

# DER PANORAMA SPA

A place for  
body, mind and soul



Spa and wellness  
treatments

DAS TEGERNSEE |

# Massages

## Full body aromatic oil massage

CLASSIC | INDIVIDUAL | SOOTHING

60 minutes | € 150

90 minutes | € 195

Let yourself be indulged with this holistic massage that harmonises body, mind and soul – tailored to your individual needs and desires. Enjoy the comforting benefits of warm almond oil, nourishing your skin, paired with a carefully chosen aromatic oil for a truly sensual experience.

The 90-minute time-out begins with a relaxing foot bath and is rounded off with soothing hot compresses for the feet, shoulders and neck – a perfect symbiosis of relaxation and refreshment.

Combine with a pampering bath

80 minutes | € 170

Enhance your sense of well-being by combining the full-body aromatic oil massage with a pampering bath. This creates a complete escape that perfectly combines deep relaxation, skincare and sensual vitality.

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45 minutes | € 110

## Relax & move back massage

LOOSENING | INVIGORATING | MOBILISING

This treatment, featuring soothing herbal oils, gently warms and stimulates blood circulation in the muscles, easing stubborn tension. Your muscles and joints are revitalized, receiving a boost of energy. The back massage is complemented by metabolism-stimulating compresses on the shoulders and neck, providing additional relief. Especially recommended for muscle tension and joint discomfort. Your skin is cared for with products by Pharmos Natur.

# ... for Body, Mind & Soul

## Stress release massage

60 minutes | € 150

CALMING | RELAXING | REVITALISING

The stress release massage offers a comforting escape, allowing you to unwind deeply and recharge. Using special oils that ease tension, it fosters a profound sense of well-being, harmonizing both body and mind. Focused attention is given to the head, neck and feet, with targeted techniques that reduce stress and promote regeneration.

Your skin is cared for with products by Pharmos Natur.

Combine with a revitalising bath

80 minutes | € 170

Combine the stress release massage with a revitalising bath:

It stimulates circulation and muscles, aids recovery after exercise, and gives you a noticeable boost of energy and inner balance.

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## Hot stone massage

90 minutes | € 195

WARMING | REGENERATING | SOOTHING

Immerse yourself in the world of hot stone massage, where warm basalt stones glide gently over your body. The comforting heat stimulates blood circulation in your muscles, boosts metabolism and promotes deep relaxation of body, mind and soul. After the massage, the stones are placed specifically on your body, inducing profound calm and serenity. Nurturing oils intensify the healing effect and provide lasting pampering.

## Foot reflex massage

45 minutes | € 110

ACTIVATING | HOLISTIC | DEEPLY EFFECTIVE

Experience the calming effect of a targeted pressure point application that activates the foot reflex zones and envelops your feet in a deeply relaxing massage. This special treatment begins with a nourishing aromatic oil foot bath to indulge your senses and concludes with soothing foot compresses for ultimate relaxation. A truly holistic experience for both your feet and your inner peace.

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## Sports massage

30 minutes | € 75

STIMULATES BLOOD CIRCULATION | EFFECTIVE | REGENERATIVE

Treat yourself to a 30-minute break that specifically targets stressed muscle groups. Our sports massage releases adhesions, relieves tension and stimulates blood circulation – for noticeably greater flexibility and well-being. Whether after an intense workout, a hike or a long bike ride: this massage supports faster recovery, improves mobility and is the perfect complement to your active lifestyle. Ideal for athletes, active people and anyone who wants to do something good for their body.

# *For the mom-to-be*

## Massage for the mom-to-be

60 minutes | € 150

RELAXING | GENTLE | SOOTHING

This feel-good treatment for expectant mothers in the fourth to seventh month gives a feeling of lightness in the legs and provides noticeable relief in the neck, shoulders and back. The massage is carried out according to your wishes, either on your side or back, to offer you the best possible relaxation and support. A precious moment of rest and relaxation for you and your baby. Your skin is cared for with products by Pharmos Natur.

Between the first and third and in the eighth and ninth month of pregnancy, we recommend a relaxing facial treatment instead of a massage.

