

TRAUBE TONBACH  
*best since 1789*



# Spa Menu

TREATMENTS AT OUR SPA & RESORT

# Air, Forest, Water. Beauty in its Element. The Traube Tonbach Spa & Resort.

At our Spa & Resort we pursue a holistically treatment philosophy, offering effective care of beauty, health and balance.

Our concepts are sustainable. For our treatments we use native elements from nature. Our clear, vibrant air contains essential traces of fir, pine, blooms and herbs which we use for our high-class treatments. Botanical essences and traditional natural cures such as Black Forest honey und the soft, mineral water from our own spring will nurture your skin and restore energy to body, mind and soul.

Each treatment is created to suit your individual wishes and needs. For unique skin results and long-term rest and relaxation, we work in a comfortable ambience with highly-concentrated active agents, innovative equipment technology and the highest level of treatment expertise.

At our Spa & Resort we serve you fresh water from our own water spring.

**Pure fresh energy.**

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# Day Spa

We provide a spa tote with a bathrobe and slippers for use during your visit.

You can use our Day Spa services from Sunday to Thursday, excluding holidays.  
You are welcome to use our spa facilities from 8.30 am to 8.00 pm.

## **Day Spa Classic**

Pool and sauna

Per day / person € 45.00

## **Just Relax**

Breakfast at Silberberg restaurant  
Admission to and use of Spa & Resort  
Spa Manufactur scrub (50 mins)

Per day / person € 129.00

## **Wellness Day**

Breakfast at Silberberg restaurant  
Admission to and use of Spa & Resort  
Spa Manufactur scrub (50 mins)  
Full body massage (30 mins)  
Lunch at the Pool Bar (Chef's daily special)

Per day / person € 199.00

# Spa Packages

We will be happy to put together a customised wellness package to meet your individual needs.

Here are a few examples.

## **Spa Day for Beginners**

Black Forest scrub

BDR Fresh & Glow

Manicure with polish

160 mins € 209.00

## **Spa for Men**

Soap lather massage scrub

Relaxing body massage

BDR power dynamic facial treatment

155 mins € 259.00

## **Maternal Bliss**

Deluxe vitamins, enzymes and anti-ageing body pack

BDR Fresh & Glow

Pedicure with polish

155 mins € 210.00

## **Caribbean Touch**

“St Barth“ Softness

“St Barth“ Harmony

“St Barth“ Purenness

160 mins € 275.00

# Body Treatments

## Massages

We use high-quality and organic products made by Spa Manufactur. You can choose from a selection of 100 % pure botanical essences for your individual treatment:

1. Activating & Energising (Detox)
2. Refreshing & Uplifting (Vitamins)
3. Balancing & Harmonising (Anti-Age)
4. Soothing & Relaxing (Sensitive)

## Relaxing Body Massage

Traditional Swedish massage improves the blood circulation, relaxes the muscles and indulges the nose and senses.

30 mins	€ 55.00
50 mins	€ 89.00

## Deep Tissue Massage

Effective massage of tissue, specifically addressing problem zones and tenseness.

30 mins	€ 65.00
50 mins	€ 99.00

## Luxury Detox Massage

Scrub massage with salt from the Himalayas and butter of coco, cocoa, shea and Black Forest honey.

90 mins	€ 139.00
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## Foot Reflex Massage

Strengthens the back and the entire locomotor system. The treatment is designed to have a structural impact on the person as a whole, at both the physical and spiritual level, thereby strengthening self-healing powers and vitality.

50 mins	€ 79.00
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### **Aromatic Massage for Kids**

Classic full body massage for kids from 4 to 14 years.

30 mins

€ 45.00

## Signature Massages

### **Black Forest Stone Massage**

Deep relaxation with warm basalt stones. This energetic massage relaxes the muscles and activates your body's healing powers.

90 mins

€ 139.00

### **Tri Dosha Massage**

Every human being internalises these three Doshas: Vata, Pitta and Kapha. Doshas can get out of balance. You can assist your Dosha balance in various ways such as nutrition, exercise, deep relaxation, aromatherapy and regenerating body treatments – especially after your yoga, Pilates or bodyArt workout. You choose your fitting Dosha oil.

