ROMANTIK HOTEL HIRSCHEN

GartenSPA

Warmth · Water · Touch





GARTENSPA·ROMANTIK HOTEL HIRSCHEN

A few pages of quiet

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The GartenSPA isn't a place
for big resolutions.

More for:
sleeping in,
staying seated a little longer
and one more lap in the warm water.



Among herbs,
quiet corners
and stones that are almost too warm,
what usually happens here
is what everyday life leaves out:

Nothing.



Some places don't need explaining.

Not loud.
Not staged.

A place
that simply does you good.

Just arrive.

Some people need quiet.
Others just need a good back massage.

Gentle touch. Deep effect.

Every treatment is tailored to you – sometimes gentle, sometimes firm. Always with a feel for it.

Head & Neck Massage — 40 Min · 65 €
For days when the mind just won't settle.

Back-Fit Package — 60 Min · 90 €
Warmth for tense shoulders and backs that have held out too long.

Back & Shoulder Massage — 30 Min · 55 €
Releases tense muscles.
Takes the pressure off neck and shoulders.

Anti-Headache — 30 Min · 50 €
Short, focused and soothing.
For days when the head is too loud.

Aroma Indulgence Massage — 50 Min · 85 €
Warm oils. Calm hands.
And for a moment, no sense of time at all.

Fascia Treatment Stressless — 50 Min · 70 €
Targeted grip techniques release tension and restore movement.

Fresh Legs — 40 Min · 60 €
For heavy legs and days spent on the move too long.

OUR SCENTED OILS

Swiss pine · Lavender & orange · Elderflower · Rose & argan

Deep effect.
A signature of its own.

Massages with character.
Not standardised. Tailored instead.
For back, joints, energy and whatever is missing right now.

Foot Reflexology Massage — 60 Min · 95 €
Reflexology for blockages, organs, muscles and deep relaxation.

Combi Massage — 80 Min · 135 €
50 min. foot reflexology plus
30 min. back. Both. Together. Better.

Lomi Lomi Massage — 80 Min · 135 € / 120 Min · 195 €
Flowing, warm, oiled, Hawaiian. The queen of massages.

Hormone Balance — 110 Min · 185 €
Gentle impulses for rhythm, pelvis and a whole new sense of your own body.

Gentle Dorn Method * — 40 Min · 70 €
Spine and joint correction, the gentle way. More precise than it sounds.

Dorn-Stone Classic * — 60 Min · 100 €
Hot and cold stones, massage and Dorn spinal work.

Dorn-Stone Therapie & Massage * — 110 Min · 185 €
For back, head, joints and stress. Regulation, massage and energy work.

*** Treatment days: Saturday & Sunday**

Warmth.
Foam. Herbs.

Sometimes warm.

Sometimes herbal.

Sometimes just good for the head.

Back Bliss — 50 Min · 90 €
Warm soap foam, exfoliation and back massage for lighter shoulders.

Head-Off Time — 50 Min · 85 €
Warm soap foam and a head and neck massage against too many thoughts.

Herbal Energy Ritual — 60 Min · 100 €
Herbal stamps, energy points and deep relaxation for good sleep.

Herbs & Lavender — 50 Min · 85 €
Wild herbs, sea salt and a pleasant back massage.

Linen Power & Honey Glow — 50 Min · 90 €
Linseed, honey and calm hands. Back massage.
An activating ritual for the skin.

Wild for Herbs — 60 Min · 95 €
Mineralising herbal wrap with a relaxing back massage.

G'sund — 80 Min · 125 €
Herbal foot bath with lavender scrub and goat-butter wrap. Plus a relaxing full-body massage.





Warmth.
Water.
And a moment of needing nothing.

Light. Warmth. Water.
Spectacular.
Remarkably effective.

For muscles.
For the mind.
And for days that were too full.

Horizontal Shower

5 min · 20 €

**two people, one after another:
10 min · 30 €**

A water choreography, lying down.
Calming or invigorating.
Gentle warmth.
And for a moment,
completely switched off.

Soleum®

25 min · 30 € up to 4 people

Sea climate & infrared warmth.
Clears the airways. Calms the body.
For a moment:
quite far away.

Vital-Duo

25 + 10 min · 50 € for 2 people

Soleum & Horizontal Shower.

Warmth. Salt. Water. Even better together.

Plants. Calm. And good skin.

Care with the power of chosen plants.

For skin allowed to settle again.

And faces that look a little more rested.

SALIN de BIOSEL® Skincare

Cleansing — 90 Min · 135 €
Plant power, moisture and calm hands. For skin allowed to settle back into itself.

