

TRAUBE TONBACH

best since 1789



SPA & RESORT

SPA MENU

The splendid air. The still grandeur of the forest.
Embedded in the striking beauty of the Black Forest,
our spa & resort invites you to wrap yourself in relaxation.
Go inside yourself in the here and now. Feel new energy.
Immerse yourself in the moment. Soft Tonbacher mineral
spring water flows from every tap here.
We can use this pure element of life at our spa & resort to benefit your
wellbeing, both inside and out, for cold showers and therapeutic baths.

Experience the variety of distinct treatments, select ingredients,
luxurious textures and refined fragrances.
In our soothing, lavish atmosphere we bring the worlds of care,
beauty and sensory pleasure into harmony.

Let yourself be inspired! Whether you choose from our menu of
spa services or just want a consultation, every treatment is individually
customised by our experienced Spa Team to meet your needs and
personally arranged for you.

Throughout your stay at our spa we're happy to serve you our
fresh spring water as well as spa teas made by Björn Deinert.

OUR SPA PARTNERS

We work with exclusive partners at our
TRAUBE TONBACH SPA & RESORT.

LOLA'S APOTHECARY

Nestled amidst 800 hectares of untouched nature in the heart of England, Colleton Estate is home to Lola's Apothecary. Founded to harmonize spa, well-being, and nature, our products combine exquisite fragrance creations with highly effective skincare. Lola's Apothecary brings back the sophistication and opulence of high-end cosmetics into the world of natural care: generous amounts of the purest essential oils and powerful botanical extracts define our luxurious formulations – offering indulgent moments that support a holistic lifestyle. Ethically sourced, active ingredients are carefully blended to promote deep regeneration and radiant beauty. Our products are free from synthetic fragrances, mineral oils, sulfates, and parabens.

LOLA'S
APOTHECARY

Devon, England

QMS MEDICOSMETICS

QMS Medicosmetics was founded by MD Erich Schulte with the aim of remedying the causes of aging skin, not just its symptoms. For over 25 years this brand has enjoyed the finest reputation the world over and is synonymous with high-quality, revolutionary skin care. QMS Medicosmetics rely on skin-identical collagen and hyaluronic acid, the most effective active anti-aging ingredients, both of which are also formed by our own human organism. But as we age, we no longer produce enough of them to adequately stimulate the skin's regeneration. This is why they are readily absorbed by our skin, helping it to help itself achieve new levels of self-reliance.

QMS
MEDICOSMETICS

LA BIOSTHÉTIQUE PARIS – HAIR CARE IN PERFECTION & MAKE UP

For more than 50 years this brand has symbolised a clear profile, top quality products, innovation and the development of international beauty trends. La Biosthétique hair and scalp care focuses on the individual condition of the hair and scalp. Perfectly coordinated products complement one another to ensure healthy, shimmering hair. And La Biosthétique's finishing products come in four hold strengths to make any look possible, meaning there are no limits to your hairstyle.

LA BIOSTHÉTIQUE®
PARIS

NAILBERRY – LONDON

Nailberry developed the L'Oxygène collection with the aspiration of offering a healthier manicure. Its natural polishes repair and sustainably strengthen the nails and give them a radiant sheen.



NAILBERRY

BODY TREATMENTS

Beauty, health and inner balance: Our facial and body treatments unite effective beauty care and luxurious wellbeing. They pamper the skin and touch the senses. Your holistic pleasure is close to our heart. You can choose for yourself, or consult with us and we'll create an individual treatment plan just for you to align with your wishes and needs.

You can book all of our facial treatments, peelings and baths, massages and packs in individual combinations and as a Spa Package. Our Private Spa Suite offers you a unique, exclusive atmosphere with your own steam bath where you can enjoy your treatments alone or as a couple.

PEELINGS

INTENSIVE BODY PEELING

Experience pure indulgence with our revitalizing body scrub – where traditional massage meets luxurious skincare. Exquisite Himalayan crystal salt and raw cane sugar gently exfoliate and nourish your skin with a wealth of natural trace elements. Whipped shea butter and precious oils create a rich, velvety texture that melts into your skin, leaving it silky-soft and deeply renewed.

