

THE SCHLOSS ELMAU
SPA EXPERIENCE



SCHLOSS ELMAU
LUXURY SPA RETREAT & CULTURAL HIDEAWAY
★★★★★



WELCOME TO THE
SCHLOSS ELMAU SPA EXPERIENCE

We are looking forward to pampering you with a wide variety of soothing & healing treatments, and we will spare no effort to meet your individual needs:

A Thai massage in the meadows?

A Private Spa session at midnight?

Partner treatments in the Oriental hamam?

A private yoga lesson at dawn?

Traditional Chinese medicine as part of a healthy lifestyle?

Individual training consultation incl. spiroergometry performance analysis?

You can reach the Spa Reception on +49 (0) 8823 18-981 or the Hospitality Desk on +49 (0) 8823 18-880 from 9:00 am – 6:00 pm.

Namaste

Johannes Mikenda
Spa & Sports Director



JOHANNES MIKENDA
SPA & SPORTS DIRECTOR

CONTENTS

SPA ETIQUETTE

SPA FACILITIES &
OPENING HOURS

BODY TREATMENTS
ORIENTAL HAMAM TREATMENTS
BEAUTY TREATMENTS
SKIN REJUVENATION TREATMENTS
HANDS & FEET | EXTRAS
TREATMENTS FOR KIDS & TEENS

YOGA WITHOUT DOGMA

TURTLE SPA CONCEPT®
TCM HEALTH SPA
TREATMENT METHODS
TAIJIQUAN & QI GONG

PERSONAL TRAINING
FITNESS GYM & PILATES

PRIVATE SPA



SPA ETIQUETTE

Enjoy the peace and relaxation in the spa. So that all guests can relax equally well, we ask you for mutual consideration.

DRESS CODE IN SAUNAS & POOLS

The limit of one's own freedom is the freedom of the other person. Please note the dress code in the various spas as shown in the following overview. Please shower before using the saunas and pools.

**IN ALL SAUNA AREAS
AND RELAXATION LOUNGES**

NO SMOKING
NO LAPTOPS
NO MOBILE PHONES

We are happy to serve food and drinks from our Spa Restaurant in the Badehaus Tea Lounge, or to the lounge chairs in the outdoor area in summer.

LOUNGE CHAIRS AND VALUABLES

Please do not 'reserve' any lounge furniture. You are welcome to deposit your personal belongings in the lockers in the changing areas. Valuables are best left in the safe in your room. Please do not wrap any personal items in the towels, which are regularly removed by us and go directly to the laundry service.

DRESS CODE FOR TREATMENTS

For physiotherapy, shiatsu, traditional Thai massage and relaxation exercises, please wear light, loose cotton clothing and socks.

For all other massages and bath therapies, we recommend wearing no clothes; during the massages your body will only be partially uncovered.

You will need swimwear for the physio floating massage.

For all sports and yoga courses, we recommend comfortable clothing. T-shirt and sports pants are best. We start and finish on time. It is not possible to join in once a class has begun.

CHECK-IN

Please arrive a few minutes before your appointment. We make every effort to start all treatments on time. If you come too late, your treatment will unfortunately be shortened accordingly.

CANCELLATIONS

Up until 24 hours before the start of treatment, you can cancel your treatment free of charge directly at the spa reception. After that and also in the event that you do not show up for your appointment, we will have to charge you 100% of the cost. The same policy applies for a rescheduling of appointments at short notice.

THERAPISTS

We have male and female therapists on our team. Please indicate your preferences at the time of booking, and let us know if you wish to book a specific therapist for your treatment.

DURING SPA TREATMENTS

Please feel free to share your personal preferences for massage pressure, room temperature or background music with your therapist. Inappropriate or offensive behavior during treatment will not be tolerated, and all therapists have the right to terminate a treatment immediately if necessary.

SPECIAL MEDICAL CONDITIONS

Please be sure to notify us – and especially your therapist – about any special medical conditions or requirements before you begin your treatment.

EXPECTING AND NURSING MOTHERS

Congratulations! Special rules apply for this wonderful time and we are happy to provide personal consultation on suitable treatments that you can safely enjoy during your pregnancy and after your child is born.

KIDS AND TEENS 16 AND UNDER

We offer special treatments for our younger guests and explicitly welcome the presence of a guardian during massage treatments.

For safety reasons, use of the gym equipment in the fitness room is only allowed for guests aged 16 and older. Younger children only under the supervision of a legal guardian; parents are liable for their children.

PROTECTING THE ENVIRONMENT

Please consider our environment when using towels and water.

OVERVIEW OF SPA FACILITIES & OPENING HOURS

SCHLOSS ELMAU HIDEAWAY

	SIZE	°C/°F	FLOOR	DRESS CODE	OPEN
BADEHAUS SPA AGES 16 AND UP3,000 SQM					
OUTDOOR HOT SALT WATER POOL	20 M	35 °C/95 °F	GF	with or without swimwear	7 am – 8 pm
OUTDOOR COLD PLUNGE POOL	15 SQM	12 °C/55 °F	GF	with or without swimwear	7 am – 8 pm
FINNISH SAUNA	36 SQM	95 °C/200 °F	GF	with or without swimwear	10 am – 8 pm
SALT WATER STEAM ROOM	36 SQM	45 °C/115 °F	GF	with or without swimwear	10 am – 8 pm
SAUNA LOUNGE	40 SQM		GF	bathrobe	10 am – 8 pm
RELAXATION LOUNGE			GF	bathrobe	7 am – 8 pm
LAWN			GF	bathrobe	7 am – 8 pm
SPA RESTAURANT ANANDA			GF	bathrobe	7 am – 4 pm
SPA RECEPTION TREATMENT FLOOR MEDICAL PRACTICE			1 ST FL	bathrobe	9 am – 7 pm
JIVAMUKTI YOGA CENTER	80 SQM		1 ST FL	yoga wear	9 am – 7 pm
HAIR SALON	Salon		1 ST FL		
OUTDOOR ROOFTOP LAP POOL	25 M	32 °C/90 °F	2 ND FL	swimwear	7 am – 8 pm
RELAXATION LOUNGES			2 ND FL	bathrobe	7 am – 8 pm
ROOFTOP TERRACE			2 ND FL	bathrobe	7 am – 8 pm
LADY SPA BIO SAUNA	24 SQM	80 °C/176 °F	2 ND FL	with or without swimwear	noon – 8 pm
LADY SPA AROMA STEAM ROOM	15 SQM	45 °C/115 °F	2 ND FL	with or without swimwear	
FITNESS GYM	80 SQM		UG	sportswear and indoor shoes	6 am – 9 pm
PILATES STUDIO	Studio		UG	sportswear	24 hrs
ORIENTAL HAMAM AGES 16 AND UP500 SQM					
THREE DOMED ROOMS		41 °C/106 °F	UG	pestemal	noon – 8 pm
STEAM ROOMS	30 SQM	45 °C/115 °F	UG	pestemal	noon – 8 pm
TREATMENT ROOMS		41 °C/106 °F	UG	pestemal	noon – 8 pm
ORIENTAL TEA LOUNGE			UG	bathrobe	noon – 8 pm
FAMILY SPA1,500 SQM					
INDOOR LAP POOL	25 M	32 °C/90 °F	UG	swimwear	7 am – 9 pm
FINNISH SAUNA	20 SQM	80 °C/176 °F	UG	swimwear	noon – 6 pm
2 AROMA STEAM ROOMS	15 SQM	45 °C/115 °F	UG	swimwear	noon – 6 pm
BIO SAUNA	20 SQM	60 °C/140 °F	UG	swimwear	noon – 6 pm
HERBAL SPA	20 SQM	45 °C/115 °F	UG	swimwear	noon – 6 pm
INFRARED CABIN	5 SQM	35 °C/95 °F	UG	swimwear	noon – 6 pm
NATURE SPA BY FERCHENBACH JUNE TO SEPTEMBER15,000 SQM					
LAP POOL/SWIMMING POOL	25 M	27 °C/80 °F		swimwear	8 am – 8 pm
FINNISH SAUNA (PRIVATE BOOKINGS POSSIBLE)	30 SQM	90 °C/195 °F		with or without swimwear	noon – 6 pm
LAWN				bathrobe	24 hrs
BBQ RESTAURANT					
CHILDREN'S PLAYGROUND	200 SQM				24 hrs
TENNIS COURTS				tennis apparel	8 am – 8 pm
OUTDOOR YOGA PLATFORM					24 hrs
PLEASE NOTE: ALL TEMPERATURES ARE SUBJECT TO CHANGE					

