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*"We turn a pleasant stay into a precious memory."*

"Hotel culture with passion". For over 80 years our guests have been experiencing this philosophy in the Steigenberger Hotels and Resorts. And the tradition of our hotels is every bit as unique as the tradition of our hospitality, as each establishment has its own individual story to tell. You can relax and enjoy every minute of your stay with us because we have thought of everything: alongside the majestic facades, the lovingly styled decor, the supremely well-equipped rooms and

the high class cuisine, we consider this attention to detail to be the true luxury of our age.

Leave your everyday cares behind and enjoy precious moments in our selected wellness hotels. Singly, as a couple or in a group of friends – here you can restore your energy levels and let yourself unwind completely.

That way a pleasant stay turns into a precious memory.



## ACCOMPANY US INTO ANOTHER WORLD.

A world that offers the very best of other cultures and countries. With massage techniques that have been honed over the centuries and the latest findings from the research laboratories of the renowned beauty institutes LIGNE ST BARTH, THALGO and THE ORGANIC PHARMACY.

Leave your everyday cares behind and enjoy a few hours of relaxation for yourself and your own well-being. Welcome to the Steigenberger DaySpa!

*"Me - at last!"*

*"Maximum relaxation in minimum time: just what I need."*

THE ORGANIC PHARMACY is the first international manufacturer of ultra-pure, luxury high-tech cosmetic products made of 100 % herbal and organic ingredients. All products are free of synthetic or chemical substances, conservation or binding agents, perfumes and fragrance enhancers.

LIGNE ST BARTH produces exquisite elixirs and spa applications that lure you into a world of Caribbean relaxation. Natural vitamins and minerals act intensively while exotic oils and perfumes pamper the senses. Try a taste of the refreshing fruit mousse before you are lured on to peelings or packs!

THALGO represents the beauty and power of the ocean and uses maritime elements for its Thalasso-based care and treatment concepts. Experience the element of water in its most natural form – your body will thank you for it with renewed energy and beauty.

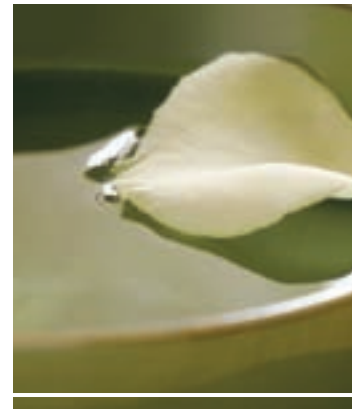
AYURVEDA has its origins in Hinduism. This "life teaching" is based on the idea that the human body reflects the cosmos with its five elements: fire, water, earth, air and ether. At the same time, three complementary systems – the Doshas of Kapha, Vata and Pitta – govern the physical and psychic processes within the body. Their individual weighting and distribution have a direct influence on human personality and health.



KNOWLEDGE AND METHODS  
FROM EVERY CONTINENT.

*"It's just heavenly  
to feel so beautiful."*

## TREAT YOURSELF TO SOMETHING SPECIAL: LUXURY FACE CARE.



### STEIGENBERGER FACE CARE WITH PRODUCTS FROM THE ORGANIC PHARMACY

- › Facial cleansing
- › Enzymatic peeling mask
- › Deep cleaning with Vapozon
- › Nourishing face mask

60 PAMPERING MINUTES 85 EUROS

### ST BARTH PURENESS WITH CARIBBEAN ESSENCES FOR WELL-GROOMED RELAXATION

- › Relaxation ceremony  
"Ouanalao Serenity"
- › Mild cleansing with natural  
sponges
- › Melon tonic and gentle peeling
- › Massage of face, neck and  
décolleté
- › Nourishing mask and hand  
massage
- › Soothing closing treatment

60 PAMPERING MINUTES 94 EUROS

### STEIGENBERGER FACE CARE COMPLETE STEIGENBERGER FACE CARE

with additional:

- › Eyebrow shaping
- › Intensive massage of hands, arms, legs,  
feet and back using aromatic oils
- › Acu-pressure points facial massage
- › Lymph flushing with rose quartz and  
anti-aging serum
- › Face, neck and décolleté massage with  
a honey-jasmine mask
- › Collagen boost mask with head  
massage
- › High quality serums and creams as  
closing treatment

90 PAMPERING MINUTES 115 EUROS

ST BARTH FRESHNESS  
BEAUTY THROUGH FRUITS AND  
CARIBBEAN ESSENCES

- › Relaxation ceremony  
"Ouanalao Serenity"
  - › Mild cleansing with natural sponges
  - › Refreshing peeling with papaya
  - › Neck and décolleté massage with  
ivy gel
  - › Intensive face and hand massage
  - › Moisturising mask with cucumber  
puree
  - › Soothing closing treatment
- 90 PAMPERING MINUTES 115 EUROS

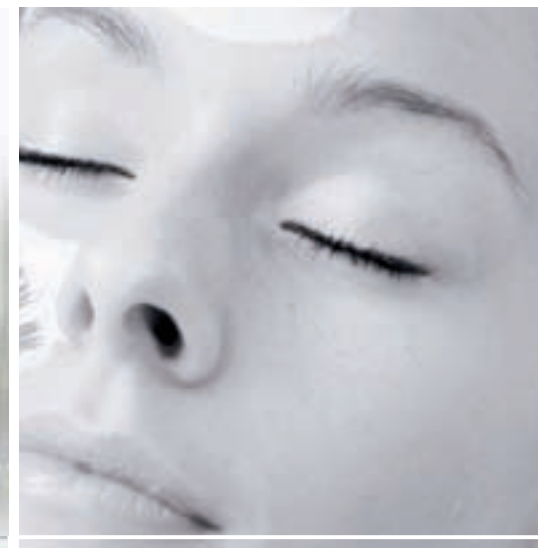
OPTIONAL EXTRAS THAT YOU CAN  
BOOK IN ADDITION TO YOUR FACIAL  
TREATMENT

- › Eyebrow shaping
  - › Eyebrow colouring
  - › Eyelash colouring
- EACH TREATMENT 9 EUROS

BEAUTIFUL EYES  
INVIGORATING MINI-TREATMENTS  
FOR A RADIANT APPEARANCE

- › Eyebrow shaping
  - › Acu-pressure eye massage incl.  
intensive eye treatment with  
products from THE ORGANIC  
PHARMACY
  - › Eyebrow or eyelash colouring
- 40 PAMPERING MINUTES 39 EUROS

## TREAT YOURSELF TO SOMETHING SPECIAL: LUXURY FACE CARE.



### PEDICURES OR MANICURES

Classic treatments for well-groomed  
hands or feet with products from OPI.  
45 PAMPERING MINUTES 38 EUROS

### STEIGENBERGER SPA MANICURE

With products from OPI

- › Smoothing peeling
- › Classic manicure
- › Nourishing paraffin bath
- › Pampering hand massage
- › Varnish

85 PAMPERING MINUTES 75 EUROS

### STEIGENBERGER SPA PEDICURE

With products from OPI

- › Smoothing peeling
- › Relaxing foot bath
- › Classic pedicure
- › Pampering foot massage
- › Nourishing mask
- › Varnish

85 PAMPERING MINUTES 75 EUROS

#### THALGO ALGAE-CREAM PEELING

Nourishing body peeling with warm, highly effective algae extracts. The creamy algae mousse uses exfoliating particles to rid your body of dead skin cells. The massage improves your complexion, stimulates the micro-circulation and has a cleansing effect.

45 PAMPERING MINUTES 50 EUROS

#### THALGO MER & SENS PEELING RITUAL

A warm, maritime cocktail of sea salt and extracts from micro-pulverised algae removes dead skin cells, cleanses intensively and provides the skin with minerals, trace elements, vitamins and amino acids from the ocean. Exquisite essences of lavender, magnolia, Roman camomile and neroli nourish the skin and pamper the senses with calming fragrances. The skin is smoothed and toned using gentle movements and hot stones.