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### Further recommendations:

- \_ Love your age – Revitalising herbal peeling (p. 10)
- \_ Intensive moisturising body wrap (p. 10)
- \_ Cosmetics & facial treatments (p. 11)
- \_ Manicure & pedicure (p. 13)

# Ayurveda

## Abhyanga (Full body massage)

75 minutes | € 185

RELAXING | STRENGTHENING | SOOTHING

Gentle, flowing movements allow deeply nourishing Ayurvedic oils – traditionally sesame oil – to be absorbed into the body from head to toe. This holistic treatment focuses on detoxifying the body, while at the same time activating the body's self-healing powers and intensively nourishing the skin. The journey begins with a soothing Ayurvedic foot bath that revitalises your senses and ends with a calming Ayurvedic tea, perfectly matched to your personal dosha (Ayurvedic type).

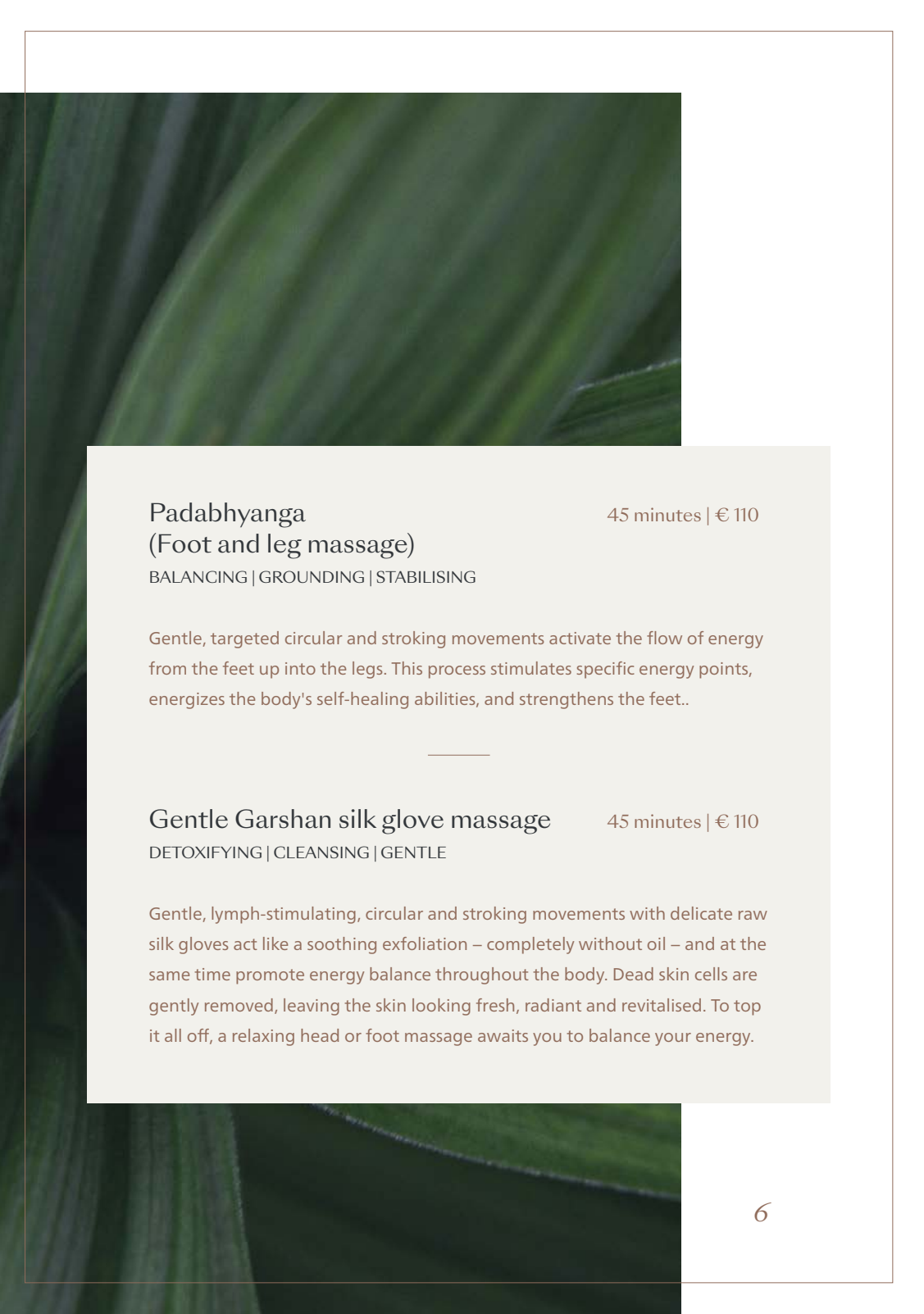
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## Mukabhyanga (Head and facial massage)

45 minutes | € 110

BALANCING | CLARIFYING | HARMONISING

Through gentle, targeted circular movements, this special Ayurvedic massage harmonises the flow of energy. The focus is on the vital and energy points around the ears, forehead, face, head, neck and décolleté.