SCHLOSS ELMAU RETREAT (EXCLUSIVELY FOR GUESTS OF THE RETREAT)

	SIZE	°C/°F	FLOOR	DRESS CODE	OPEN
SHANTIGIRI ADULT & LADY SPA AGES 16 AND UP1,500 SQM					
OUTDOOR HOT WATER POOL	20 M	35 °C/95 °F	UG	swimwear	7 am – 8 pm
OUTDOOR COLD PLUNGE POOL	25 SQM	15 °C/59 °F	UG	swimwear	7 am – 8 pm
FINNISH SAUNA MIXED	30 SQM	95 °C/200 °F	UG	swimwear	10 am – 8 pm
SALT WATER STEAM ROOM MIXED	36 SQM	45 °C/115 °F	UG	swimwear	10 am – 8 pm
BIO SAUNA LADIES	30 SQM	80 °C/176 °F	UG	swimwear	2 – 7 pm
SALT WATER STEAM ROOM LADIES	36 SQM	45 °C/115 °F	UG	swimwear	2 – 7 pm
RELAXATION LOUNGE			UG	bathrobe	7 am – 8 pm
SAUNA LOUNGE			UG	bathrobe	7 am – 6 pm
SHANTIGIRI FAMILY SPA500 SQM					
OUTDOOR LAP POOL	25 M	32 °C/90 °F	GF	swimwear	7 am – 8 pm
RELAXATION LOUNGE			GF	bathrobe	7 am – 8 pm
SPA LOUNGE & RESTAURANT			GF	bathrobe	7 am – 8 pm
SPA RECEPTION TREATMENT FLOOR			GF	bathrobe	9 am – 7 pm
FITNESS GYM FUNCTIONAL PLAYGROUND	80 SQM		GF	sportswear and indoor shoes	6 am – 9 pm
YOGA PAVILLON	120 SQM		1 ST FL	yoga wear	24 hrs
NATURE SPA BY FERCHENBACH JUNE TO SEPTEMBER15,000 SQM					
LAP POOL/SWIMMING POOL	25 M	27 °C/80 °F		swimwear	8 am – 8 pm
FINNISH SAUNA (PRIVATE BOOKINGS POSSIBLE)	30 SQM	90 °C/195 °F		with or without swimwear	noon – 6 pm
LAWN				bathrobe	24 hrs
BBQ RESTAURANT					
CHILDREN'S PLAYGROUND	200 SQM				24 hrs
TENNIS COURTS				tennis apparel	8 am – 8 pm
OUTDOOR YOGA PLATFORM					24 hrs
PLEASE NOTE: ALL TEMPERATURES ARE SUBJECT TO CHANGE					

BODY TREATMENTS

INDIVIDUAL

You'd like to book an individual massage adapted to your current wishes and needs? Then choose between relaxation or focus – and trust in the competence and empathy of our experienced therapists. The massage is performed on a massage table using special oils. Depending on the therapist, different classical and international massage techniques will be used.

RELAX

30, 45, 60, 75 or 90 minutes

You're feeling exhausted, stressed or tired, and just want to relax? Your therapist will pamper and relax you with gentle touches, broad strokes, circular grabbing motions, or passive joint manipulation.

FOCUS

30, 45, 60, 75 or 90 minutes

You feel tense, your neck or back hurts, you suffer from problems with muscle or tendon insertions, or you generally prefer stronger massages?

Your therapist will use intensive techniques such as kneading, targeted, deep strokes or trigger points. The work is done on muscle and connective tissue, and in the fascial area.



MASSAGE

CLASSICS

You are already familiar with our spa menu and wish to select a treatment that is just right for you at a given moment? Here are our classic treatments, which we have put together for our guests. Our spa reception is also available to help you decide.

SIGNATURE CLASSICS

PHYSIO RELAX MASSAGE
45 or 60 minutes

A very specific, anti-stress deep-tissue massage developed by our Medical Spa Director Dr. Imke König. Neurotransmitters are triggered using various techniques to encourage the autonomic nervous system into deep relaxation. Many of our guests have called this the most fantastic massage they have ever experienced.

PHYSIO FLOATING MASSAGE
30 or 45 minutes

This underwater spiral dynamic massage, also developed by Dr. König, takes place outside in the Solepool, a salt-water pool heated to 35° C (95° F). You lie on swimming floats as your therapist massages, moves, mobilizes and stretches you in the water. Experience zero gravity! This is particularly suitable for difficult back problems or to relax during pregnancy. Please note that this treatment is carried out in the saltwater pool in the Badehaus and is only possible in fine weather and with appropriate outside temperatures.

HEALING BLEND
75 minutes

A unique blend of healing stones and Lomilomi: while you are comfortably stretched out on your stomach, your back and legs are first massaged using the hot stones. Then you turn onto your back, and are treated to sweeping and intense Lomi techniques. The best of both worlds in one massage.

AMERICAN CLASSICS

LOMILOMI NUI
45, 60, 75 or 90 minutes

The world’s most lovingly delivered full-body massage comes from Hawaii: Lomilomi Nui blends rhythmic music, plenty of warm oil, sweeping touches, mindful body work, stretches, and trust in your therapist and their hands. Finding acceptance and peace is the first step to relaxation!

HEALING STONES
45, 60, 75 or 90 minutes

A royal massage: this special treatment with hot basalt stones comes from Arizona. Smooth, polished stones are heated in a water bath, oiled, and then moved across all muscled parts of your body. You will feel more relaxed with increased blood circulation and return to everyday life feeling rejuvenated.

ASIAN CLASSICS

ABHYANGA
60, 75 or 90 minutes

This full body oil massage is the most popular treatment in Ayurveda, the traditional Indian art of healing that has been practiced for thousands of years: A lot of warm oil is massaged into the entire body using special rhythmic, connective strokes. Deeply calming and at the same time intensely touching, Abhyanga is regarded as a classic relaxation treatment and gently loosens even deeply rooted tension.

SHIATSU
75 or 90 minutes

The Japanese pressure-point massage is carried out on your clothed body while you lie on a futon. The energy pathways in the body, known as “meridians,” are balanced through pressure and stretching, and existing blockages are loosened. Afterwards, you feel light, relaxed and full of energy.

EUROPEAN CLASSICS

DEEP-TISSUE-MASSAGE
30, 45 or 60 minutes

An intensive massage of deep-lying muscles and connective tissue structures using knuckles, elbows and fists. It should only be used on certain parts of the body.

ALPINE FITNESS
45 or 75 minutes

A combination of deep- heat therapy with alpine moor packs and classical European massage. The muscles are first warmed up and then thoroughly massaged. Particularly pleasant for very painful muscle tension..

FOOT REFLEXOLOGY MASSAGE
45 minutes

A vigorous, intense massage of the reflexology zones on the foot, for a positive, reflexive effect on the internal organs and other areas of the body.

RELAXING FOOT MASSAGE
45 minutes

Gentle foot and lower-leg massage: For those who wish to treat their feet to a special program and feel like they’re walking on air again. All tension in the feet and the leg muscles is gently but intensively dissolved; the skin is thoroughly oiled at the end of the treatment.

TRADITIONAL THAI MASSAGE
75 or 90 minutes

For a traditional Thai massage, you lie on a mat on the floor (wearing loose, comfortable clothing). The Thai massage is characterized by intense pressure techniques using the thumbs and heels of the hand, combined with passive stretches in which the guest is moved into yoga positions and held there. Because this activates the body’s energy lines (sen lines), the traditional Thai massage is also commonly used in case of medical indications.

THAI OIL MASSAGE
75 or 90 minutes

This relaxing full-body massage is performed on the massage table. The combination of oil with pressure-point techniques from traditional Thai massage ensures that this treatment has a relaxing effect while also stimulating the flow of energy.

THAI NECK & BACK MASSAGE
45 (without) or 60 minutes
(with herbal stamps)

Intensive massage of the back and neck muscles, to ease and relax this habitually tense area, carried out with oil on a massage table.

THAI FOOT MASSAGE
45 minutes

Harmonizing and stimulating foot massage according to the Thai tradition. By specifically stimulating the traditional pressure points, your energy balance is restored.

CLASSIC PHYSIOTHERAPY TREATMENTS

PHYSICAL THERAPY
30, 45 or 60 minutes

Individual physical therapy treatment for pain of movement or various internal organs. Examples: back pain therapy or respiratory physiotherapy.

LYMPHATIC DRAINAGE
30, 45 or 60 minutes

Complex medical massage to stimulate the lymphatic system, which supports the body’s lymph flow. Particularly effective after injuries, surgical removal of lymph nodes, or to stimulate the immune system.

