at Wintergarten Restaurant
- 6-course dinner at Fritz & Felix Restaurant

€ 1,450 for two persons

*Lodging not included | min.mum stay: 2 nights*

## Balance of Life

- Dietary Full Board
- Creation of a menu plan
- 1x Alkaline Bath
- 1x Aqua Organic Clarifying Treatment
- 1x Aqua Organic Luxury Facial
- 1x Abhyanga
- 1x Qiqong
- 1x Forest Bathing
- 2x Personal Training
- 1x Yoga
- 1x Meditation
- 2x Hiking
- 1x Foot Reflex Massage
- 1x Cranio Sacrale

This therapy is a body-oriented treatment form that has developed from osteopathy.

€ 4,220 per person

*Lodging not included | min.mum stay: 7 nights*

# GENERAL

## **Your Overall Well-Being – Important Details at a Glance**

In line with our commitment to provide you with an unparalleled sense of well-being, we would like to offer you some essential information for your stay at Villa Stéphanie Spa & Wellbeing:

## **Your Booking**

To best accommodate your desired dates and times, we kindly request that you book your treatment as early as possible in advance. For effortless reservation from your room, please dial extension 601, or contact us at +49 (0)7221 900-601. Alternatively, you can reach us via email at spa.brenners@oetkercollection.com.

## **For External Guests – Reservation and Confirmation**

For external guests, each treatment reservation requires credit card authorization for confirmation. The following cancellation policies apply to all our esteemed visitors alike.

## **Cancellation Policy**

Please inform us at least 24 hours prior to your scheduled appointment if you need to make a change or cancellation. Otherwise, the full cost of the planned treatment will be charged.

## **Personalized Gift Certificates**

Give your loved ones a unique spa experience. Our personalized gift certificates allow recipients to choose the appropriate treatment from our extensive spa menu.

## **Time for You – Arrival and Relaxation**

We recommend that you arrive at least 15 minutes before your treatment appointment. This ensures a smooth check-in, enough time to change, and, if desired, relax in our sauna or steam bath beforehand.

## **In Case of Delay...**

Please be aware that late arrivals will typically result in a shortened treatment duration to ensure punctuality for subsequent appointments. We appreciate your understanding that even with a shortened treatment, the full price will be charged.

# INFORMATION

## **Attire and Equipment**

Your well-being is our concern. Please note that special attire is not necessary. Everything you need will be provided in your treatment room, including disposable underwear for massages and treatments.

## **Hygiene and Freshness – Our Promise**

Your safety is our top priority. Hence, all our equipment is carefully sterilized and disinfected after each treatment.

## **Harmony and Tranquility – Spa Etiquette**

To maintain a harmonious atmosphere, we kindly request your understanding: smoking and the consumption of alcoholic beverages are not allowed in the spa. Please turn off your mobile phones and securely store your valuables.

## **Your Health – Our Responsibility**

Kindly inform us of any health restrictions, such as hypertension, heart conditions, or allergies, when booking your appointment. We appreciate your understanding that we do not offer massages to pregnant guests.

## **Age Requirements**

Guests under 18 years of age require parental or guardian consent. Minors are not permitted to use the sauna or steam bath. Access to the pool is only allowed for children accompanied by a parent or guardian. Parents are responsible for their children.

## **Opening Hours**

Spa Reception: Daily from 10 am to 7 p.m.