60 mins

€ 95.00

### **Lomi Lomi Nui**

This Hawaiian massage is a deep relaxing full body massage with oil. Lomi Lomi Nui is a mixture of ritual, massage, dance and body action. The aim of this massage is to regenerate and harmonise your body, mind and spirit.

90 mins

€ 139.00

# Scrubs

You can book elements such as scrubs, baths and packages individually, in combination with our massages or privately at our Spa Suite, where you can enjoy your own steam bath in an intimate and luxurious atmosphere. Scrubs prepare the skin to better absorb the active ingredients used in the masks and massages applied to the body.

## **Black Forest Scrub**

Pure essences such as pine needle, mint, lemon, Black Forest honey and salt from the Himalayas neutralise the skin and the organism.

45 mins

€ 65.00

## **Soap Lather Massage Scrub**

You are pampered with lather – aromatised with blood orange, ginger, mandarin and lime – during this soft massage scrub on the warm, comfortable Hammam lounger. This scrub is enhanced by a horizontal shower, with extraordinary spray settings that create a truly invigorating experience of water for all the senses. The body is thoroughly cleansed and the circulation stimulated, leaving the skin radiant and fresh.

45 mins

€ 70.00

# Black Forest Bath Ceremony in our Spa Suite

Enjoy glamorous bath and spa ceremonies in our own Black Forest spring water. After hiking, yoga, biking, skiing and playing golf – pure relaxation for body and mind. In winter it is a booster for your immune system and in summer a refreshing form of after-sun care. For your recovery after the bath, we offer champagne and a Black Forest delicacy.

## **Bio Herbs Milk Bath with Coco Butter**

Activating and energising.

Aromatic milk bath with botanical essences of sage, rosemary, mint, lemongrass and pine in coco butter and salt from the Himalayas.

90 mins 1 person                      € 130.00

90 mins 2 persons                     € 150.00

## **Honey Vitamin Bath with Coco Butter**

Refreshing and bracing.

Black Forest honey and fruity, botanical essences of blood orange, ginger, mandarin and sandalwood in a creamy milk bath with coco butter and salt from the Himalayas.

90 mins 1 person                      € 130.00

90 mins 2 persons                     € 150.00

## **Spa and Romance for Couples**

Enjoy a romantic bath, a pleasant massage and a facial treatment in our Spa Suite “Vertrauen”.

- Honey vitamin bath with coco butter
- Aromatic massage with Spa Manufactur massage oils
- Spa luxury facial treatment

170 mins for 2 persons                € 325.00

You are of course welcome to extend your stay in our Spa Suite.

## **Private Spa Suite**

Relax in a bath or indulge your skin in the steam sauna.

60 mins                                    € 65.00

Individual arrangements on request.

# Luxury Body Packages on the Float Bed

A moisturising body pack on the float bed will leave you feeling revived and relaxed. For a more intensive effect we use high-quality nourishing essences.

## **Detox and Remineralising**

A fresh mixture of algae and botanical essences detoxifies, reduces water retention and increases metabolism. It is a booster made up of proteins, vitamins, trace elements, essential fatty acids and iodine.

45 mins

€ 55.00

## **Fango Classic**

“Freiburger Vulkanit-Fango” mud is extracted from volcanic phonolite stone that dates back 16 million years. The natural fango mud mask has a warming and beneficial effect on the deep tissue and is one of the oldest treatment methods used today. It calms and relaxes the skin, boosts metabolic processes, stimulates the body’s immune system and relieves pain.

40 mins

€ 49.00

## **Deluxe Vitamins, Enzymes and Anti-Ageing**

An intensive nurturing body pack of fresh Neroli-Aloe-Gel, made up of cocoa butter, shea butter and cold-pressed oils from almonds, olive, jojoba and Black Forest honey. Also included are botanical essences of blood orange, ginger, sandalwood and vitamin E.

45 mins

€ 65.00

For an even more in-depth effect we recommend a massage after each body package.

