

SPA & RETRREAT

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THE PERFECT BREAK

How wonderful it is to be in the right place – and then to consciously take some time for yourself. A spa treatment with us is more than just relaxation: it is a moment to pause, recharge your batteries and consciously let go. Treat yourself to this break – for renewed energy, inner balance and an all-round sense of well-being.

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**TO MAINTAIN YOUR HEALTH AND
YOUR OVERALL WELL-BEING.**



RENATA REIMANN

A spa concept offering a holistic relaxation experience.



HOLISTIC MASSAGE APPROACHES



FINDING PEACE

An extraordinary 'Finding Peace...' journey inspired by the refined art of Japanese massage techniques.

This specially developed anti-stress massage targets the deep tissue layers where emotional tension and everyday stress manifest themselves. A sensuous interplay of warm lava stones and cooling, fresh aloe vera leaves intensifies the effect. The warmth releases blockages, whilst the cooling (slightly warmed in winter) aloe vera soothes and nourishes the skin with valuable nutrients.

INTENSITY

Gentle to medium

80 mins | €150





BEING IN HARMONY

A 100-minute holistic treatment experience that combines a deeply relaxing ***full-body massage*** and a ***classic facial treatment*** into a flowing, harmonious rhythm, creating a unique, seamless experience.

A high-quality premium hydrogel mask containing hyaluronic acid, konjac root, Indian senna and soothing panthenol enhances the treatment experience, provides deep-acting hydration and restores the skin's elasticity and freshness.

The treatment is also ideal for men who are looking for effective, relaxing and straightforward skincare.

INTENSITY

Gentle to moderate

100 mins | €190





POWERFULLY GROUNDED

A soothing combination of a deeply relaxing ***full-body massage*** and ***invigorating foot reflexology***, which gently encourages the flow of new energy.

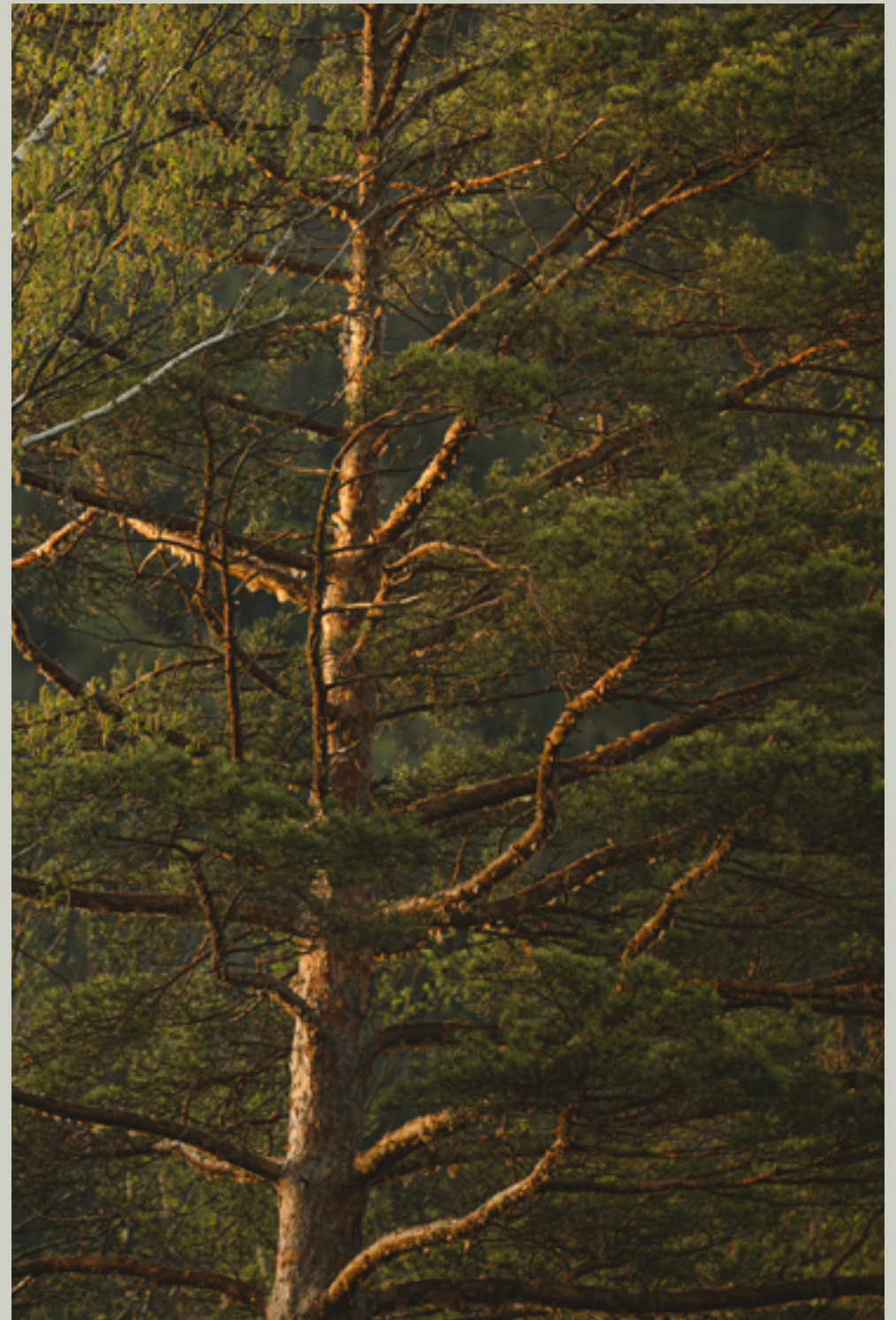
The reflex zones are specifically targeted during the massage to harmonise the body, promote blood circulation and create a sense of deep grounding.