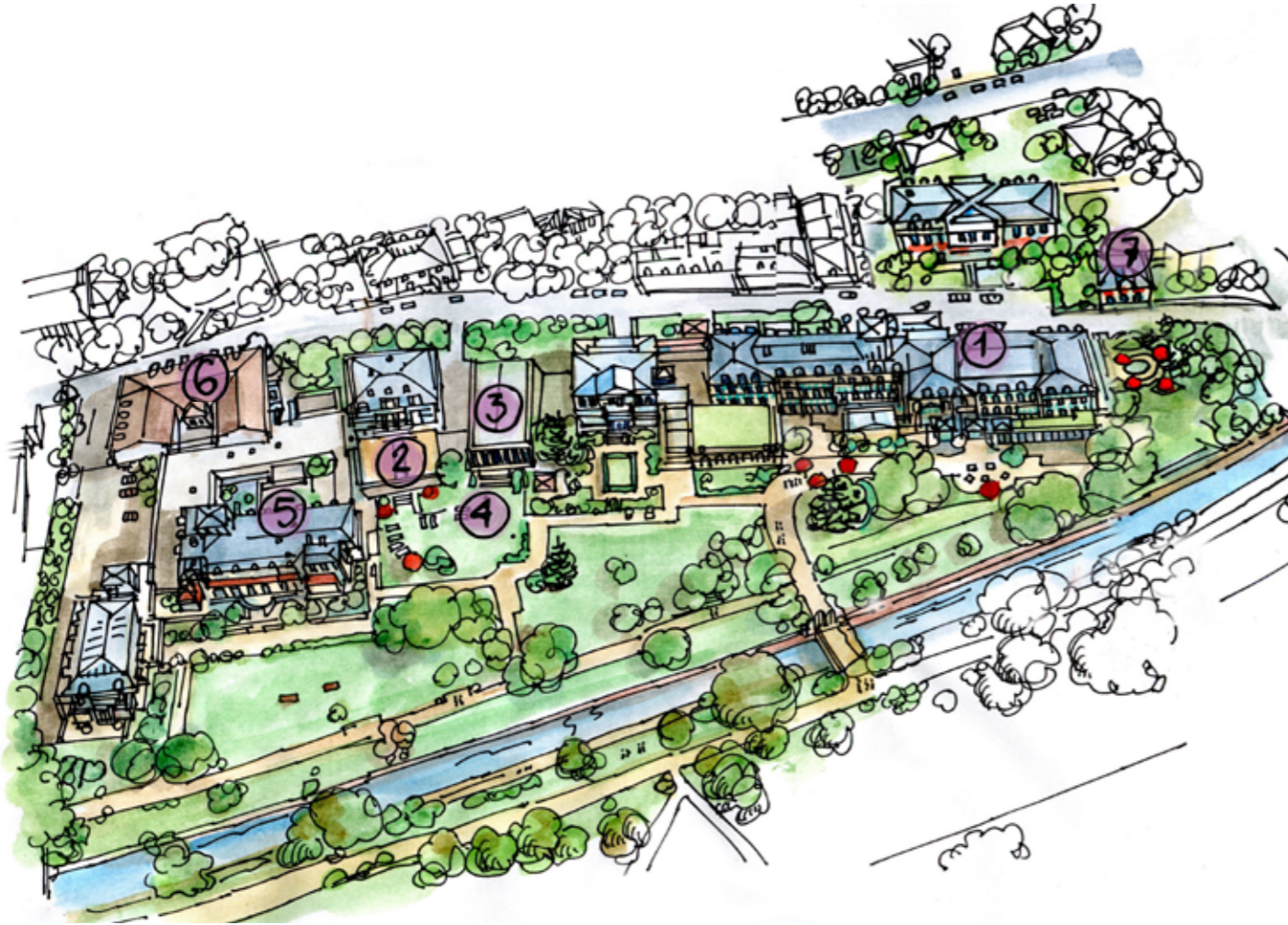
Saunas: 9 a.m. to 10 p.m.

Fitness & Pool: 7 a.m. to 10 p.m.

For all treatments before 9 a.m. and after 7 p.m., a surcharge of 50 percent applies. For treatments in your hotel room, a surcharge of 100 percent will be levied.



# AT ONE GLANCE



- ① Brenners Park-Hotel & Spa (Rooms: 101-530)
- ② Spa, Sauna, Gym
- ③ Pool
- ④ Sunbathing lawn
- ⑤ Villa Stéphanie (Rooms: 621-645)
- ⑥ Brenners Medical Care (BMC)
- ⑦ Kids Club "Alois' Nest"





*#villastephaniebadenbaden*

*#brennersparkhotel*



VILLA STEPHANIE

SPA & WELLBEING



BRENNERS PARK-HOTEL & SPA

BADEN-BADEN

**Brenners Park-Hotel & Spa**

**Villa Stéphanie Spa & Wellbeing**

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www.brenners.com

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