

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.

### EPONÉ COSMETICS

We are spa enthusiasts on a never-ending journey leading us to nature's treasure chests. We fuse the finest oils, extracts and essences into a holistic care series to make body and mind blossom anew. Inspired by traditional healing knowledge and wellbeing rituals from a variety of cultures, our products and treatments generate a holistic spa experience. All eponé products are manufactured in Germany.



eponé

### 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 Biothétique 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 Biothétique's finishing products come in four hold strengths to make any look possible, meaning there are no limits to your hairstyle.

LA BIOSTHÉTIQUE®  
PARIS

### I.C.O.N.

We strive to combine ecologically friendly ingredients with the very latest technological scientific advancements. As a vegan company free of animal testing, we use the earth's natural ingredients. We reduce our environmental footprint by using organic ingredients and procuring sustainable resources. All I.C.O.N products are colour safe, paraben-free, sulphate-free and packed with antioxidants and anti-aging ingredients.

I.C.O.N.

### 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 BY EPONÉ

An invigorating body peeling provides you with a holistic wellbeing experience comprised of traditional massage and revitalising skin care. Choose from four purely natural peeling substances for the peeling intensity you want. Individually mixed with the distinctive velvety eponé Cotton Touch Mousse and an eponé Oil Elixir, you can feel how it allows your skin to breathe and ensures an all-around fresh, supple sensation. While your circulation is actively stimulated and cell production is effectively spurred, your mind can relax completely.

45 MIN. 79 €

### STIMULATING SCALP PEELING BY EPONÉ

Our scalps are especially sensitive and often stressed by environmental influences and styling products. We offer you a scalp peeling by eponé that leaves your hair with a light, airy feeling from the roots to the ends. Special manual techniques, natural peeling substances and special spa accessories support the effect of this intensive treatment, giving you a wonderful revitalising experience. Your circulation and hair growth are stimulated by selected plant-based substances, and your overall sense of wellbeing is simultaneously relaxed and energised. Upon request, the scalp peeling can be rinsed out comfortably in our Hair Spa.

60 MIN. 89 €

## 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!

### NURTURING BODY PACK BY EPONÉ

This gentle, nurturing body care experience features wholesome ingredients, also for sensitive skin. The basis of the nurturing body wrap is eponé Mix & Moisturize Base Gel, especially rich in hydrating aloe vera juice and gherkin extract. Combined with your chosen eponé Oil Elixir or the sumptuous eponé Intense Hydration Nectar, this creates an individual body wrap with an incomparable silky consistency. All-around care providing the skin with long-lasting nourishment.

45 MIN.

79 €

## DELICATE MUD PACK

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 lounger, 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 €



# 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.	109 €
90 MIN.	139 €

Message for children aged 4 to 14	30 MIN.	69 €
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## FIRMING LEG MASSAGE BY EPONÉ

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.      89 €

## 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. 159 €

### 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. 139 €

## 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.      109 €

## 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.      109 €

\* 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. 139 €

90 MIN. 189 €

# 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.    109 €                      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.    109 €                      Optional NAILBERRY nail polish\*    25 €

## CLASSIC MANICURE

50 MIN.    79 €                      Optional NAILBERRY nail polish\*    20 €

## CLASSIC PEDICURE

50 MIN.    79 €                      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 185 €

## 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.	299 €
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### TRAUBE COMFORT

Individual partial body massage  
Revitalising facial treatment with QMS  
Spa manicure or spa pedicure

180 MIN.	319 €
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### TRAUBE LUX

Intensive body peeling  
Individual full-body massage  
Revitalising facial treatment with QMS  
Manicure or pedicure

245 MIN.	379 €
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## 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. 359 €

### 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. 469 €

## BATHING IN THE SPA SUITE

### THERAPEUTIC BATH BY EPONÉ

Holistic relaxation awaits you with our luxurious bath featuring a selection of eponé Oil Elixirs designed to have a therapeutic, muscle relaxing or mood elevating effect, all according to your wishes. In addition, eponé Bath & Shower and Hair Care products will pamper your skin and hair with a sophisticated composition of high-quality ingredients. And the elegantly exotic scent of the Shine On Candle heightens the bathing experience and provides for inner calm, relaxation and harmony. Following your bath, we round out your concluding quiet phase with a glass of champagne and a Black Forest delicacy.

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





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