45 PAMPERING MINUTES 69 EUROS

#### ST BARTH SOFTNESS BODY PEELING MASSAGE WITH COCONUT OIL AND PAPAYA

A relaxing peeling massage that leaves your skin feeling soft, smooth and velvety. The fruit enzymes of fresh papaya, natural yoghurt and a special mineralised sea sand complex remove dead skin cells. Pure coconut oil provides the skin with long-term nourishment and pampers it with valuable nutrients.

45 PAMPERING MINUTES 50 EUROS

## A FEELING OF FRESHNESS: PEELINGS.





## INTENSIVE BODY CARE: PACKS.

*"Available to nobody  
but myself."*

### ST BARTH ELASTICITY

Intensive body pack with clay and fresh cucumber mousse in the floating bed. This treatment improves the complexion through the natural valuable minerals and vitamins found in clay and fresh cucumber mousse. Ivy, menthol and camphor activate and purify skin tissue while cold-pressed avocado oil supplies important nutrients. The result is a visibly tauter, more toned complexion.

45 PAMPERING MINUTES 50 EUROS

### THALGO ALGAE PACK

The micro-pulverised algae in this body pack neutralise the skin and stimulate the metabolism. The pack, applied in the floating bed, mineralises and moisturises; the skin and tissue are supplied with the valuable vitamins, trace elements and minerals contained in the algae. Pockets of fluid retention and fat deposits are broken down and the body regenerates itself, leaving you with a long-term sense of wellbeing.

45 PAMPERING MINUTES 50 EUROS



### THALGO PRÉLUDE MARIN

A heavenly composition of sea, salt, water and pure silt from the depths of the Dead Sea followed by a salt water rubdown. This treatment improves the circulation and firms and tones the skin. Relaxing, anti-inflammatory and re-mineralising. Also ideal for those with a tendency to allergies and skin problems.

60 PAMPERING MINUTES 65 EUROS

# PURE RELAXATION: MASSAGES.



*"Relaxation for all your senses."*

## HAWAIIAN TEMPLE MASSAGE LOMI LOMI NUI

Flowing, rhythmic movements and light stretching serve to release tensions and inner blockages. This healing technique uses the hands and forearms while your body is gently enveloped in nourishing coconut oil. Allow yourself to be swept away by the "Aloha Spirit" and enjoy inner and outer harmony!  
60 PAMPERING MINUTES 85 EUROS  
90 PAMPERING MINUTES 115 EUROS

## STEIGENBERGER CLASSIC & RELAX

A classic massage of your choice, designed to promote wellbeing and regeneration.  
30 PAMPERING MINUTES 38 EUROS  
60 PAMPERING MINUTES 68 EUROS  
90 PAMPERING MINUTES 85 EUROS

## FOOT REFLEXOLOGY MASSAGE

In this massage special hand movements are used on certain parts of the foot that are linked to specific organs. The entire body reaps the benefits, in the form of relaxation, pain alleviation and activation of the body's own powers of self-healing.  
45 PAMPERING MINUTES 69 EUROS

