

## Your perfect time-out at DAS TEGERNSEE | Spa

There is a place between heaven and earth...for me.

Look forward to inspiration on how you can experience your time in our hotel even more intensively.

The treatments we have put together for you offer you additional opportunities for relaxation and incomparably wonderful hours at DAS TEGERNSEE | Spa.



### Relaxation & indulgence | € 229

Your holistic relaxation

#### Contents:

- **Anti stress deep relaxation | 60 min**  
Deep relaxation and deceleration for body and soul. The ideal massage to reduce stress and feel balanced on all levels.
- **Mukabhyanga face, head and neck massage | 30 min**  
Gentle massaging of certain marma points (vital points) in the head, face and neck area stimulate the energy flow and blood circulation. Worries, stress and anxiety are reduced. Natural beauty as well as a feeling of vitality and well-being remain.
- **Padabhyanga foot and leg massage | 30 min**  
Strengthening and stabilizing effect on body and mind for a lasting feeling of vitality and grounding. Special grips and strokes on certain vital areas of the feet, calves and knees have a positive effect on the body, organs and glandular systems. Restlessness, nervousness and exhaustion disappear.



### Sport & activity | € 229

Fit with invigorating moments

#### Contents:

- **Padabhyanga foot and leg massage | 30 min**  
Strengthening and stabilizing effect on body and mind for a lasting feeling of vitality and grounding. Special grips and strokes on certain vital areas of the feet, calves and knees have a positive effect on the body, organs and glandular systems. Restlessness, nervousness and exhaustion disappear.
- **Massage „Time for me“ | 60 min**  
A holistic feel-good treatment - tailored to your individual needs. Discuss the focus of the massage with the spa experts and enjoy your personal time-out - „Time for me“.
- **Foot reflex zones | 30 min**  
This soothing treatment uses the nerve connections between the feet and various parts of the body to achieve a holistic effect. Finger pressure and massage of the reflex zones have a direct effect on body parts and organs.



## Beauty & care | € 529

The best for body, mind and soul

### Contents:

- **„Time for me“ facial treatment | 60 min**  
Your pampering treatment for the care of your face, neck and décolleté - tailored to the individual needs of your skin. We offer you unique relaxation and spoil you with products from the natural cosmetics line Pharmos Natur.
- **Abhyanga full body massage | 90 min**  
Pleasantly warm sesame oil pours open this Ayurvedic ceremony, followed by an energetic massage. The focus is on detoxifying the body. Self-healing powers are activated and the skin is nourished.
- **Anti stress deep relaxation | 60 min**  
Deep relaxation and deceleration for body and soul. The ideal massage to reduce stress and feel balanced on all levels.
- **Manicure with nail oil | 50 min**  
Everything for healthy, beautiful hands: Hand bath | hand scrub | cuticle care | treatment with nail oil
- **Pedicure with nail oil | 50 min**  
An intensive cosmetic program for well kept feet: Foot bath | foot scrub | nail and callus care | treatment with nail oil

For further information and booking please call +49 (0)8022 182 570  
or [reservierung@dastegernsee.de](mailto:reservierung@dastegernsee.de)