TREATMENTS DURING PREGNANCY

MASSAGES FOR EXPECTANT MOTHERS

Tender caresses for you and your growing baby are balm for the soul – which is why our therapists will be happy to pamper you with the following treatments from the 4th month of pregnancy on:

SHIATSU
45 minutes

LOMI LOMI NUI
45 minutes

ENSPANNENDE FUSSMASSAGE
45 minutes

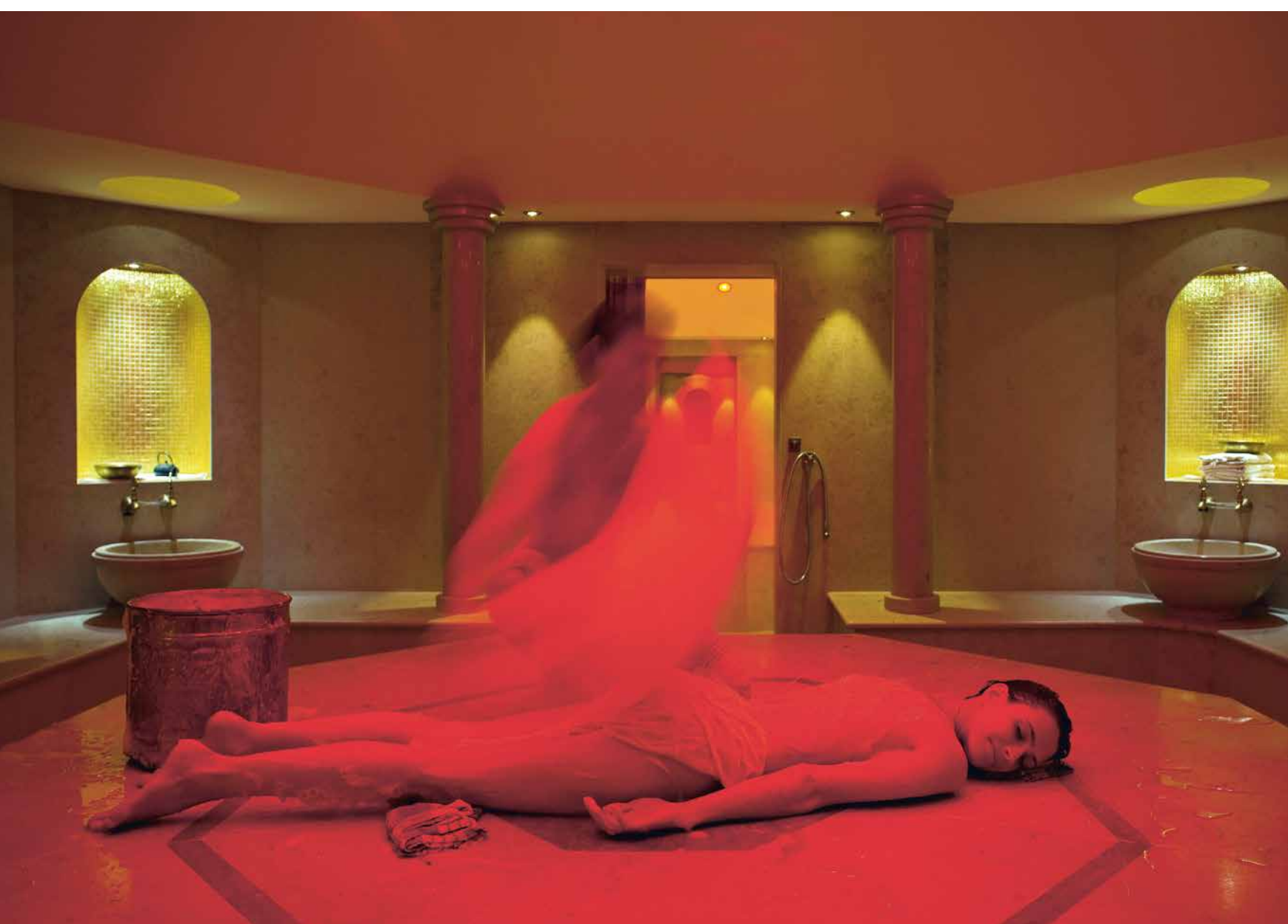
PHYSIO FLOATING
30 or 45 minutes

LYMPHDRAINAGE
30 or 45 minutes

BEAUTY FOR EXPECTANT MOTHERS

As long as you and your baby feel comfortable, all beauty treatments are possible.





ORIENTAL HAMAM TREATMENTS

The authentic Oriental Hamam, designed by the Turkish architect Ahmet Igdiriligil and Dietmar Mueller-Elmau, connects oriental design with 200 million year old natural stone from Bavaria and features three large cupola rooms with navel stones, three treatment rooms, two steam baths, and a divan lounge and resting area in a spacious domed corridor with irresistibly comfortable Lambert chaise longues.

FIRST HAMAM EXPERIENCE 60 minutes

This Hamam treatment includes a warm-up phase in the steam bath, full-body scrub, full-body foam treatment, and hair wash, after which we serve you tea and Turkish sweets in the Divan Lounge, and rub Kolonya into your skin.

ORIENT EXPRESS 75 minutes

The First Hamam Experience, plus a short massage with soap foam.

PURE HAMAM 90 minutes

The First Hamam Experience, plus a full-body massage with soap foam or almond oil.

1001 NIGHTS 120 minutes

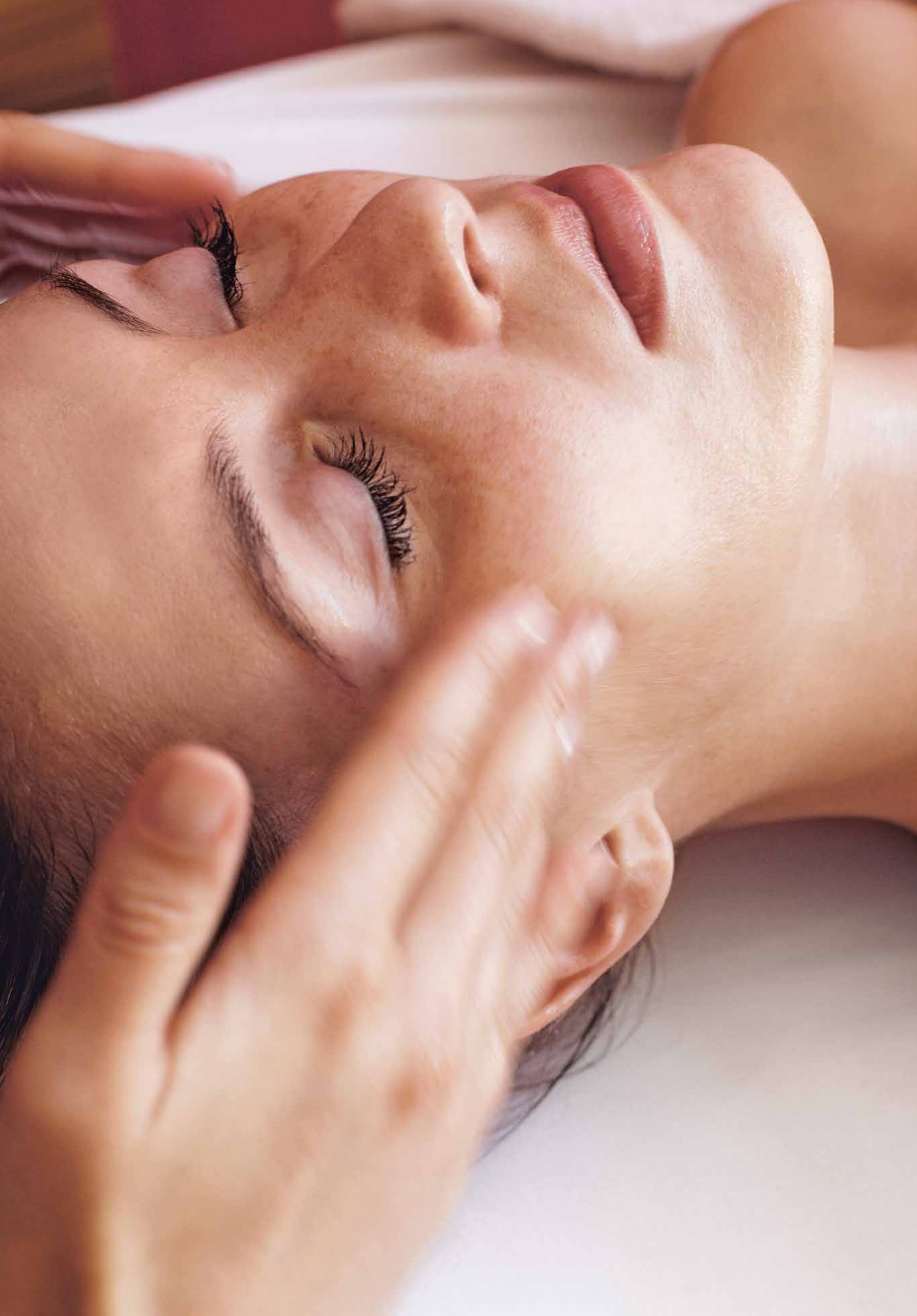
The name says it all: a two-hour romantic Hamam ritual straight out of an oriental fairy tale: The First Hamam Experience, plus a moisturizing face mask, full-body foam treatment, full-body massage with soap foam or almond oil, and an opulent fruit platter.