Infused with the enchanting aroma of fine essential oils, this indulgent ritual stimulates circulation, boosts cell renewal, and invites your mind to unwind in blissful serenity.

45 MIN.

79 €

LUXURIOUS RELAXATION BODY PACKS ON A WATERBED

A full body pack on the soft pack lounge promises a peak experience of relaxation, wellbeing and effective results. Lying on a heated waterbed, you'll feel a sense of weightlessness.

To increase your skin's ability to absorb the nutritious ingredients of the treatment you've chosen, your body is wrapped in a thin foil that delicately clings to you. The gentle water pressure and gradually rising temperature intensify this effect, relieving your joints and ligaments and loosening your muscles. It's as if you're floating!

LUXURIOUS BODY WRAP WITH COCOA ESSENCE

Cocoa boasts exceptional antioxidant properties. Combined with rich cocoa butter, coconut oil, and clay, it is transformed into a uniquely chocolatey mousse – both creamy and powerful. Valuable CO2 extract from ginger, rich in anti-inflammatory compounds, actively helps protect the skin from free radicals. A sensual body wrap that provides intensive care, even for dry and mature skin.

45 MIN.

79 €

HYDRATING BODY WRAP WITH FINE CLAY

Natural mud contains nourishing humins, trace elements and minerals known for their anti-inflammatory, immunity boosting and relaxing properties. In combination with our warming soft pack lounge, the mud can unveil the best of its qualities in alleviating joint complaints and tension. Mud's natural storage capability slowly but steadily distributes the intensive warmth to the body.

This promotes circulation, relaxes the muscles and helps with rheumatic complaints. The all-around therapeutic regeneration for the body has a grounding effect and lends new power for the senses.

45 MIN. 79 €

FIRMING BODY WRAP WITH CAFFEINE

Durchblutungsfördernd, entgiftend und festigend – in dieser intensiven Körper-Packung entfaltet Koffein aus hochwertigem Hochlandkaffee und Matcha-Grüntee-Pulver seine ganze Wirksamkeit. Ätherische Öle aus Orange und Mandarine liefern wertvolles Vitamin C. Für ein geglättetes, gleichmäßigeres Hautbild und ein belebendes Gefühl für Körper und Geist.

45 MIN. 79 €

MASSAGES

INDIVIDUAL MASSAGE

The entire time it's happening, a wellness massage is wholly focused on your needs, whether you require treatment that's intense or gentle, invigorating or soothing, on your whole body or only parts of it.

Comprehensive expertise in professional massage techniques and traditional rituals makes it possible for us to adapt the intensity of your treatment as flexibly or precisely as you need. Our massages are always conducted with a finely coordinated combination of the highest quality skin care oils featuring individual effects and a bouquet of fragrances that support your emotional wellbeing.

30 MIN.	79 €
60 MIN.	119 €
90 MIN.	159 €
Message for children aged 4 to 14	30 MIN. 69 €

FIRMING LEG MASSAGE

This wonderfully invigorating leg treatment combines traditional healing methods, mechanical stimulation and selected plant-based body care substances to give tired, heavy legs a deeply effective revitalisation. Old skin particles are gently removed, lymphatic flow is stimulated and microcirculation is activated. Afterwards, your skin is noticeably smooth and firm, and connective tissue is intensively fortified and enduringly revitalised, giving you new zest for any occasion.

45 MIN. 89 €

FOOT STIMULATION

Invigorating impulses for the body and spirit. Following a pleasant foot bath, pressure is manually applied to specific zones of your feet to stimulate them and reflectively support the energetic balance in your entire body.

50 MIN. 95 €

SIGNATURE MESSAGES

LOMI LOMI NUI

This is an especially deep relaxation full body Hawaiian temple oil massage. Lomi Lomi Nui is unique for its mixture of ritual and massage, dance and body work. The aim of this highly attentive massage is to regenerate people and bring them into harmony with themselves and their world.

