

DERBÄR®

Beauty Treatments & Massages





BEAUTY TREATMENTS

CONSTANTINA SOIKA

Cosmetician, founder of the "Medial" brand, one patented system in the field of eyebrow modelling eyebrow and human energiser.

As an experienced cosmetician, it is my pleasure to be able to inspire you with an extensive range of high-quality beauty and wellness services. Using the numerology method (according to Phythagoras) I accompany you as a human energetic in the search of the inner energy that gives you the strength to heal yourself. This is used to discover the psych-energetic, informative matrix and is an instrument of controlling and maintaining health. As a tool for modelling the present and shaping the future.

“The greatest gift we can give is to see, hear, understand and touch the other...” Virginia Satir

MEDIAL® PRÄZISIONSSTAB

THE BRAND

A patented design that replaces the brush for eyebrow and eyelash tinting.



This revolutionary method combines three techniques in one to appeal to men and women alike. The method makes it possible to harmonize a wide variety of eyebrow shapes and give them a new shine and freshness, even with perfect pigmentation. A significant development in our industry that leaves hardly anything to be desired.

The Medial® method redefines aesthetics by combining the disciplines of philosophy, art, and perception. A doctrine of perception that deals with what moves our senses and shapes our actions and perceptions.

THALGO

THE BRAND



The cosmetic products used not only comply the quality expectations of demanding customers, but they also achieve noticeable and visible results in their usage. The care products are particularly based on natural active ingredients and distinguish by a high level of skin tolerance. For over 50 years THALGO has specialized in research into active maritime cosmetics. Powerful active ingredients from the depths of the sea with revolutionary regenerating, moisturizing and invigorating properties form the basis for unique products and treatments.

PAMPERING FOR HANDS

Nail polish € 19,-

Manicure, approx. 55 min. € 73,-

Nails get filed, shaped, polished and cuticles will be removed. If desired, nail oil, nail serum or clear coat as well as skin care cream can be applied.

Hand Spa, approx. 75 min. € 91,-

Manicure, hand exfoliation and soothing hand massage.

PAMPERING FOR FEET

Pedicure, approx. 60 min. € 79,-

Nails get shaped, filed and polished as well as cuticle and cornea will be removed. If desired, nail oil, nail serum or clear coat as well as skin care cream can be applied.

Foot Spa, approx. 75 min. € 103,-

Pedicure, foot exfoliation and soothing foot massage.

THALGO

FACIAL TREATMENTS

Ingredient complex from 100% micro pulverized seaweeds

Has a balancing, remineralizing effect and moisturizes the skin optimally through to the minerals, vitamins and trace elements that it contains.

Will be matched individually to your skin condition.

The negative charge of the algae attracts the positive charge of the toxins.

as preparation mask

appropriate to every face treatment

€ 51,-

or aquarelle face treatment, approx. 90 min.

€ 145,-

especially for impure skin.

Source Marine Deep Sea treatment, approx. 75 min.

€ 145,-

with deep cleansing and face-palp, approx. 95 min.

€ 151,-

The power of the sea for perfectly nourished skin. From the depths of the ocean comes SÈVE BLEUE, an extract rich in minerals and trace elements. It supplies your skin with intensive hydration leaving it soft and smooth with a radiant glow.

Detox treatment, approx. 60 min.

€ 119,-

with face-palp, approx. 75 min.

€ 149,-

This facial treatment with effects on skin and body, is a unique combination of spirulina and maritime magnesium. It combines effectiveness, naturalness and wellness. The skin gains more radiance, vitality, freshness and leads to the renewal of the epidermis by energizing the metabolism in the cells. It relieves antioxidant stress - the skin can breathe again!

Hyaluronic-procollagene treatment, approx. 75 min. € 157,-
with deep cleansing, approx. 95 min. € 169,-

A novel active ingredient complex combines three hyaluronic acids of different molecular sizes with glycoprotein, that activates collagen. This combination is responsible for smoothing and filling pronounced wrinkles. For a youthful complexion with more luminosity and radiance.

Silicon treatment, approx. 75 min. € 163,-
with face palp, approx. 95 min. € 179,-

*Your secret weapon against the signs of the passing time.
An effective combination of marine silicon, collagen and hyaluronic acid gives your skin a 'lifted' appearance. A sculpting sheet mask infused with hyaluronic acid and silicon creates a radiant complexion and redefines facial contours. Enjoy a significantly younger appearance with a firm, smooth, even skin tone.*

Exception Marine treatment, approx. 95 min. € 191,-
with décolleté treatment, approx. 115 min. € 215,-

A cellular sensation due to the patented AGE REVERSE complex using natural algae hormones. A unique combination of exclusive ingredients reactivates the cellular mechanisms reducing the visible signs of ageing. It tackles both the causes and the unwanted symptoms of skin ageing. The highly effective treatment ritual achieves maximum anti-ageing effects. Even after just one application, it redefines facial contours, restores volume and lends the skin a more youthful appearance.