# Ligne St Barth – Body Treatments

## **St Barth Softness**

Relaxing scrub massage for gently, velvety and harmonious skin. Enzymes from fresh papaya and a special complex of sea sand removes danders. Pure coconut oil nurses and pampers the skin with important nutrients.

50 mins € 85.00

## **St Barth Harmony**

Enjoy a gentle, relaxing full body massage with intensive care products specifically tailored to your needs. Choose from pure, slightly warmed coconut oil to condition very dry skin, cold-pressed avocado oil to support the functioning of very delicate skin, or ivy gel and menthol oil to strengthen the tissue and layers of the skin.

70 mins € 115.00

## **St Barth Sensation**

This beneficial body mask provides the skin with an intense moisture boost while delighting the senses. Select your favourite scent: bourbon vanilla, delicate tiaré flowers or exotic lily. A creamy, silky mask is gently applied to your entire body, delivering intensive nutrients and lipids from the highest quality plant oils. Enjoy a scalp or foot massage while the mask is on the skin, followed by a wonderfully fragrant body massage after the treatment.

70 mins € 109.00

## **St Barth Dream**

Relaxing beauty bath with our own mixture of exotic oils and lotions such as coconut-vanilla, avocado-tiaré or coconut-lily. Enjoy a Caribbean experience of fragrance which takes care of your skin with minerals and vitamins.

90 mins 1 person € 130.00

90 mins 2 persons € 150.00

# Ligne St Barth – Facials

## **St Barth Freshness**

Experience an exceptionally relaxing and refreshing treatment of the face, neck, décolleté and hands. The impact of high-quality skin care products with natural vitamins and minerals is enhanced by freshly prepared fruits. The skin takes on a visibly clear, smooth and fresh appearance. Choose from an additional back, scalp, foot or hand-arm massage.

80 mins

€ 135.00

## **St Barth Pureness**

Experience an exceptionally gentle treatment of the face, neck, décolleté and hands. The especially tranquil, pampering treatment will help you achieve deep relaxation. The high-quality botanical-based products with natural vitamins and minerals have an intensive cleansing effect, stimulating the skin's natural functioning. The treatment is followed by a nourishing hand massage.

60 mins

€ 105.00

## **Ligne St Barth Homme**

The “Ligne St Barth homme” treatment relaxes the body with a special aromatic blend designed especially for men. Enjoy this extremely gentle treatment on your face, neck, chest, and the hands or head. The exclusive plant-based skin care products contain natural vitamins and minerals to clarify the skin and stimulate regeneration. You can choose from a relaxing hand massage or invigorating scalp massage to finish your treatment.

60 mins

€ 105.00

# Facials

Each facial treatment is customised to address specific conditions and skin types. Our aim is to balance, optimise and regenerate your skin to achieve an improved skin texture. Our facials begin with a personal consultation and in-depth skin analysis. The premium skincare products we use for the treatments contain precious active ingredients.

## **BDR Treatments**

These special treatments work on the skin's physiology to make it healthier and therefore more beautiful. We are happy to help you choose the right medical beauty treatment for your skin.

## **Fresh & Glow**

Achieve perfect results in no time. Walk away with vibrant, fresh and evenly toned skin. Skin diagnosis, cleaning, scrub of enzymes, eyebrow correction, face mask, day care.

50 mins

€ 85.00

## **Clear & Fresh**

The purity of your skin, perfect results, rapidly restored vitality, relaxation and freshness. Skin diagnosis, cleaning, enzyme scrub, eyebrow correction, massages for face, neck, décolleté, face mask, day care.

75 mins

€ 115.00

## **Cell Repair**

The ideal BDR starter treatment to reinvigorate the skin. The massage is combined with concentrated serums and a firming neck or décolleté mask to revitalise the complexion. Skin diagnosis, cleaning, scrub essences, eyebrow correction, dermabrasion, cosmética micro needling, serum, face mask, day care.

90 mins

€ 159.00

### **Age Control**

This effective treatment returns youth to mature skin and leaves it looking its best. The skin is visibly smoother, firmer and more elastic. Skin diagnosis, cleaning, scrub essences, eyebrow correction, dermabrasion, intensive cosmética micro needling XL and XS, serum, face mask, day care.