90 MIN. 169 €

ABHYANGA

Delicate, warm oils are rhythmically massaged into the body in this traditional body massage featuring Ayurvedic elements. Invigorating and reinforcing, the Abhyanga massage is dedicated to the regeneration of the entire body.

70 MIN. 149 €

BUCCALE MASSAGE

An uncommon approach that has lasting effects. This intensive facial massage focuses treatment on the cheeks and the mouth. The skin on the cheeks and along the jaw undergo a powerful massage from inside and out. The muscles relax, while the skin's elasticity is strengthened. And there's another positive effect: Since Buccale massage can work wonders in relieving tension in the jaw, grinding of the teeth is often reduced even after a single treatment.*

50 MIN. 119 €

MYOFASCIAL MASSAGE

Gentle kneading, targeted stretching and circling strokes are used to treat the area from the shoulders to the neckline to the scalp in our facial-fasciae massage. A type of manual facelift, this massage stimulates lymphatic flow and circulation. An anti-aging effect is visible immediately after the treatment.*

50 MIN. 119 €

* Please note that for these treatments, medical and cosmetic interventions such as injections in the massage area must have occurred at least three months prior.

FACIAL TREATMENTS

QMS TREATMENTS

QMS Medicosmetics is an icon of medically-based luxury cosmetics.

The brand's clinically tested high-performance skin care works with 97 % skin-identical collagens.

The QMS skin care system, developed by doctors and beauty experts, focuses on the causes of aging skin and skin deficits, eliminating them and returning your skin to its best form. Its skin care routines are proven to be effective and feature extraordinary professional support, regardless of your skin condition, skin tone and gender. Successful skin care that has received numerous awards.

INDIVIDUAL FACIAL TREATMENT

This revitalising facial treatment features highly effective skin-identical ingredients including nourishing collagen, special fruit acids and the finest deeply effective creams that deliver lasting anti-aging results and that noticeably refine and revitalise the skin structure.

The four treatment phases for long-lasting success are determined professionally and coordinated depending on the condition of your skin and the desired treatment period.

- Repair: comprehensive soothing of the skin
- Rebalance: elimination of irritations
- Build-up: optimisation of the skin's moisturisation and lipid content
- Complete: specific treatment of fine lines and pigmentations

60 MIN. 145 €

90 MIN. 195 €

MANICURE & PEDICURE

Cleaning and care, protection and luxurious pampering.
At our spa, we dedicate ourselves to your hands and feet
with therapeutic, effective care rituals.
Please note that we cannot offer any medical foot care.

SPA MANICURE

Comprehensive hand care for your skin and fingernails, with a preparatory peeling, a treatment mask and an intensive massage with eponé Oil Elixirs and eponé Sublime Hand and Nail Cream.

90 MIN. 119 € Optional NAILBERRY nail polish* 20 €

SPA PEDICURE

Pampering and care down to the tips of your toes. Our Spa Pedicure begins with a soothing footbath followed by a peeling, skin and nail care and an intensive massage with eponé Oil Elixirs or eponé Tender Body Cream.

90 MIN. 119 € Optional NAILBERRY nail polish* 25 €

CLASSIC MANICURE

50 MIN. 89 € Optional NAILBERRY nail polish* 20 €

CLASSIC PEDICURE

50 MIN. 89 € Optional NAILBERRY nail polish* 25 €

* For hygiene reasons, you also receive the base coat you normally use.
Please note that we do not treat shellac and gel nails.

BEAUTY EXTRAS

EYES

Dyed eyelashes with eye treatment mask	25 €
Dyed eyebrows	19 €
Eyebrow shaping	15 €
Dyed eyelashes and eyebrows with eye treatment mask and eyebrow shaping	49 €

NATURAL DEPILATION

Our range of depilation techniques enables us to perform optimum hair removal quickly in the direction of growth.