Gentleness Yin — 90 Min · 135 €
For sensitive skin and days when everything felt a little too much.

Anti Stress — 50 Min · 80 €
The small break in between. Short. Calm. Soothing.

Anti-Aging Contours — 120 Min · 165 €
Intensive care with foot bath, hand treatment and plenty of time.

KURLAND® Natural Cosmetics

For Men — 60 Min · 80 €
Gentle cleansing, massage and care. Without a big pampering production.

Kurland Leinsamen Ritual — 90 Min · 135 €
Linseed oil, rose water and deep cleansing. Warm. Clear. Balancing.

Manicure — 45 Min · 55 €
Well-groomed hands, gentle shaping and a protective finish.

Pedicure — 60 Min · 75 €
Foot care, massage and well-earned rest. For feet that have carried a lot.

Our beauty treatments take place in the Stammhaus.


GartenSPA





Simply slower.

Four small retreats.

Depending on how much distance feels right today.

SPA Pause

Sun–Thu

11:00 am – 2:00 pm · €55
5:00 – 8:00 pm · €45
per person

- Use of the GartenSPA
- Tea, water & vitamin corner
- Bathrobe rental

Day SPA Basis

Mon–Thu €85
Fri–Sun €95
per person

11:00 am – 6:00 pm

- Use of the GartenSPA
- Tea, water & vitamin corner
- Bathrobe rental
- EssSPA snack
- Coffee & cake in the afternoon

Optional:

Breakfast Love €32.90

Day SPA & Massage

Mon–Thu €65
Fri–Sun €75
per person

11:00 am - 6:00 pm

- Use of the GartenSPA
- Tea, water & vitamin corner
- Bathrobe rental
- EssSPA snack
- Coffee & cake in the afternoon

BOOKABLE ONLY TOGETHER WITH A MASSAGE.

Optional:

Breakfast Love €32.90

After Work

Mon–Thu €75
per person

4:00 – 8:00 pm

- Use of the GartenSPA
- Tea, water & vitamin corner
- Bathrobe rental
- **Hand & foot massage or back massage · 20 min**
- **EssSPA snack in the Stammhaus**

Weekend dates on request and subject to availability.

Not far away. But far enough.

One day away.
Sometimes that's all it takes.

A day between GartenSPA, breakfast, warmth and treatments.

For shoulders that get to carry nothing, just for once.

Day of Leisure

Mon–Fri €199
per person

- Breakfast Love, 8:30–10:30 am
- GartenSPA, 10:30 am–7:00 pm
- Salt steam bath, foot massage pool & rain shower
- Coffee & cake in the afternoon
- Bathrobe rental
- **Massage of your choice · 40 min**

A whole day. Entirely at your own pace.

Day of Leisure Deluxe

Mon–Fri €249
per person

- Breakfast Love, 8:30–10:30 am
- GartenSPA, 10:30 am–7:00 pm
- Salt steam bath, foot massage pool & rain shower
- Coffee & cake in the afternoon
- Bathrobe rental
- **Hand & foot massage · 20 min**
- **Massage of your choice · 60 min**

40 minutes that make the difference.

A day that asks nothing of you.

Quiet works best together.

GARTENSPA & ACCESS

INCLUDED FOR GUESTS FROM THE COMFORT ROOM CATEGORY UPWARD, AND WITH BOOKED ARRANGEMENTS.

Standard rooms:
7 – 11 am · 5 – 8 pm included
Full-day access on request:
7 am - 8 pm · €20 per person

Children up to 15 years
7 - 11 am & 5 - 8 pm
accompanied only.

ESSSPA & SMALL BREAKS

Organic teas, water
& little things in between.

EssSPA Snack · €19
Small homemade dishes
from the Hirschen kitchen.

1 – 3 pm
Pre-order by 11 am at reception.

Glass, porcelain and alcoholic drinks please stay outside the SPA area.

SAUNAS

Finnish Sauna · 90°
Swiss Stone Pine Bio Sauna · 60°
Infrared

Textile-free only within the saunas.

Also in the Stammhaus:

Steam bath,
Finnish sauna · 85°

Daily 11 am – 7 pm

Textile-free area.

Registration at reception.
Heating time approx. 30 minutes.

ALSO WORTH KNOWING

Fitness area, daily: 6 am – 10 pm

Own bathing shoes recommended.
Also available at reception: €4.50

Expecting?
Please let us know at the time of booking.
So we can tailor your treatments to you.

A place that gets to stay quiet.



Some places,
you take home with you.



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