120 mins

€ 199.00

### **BDR Power Dynamic (men only)**

The Power Dynamic treatment is a powerful, intensive treatment that is ideal for today's dynamic, successful and well-groomed man. This effective, targeted treatment delivers a fresh look, balances the skin tone and reveals natural energy. The face massage is like a workout for your skin. Skin diagnosis, cleaning, enzyme scrub, classic massage, face mask, day care.

60 mins

€ 119.00

Please be aware that after a BDR treatment you should avoid the sun for at least 24 hours.

# Manicure & Pedicure

We offer various types of pampering manicure and pedicure rituals. Please note that we are not able to offer medical pedicures.

## **Luxury**

Hand and arm treatment

Skin and nail care, salt scrub, intensive massage and package with mandarin and lime hand balm.

90 mins	€ 95.00	
additionally with polish by Nailberry, London: 15 mins		€ 20.00

Foot and leg treatment

Soothing foot bath, skin and nail care, salt scrub, intensive massage and package with lemon mint foot balm.

90 mins	€ 95.00	
additionally with polish by Nailberry, London: 15 mins		€ 25.00

## **Classic Manicure & Pedicure**

Manicure

45 mins	€ 65.00	
additionally with polish by Nailberry, London: 15 mins		€ 20.00

Pedicure

45 mins	€ 65.00	
additionally with polish by Nailberry, London: 15 mins		€ 25.00

# Beauty Extras

## Eyes

Eyelash colour with eye moisturising pads	€ 25.00
Eyebrow colour	€ 19.00
Eyebrow correction	€ 15.00
Eyelash and eyebrow colour with eye moisturising pads and eyebrow correction	€ 45.00

## Natural Depilation

Pandhy's Natural Epilation System makes it possible to quickly and effectively remove body hair in the direction of growth. This patented technique is based on thousands of years of hair removal tradition using sugar paste. The product contains only natural ingredients and is free of chemicals. The sugar paste adapts to the skin's exact temperature and penetrates deep into the pores. It cleans the skin gently and is able to remove even the finest hair.

Upper lip / face	from € 15.00
Bikini or underarm area	from € 25.00
Leg (below the knee)	from € 35.00
Whole leg	from € 49.00

# Hair Spa

We use products made by La Biosthétique Paris and I.C.O.N.

## **Hair Spa Classics (S / M / L)**

Wash, cut, blow dry (incl. setting lotion) € 69.00 / € 79.00 / € 89.00

Wash, blow dry, set (incl. setting lotion) € 39.00 / € 49.00 / € 59.00

Combing / brushing € 19.00

Scalp massage € 19.00

Wash, cut, blow dry men € 39.00

Dry cut men € 29.00

Clippers men € 19.00

Moustache / beard trim € 19.00

## **Next Generation**

Dry cut (ages 6 and under) € 15.00

Dry cut (ages 12 and under) € 25.00

Wash, cut, blow dry

- Boys (ages 16 and under) € 29.00

- Girls (ages 16 and under) € 49.00

## **Hair Spa Extras (S / M / L)**

Demi-permanent hair colour € 39.00 / € 49.00 / € 59.00

Colour € 49.00 / € 59.00 / € 69.00

Foil highlights blond / multicolour

- Framing from € 59.00

- Half-head from € 79.00

- Full-head from € 99.00

# Partner & Philosophies

## **Spa Manufactur®**

We use Spa Manufactur products for our massages. These handcrafted formulations are made with fresh, certified organic ingredients, and affectionately designed with blossoms, herbs and labels. The aromatherapy fragrance profiles consisting of base, heart and head notes are mixed by hand using 100 % pure essential oils. Spa Manufactur products do not make use of paraffin wax (mineral oils), parabens (conservatives), synthetic emulsifiers, dyes, animal testing or excessive packaging. The company uses fair and socially responsible business methods. We offer the following Spa Manufactur collections: Lavande Provençal – Soothing & Relaxing, Naranja Mallorquin – Refreshing & Uplifting, Dune Rose – Balancing & Harmonising, Mountain Herbs – Activating & Energising.