## HOT STONE MASSAGE

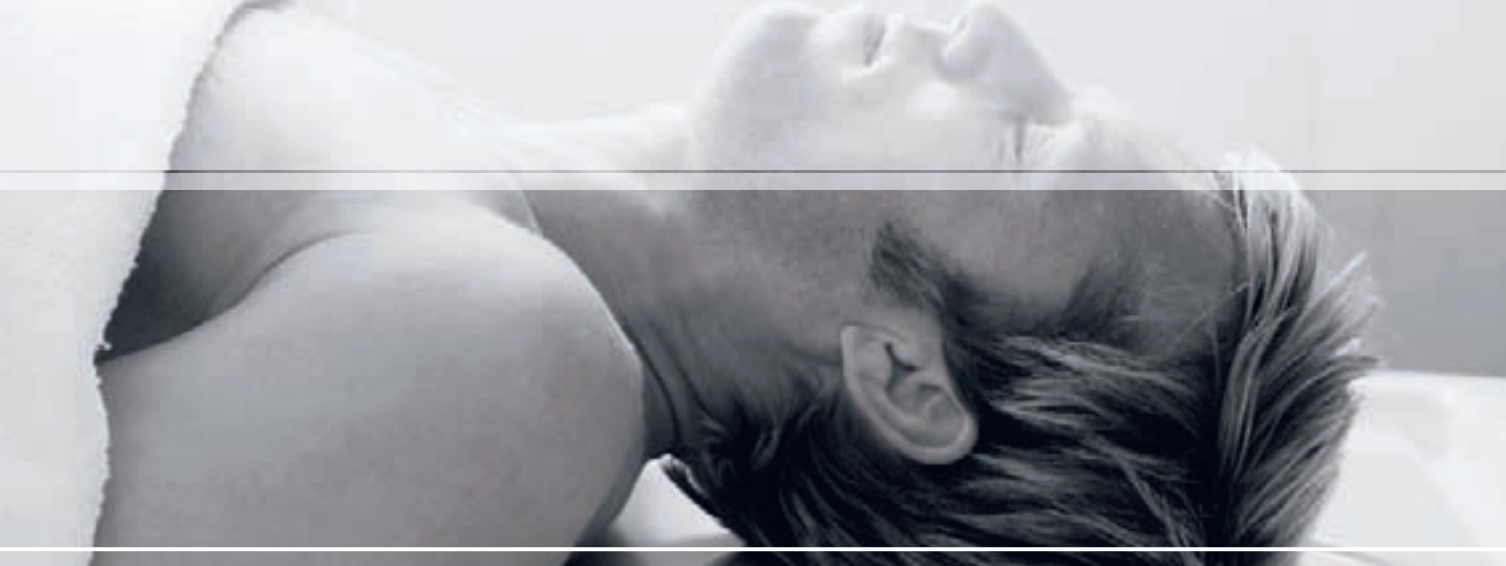
Warm and cold lava stones are used in this form of therapy to reactivate the body's own sources of energy and to restore physical and spiritual balance.  
90 PAMPERING MINUTES 115 EUROS



## ST BARTH HARMONY

Pampering aromatherapy whole body massage with exotic oils, whose fragrances stroke the soul and pamper the senses. Select pure, gently warmed coconut oil for intensive nourishment of particularly dry skin, cold-pressed avocado oil to provide support for particularly fine skin or ivy gel and menthol oil to strengthen tissues and outer skin. The lotion used for the closing treatment leaves you with a fragrant hint of the Caribbean.  
60 PAMPERING MINUTES 83 EUROS

# THE KNOWLEDGE OF LONG AND HEALTHY LIFE: AYURVEDA.



## MUKABHYANGA

Face and head massage with liberating pressure point massage and warm herbal oil poultice. Mukabhyanga is an ayurvedic relaxation treatment and a journey into inner peace.

45 PAMPERING MINUTES 58 EUROS

## ABHYANGA

With the very first laying on of hands, done in accordance with the ancient teachings, you will find your everyday cares falling away from you. During this ayurvedic whole body massage, sense how everything around you loses its importance. Give in to the feeling of lightness and experience deep relaxation. Original Indian herbal oils, designed for your Doshas, support the soothing effects of this massage.

60 PAMPERING MINUTES 85 EUROS

90 PAMPERING MINUTES 105 EUROS

## SVEDANA

A detoxifying ayurvedic herbal steam bath, ideal to follow the Abhyanga.

10 MINUTES 10 EUROS

## ABHYANGA & SHIRODHARA

Ayurvedic whole body massage with a Shirodhara treatment. In the Shirodhara treatment, warm sesame oil falls in a fine, even stream onto the forehead, gently calming the autonomic nervous system and washing away stress.