A close-up photograph of green leaves, likely from a plant like aloe vera, with prominent veins. The leaves are slightly out of focus, creating a soft, natural background for the text.

## Padabhyanga (Foot and leg massage)

45 minutes | € 110

BALANCING | GROUNDING | STABILISING

Gentle, targeted circular and stroking movements activate the flow of energy from the feet up into the legs. This process stimulates specific energy points, energizes the body's self-healing abilities, and strengthens the feet..

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## Gentle Garshan silk glove massage

45 minutes | € 110

DETOXIFYING | CLEANSING | GENTLE

Gentle, lymph-stimulating, circular and stroking movements with delicate raw silk gloves act like a soothing exfoliation – completely without oil – and at the same time promote energy balance throughout the body. Dead skin cells are gently removed, leaving the skin looking fresh, radiant and revitalised. To top it all off, a relaxing head or foot massage awaits you to balance your energy.

# Detox & herbs

## Detox body massage

60 minutes | € 150

CELL-ACTIVATING | CLEANSING | LYMPH-STIMULATING

This metabolism-stimulating massage unfolds its full effect through targeted hand movements and the application of special detox oils, which activate the lymph flow, tighten the connective tissue and gently detoxify the body. Ideal for detoxing, relieving congestion and swelling as well as visibly reducing cellulite. The treatment focusses on the legs, stomach and arms. Your skin is cared for with products by Pharmos Natur.

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## Herbal relaxing time

60 minutes | € 150

DETOXIFYING | METABOLISM-ACTIVATING | INDULGENT

The herbal relaxing time begins with a relaxing Swiss stone pine oil foot bath. This is followed by a metabolism-activating herbal hay wrap and an indulgent hand and foot massage. As the crowning finale, calming and warming foot compresses are applied.



## Panorama Spa Deluxe

90 minutes | € 195

UNIQUE | EXCLUSIVE | DELUXE

An all-round wellness experience for your mental and physical well-being! This signature treatment, exclusively in our DER PANORAMA SPA, is individually tailored to your wishes. Start with a nourishing Swiss stone pine oil foot bath, followed by a full-body massage that is customised to your personal needs. Then enjoy a 20-minute rest period with a metabolism-activating hay wrap, a muscle-loosening mud pillow and a relaxing eye pillow. This deluxe package concludes with hot compresses to stimulate circulation in the shoulders and neck, complemented by soothing foot compresses to enhance your relaxation experience.

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## Soothing rhassoul

30 minutes | € 50 or € 75

1 or 2 persons

Experience a traditional full-body treatment using healing clay. The mineral-rich mud deeply cleanses the skin, has a revitalising effect and supports the body's natural detoxification process – leaving your skin feeling noticeably clean and nourished.