INTENSITY

Medium, stimulating

80 mins | €140

Available with soothing aromatic oil on request | €5



WELLBEEING MESSAGES



WELLBEEING MESSAGES

Relaxation and rejuvenation. A break and a holistic experience for body, mind and soul. Gentle movements, personalised techniques and high-quality oils promote your inner balance, relieve tension and restore your energy.

INTENSITY

Gentle to moderate

Partial body 40 mins | €85

Full body 60 mins | €100

Full body 80 mins | €130

Available with soothing aromatic oil on request | €5

ANTI-STRESS MESSAGES



ANTI-STRESS MESSAGES

Combines selected massage techniques with the Japanese art of massage to promote relaxation and stress relief. Ideal for people experiencing high levels of everyday stress.

INTENSITY

Gentle to moderate, flowing

HIKARI *Inner Clarity*

Back | Neck | Head | Face | Jaw

40 mins | €85

60 mins | €100



HOT STONE FULL-BODY MASSAGE

The gentle warmth of the basalt stones and harmonious, flowing movements across the entire body create a feeling of deep comfort. The soothing warmth penetrates deep into the muscles, relieving tension and restoring balance to the flow of energy.

Ideal for anyone who loves warmth and wishes to enjoy a particularly calming, rejuvenating break.

INTENSITY

gentle

60 mins | €120

Available with soothing aromatic oil on request | €5



ALPINE SWISS STONE PINE MASSAGE

“Relaxation with the power of the mountains”

A deeply harmonising massage using warm Swiss stone pine sticks and precious Swiss stone pine oil.

The sticks relieve tension, stimulate blood circulation and impart a feeling of lightness.

The soothing scent of Swiss stone pine allows the mind to find peace and connects the body with nature in a special way.

INTENSITY

gentle to moderate

60 mins | €150



LYMPH BALANCE – GENTLE REGENERATION

A gentle, rhythmic treatment that supports the natural flow of lymph and promotes a feeling of lightness throughout the body. Precise, gentle massage techniques have a deeply relaxing effect, harmonise your sense of well-being and relieve strain on the body in a natural way. It calms the autonomic nervous system and is particularly suitable for guests who prefer a subtle, soothing yet effective wellness treatment.

INTENSITY

Gentle

60 mins | €100

MASSAGES FOR ATHLETES



SPORTS MESSAGES

Relaxation and targeted recovery for active people. Whether you're cycling up mountains, honing your swing on the golf course, hiking through the countryside for hours on end, or tackling the slopes in winter – every sport places its own unique demands on your body. That's why we tailor each massage individually to your sporting activities.