90 PAMPERING MINUTES 115 EUROS

## GARSHAN

Traditional ayurvedic whole body dry massage using raw silk gloves. This stimulates the connective tissue, diverts metabolic toxins and boosts the circulation.

45 PAMPERING MINUTES 60 EUROS

## UPANAHASVEDA

Ayurvedic back regeneration with special back massage followed by a healing herbal pack in the floating bed.

60 PAMPERING MINUTES 85 EUROS

## PADABHYANGA & MUKABHYANGA

Padabhyanga comprises the intensive treatment of feet, calves and knees with warm ghee (clarified butter). Combined with the gentle Mukabhyanga massage and the application of special herbal oils, this treatment relaxes body, head and nerves.

60 PAMPERING MINUTES 75 EUROS

# TIME FOR ME: PAMPERING PROGRAMMES FOR HIM AND HER.

*"With every pore  
of my being."*

## STEIGENBERGER AFTER WORK RELAX

- › Nourishing body pack in the floating bed
- › Soothing whole body massage
- › A freshly-squeezed vitamin drink
- 75 PAMPERING MINUTES 85 EUROS

## PRETTY WOMAN

- › STEIGENBERGER FACE CARE COMPLETE with products from THE ORGANIC PHARMACY
- › Manicure
- › Pedicure
- › A freshly-squeezed vitamin drink
- 180 PAMPERING MINUTES 155 EUROS

## STEIGENBERGER SPECIAL

- › ST BARTH SOFTNESS relaxing body peeling massage
- › ST BARTH ELASTICITY nourishing body pack in the floating bed
- › ST BARTH HARMONY aromatherapy whole body massage with the Caribbean elixir of your choice
- › ST BARTH PURENESS facial treatment
- › Pedicure or manicure
- › A freshly-squeezed vitamin drink and a fruit platter
- 240 PAMPERING MINUTES 215 EUROS



## THE ORGANIC PHARMACY CLEANSING DETOX BODY RITUAL

- › Stimulating body peeling based on lemon-eucalyptus oil and sea algae
- › Detoxifying body pack with high-mineral silt, sea algae and stimulating oils in the floating bed
- › Revitalising intensive whole body massage with detox oil
- › Closing treatment with moisturising body cream

90 PAMPERING MINUTES 139 EUROS

#### PRIVATE MAN'S SPA

- › Revitalising body pack in the floating bed
- › Short-and-relax soothing massage incl. warm aroma compress
- › Pedicure or manicure
- › A freshly-squeezed vitamin drink

105 PAMPERING MINUTES 115 EUROS

#### WITH NOURISHING FACIAL TREATMENT

165 PAMPERING MINUTES 175 EUROS

#### ST BARTH CARIBBEAN FLAIR

##### 100 % CARIBBEAN RELAXATION

- › ST BARTH SOFTNESS  
relaxing body peeling massage
- › ST BARTH ELASTICITY  
nourishing body pack in the floating bed

› ST BARTH HARMONY  
aromatherapy whole body massage with the Caribbean elixir of your choice

135 PAMPERING MINUTES 125 EUROS

#### STEIGENBERGER HAWAIIAN SPIRIT

- › Invigorating peeling massage with fresh papaya mousse
- › Rich body pack with red clay in the floating bed
- › Energising Hawaiian Lomi Lomi massage

› A freshly-squeezed vitamin drink

130 PAMPERING MINUTES 155 EUROS



## TIME FOR ME: PAMPERING PROGRAMMES FOR HIM AND HER.



#### NAMASTE AYURVEDA DAY

- › Sesame peeling with cured sesame oil
- › Ayurvedic facial treatment
- › Shirodhara: forehead oil treatment with warm sesame oil, calming and relaxing
- › Abhyanga: ayurvedic whole body massage with high-quality warm herbal oils
- › Svedana: detoxifying ayurvedic herbal steam treatment
- › Ayurvedic tea and power snack

180 PAMPERING MINUTES 185 EUROS

WITH A PRIVATE YOGA SESSION  
TOTAL 240 MINUTES 225 EUROS



## PAMPERING TIME FOR TWO: TREATMENTS IN THE PRIVATE SPA SUITE.



For all those who want to share their pampering experience, the Private Spa Suite offers optimal conditions for luxurious wellness hours spent together.