SALT AND OIL EXFOLIATION IN THE HAMAM 45 minutes

Our Hamam is the ideal place for this body exfoliation ritual featuring the 100% natural Alpienne products, made exclusively from Alpine ingredients. Extremely fine salt crystals are used to remove dead skin cells in a full-body exfoliation treatment, resulting in smoother skin. You begin by warming up in the steam bath, then sit on the warm stone platform while the salt-and-oil scrub is gently rubbed into your skin. After the shower, a nourishing/moisturizing lotion is applied all over your body. At the end of the treatment, we serve you tea and Turkish sweets in the Divan Lounge of the Hamam.

Alpine Vitality – invigorates, strengthens and tightens the skin

Alpine Balance – nourishes, soothes and nurtures the skin



BEAUTY TREATMENTS

TEAM DR JOSEPH

HIGH-TECH NATURAL COSMETICS

Traditional medicine meets the latest scientific findings, purest ingredients meet the finest in technology, the ingenuity of nature meets advanced expertise. Quality means combining these two worlds into harmonious, synergetic products while respecting the skin's natural balance.

Born of a commitment to curiosity and experience, origins and future, combined with passion and respect, with logic and intuition, for the best of both worlds. TEAM DR JOSEPH uses state-of-the-art microtechnologies to further develop the effect and aesthetics of nature in a high-tech way. Precious ingredients, combined with the latest technologies from the high-tech laboratory, bring power to every single dose. You can feel the immediate effect. Not only does your skin feel soft and firm, the cosmetic concept, which responds specifically to your skin's needs, is designed to go deep for long-term results. TEAM DR JOSEPH is high-tech, highly effective, certified organic and 100% natural. Purity, quality and sustainable cultivation are the highest priorities. Light, rapidly-absorbed textures with pleasant fragrances give your skin the gift of health and a revolutionary sense of well-being. The lymph-stimulating introductory massage and the cupping in the facial area remove toxins from the skin and improve its oxygen supply, for purer, softer-feeling skin.

TEAM DR JOSEPH FACIAL EXPRESS 30 minutes

Cleansing treatment, exfoliation, individual serum, pleasant facial and neck massage, finishing treatment, and consultation on TEAM DR JOSEPH High-tech Natural Cosmetics.

TEAM DR JOSEPH FACIAL RELAX 60 minutes

Facial Express plus – lymph-stimulating introductory massage, facial massage with cupping glass, skin-specific serum, relaxing face and neck massage, nourishing mask including hand massage

TEAM DR JOSEPH FACIAL COMPLETE 90 minutes

Facial Relax plus – deep cleansing, eyebrow styling, floral compresses to open the pores, individual serum, intensive facial and neck massage, soothing mask including hand massage.

The above facial treatments do not include extras such as eyelash tinting or depilation (hair removal). You are welcome to optimize your treatment in a consultation with the spa reception.

NIANCE

Premium anti-aging care from Switzerland. This luxurious Swiss premium brand combines the SWISS GLACIER COMPLEX® developed exclusively for NIANCER with the finest active ingredients in Swiss skin research, for an innovative multi-anti-aging effect. The active ingredients are coordinated with each other in such a way that their application produces an effect in all three layers of the skin simultaneously. This results in a combination of immediate firming effects and noticeable long-term regeneration. NIANCER is beauty care without compromises. Thanks to pure formulations and the most innovative active ingredients, your skin experiences a unique anti-aging effect. NIANCER researchers have little interest in short-lived trends or focusing on a single active ingredient in their product. Your skin needs effectiveness and care on all levels. This led to a concept that is unique throughout the world: NIANCER Multi-Anti-Aging. Your skin is supplied with moisture, nutrients and vitamins. Fine lines, including those caused by dryness, are smoothed. The skin becomes soft and supple, minor skin irritations are cleared, and your complexion glows with a fresh new radiance.

NIANCE FACIAL EXPRESS 30 minutes

Cleansing treatment, exfoliation, special serums, soothing facial and neck massage, individual day cream and consultation on NIANCER Premium Anti-Aging care.

NIANCE FACIAL RELAX 60 minutes

Facial Express plus – stimulating facial serum, eye-serum applied with a relaxing brush massage, and a nourishing, moisturizing mask.

NIANCE FACIAL COMPLETE 90 minutes

Facial Relax plus – deep cleansing, eyebrow styling, mask including hand massage and an intensive facial and neck massage

The above facial treatments do not include extras such as eyelash tinting or depilation (hair removal). You are welcome to optimize your treatment in a consultation with the spa reception.



BEAUTY TREATMENTS

SIGNATURE SKIN CARE

Protection and biocompatibility for sensitive and delicate skin. Our Signature Skin Care line is a dermatological, modular series based on Derma Membrane Structures (DMS®). These skin-identical cream structures are the latest development in cosmetic-dermatological research and are able to protect your skin's own barrier against dehydration or damaging outside factors. Cosmetics containing DMS® have been shown to stabilize the skin barrier layer three times longer than conventional cosmetics, making them ideal for dry, sensitive, and delicate skin.

All active ingredients are either added in highly concentrated form as extracts, or individually mixed into the creams. Our Signature Skin Care is also free of all irritating ingredients such as paraffins, silicones, dyes, endocrine disruptors, formaldehyde releasers, nitrosamines, preservatives, fragrances, and emulsifiers.

The Signature Skin Care line is suitable for all skin types, but especially for those that require special attention and care by expert cosmetologists. The individual composition of active agent concentrates and creams allows for addressing your skin's condition in a very specific way. As a result, you receive a truly custom-tailored, personal treatment and consultation.

SIGNATURE FACIAL EXPRESS

30 minutes

Cleansing treatment, exfoliation, individual serum, soothing facial and neck massage, nourishing day cream, and consultation on the Signature Skin Care series.

SIGNATURE FACIAL RELAX

60 minutes

Facial Express plus – extensive facial and neck massage as well as a moisturizing face mask including hand massage.

SIGNATURE FACIAL COMPLETE

90 minutes

Facial Relax plus – deep cleansing, eyebrow styling and skin-specific serums.

The above facial treatments do not include extras such as eyelash tinting or depilation (hair removal). You are welcome to optimize your treatment in a consultation with the spa reception.

UND GRETEL

NATURAL & ORGANIC MAKE-UP

The 100% BDIH-certified Fashion Make-Up is made in Berlin and offers decorative, natural cosmetics.

Developed by make-up artist Christina Roth and branding expert Stephanie Dettmann with the simple goal: to capture the most beautiful and diverse colors found in nature, and to transform these into luxurious formulas and certified textures, and to use natural ingredients that only nature can offer.

BEAUTY INDIVIDUAL

We will be happy to put together a custom tailored program for your personal facial treatment. Just tell us your wishes and desired length of the treatment: 30, 60 or 90 minutes



SKIN REJUVENATION TREATMENTS

INTENSIVE TREATMENTS FOR EFFECTIVE SKIN REJUVENATION

Mikrodermabrasion (MDA) is a gentle yet effective intensive exfoliation technique. Following an enzymatic exfoliation, the topmost skin layer (keratinocytes) is gently and carefully removed. Then, nourishing and restorative substances are applied.

Clinical studies have shown that microdermabrasion reduces pore size, noticeably increases skin elasticity, firms and tones the skin, and reduces wrinkle depth. It also encourages the skin's own production of collagen and elastin. Microdermabrasion is carried out using the dermatological approved Schloss Elmau Signature Skin Care line.