INTENSITY

Moderate to intense

FOR GOLFERS

Focus on the shoulders, back, forearms and wrists – to relax the muscles, improve mobility and prevent pain caused by overexertion.

FOR CYCLISTS

Intensive work on the neck, back, buttocks and legs – to relieve tension caused by the sitting position and to promote blood circulation in heavily strained muscle groups.

FOR MOUNTAINEERS

Relief for feet, calves and back – ideal for recovery after long hikes and for preventing muscle stiffness.

FOR SKIERS

Deep-tissue massage for the thighs, knees, back and shoulders – to aid recovery after intense runs and improve mobility. Each treatment is tailored to your individual needs – for improved performance, faster recovery and an all-round sense of well-being.

60 mins | €130



EVERYTHING FOR THE FEET

A boost for the body and your wellbeing. This holistic method uses specific pressure points on the feet that are linked to organs and bodily systems. Gentle stimulation encourages the flow of energy and supports the body's self-regulation.

INTENSITY

Medium to intense

60 mins | €100





Important information

Massages are not possible during pregnancy up to the third month. From the fourth to the eighth month, they can generally be enjoyed without any concerns, provided the pregnancy is progressing normally.

The treatment takes place in a comfortable side-lying position using a special cushioning system. Sensitive areas are treated with care, acupressure points are avoided, and the body is relaxed using gentle techniques. Please read the medical history form carefully at home beforehand and discuss any concerns with your doctor or midwife. A massage is only possible if none of the contraindications listed on the form apply.

From the sixth month onwards, an accompanying person is required, as the route to the massage room involves stairs.

BABYMOON

Gentle pregnancy massage – a sense of well-being for you and your baby.

Treat yourself to a soothing break: our specially tailored pregnancy massage supports and relaxes you from the 4th to the 8th month.

INTENSITY

gentle

60 mins | €120



MOM HARMONY MASSAGE

This postnatal wellness massage offers the body deep relaxation and a sense of renewed lightness following the intense period of pregnancy. The focus is on those areas of the body that had to work particularly hard to support the body during pregnancy and are therefore often tense or fatigued. Using warm, flowing strokes, gentle fascia work and mindful touch, the whole body is harmonised and supported in its natural return to balance.

INTENSITY

gentle to moderate

Partial body 40 mins | €85

Full body 60 mins | €100

Full body 80 mins | €130

Available with soothing aromatic oil on request | €5

FACIAL TREATMENTS



Certified natural cosmetics

Extremely gentle on the skin. Cosmetically effective.



PRODUCTS ARE AVAILABLE AT RECEPTION.



Dr. Hauck

CLASSIC FACIAL TREATMENT FOR HER OR HIM

Non-invasive, natural, effective, transformative.

We work in harmony with your skin – gently and naturally, without invasive procedures. Using the power of nature, mindful touch and holistic knowledge, we help your skin to find its balance and glow from within.

Every treatment begins with a personalised skin analysis and a brief consultation to understand your current needs – physical, emotional and energetic. Whether your skin is stressed, sensitive or mature, we carefully select botanical active ingredients, manual techniques and relaxing elements to nourish, soothe and revitalise your skin.

INTENSITY

Gentle to invigorating, revitalising

60 mins | €100



CLASSIC **FACIAL TREATMENT WITH** ***PREMIUM HYDROGEL MASK***

Non-invasive, natural, effective, transformative.

A high-quality premium hydrogel mask containing hyaluronic acid, konjac root, Indian senna and soothing panthenol enhances the treatment experience, provides deep-acting hydration and restores the skin's elasticity and freshness.

INTENSITY

Gentle to invigorating, revitalising

70 mins | €120





PREMIUM FACIAL TREATMENT FOR MEN

Non-invasive, natural, effective, revitalising.

A facial treatment specially developed for men, featuring a thorough deep cleanse and a gentle enzyme peel for a clearer, smoother complexion. The Gua Sha massage, which is particularly gentle on facial hair, supports lymphatic drainage, boosts blood circulation and gives the complexion a fresh new glow.

An intensely moisturising hydrogel mask soothes and revitalises the skin. The treatment concludes with a soothing head, neck and shoulder massage for deep relaxation and renewed energy.