### CHAMPAGNE SPARKLE AN UNFORGETTABLE EXPERIENCE FOR ALL THE SENSES

With products from THALGO

- › Cream peeling
- › Blue lagoon bathing experience in the light and sound bath and a fruit snack
- › Velvet-and-silk whole body massage

Then relax with a glass of champagne in the king-size water bed with integrated solarium

**180 MINUTES 125 EUROS PER PERSON**  
90 minutes pampering time  
90 minutes relaxation time

### THALGO MÉMOIRE OCEANE THE MARITIME PAMPERING EXPERIENCE

- › Mémoire OCEANE peeling massage with salt crystals and algae leaves
- › OCEANE experience bath
- › Neo-Vital massage with warm algae pads and soft body stretching
- › Pack of self-warming algae mousse

Then relax in the king-size water bed with integrated solarium

**240 MINUTES 157 EUROS PER PERSON**  
150 minutes pampering time  
90 minutes relaxation time

### THALGO INDOCÉANE STEIGENBERGER WORLD TRIP

- › Mediterranean: energising lemon peeling for the body
  - › Egypt: precious milk bath in the light and sound bath
  - › India: vitalising massage with the sensuous fragrances of the Orient
  - › China: nourishing rice oil pack with jasmine and lotus fragrance
  - › White tea, Japanese bento box
- Then relax in the king-size water bed with integrated solarium
- 270 MINUTES 175 EUROS PER PERSON**  
150 minutes pampering time  
120 minutes relaxation time