Ultrasound (using ultrasound technology by Reviderm) is a well-known treatment used in medicine which is now being used in cosmetics due to its positive effects. High-energy waves trigger gentle vibration in all body cells and lead to a micro-massage of the deeper cells of the skin. This encourages cell metabolism and has a positive effect on the structure of connective tissue. Active ingredients are also absorbed deeper and better by the skin.

For ultrasound treatments, you can choose between products from the dermatological Schloss Elmau Signature Skin Care line or the TEAM DR JOSEPH biological cosmetics line.

REVIDERM ULTRASOUND SOLO 30 minutes

Cleansing, ultrasound massage, personal serum, finishing care for eyes and face.

REVIDERM MICRODERMABRASION SOLO 60 minutes

Cleansing, 2-phase enzymatic exfoliation, microdermabrasion, personal serum, finishing care for eyes and face.

REVIDERM COMPLETE 90 minutes

Cleansing, 2-phase enzymatic exfoliation, microdermabrasion, deep cleansing, ultrasound massage, personal serum, moisturizing face mask, soothing hand massage, special care for eyes and face as well as consultation on perfect skin care at home.



HANDS & FEET

SIGNATURE SPA MANICURE
65 minutes

The perfect manicure for discerning guests: includes hand soak, nail filing, cuticle removal, gentle hand exfoliation, intensively nourishing hand massage, and application of four layers of nail polish.

EXPRESS MANICURE
40 minutes
55 minutes including nail polish

Nail filing, hand soak, cuticle removal, cuticle oil, hand lotion.

SIGNATURE SPA PEDICURE
55 minutes – beauty treatment (without scalpel, for uncomplicated feet)
65 minutes – medical treatment (with scalpel for callus removal)

More than just a pedicure, this treatment includes a foot bath, thorough exfoliation of your feet, careful removal of calluses, trimming, filing and buffing of your nails, cuticle removal, a relaxing foot massage, and application of four layers of nail polish.

EXPRESS PEDICURE
40 minutes – beauty treatment (without scalpel, for uncomplicated feet)
45 minutes – medical treatment (with scalpel for callus removal)

Foot bath, nail trimming and filing, cuticle removal, removal of calluses, application of nail oil.
Including nail polish 55 minutes.

NAIL POLISH WITHOUT MANICURE OR PEDICURE
15 minutes

FRENCH POLISH WITHOUT MANICURE OR PEDICURE
25 minutes

FRENCH POLISH PLUS
25 minutes

French polish in conjunction with a manicure/pedicure.

EXTRAS

EYEBROW SHAPING SOLO
20 minutes

Includes revitalizing eye massage.

EYEBROW SHAPING PLUS
10 minutes

May only be booked in combination with a facial.

EYELASH TINT SOLO
20 minutes

Includes hand massage.

EYELASH TINT PLUS
10 minutes

May only be booked with a facial.

BROW TINT
10 minutes

May be booked solo or with a facial.

MAKEUP

DAYTIME MAKEUP
25 minutes

EVENING MAKEUP
40 minutes

WEDDING MAKEUP
40 minutes

WAX	
Half leg including knee	25 minutes
Full leg	40 minutes
Underarms	15 minutes
Bikini line (No Brazilian)	25 minutes
Upper lip	10 minutes
Upper lip and chin	20 minutes

HAIR SALON

Personal consultation and styling is provided.

GALA EVENT PACKAGE

Hair, manicure, short facial and makeup.

Book your appointment at the spa reception.

TREATMENTS FOR KIDS & TEENS

INSTANT AID CLEANSING TREATMENT
50 minutes

Sebum-regulating, anti-inflammatory facial care for teenage skin.

HAPPY HANDS
35 minutes

Nourishing hand treatment including nail trim, file and polish.

HAPPY FEET
35 minutes

Cleansing foot treatment including nail trim, file and polish.

HAPPY BACK
15 minutes
30 minutes

A gentle back massage.



YOGA WITHOUT DOGMA

JIVAMUKTI YOGA CENTER

Schloss Elmau features the only Jivamukti Yoga Center outside a major metropolis offering a daily yoga program that meets the highest standards. The program can be tailored to your individual needs while still remaining true to its principles to ensure joy of learning. You can join the classes or practice privately in the Yoga Studio in the Badehaus, the spectacular Yoga Pavilion at the Retreat or on the various outdoor yoga platforms. Please check in at the spa reception for all group classes.

The style: Jivamukti Yoga was developed by Sharon Gannon and David Life in the 1980s in New York, after both had studied with the greatest Indian Yogis of the past century.

Teachers: All of our ten teachers have been personally certified and in many cases "advanced certified" by Sharon Gannon and David Life in New York.

Classes:

Basic (60 minutes In the morning): ideal for beginners as well as for advanced students who wish to improve details of their practice. A several-day beginner course is offered each week.

Open (75 minutes in the afternoon): ideal for advanced practitioners or limber beginners.

YOGA RETREATS

Each year, we offer up to 25 Yoga Retreats with award-winning, highly experienced and charismatic yoga instructors.

The programmes are structured and usually take place over 5 days.

Two classes are given each day, by instructors such as Dr. Patrick Broome, the teacher of the German National Soccer Team, Patricia Thielemann, Barbra Noh, Eddie Stern, Jules Febre, Michael Forbes, Gabriela Bozic, Ram Sriram, Nicole Bongartz, Young Ho Kim, Anna Trökes, Timo Wahl, Claudia Lederer, Dirk Bennewitz.

Classes are taught in German.

PRIVATE YOGA

You may book your private lessons any time at extra charge to develop a yoga program tailored to your needs.

ONLINE-YOGA

You can continue your yoga practice at home by visiting the Schloss Elmau Studio Online at Yoga Easy.

For four weeks, you can practice with our retreat instructors or with Johannes Mikenda, Director of the Jivamukti School.

Every time you stay with us, you can request a 4-week voucher at the Spa reception or at the Yoga Classes to register online.

YOGA SUMMIT

Once a year, esteemed Yogis from different yoga styles meet in Schloss Elmau for an inspiring mix of yoga presentations, meditation, classes and music.

The Summit program appeals to absolute beginners as well as yoga teachers who would like to get to know different styles of Yoga or advance their practice with renowned teachers. We will assist you in putting together your individual yoga program.

The Summit is also suited for couples and families with varying needs and expectations.



DR. MED. UNIV. IMKE KÖNIG

TURTLE SPA CONCEPT®
TCM HEALTH SPA

Slowing down is the key to a long, healthy and happy life. The Turtle Spa Concept® is based on a combination of Schloss Elmau's spa offerings and strategies of Traditional Chinese Medicine (TCM). Western medicine often does not take notice of disorders until there have already been changes in the organism. In contrast, Traditional Chinese Medicine notes even the subtlest signs of imbalance and counter-balances them with various measures.

Our Turtle Spa Concept® combines Traditional Chinese Medicine with the latest in-sights from sports science, nutrition, herbal medicine and aromatherapy. We also holistically address all aspects of life with Qi Gong and Taiji exercises, five elements nutrition, European phytotherapy, and aromatherapy, and bring it back into balance.

Get to know the "wisdom of the turtle" at Schloss Elmau, and look forward to deep insights, pleasant treatments and the feeling of being able to shape your own life and health.

To your health,

Imke König
Medical Spa Director

Please find dates on our website.

TREATMENT METHODS

ACUPUNCTURE

The best-known TCM method, involving very thin needles inserted into the body at specific points to affect the person's qi, or energy. Japanese meridian therapy (JMT) is a gentler variant based on similar basic principles.

AURICULAR (EAR) ACUPUNCTURE

Here, tiny "indwelling" needles embedded in adhesive tape are affixed to the ear – completely painlessly – to provide lasting stimulus even after treatment. Also known as press-tacks, press needles or studs, these needles can also be used on certain body acupuncture points.

These services are offered at the private practice of Dr. med. univ. Imke König at Schloss Elmau.

ACUPRESSURE

Acupressure is the manual treatment of acupuncture points for patients where needle use is not allowed or not desired.

MOXIBUSTION (MOXA)
30 minutes

With moxibustion, used especially for cold conditions or qi deficiencies, tiny cones the size of a grain of rice up to a centimeter long, and made from the finest dried mugwort, are burned to bring heat to the body's acupuncture points. The treatment is very pleasant and relaxing. 'Moxa cigars' (also used for self-treatment) work in a similar way, as do tiger warmers, which are used to treat entire meridians, or energy pathways.

GUASHA
30 minutes

A method in which the oiled skin over a group of muscles is gently scraped with a horn scraper or a wooden spatula to produce a slight reddening. This removes congestion in deeper layers, especially if the person is experiencing muscle pain and tension. Very pleasant and effective for various pain syndromes.