INTENSITY

Gentle to invigorating, revitalising

80 mins | €160





THE JAPANESE ART OF LIFTING MASSAGE ‘SAKURA SEASON’

The cherry blossom season symbolises renewal and reawakening.

A highly effective ritual based on five pillars:
deep tissue massage, relaxation,
lymphatic drainage, lifting, acupressure.

The most advanced, non-invasive Japanese massage techniques with outstanding lifting effects. Their complexity and intensity reach right down into the deepest muscle layers. The swift and precise movements stimulate regenerative processes in the facial skin and tissue. Accompanied by high-quality natural cosmetics.

60 mins | €120

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MYOFASCIAL LIFTING MASSAGE

INTENSITY

Gentle to invigorating

An innovative facial treatment that combines deep-acting myofascial techniques with targeted lymphatic stimulation to release tension in the facial muscles, promote blood circulation and visibly firm the skin – all without any invasive procedures.

Manual work on the fascia – the network of connective tissue beneath the skin – reactivates the tissue’s natural elasticity. Tension caused by facial expressions, which often leads to wrinkles, is gently released. The result: a fresh, lifted appearance, defined contours and a radiant complexion. Ideal for stress-related facial tension and a tense jaw area. The treatment has a pleasantly soothing effect, relaxes the facial features and helps the skin to retain its smooth, fresh radiance.

60 mins | €120

GUA SHA

INTENSITY

Gentle

Gua Sha ritual – an effective technique for skin firming, relaxation and natural regeneration. Gentle strokes with the Gua Sha stone stimulate lymphatic drainage, relieve congestion and visibly reduce swelling. For a clear, refreshed complexion and a natural glow.

60 mins | €100



Your health and
well-being are very
important to us.

Contraindications for Japanese Lifting Massage, Myofascial Lifting Massage and Gua Sha.

Although these massages are based on gentle yet deeply effective techniques, there are certain situations in which they are not recommended, or only recommended to a limited extent. Please check the information before your treatment or contact us directly if you are unsure. Contraindications may include, amongst others:

- Abscesses, tooth root infections
- Recent dental procedures or surgery in the facial area
- Acute skin conditions or infections on the face (e.g. cold sores, eczema, open wounds)
- Severe couperose or rosacea during an acute flare-up
- Feverish infections or flu-like symptoms
- Recent Botox or filler treatments (please allow at least 2 weeks' interval)
- Blood clotting disorders or taking strong blood-thinning medication
- Unexplained swelling or pain in the facial area (medical assessment recommended)

Important: In the case of chronic conditions, pregnancy or specific medical circumstances, please consult us in advance. Your safety and well-being are our top priority.

USEFUL INFORMATION

YOUR TIME OF RELAXATION WITH US

You are, of course, welcome to book your treatment appointment directly at our reception between **8.00 am and 8.00 pm. Please allow 24 hours' notice.**

If you'd like to start looking forward to your personal pampering session whilst you're still at home, we recommend booking treatments ideally **around 7 days before your arrival** – this way, you'll secure your preferred dates.

We are also happy to take bookings by telephone on **08052 95 759 100** or by email at **info@agrad-chalets.de**.

TREATMENT

Before your treatment begins, we also ask you to complete a short medical history form so that our therapists can tailor their approach to your individual needs and any specific health considerations.

We recommend that you take a warm shower before each treatment – it relaxes the body, prepares the skin perfectly for our high-quality massage oils and enhances your overall sense of well-being.

PREGNANCY

If you are pregnant, massage is not possible until the end of the 3rd month. From the 4th month until the 8th month, massage is possible.

CANCELLATION & LATE ARRIVAL

If you are unable to attend your booked appointment, please let us know at least 24 hours in advance. In the event of cancellations at shorter notice, we reserve the right to charge the full treatment fee.

Please understand that if you are late, we will have to shorten the treatment time accordingly – out of consideration for subsequent guests and the scheduled programme.

PERSONAL CONSULTATION

To ensure your wellness treatment is tailored as closely as possible to your needs, we ask that you inform us of any health issues, intolerances or a current pregnancy when booking your appointment.

We would be happy to advise you personally so that we can work with you to design a personalised and tailored treatment plan.

AS OF MARCH 2026. SUBJECT TO CHANGE.