### SUITE RELAX VERY CLOSE BUT FAR, FAR AWAY

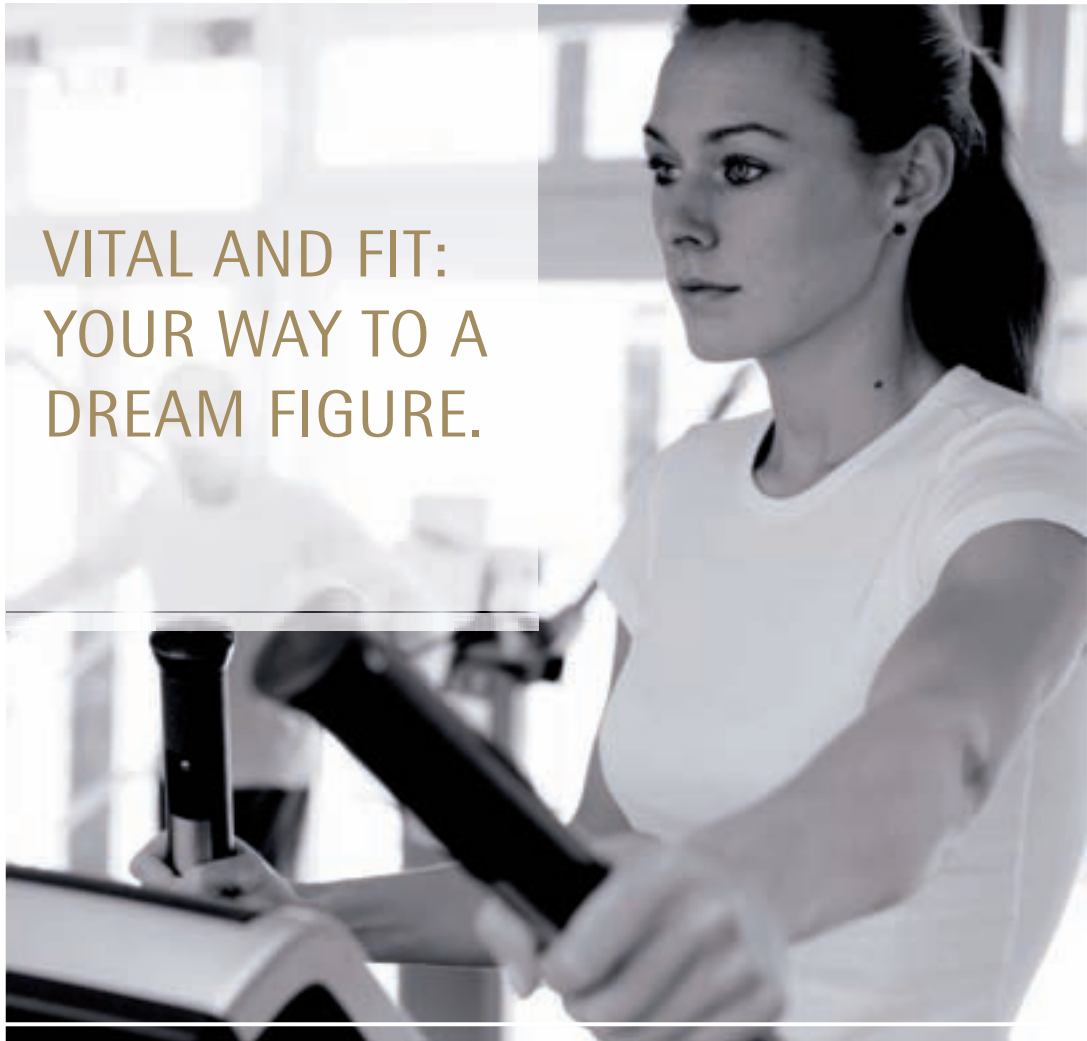
With products from LIGNE ST BARTH

- › Exotic nourishing bathing experience in the light and sound bath
- › Back massage with warm avocado or coconut oil
- › Petit fours and Prosecco

Then relax in the king-size water bed with integrated solarium

**120 MINUTES 99 EUROS PER PERSON**  
60 minutes pampering time  
60 minutes relaxation time

# VITAL AND FIT: YOUR WAY TO A DREAM FIGURE.



On our fitness floor, not only do we offer a wonderful view – we also provide the best training facilities using the latest apparatus, such as TechnoGym cardio exercise equipment inside and outside, TechnoGym multifunctional equipment station, ProVib vibration platforms to release painful tensions or the Keiser cable-pull Functional Trainer for a complete body workout.

## STEIGENBERGER PERSONAL TRAINING

Classic fitness training, pilates or yoga: work out with a personal trainer and receive your own individual fitness programme.

### FOR ANNUAL MEMBERS

60 MINUTES	60 EUROS
5-SESSION CARD	240 EUROS
10-SESSION CARD	400 EUROS

### FOR NON MEMBERS

60 MINUTES	100 EUROS
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## GROUP SESSIONS OF PILATES AND YOGA

Pilates combines breathing techniques, core strength exercises, coordination and stretching. The exercises are designed to tone and straighten the body. The physical exercises (asanas) of hatha yoga stretch, extend and strengthen muscles and ligaments. They keep the spine and joints supple and stimulate the circulation.

The exercises are run in small groups.

10-SESSION CARD	250 EUROS
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## ANNUAL MEMBERSHIP

- › Free use of the fitness area, panorama sauna, steam room and relaxation room
  - › 10 % discount on all treatments
  - › The option to purchase a discounted guest day card for 15 euros once a month
  - › Free use of towels, bathrobes and slippers
  - › Lemon water and wellness tea of the day are available free of charge
- |           |           |
|-----------|-----------|
| PER MONTH | 100 EUROS |
|-----------|-----------|





## TIME FOR WELLNESS: DAY CARDS AND GIFT VOUCHERS.

- DAY CARD**  
**STEIGENBERGER DAY SPA**
- › Use of the fitness area
  - › Use of panorama sauna, steam room and relaxation room
  - › Provision of bathrobe, towels and towelling slippers
  - › Wellness tea and lemon water
  - › 30 minute treatment: peeling, pack or massage
- 1 DAY IN THE DAYSPA      50 EUROS**

From a treatment value of 50 euros the use of the fitness area, sauna, steam room and relaxation room are free (including bathrobe, towels, towelling slippers, wellness tea and lemon water).