CUPPING AND CUPPING MASSAGE
30 minutes
possibility to book supplemental 10 minutes to individual focus

Large round glass vacuum cups are applied to the skin to create a vacuum. This massively stimulates the blood circulation in the treated area, and therefore is directly effective for many disorders of the locomotor (musculoskeletal) system.

TUINA MASSAGE
30 or 45 minutes

The classic Chinese massage treatment known as Tuina (tui = push, na = grasp) dates back more than 2000 years. The techniques used include both massage and passive mobilization, partly with oil, partly on dry skin. The therapist mainly works with the tendinomuscular meridian system. A profound knowledge of the meridians and specific acupuncture points is essential for this type of massage and ensures a greater effect than merely working directly on the muscles. Tuina is often combined with acupressure and cupping.

NUTRITIONAL COUNSELING
30 or 60 minutes

Based on the five elements:
water, wood, fire, earth, metal

QI GONG OR TAIJIQUAN
30 or 60 minutes

These health exercises from Traditional Chinese Medicine consist of soft, flowing movements for the body and spirit, to improve flexibility and agility, strength, coordination and relaxation.

THE FIVE ELEMENTS

	WATER	WOOD	FIRE	EARTH	METAL
COLOR	black	green (blue)	red	yellow (brown)	white (silver)
DIRECTION	North	East	South	Center	West
YIN ORGAN	Kidney	Liver	Heart	Spleen	Lung
YANG ORGAN	Bladder	Gallbladder	Small intestine	Stomach	Large intestine
CLIMATIC FACTOR	Cold	Wind	Heat	Moisture	Dryness
EMOTION	Fear	Anger	Joy	Anxiety	Sadness
BODY PART	Bone Joints	Muscles Tendons	Blood vessels	Connective tissue Adipose tissue	Skin Hair
SENSORY ORGAN	Ears Hearing	Eyes Sight	Mouth Speech	Tongue Taste	Nose Smell
TASTE	salty	sour	bitter	sweet/ neutral	pungent
AROMATHERAPY (ESSENTIAL OILS)	Fennel Juniper Clary sage Dill	Lemon Chamomile (blue) Mint Vetiver	Incense Neroli (Orange blossom)	Ginger Cardamom Coriander Carrot seed	Eucalyptus Sea spruce
TYPICAL FOOD	Fish Seafood Seaweed	Sour fruits Green sprouts Sour dairy products	Bitter herbs Bitter vegetables	Rice Grains Neutral vegetables Meat	“Hot” spices
DRINK	Mineral water	Fruit tea	Green tea	Licorice tea	Peppermint tea
SEASON	Winter	Spring	Summer	Late summer	Autumn
BASIC QUALITY	Silence Peace	Dynamic Growth	Peak Maturity	Abundance Harvest	Structure Tidiness
MOVEMENT QUALITY	Concentration Meditation	Strength Agility	Endurance	Release	Coordination Balance
SPORT (EXAMPLE)	Taijiquan	Pilates	Cardio training	Qi Gong	Acrobatics
SPA	Plunge pool	Herbal sauna	Sauna	Steam bath	Infrared sauna
WELLNESS DIMENSION	Relaxation	Movement	Social contact	Food	Rhythm
MASSAGE (EXAMPLE)	Physio Floating Hamam Craniosacral	Vunkuwa Deep tissue Classic	Lomilomi Healing stones Thai stamp	Physio Relax Abhyanga	Tuina Shiatsu APM Thai

TURTLE SPA PHILOSOPHY

For over 2,000 years, in Chinese mythology and Traditional Chinese Medicine (TCM), the turtle has symbolized the water phase, i.e. the origin and end of life.In their entirety, the five phases (wu xing) water, wood, fire, earth and metal represent the macrocosm and microcosm, and define the patterns that TCM uses to consider people and diseases.Turtle Spa treatments combine traditional Chinese medicine with contemporary insights from sports science, nutrition, herbal medicine and aromatherapy.

A detailed medical examination, complete with pulse diagnosis and an examination of the tongue and abdomen, forms the basis for our treatments involving various methods such as acupuncture, cupping massage, Japanese meridian therapy, and auricular acupuncture.

PACKAGES

3 night stay,
arrival on a Sunday

To introduce you to the Turtle Spa® strategies, we offer a First Experience Package exclusively for guests of Schloss Elmau, with a TCM initial medical history (anamnesis) and a TCM Strategy Talk.

5 night stay,
arrival on a Sunday

To introduce you to the Turtle Spa® strategies, we offer a First Experience Package exclusively for guests of Schloss Elmau, with a wealth of information and typical treatments such as a TCM initial medical history (anamnesis), 5 Element Nutritional analysis, Personal Qi Gong, and individual treatments depending on indication.

Acupuncture treatments can be booked as an additional option in Dr. Imke König's private medical practice.

TURTLE SPA PACKAGES

WATER

The Black Turtle or “Here and Now”
Musculoskeletal: back, or knee pain (acu-
puncture, moxa, cupping, Tuina, floating
massage, Qi Gong individual training and
specific Qi Gong exercise program for home)

Gynecological indications: desire to have
children, fertility (acupuncture, physio relax
massage, nutritional counselling, herbal
mixture, kidney Qi Gong and qi meditations)
lifestyle counselling (deceleration and
relaxation)

WOOD

The Green Turtle or “Relax and Flow”
Emotional: Stress and tension –
acupuncture (with liver qi stagnation),
cupping, massage (physio relax, Tuina, Thai),
exercise program (Pilates, Taijiquan, Qi
Gong)

Physical: muscle and tendon problems –
-acupuncture, guasha, moxa, cupping,
massage (deep tissue, classic massage, Thai),
exercise program for strength and flexibility

FIRE

The Red Turtle or “Calm. Down”
Stress and sleep problems: acupuncture, qi
meditation and Qi Gong, nutritional and
lifestyle advice, rhythmic, massages (physio
relax, floating massage, Lomilomi).

EARTH

The Yellow Turtle or “Energy and Center”
Excess weight and/or digestive disorders:
acupuncture, intensive Qi Gong exercises
and outdoor activities, detailed nutritional
coun-selling, herbal blend.

Chronic fatigue: acupuncture and moxi-
bustion, moving meditation, Qi Gong,
nutritional counselling, massage (Abhyan-
ga, physio relax, shiatsu, Tuina), gentle
Qi Gong for spleen and stomach functional
circuit.

METAL

The White Turtle or “Let it go”
Immune system (frequent colds,
autoimmune diseases): acupuncture,
moxibustion, cupping, Tuina, diet, specific
exercise -program for heart and lung
functional circuit, herbal blend.

TURTLE SPA AROMATHERAPY

Essential oils have a direct psychological and
emotional effect both through their scent
and the limbic system, and physically by
absorption through the skin. The use of
essential oils directly on specific
acupuncture points (the back shu points, the
mu alarm points, and the ancient points,
especially the yuan source points and the he
sea points) results in a specific effect on the
affected meridians and organ function
circuits, and thus supports and inten-sifies
each classic massage treatment. Used, for
example, to treat common colds.

Eucalyptus oil applied to the lungs’ mu
alarm point (Pulmonary 1) is an expectorant
(loosens phlegm), facilitates expectora-tion,
has an antibacterial and antiviral effect,
and (according to TCM) expels wind and
strengthens the lungs and wei qi defensive
qi energy.

To treat excess weight and exhaustion:
Ginger oil applied to the back shu point of
the spleen (Bladder 20), the patchouli to the
Spleen 3 (yuan point) and Spleen 4 (luo
point) area, as well as to liver 13, the
spleen’s mu alarm point. Both are
strengthening oils in cases of spleen qi
deficiency and yang deficiency, support
vitality and drive, boost the conversion
function in the spleen-stomach functional
circuit, and are stabilizing and grounding.

Turtle Spa Aromatherapy is part of every
massage in the Turtle Spa Packages.

TURTLE SPA HERBS

In the Turtle Spa Concept, European herbs
are used according to the traditional
Chinese order, and blended according to the
Chinese diagnosis. Depending on the in-
dication, the packages use a specific herbal
blend to treat the disorder gently, but
systematically. At the end of the stay, you
take the blend with you to continue the
treatment at home.



TAIJIQUAN

Taijiquan is the art of movement, healing technique, moving meditation, and martial art all in one. Taiji means “the highest” and quan literally means “fist” and refers to a set series of movements. So Taijiquan might be translated as “highest art of movement.” It originated about 300 years ago as a synthesis of popular martial art systems and Taoist meditation & breathing exercises. Four main styles have existed since then: the Ch'en, Yang, Wu and Sun styles.