Description of face palp

(included in every more detailed facial treatment)

Professional facial care combines patented kneading roll massage technique for visible anti-aging results with traditional cupping technique. A gentle treatment with a strong effect. The suction cup technique, developed in France, naturally restores the skin's youthfulness. The facial contours are being remodeled in a short time. This technology enables a tailor-made treatment that is customer-focused, and individual anti-aging issues are resolved in a non-invasive manner. At the touch of a button the desired negative pressure can be precisely generated. The resulting vacuum between the glass and the skin creates a suction that strongly stimulates microcirculation, lymphatic flow and lipolysis, oxygenates the skin, and stimulates the production of collagen fibers.

THALGO Men treatment, approx. 75 min.

€ 145,-

with deep cleansing and head-neck massage, approx. 95 min.

€ 169,-

A range of skin care products from THALGO specially developed to meet the needs of men's skin. Marine and plant-based ingredients combined with the Ocean Blue mask result in enhanced elasticity and vitality. A facial treatment that rejuvenates and refreshes the skin with algae extracts.

GUINOT SIGNATURE

Eye Lift treatment; GUINOT

with Hydra Peeling and coordinated face mask, approx. 80 min. € 153,-

Draining massage with anti-aging active ingredients.

Plants with a vascular strengthening effect, cornflower extract, Cellular Life Complex and soft Focus Pigments against the signs of fatigue, wrinkles, bags under the eyes and dark circles.

Description of Hydra Peeling with Hydra PH

The alternative to medical peeling.

It stands for a particularly gentle peeling, an excellent antioxidant and protects the skin from free radicals. It also has an antibacterial and anti-inflammatory effect, as well as a hydrating effect. Reduces signs of ageing, pigmentation spots, gives the skin new radiance and produces an even complexion.

FOR A RADIANT FACE

Facial massage Japan style, approx. 45 min

€ 91,-

approx. 30 min

€ 63,-

Kobido is an ancient Japanese anti-aging massage technique that combines East Asian medicine and traditional Japanese facial massage techniques. It gives the body inherent self-healing powers. The skin feels alive and soft, has a healthy elasticity and a rosy glow.

It also includes grip techniques on the neck, meridian acupuncture on the head and face, and techniques for lymphatic drainage. This type of massage can relieve tension in muscles and connective tissues, thereby restoring microcirculation. It is not only pleasantly relaxing, but also an Asian secret of timeless beauty.

FOR RADIANT EYES

<i>Eyebrow plucking</i>	€ 21,-
<i>Eyebrow shaping</i>	€ 35,-
<i>Eyebrow tinting</i>	€ 29,-
<i>Eyelash tinting</i>	€ 21,-

DEPILATION WITH FILM WAX

The film wax is suitable due to its special condition ideal for hair removal for all skin types. Also for very dry and sensitive skin.

The low melting point of the film wax allows almost painless depilation.

<i>Chin, approx. 10 min.</i>	€ 18,-
<i>Upper lip, approx. 10 min.</i>	€ 13,-
<i>Armpit, approx. 15 min.</i>	€ 21,-
<i>Bikini area, approx. 20 min.</i>	€ 43,-
<i>Intimate area, approx. 30 min.</i>	€ 59,-
<i>Lower legs, approx. 45 min.</i>	€ 70,-
<i>Full legs, approx. 75 min.</i>	€ 103,-

DEPILATION WITH HOT WAX

<i>Lower legs, approx. 30 min.</i>	<i>€ 43,-</i>
<i>Full legs, approx. 50 min.</i>	<i>€ 70,-</i>
<i>Arms/back/chest, approx. 30-50 min.</i>	<i>from € 50,-</i>

CONNECT TO YOUR INNER SELF — SPA MASSAGES ON OUR QUARZSAND BEND

Indian-style massage

For a feeling of harmony and serenity.

<i>Face-head-neck & foot massage, approx. 75 min.</i>	<i>€ 149,-</i>
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<i>Full body massage, approx. 90 min.</i>	<i>€ 186,-</i>
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The aim of Ayurvedic massages is to bring the body into a state of deep relaxation. The massage is blissfully soothing and the warm sesame oil penetrates deeply into the tissues, releasing toxins and relaxing the muscles. The massage strengthens the immune system and activates the self-healing powers subconsciously.

Pantai Luar

Indonesian herbal ball massage.

Back, approx. 50 min.

€ 121,-

Back/thighs, approx. 75 min.