We do this using compositions of chemical-free natural substances that adapt perfectly to the skin temperature and permeate into the pores, providing gentle cleaning and removing even the finest hairs.

Prices vary depending on the extent of the treatment:

Upper lip, face	From 19 €
Bikini or underarm zone	From 35 €
Legs to the knee	From 45 €
Legs complete	From 65 €
Back	From 55 €

HAIR SPA

Our Hair Spa cares for you with products from La Biothétique Paris and I.C.O.N. hair dyes.

HAIR SPA CLASSICS

WOMEN

Washing, cutting, drying or setting (including setting lotion)	S 79 €	M 89 €	L 99 €
Washing, drying or setting (including setting lotion)	S 49 €	M 59 €	L 69 €
Conditioning	29 €		

MEN

Washing, cutting, drying	49 €
Clipper cut	29 €

CHILDREN

Dry cut (up to age 4)	25 €
Dry cut (up to age 12)	35 €
Trimming bangs	15 €

HAIR SPA COLOURS

Intensive toning

S 49 € M 59 € L 69 €

Dyeing

S 59 € M 69 € L 79 €

Highlights

· Crown

69 €

· Half head

89 €

· Whole head

109 €

DAY SPA

Our Day Spa services can be used from Monday through Thursday subject to availability, however not on holidays. We welcome you starting at 9:00 am. You can use our wellness area until 8:00 pm.

During your stay with us we provide you with a swim bag containing a bathrobe and slippers.

DAY SPA CLASSIC

Swimming pool and sauna

Per day and person (Adults) 79 €

Per day and person (up to age 15) 59 €

DAY SPA JUST RELAX

Breakfast at Restaurant Silberberg

Use of the swimming pool and sauna

Intensive body peeling

Per day and person 195 €

SPA PACKAGES

Would you prefer to start with a preparatory peeling and then a soothing massage? Or perhaps a spa package with a facial treatment? Combining our treatments makes for a uniquely pleasant, effective spa experience.

We're happy to advise you on your personal treatment plan.
Or choose one of our popular treatment packages.

TRAUBE PURE

Individual full-body massage		
Therapeutic body wrap on a waterbed		
Revitalising facial treatment with QMS	165 MIN.	335 €

TRAUBE COMFORT

Individual partial body massage		
Revitalising facial treatment with QMS		
Spa manicure or spa pedicure	180 MIN.	320 €

TRAUBE LUX

Intensive body peeling		
Individual full-body massage		
Revitalising facial treatment with QMS		
Manicure or pedicure	245 MIN.	395 €

PRIVATE SPA SUITE

Experience and share spa moments in a special atmosphere with our spa packages for couples or good friends.

We have designed our spacious Private Spa Suite as a personal place of holistic wellbeing. It features a steam shower, a large bath, treatment places and its own private quiet zone. We'd be happy to put your individual Private Spa experience together according to your wishes. Or choose one of our Private Spa Packages for two persons.

TRAUBE DIVINE

Soothing bath

Individual full-body massage

A glass of champagne with a Black Forest delicacy

For two persons

145 MIN. 375 €

TRAUBE SUPREME

Cleansing ritual with fine therapeutic mud in the steam shower

Individual full-body massage

Wellness facial treatment

A glass of champagne with a Black Forest delicacy

For two persons

175 MIN. 515 €

BATHING IN THE SPA SUITE

NOURISHING FULL-BODY BATH

Sink into holistic relaxation and silky-soft skin with our luxurious full-body bath, infused with a fragrant blend of creamy buttermilk, shea butter, and cocoa butter. Breathe deeply and indulge in a truly personal aromatherapy experience.

Uplifting geranium invigorates the senses, while vanilla offers antioxidant protection and delicate rose notes envelop you in serene luxury – a bathing ritual that restores harmony, balance, and deep inner calm.

To complete your moment of bliss, we serve a glass of champagne and a delightful Black Forest treat during your post-bath relaxation.

For one person	60 MIN.	99 €
For two persons	60 MIN.	129 €

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traube-tonbach.de