TEACHING

Taijiquan is taught in “forms.” A form is a fixed sequence of techniques, a kind of choreography of a fight without an opponent. All movements are practiced while walking and standing, slowly, smoothly and fluently as if in slow motion. The lesson begins with some Qi Gong exercises to warm up. Afterwards, a portion of the form is demonstrated in detail, explained, and then practiced together as a group.

HEALTH EFFECTS

Positive effects on the cardiovascular system, body awareness and sense of balance. In cases of sleep disorders, improvement in condition. Improvement of quality of life in cases of fibromyalgia, Parkinson's, MS and following cancer treatment. Also improves muscle strength.

CLOTHING

The exercises in the workshop are performed while standing and moving. Light, loose cotton clothing and thick socks or light shoes with thin soles (to stay “grounded”) are the appropriate clothing.

QI GONG

In Chinese philosophy and Traditional Chinese Medicine, Qi represents both vitality and the force that moves the body, as well as the whole world. In Chinese, it means breath, energy and aura. The term is so complex and ambiguous that it remains untranslated, so as not to restrict the meaning.

Gong in Chinese can mean “work” on the one hand, but also “ability” or “skill.” So one might translate Qi Gong as “working on the Qi” or as “skill in handling the Qi.”

Traditional Chinese Medicine (TCM) says that “where Qi gathers, life arises, and where Qi scatters, death arises.” Qi follows attention, and blood follows the Qi. If we guide our attention through our body, the Qi will follow and flow freely through all meridians. All exercises in medical Qi Gong are performed from the perspective of TCM: the channels (meridians) in the body are stretched, opened and closed so that Qi can flow.

Qi Gong is a complex system of Chinese health exercises. In China, about 100 different systems of Qi Gong exercises are officially recognized. In addition to meditation and concentration, they improve strength, agility, balance and coordination. All exercises work simultaneously with mental and physical techniques.

Most exercises are performed while standing, but there are also seated variations for people who cannot stand.



PERSONAL TRAINING

TARGET SETTING

As part of an introductory conversation about your medical history, you will set precise targets according to your wishes and needs. Reduce weight, increase performance, support your back, compensate for injury or weakness, firm up your figure, stay healthy, optimize your balance, or become calm and relaxed.

PERFORMANCE ANALYSIS - SPIROERGOMETRY

Spiroergometry involves performing a respiratory gas analysis under physical stress. Oxygen intake and carbon dioxide output, along with the respiratory volume and frequency are precisely measured with each breath. Seen in relation to the increasing physical stress on the bicycle or treadmill ergometer, this allows for conclusions about optimal training plans and methods, and helps us precisely identify the causes of any weaknesses in your performance. This procedure is the gold standard in modern performance diagnostics; your scores are measured directly, rather than calculated using obscure formulas. Unfortunately, most amateur athletes train the wrong way – usually too often, too long, and too fast. We help you to train as effectively as world-class athletes do.

TRAINING SCHEDULE

In accordance with your targets, scores and available time, an optimum training plan is drawn up for you to follow at home. Based on your spiroergometry results, this plan is adapted to your individual needs and possibilities according to the latest scientific research on training. Everyone benefits - from beginners interested in their personal health to seasoned marathon runners.

PILATES STUDIO

Full-body workout using the large Pilates equipment – Reformer, Cadillac and Wunda Chair.
60 minutes

FUNCTIONAL PLAYGROUND

In the Functional Playground with specifically trained sports scientists or physical therapists. We are happy to design a workout plan with the desired machines and exercises can be professionally built up under supervision. Instructions for an app can be provided.

The workout can be planned according to individual needs and your schedule, for example as a workout in the workplace as well. A fun workout that is effective and does not require too much time.

FASCIAL WORKOUT

Use fascia rollers and balls to relax the connective tissue. Regain ease and freedom of movement without the need for a masseur.

FOOT GYMNASTICS

Use spiral dynamics and springy surfaces to revive your feet. Ideal for foot and knee problems.

PRIVATE LESSON

A private lesson focusing solely on you – with precisely administered corrections, at your individual level of intensity, and taking your personal preferences into account.

All Fit & Active classes can be booked as private lessons: Yoga, Pilates, meditation, Taiji, Qi Gong, Stretch & Relax, Body Workout or Back Fitness.
30, 60 or 90 minutes

PRIVATE LESSON OUTDOOR

During your private lesson, you will receive personal supervision and guidance during your outdoor sports activity – for instance, on an individual Nordic Walking tour, a mountain bike tour, a run or a hike. As a souvenir of the tour, we will email you a photo, the tour data and a GPS track for Google Earth.
60 minutes

SWIMMING LESSONS FOR CHILDREN

Individual lesson, 30 or 60 minutes; also available for two people

SWIMMING LESSONS FOR ADULTS

Individual lesson, 60 minutes

FITNESS GYM & PILATES

THE SCHLOSS GYM

This brightly-lit fitness gym can be completely opened to the elements as desired for fresh mountain air in all weathers. Magnificent views of the Wetterstein massif, eight state-of-the-art Technogym cardio machines with TV, internet, gaming functions and iPod/USB ports, as well as four Kinesis stations, a Cable Jungle, a versatile dumbbell section with small equipment as well as a Pilates studio and a mat area with springy workout surfaces.

3x Treadmill 2x Crosstrainer Vario 1x Bike 1x Bike Recline Sit-Up Bench 1x Stepper-Wave Kinesis Station - Chest Press Kinesis Station - Lower Back Kinesis - Upper Back Kinesis Shoulder Station Shoulder Press Dumbbell Set 1 – 28kg Cable Tower Flexi Bar Proprioceptive Tools Mats Airex Pads TRX/4D Pro Pilates Reformer Pilates Cadillac Exercise Balls Kettle Bell Set Scotts Bench Fascia Roll/Blackroll Free Workout Area

PILATES STUDIO

BASI® Pilates by Body Arts Science International is a holistic body workout. The aim is to strengthen the muscles, build stamina, improve motor coordination and posture, and achieve better circulation and body awareness. Group lessons take place on mats only. Pilates Studio lessons can be booked as personal training sessions.

THE RETREAT GYM

A new fitness gym with fabulous views of the rolling hillsides and valley. Its seven state-of-the-art Technogym cardio machines with TV, internet, gaming functions and NFC technology can be linked to most sports apps. Four kinesis stations, plus an area featuring ab equipment, back benches and dumbbells ensure that beginners and experienced exercisers alike can quickly get into their fitness routine.

The Functional Playground features an “Omnia” station with TRX, elastics, 4DPro, Pylo boxes, fascia rollers and small equipment, for near-unlimited workout options, especially using your own bodyweight. In keeping with the latest trends, where natural functions allow for individual work-outs. Adapted to your exercise or health needs. Since only small equipment is used, the training program can be continued at home using only a few accessories. An optimal workout plan ensures that substantial effects can be achieved with very little effort. Ask our coaches.

3x Treadmill 1x Crosstrainer Vario 1x Crosstrainer Classic 1x Bike 1x Bike Recline Sit-Up Bench Back Bench Kinesis Station - Chest Press Kinesis Station - Lower Back Kinesis - Upper Back Kinesis Shoulder Station Shoulder Press Dumbbell Set 4 – 24kg Multistation Artis Barbell 10 - 100kg Pylo Boxen Tubes Chin Up Bar Bench Press Squat Rack Kettle Bells Exercise Balls Proprioceptive Tools, Fascia Roll/Blackroll, Free Workout Area

INTRO TO THE FITNESS MACHINES

Explanation of the cardio and weight machines in the gym, for a safe and effective workout. The ideal way to do individualized exercises is demonstrated, adapted to reflect the learner’s age, gender, ability and injuries. In addition to the introductory session, you can book sessions with a personal trainer, who will design a workout plan optimized for you. Depending on your needs, a performance check can be carried out to determine your performance capability and threshold heart rate. If you are active in technical sports, your technique can be improved by means of video analyses and your workout plan can be adapted to take your sport into account. We analyze, evaluate and correct your workout according to the latest insights from sports science.

FUNCTIONAL FIRST EXPERIENCE

Our versatile team of specifically trained spa experts introduce you to functional training, a type of workout that uses your body and trains coordinated movements instead of artificially working only superficial muscles. It uses cable machines and small equipment. Our coaches are happy to draw up workout plans as part of a personal training session. This service is offered at the Schloss Gym, or the Functional Playground at the Retreat.