€ 173,-

Relieves tension and lulls you into a state of relaxation.

The herbal ball massage boosts your mental vitality, stimulates the activity of the lymphatic system, strengthens the muscles and fortifies the body's defences. Using a special technique the massage is carried out alternately using heated, herb-filled compress balls and warm oils. The treatment also serves to stimulate the metabolism and detoxify the body. Particularly effective in treating cellulite, tiredness and fatigue. The pleasant, relaxing effects of the massage are enhanced by the sensation of warmth and the aromatic scent of the herbs.

Muru Aki massage, approx. 60 min.

€ 139,-

The magic of the South Pacific — a unique beauty ritual.

The combined effects of warm seashells and hot lava rocks together with silky smooth coconut oil offer you a unique experience of sensual contrasts. The alternating heat and coolness have a profound tension-relieving effect that penetrates deep into the layers of tissue. The result is an incredible sensation of relaxation and ease, a rejuvenated body and mind and wonderfully soft, moisturised skin.

Holistic energy massage, approx. 120 - 150 min.

€ 302,-

Adjudged in your well-being.

The massage is individually customized to you by a personal consultation (anamnesis). This is a treatment method that stimulates the energy, meridians, circulation and lymphatic system and subconsciously activates the self-healing powers. Methods from different types of massage are combined, including biocybernetics according to Dr. Smit. The energy massage encourages health, regeneration and harmony of body, mind and soul.

Foot massage, approx. 45 min.

€ 93,-

Head massage, approx. 50 min.

€ 102,-

Biocybernetics according to Dr. Smit is an efficient biological-physical method. By activating certain points, the reflection areas on the surface of the skin can release stimuli that encourages the body's self-healing process.

Biological cybernetics is the science that deals with the control and regulation processes in organisms. The "Organic PIN Code" supports the body's own systems in returning to a healthy centre. Symmetry, balance, joints and organs remember their natural functions. The feeling of lightness, freedom and mobility returns.

Egyptian pharaoh sand-stamp massage

Back, approx. 50 min.

€ 99,-

Back/thighs, approx. 75 min.

€ 156,-

This gentle pressure massage carried out using heated sand-filled stamps and warm, aromatic oil, soothes and strengthens the back muscles, improves circulation and stimulates the skin's reflex zones. The healing properties of the warm sand, combined with gentle massage strokes, promote the removal of waste products and toxins. The long-lasting heat stimulates metabolism, relaxes the muscles and boosts the body's regenerative powers.

Massage for children and teenagers

Children (3-9 yrs.), 30 min.

€ 42,-

Children (9-14 yrs.) 50 min.

€ 79,-

Teenagers (14-16 yrs.), 50 min.

€ 98,-

When a child comes into the contact with the nourishing and life-enriching art of healthy touch and massage at a young age, it can be very meaningful, educational and supportive for their overall health and development.

Pregnancy massage, 70 min.

€ 132,-

This massage combines various techniques to specifically address the needs of pregnant women. It offers both the opportunity to support the body in this process of change and to induce an inner relaxation of mother and child.

KURLAND BODY TREATMENTS

Garshan (dry massage)-oil-exfoliation, approx. 40 min. € 83,-

Body exfoliation cleanses the skin and prepares it for subsequent treatments. The treatment removed dead skin cells and rough patches, activates cell metabolism and restores smoothness and suppleness to the skin.

Choice of moisturising body packs, approx. 40 min. € 79,-

Your body will smell simply wonderful, and your skin will feel soft and silky. Especially suited to dry, sensitive skin. You can choose from the following essential oils:

- *Blackberry* (moisturising, metabolism-boosting)
- *Lemongrass* (refreshing, invigorating, cleansing)
- *Honey* (anti-inflammatory)
- *Lavender* (calming, harmonising)
- *Champagne* (crisp and invigorating)

Moor mud wrap, approx. 45 min. € 73,-

The healing power of the moor: This back wrap with moor mud warmed by the sun is perfect for soothing a tired back. It is deeply relaxing and also has a positive effect on joint complaints. Equally suited to detoxifying and pH-balancing.

**Garshan (dry massage)-exfoliation
and body wrap by choice,** approx. 75 min. € 129,-

For a completely strengthened and soft skin feeling we recommend a combination of a sea salt & oil exfoliation, and a body wrap by choice.

Goat butter cream body wrap, approx. 50 min. € 81,-

For dry to very dry skin. Goat milk butter is rich in minerals, vitamins and enzymes. The various fatty acids contained in goat butter cream have an anti-inflammatory, nourishing effect on the skin. Natural protective substances activate the cells and enable them to defend themselves against possible diseases. With its high percentage of goat butter, combined with aloe vera, panthenol and urea, the cream provides the skin with maximum moisture. The special fatty acids contained in the goat butter have a balancing effect and can relieve itchiness (pruritus). Effective in treating atopic eczema and psoriasis.