# Body wrap & scrub

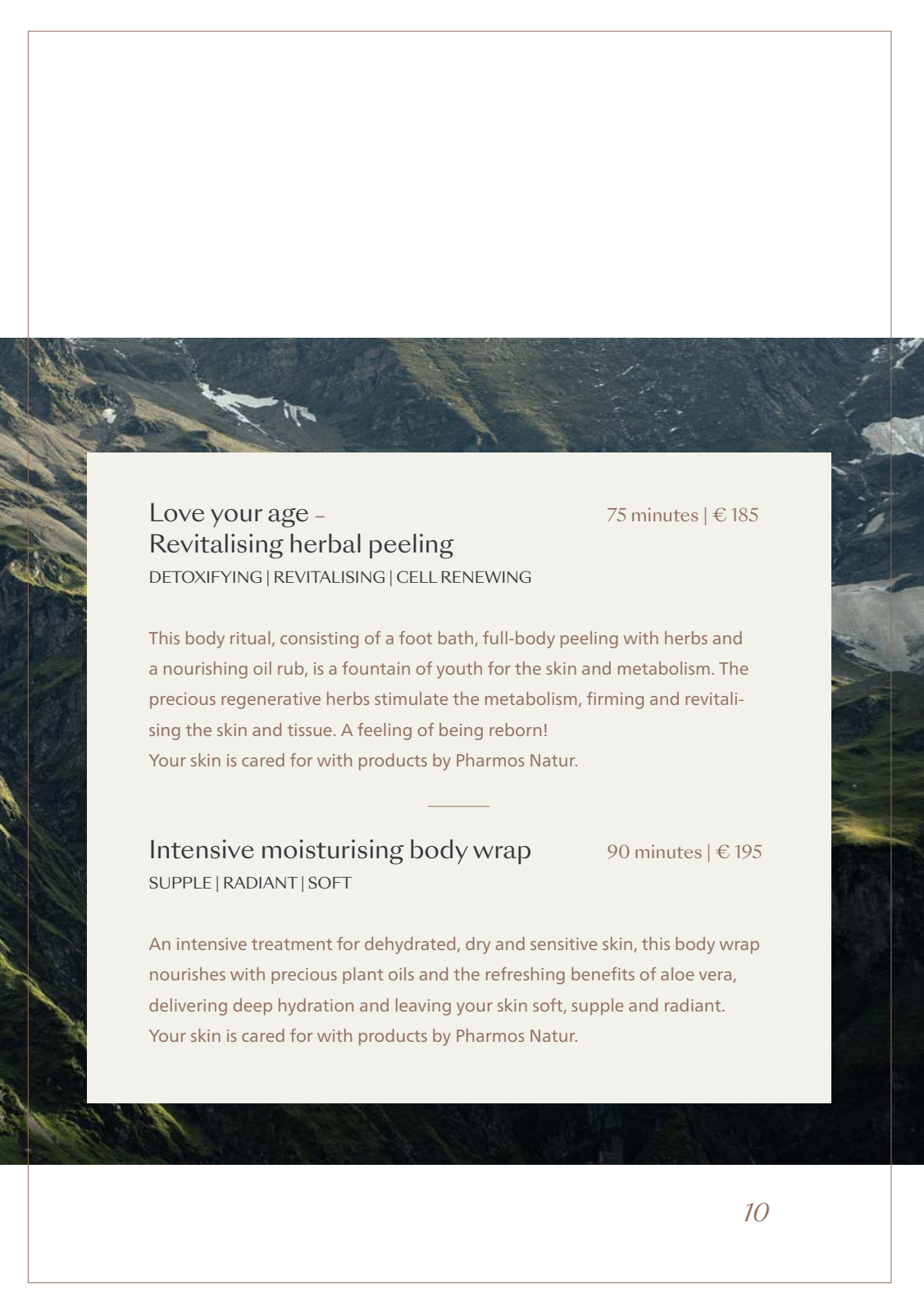
## Active nature body wrap

30 minutes | € 45

ACTIVATING | REGENERATING | PURIFYING

The powerful combination of herbal oils, hay and peat promotes harmonious energy balance, strengthens the body's natural rhythm and supports muscle function as well as general well-being. The active nature body wrap is the perfect solution for regenerating tired legs and feet, relieving muscle tension and stimulating the metabolism in three effective ways.

1. The peat cushion promotes blood circulation in the back muscles.
2. The hay wrap has an intensive metabolism-activating effect.
3. The herbal oils stimulate the regeneration of tired, stressed legs.



Love your age –  
Revitalising herbal peeling

75 minutes | € 185

DETOXIFYING | REVITALISING | CELL RENEWING

This body ritual, consisting of a foot bath, full-body peeling with herbs and a nourishing oil rub, is a fountain of youth for the skin and metabolism. The precious regenerative herbs stimulate the metabolism, firming and revitalising the skin and tissue. A feeling of being reborn!

Your skin is cared for with products by Pharmos Natur.

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Intensive moisturising body wrap

90 minutes | € 195

SUPPLE | RADIANT | SOFT

An intensive treatment for dehydrated, dry and sensitive skin, this body wrap nourishes with precious plant oils and the refreshing benefits of aloe vera, delivering deep hydration and leaving your skin soft, supple and radiant.