## **The BDR Beauty Defect Repair Intensive Therapy**

Beauty Defect Repair is a combination of modern device technology and cosmetic dermatology serums used in a comforting skin care ritual. These special treatments are designed to go beyond the limits of classic facials. They are designed to visibly improve the complexion for tighter, firmer skin. Doctors use them to prepare for and follow up on aesthetic surgeries. After the treatment, the skin looks smoother, firmer and more balanced for a long time.

## **Ligne St Barth – The Spirit of Nature**

Ligne St Barth founders Birgit and Hervé Brin have brought the ancient and partially forgotten sun protection formulations of St Barthélemy's original residents to life in their luxury natural skin care brand. The generations of wisdom and the founders' high standards are ideally matched. Even today, the natural products – fresh fruits, plants, flowers and select oils – are processed according to their unique properties at the production facilities on an island in the Lesser Antilles. The bewitching fragrances of these products give each treatment a touch of the Caribbean.

## **Nailberry**

Nailberry developed the L'Oxygène range that delivers colour in a healthier manicure. The natural polishes repair the nails as well as making them stronger and allowing them to shine.

### **Kurland-Products – Pure Nature for the Most Versatile Spa Products**

Based in the German city of Mitterfelden (near Salzburg), the wellness pioneers at Haslauer developed all of their Kurland products based on proven therapeutic treatments to ensure their practical, effective use in spas around the world. The product line includes high-quality oils, herbs and muds (peloids), as well as stylish accessories and a range of foils and towels. Using all of these products together ensures the success of each treatment. The outstanding feature is that exquisite raw materials are used in Kurland products – natural healing clay, sea salt and hay from unfertilized meadows. Combining nature, traditional knowledge, state-of-the-art scientific findings and doing without animal testing of course, Kurland products set a strong example. They are just as versatile for use in professional treatments, and are available for purchase.

### **Comfort Sugaring – Natural Depilation**

Pandhy's Natural Epilation System makes it possible to quickly and effectively remove body hair in the direction of growth. This patented technique is based on thousands of years of hair removal tradition using sugar paste. The product contains only natural ingredients and is free of chemicals.

### **La Biosthétique Paris – The Ultimate Haircare**

The hair and scalp treatments by La Biosthétique are designed to meet the needs of each client's hair and scalp. Select products are combined to create healthy hair with a lasting shine. Whether slicked back, curled or sprayed – the styles are literally endless. La Biosthétique finishing products are available in four different holds to keep every look perfect.

## **Welcome**

The entire Spa Team at Traube Tonbach would like to welcome you to our oasis. We have a few tips to share that will help you completely relax and enjoy our excellent service during your visit.

## **Hours**

Our Spa & Resort is open Monday to Sunday from 9.00 am to 7.00 pm, and the Hair Spa is open Tuesday to Saturday from 10.00 am to 6.00 pm.

## **Appointments**

You naturally wish to enjoy your treatment without feeling stressed or rushed. For this reason, we recommend that you arrive at the Spa Reception Desk 10 minutes before your Traube Tonbach Spa experience. Please wear your bathrobe.

## **Prices**

All prices are in euros and include VAT. We reserve the right to adjust our prices accordingly should there be an increase in VAT. With the publication of the new price list, the previous version becomes invalid. This price list is subject to alteration. Traube Tonbach is not responsible for typographical errors. For our General Terms and Conditions, see [www.traube-tonbach.de](http://www.traube-tonbach.de).

If you arrive late for your appointment, we cannot extend your treatment. Each treatment needs to be completed on time so as to avoid delays in subsequent appointments.

If you need to cancel your appointment, please let us know as soon as possible to allow us to offer the time slot to other guests. We will cancel your appointment free of charge up to no more than 48 hours prior to the start of your appointment. If you cancel the appointment later, and we are unable to book this time slot with another treatment, we will charge you 80 % of the treatment price.

**We appreciate your understanding.**