**STEIGENBERGER 10+1**  
When you purchase a 10-session card for one of our treatments you will – unless otherwise indicated – receive the 11th treatment free.



*"Where a thousand thoughts find peace,  
there is once more space for a feeling."*

**THE GIFT OF HAPPINESS: VOUCHERS**  
Time has become the luxury of our age. So what gift could be better than pampering time?

All treatments and pampering packages as well as the exclusive products of our partners are available in the form of gift vouchers. Naturally you can also purchase vouchers to a certain value.

Simply order your vouchers by phone or e-mail. We accept cash, EC or credit cards and bank transfers. We can also send gift-wrapped vouchers directly to the address of your choice.

### CHECK OUT

Before leaving the DaySpa please check out at the spa reception desk and return any locker keys.

### CLOTHING

A bathrobe (available in the hotel rooms or from the spa reception desk) is perfectly acceptable. Swimwear is not essential. Please wear indoor trainers in the fitness area.

### ENTRY

Members and hotel guests have free access to the fitness and wellness areas. For all other guests the conditions stated on page 28 apply. Please understand that we can only ever allow access to a limited number of day guests.

### EXTRAS

In addition to the free use of bathrobes, towels and towelling slippers we offer body shampoo, wellness tea and still water free of charge. À la carte drinks and snacks are available in the lobby.

### HEALTH

We request guests with heart or circulation problems and pregnant women to consult a doctor before undergoing treatments or using the spa. The health risks are the individual responsibility of the guest.

### MINIMUM AGE

Children under the age of 16 may only come in if accompanied by a parent. They are not permitted to use the fitness apparatus.

### MOBILE PHONES

We ask you to turn off your mobile phone while you are in the DaySpa.

### PAYMENT METHODS

Hotel guests can book on their hotel bills; day guests need to pay at the spa reception desk. We accept cash, EC cards and all popular credit cards.

### REGISTRATION/CHECK IN

Please check in at the spa reception desk at the start of each DaySpa visit. If you have an appointment for a treatment please check in at least 5 minutes beforehand.

### RESERVATIONS

Please make your advance booking in good time. Reservations are binding. If you are unable to attend an appointment please cancel with at least 24 hours notice or we will have to charge you for 80 % of the cost.

### RIGHT OF RETURN

Treatment packages, vouchers and products may not be exchanged or returned. There is no cash exchange for vouchers.

### SMOKING

Smoking is not allowed anywhere in the DaySpa.

### VALUABLES

Please leave your valuables in the room safe or hotel safe (at reception). The hotel cannot accept responsibility for lost or stolen valuables.

## GOOD TO KNOW: SPA ETIQUETTE.



**STEIGENBERGER DAYSPA**  
in the STEIGENBERGER HOTEL  
HAMBURG  
Heiligengeistbrücke 4  
20459 Hamburg

The DaySpa is accessed via the main entrance of the STEIGENBERGER HOTEL HAMBURG and is located on the 5<sup>th</sup> floor.

Parking is available for a fee in the public car park in Basement Level 1 of the hotel.

Price changes and errors excepted.

**OPENING TIMES:**  
Monday to Saturday from  
10 a.m. to 10 p.m.  
Sundays and Bank Holidays from  
10 a.m. to 9 p.m.  
Fitness area open daily from 6 a.m.

**APPOINTMENTS AND INFORMATION:**  
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Fax: + 49 40 36 806-276  
dayspa@hamburg.steigenberger.de