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# Cosmetics & facial treatments

## For HER

### Detox face treatment

60 minutes | € 150

DETOXIFYING | NOURISHING | CLEANSING

A freshness kick for your skin! This treatment begins with a gentle cleansing, followed by an exfoliation that leaves the skin radiant. An eyebrow shaping treatment ensures clear contours before a cooling aloe vera fresh plant leaf massage and a relaxing facial massage nurture your skin. A soothing mask paired with a nourishing treatment will leave your skin looking refreshed and nourished. Finally, your eyes and lips receive special care. Skin impurities can be removed on request. Ideal for combination skin, blemished skin and for detoxing. Your skin is cared for with products by Pharmos Natur.

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### Love your age power face treatment

60 minutes | € 150

NOURISHING | REGENERATING | REJUVENATING

Experience an intensive rejuvenating treatment for your skin with highly effective medicinal plants and rich hyaluronic acid products. This treatment is particularly suitable for tired, demanding skin, mature skin and skin with loss of elasticity. Your skin is cared for with products by Pharmos Natur.

# ... für SIE & IHN

## Deep nourishing face treatment

75 minutes | € 185

REFRESHING | NURTURING | LYMPH-STIMULATING

Experience the powerful effect of this anti-ageing facial treatment, which provides a biodynamic lifting massage for noticeably smoother skin and firmer contours. The Guasha gemstone used not only promotes blood circulation, but also enables the nutrient-rich products to be absorbed even deeper into the tissue. Cooling eye roll massage sticks provide additional comforting refreshment around the eyes and forehead, leaving you looking fresh and rested. Your skin is cared for with products by Pharmos Natur.

## For HIM

### Face treatment 'Nature of men'

60 minutes | € 150

RELAXING | NOURISHING | INDULGENT

Suitable for all men's skin. This treatment is individually customised to your skin type.

Facial cleansing | Exfoliation | Purification on request | Facial massage with fresh aloe vera | Moisturising fleece mask | Finishing treatment

Your skin is cared for with products by Pharmos Natur.

# Manicure & pedicure for HER & HIM

## For HER

**Manicure with nail oil** 50 minutes | € 85

Classic manicure | Hand massage | Nail oil

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**Manicure with vegan transparent  
or coloured nail polish by NAILBERRY** 70 minutes | € 95

Classic manicure | Hand massage | Transparent or coloured nail polish

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**Pedicure with nail oil** 50 minutes | € 85

Foot bath | Foot scrub | Classic pedicure with foot massage | Nail oil

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**Pedicure with vegan transparent  
or coloured nail polish by NAILBERRY** 70 minutes | € 95

Foot bath | Foot scrub | Classic pedicure with foot massage |

Transparent or coloured nail polish

## For HIM

**Hand care / Manicure with nail oil** 50 minutes | € 75

Classic manicure | Hand massage | Nail oil

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**Foot care / Pedicure with nail oil** 50 minutes | € 85

Foot bath | Foot scrub | Classic pedicure with foot massage | Nail oil

# Contact & information

## Your time-out

Let our spa experts advise you and arrange your very personal and individual time-out in our PANORAMA SPA. All treatment times include a preliminary consultation and relaxation time.

Telephone: +49 (0) 8022 182-561 | E-Mail: [spa.rezeption@dastegernsee.de](mailto:spa.rezeption@dastegernsee.de)

Due to the high demand, we recommend that you book your desired appointments as early as possible in advance.

## Arrival for the treatment

Please arrive at the spa reception 10 to 15 minutes before your appointment. This will give you enough time to enjoy a cup of fresh tea in peace and get in the mood for your treatment. We ask for your understanding that late arrival will shorten your treatment time in consideration of other guests.

## Your health

We would like to cater to your individual wishes during the treatment. We will therefore ask you in advance what is particularly important to you. Competent advice is an integral part of your relaxing time-out and is very important to us. Please inform us of any specific health requirements, as certain treatments may not be suitable for you.

## Cancellation policy

Please note that your reservation can be cancelled free of charge up to 24 hours before the start of the treatment. We reserve the right to charge 100% of the booked treatment for appointments that are not cancelled on time or not attended.



+49 (0) 8022 1 82-561 | [spa.rezeption@dastegernsee.de](mailto:spa.rezeption@dastegernsee.de) | [www.dastegernsee.de/en](http://www.dastegernsee.de/en)