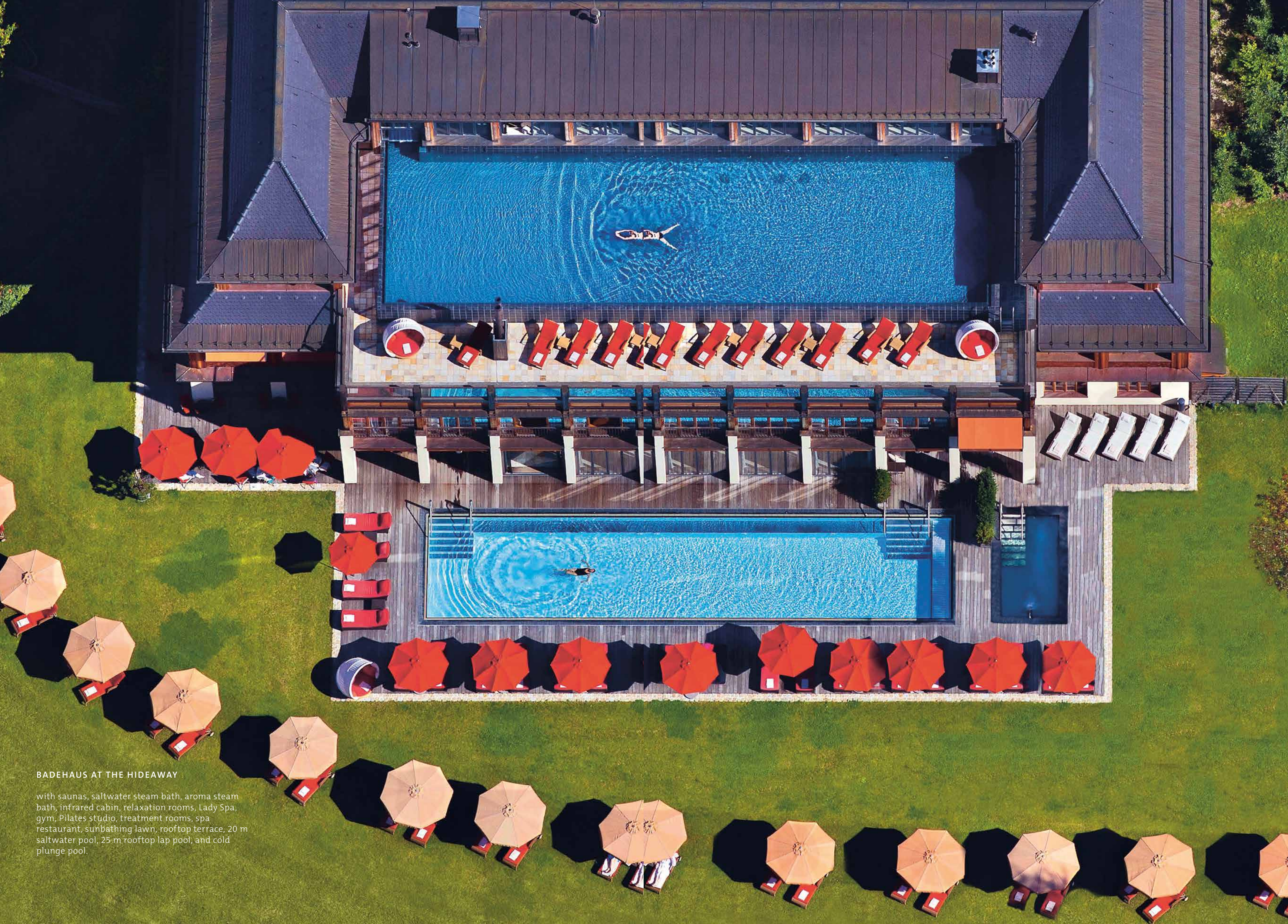
NORDIC WALKING

Athletic walking with poles takes the strain off the legs, increases the intensity of exercise for the cardiovascular system, and encourages blood flow to the shoulder and arm muscles. In the mountains, it is a good way to increase the intensity of hiking while going easy on the ligaments when descending. Depending on the group, Nordic Walking is also physically demanding, so please wear functional clothing as far as possible.

BACK FITNESS

A full-body workout, guided by a physical therapist, featuring static, dynamic and coordinative exercises. Special attention is paid to mobilization, stretching and relaxation. Accessories like Thera-bands, balance pads and balls are used in some cases.

For up-to-date information on class times, please refer to the current Fit & Active program.



BADEHAUS AT THE HIDEAWAY

with saunas, saltwater steam bath, aroma steam bath, infrared cabin, relaxation rooms, Lady Spa, gym, Pilates studio, treatment rooms, spa restaurant, sunbathing lawn, rooftop terrace, 20 m saltwater pool, 25-m rooftop lap pool, and cold plunge pool.





PRIVATE SPA

For unforgettable hours à deux or for small groups, sections of the Badehaus may be booked for exclusive, “Private Spa” sessions between 7:00 pm and 12:30 am.

PRIVATE SPA ROOFTOP 7 PM AND 12:30 AM

Enjoy the tranquility and views on the second floor of the Badehaus on your own, as a couple or with up to six people. Begin your evening with an 80-minute classic massage. An evening candlelight swim in the Roof-top Pool eases away the tensions of every-day life. Enjoy the maritime climate of our salt-water steam room and the varied herbal in-fusions in the Finnish sauna. Your personal spa attendant will make sure that champagne and a select variety of the best canapés from the gourmet restaurant Luce d’Oro await you by the cozy fireplace. Your choice of freshly squeezed juices and other non-alcoholic beverages and a selection of exotic fruit is also available at all times. A personalized bathrobe will serve as your souvenir of this unforgettable spa experience.

Treatments:

- 80-minute classic massage per person
- 1 bottle of champagne
- Canapés from the gourmet restaurant Luce d’Oro
- Selection of exotic fruit
- Juices/tea
- Personal spa attendant
- Personalized bathrobe

PRIVATE SAUNA FERCHENBACH

Enjoy the peace and unparalleled atmosphere of our Ferchenbach sauna, alone, as a couple, or with up to four people. During your private time, you will be served by your personal sauna master, who will be re-sponsible for carrying out infusions as desired. Whether in summer or winter, you can go directly from the romantic candlelit sauna into crystal-clear Ferchenbach brook.

Freshly squeezed juices and other non-alcoholic beverages as well as a selection of exotic fruit are of course available to you at any time.

Includes:

- Juices
- Personal sauna master

PRIVATE HAMAM

Enjoy the peacefulness and incomparable Oriental atmosphere of our hamam on your own, as a couple or with up to six people. After a warm-up session in the steam room, your evening begins like a scene from 1001 Nights, with a full-body exfoliation, followed by a luxurious soapy lather treatment and an intensive massage, first with soap foam, then with oil. The treatment is rounded off with a traditional hamam refreshment: Kolonya, a fragrant Turkish lemon water.

Your personal spa attendant will ensure that champagne and a select variety of the best canapés from our gourmet restaurant Luce d’Oro await you in the arched hallway. Fresh squeezed juices and other non-alcoholic beverages of your choice, along with a selection of exotic fruit and traditional Arabic sweets, are also available to you at all times. A personalized bathrobe, exfoliation gloves and the traditional Turkish cotton pareo (pestamal) will serve as your mementos of an unforgettable Hamam experience.

Treatments:

- 120-minute 1001 Nights massage
- 1 bottle of champagne
- Canapés from the gourmet restaurant Luce d’Oro
- Selection of exotic fruit
- Juices/tea
- Arabian sweets
- Personal spa attendant
- Exfoliation gloves
- Turkish cotton pareo (pestamal)
- Personalized bathrobe

You will be contacted by a member of our management prior to your stay, to discuss the details of your booking and consider any other wishes you may have.



THE FAMILY SPA IN THE HIDEAWAY

features different saunas, a steam bath, herbal bath, infrared cabin and a 25 m long indoor pool heated to 32 °C (90 °F).



SHANTIGIRI SPA AT THE RETREAT

FAMILY SPA

with relaxation lounge, spa restaurant, treatment rooms, gym, and 25 m, 32°C heated outdoor infinity pool.

ADULT & LADY SPA

with saunas, saltwater steam baths, relaxation lounge, 20m, 35°C heated outdoor infinity pool and cold plunge pool.







THE NATURE SPA

at the Ferchenbach creek is open from June to September and features an adventure playground, sauna on the Ferchenbach creek, and a 25 m lap pool heated to about 27°C (80°F).









SPA@SCHLOSS-ELMAU.DE
TEL +49(0)8823-18 981
WWW.SCHLOSS-ELMAU.DE