OUR RECOMMENDATION

Short Time-Out, approx. 45 min. € 103,-

approx. 60 min. € 119,-

This treatment has been specially created for clients who want to boost their skin's moisture levels and enjoy a facial treatment in a short space of time.

Thalasso seaweed body pack, approx. 45 min. € 73,-

combined with a sea-salt exfoliation, approx. 65 min. € 96,-

combined with a thigh and stomach wrap, approx. 75 min. € 129,-

The freshly blended, 100% pure, natural, micro-pulverizing seaweed used in this body pack has a detoxifying effect and helps neutralise excess acid. It stimulates the metabolism, remineralises and moisturises. The valuable vitamins, trace elements and minerals contained in the seaweed nourish the skin and tissues. The result is a deep, long-lasting sense of well-being and a body bursting with renewed energy.

Ear candle treatment, approx. 40 min. € 73,-

combined with a facial lymphatic drainage treatment, approx. 60 min. € 119,-

A Native-American well-being ritual that creates a sense of inner peace and provides new-found energy. This simple, natural feel-good treatment offers you a short yet effective escape from everyday life, lulling mind and body into a state of relaxation. The effect of the candle creates a gentle eardrum massage resulting in a sensation of clarity in the head and ears (regulation of pressure between the ears and sinuses), as well as a feeling of harmony, balance and deep repose.

Garshan raw silk glove massage,

combined with a goat-milk butter cream body pack, approx. 90 min € 179,-

During this dry massage the use of gloves made from highest quality, heavy Bourette silk, stimulates the skin, invigorates the metabolism and boosts blood flow in the tissues. The exfoliating effects of this blissfully relaxing, harmonising massage enhance your sense of overall well-being. A creamy, nourishing, moisturising body pack whilst lying on the softpack bed rounds off the treatment and offers a heavenly experience for all the senses. Leaves your skin visibly more radiant, soft and velvety to the touch.

Body Palp

Wellness for tension and the treatment of cellulite,

Treatment in combination with Garshan raw silk glove massage

approx. 120 min.

€ 226,-

Body Palp is a novel patented method, the classic kneading and rolling massage combines with traditional cupping technique. As a result, better circulation and healthy blood flow are promoted. The body can absorb and maintain nutrients, hormones, vitamins, oxygen and enzymes, which leads to an improvement in the overall functioning of the body. In addition to the medical and wellness benefits, this treatment has an immediate and a lasting effect!

The vacuum created between the glass and the skin creates a suction that activates lymph flow and promotes fat burning. The skin looks young, elastic, smooth and the muscles are relaxed!

Detox treatment for body and connective tissue,

1 x 95 min.

€ 159,-

3 x 95 min.

€ 429,-

This treatment is highly effective thanks to the improved absorption of the active ingredients through the use of the invigorating Garshan raw silk gloves.

The cleansing, detoxifying Thalasso seaweed body pack targets excess fluids and fat depots in the tissues. The tightening, firming wraps detoxify and neutralise excess acid in problem areas (stomach, legs, buttocks) and are effective in treating connective tissue weakness/cellulite.

Frigi - Strengthening the connective tissue and revitalising tired legs,

<i>1x 75 min.</i>	<i>€ 139,-</i>
<i>1x 95 min.</i>	<i>€ 163,-</i>
<i>3x 95 min.</i>	<i>€ 441,-</i>

The main active ingredients used - algae, camphor, menthol and sweet clover - have a revitalising, circulation-enhancing and firming effect on the connective tissue. Firming and cooling wraps support the breakdown of fat, counteract sagging skin, decongest tired and heavy legs and make the silhouette appear clearer.

The application of an activating Garshan raw silk glove massage at the beginning of the treatment optimises the absorption of active ingredients.

A revitalising feeling that you can see, feel and sense!

CEREMONIES THAT STRENGTHEN YOUR IMMUNE SYSTEM

The Ayurvedic massage, especially synchronised massage, is a wonderful experience that goes far beyond physical touch. This technique is performed by two therapists simultaneously with four hands. This type of massage combines physical touch with a deep understanding of the energetic and spiritual aspects of the human body.

It causes deep relaxation throughout the body, increases lymphatic flow, relaxes the muscles, improves circulation, reduces high blood pressure, helps with stress, sleep disorders and nervousness. This massage, known as the queen of oil massages, helps to restore inner balance, harmonises body and mind and promotes regeneration in a special way.

Enjoy wellness with health benefits and an unforgettable feel-good experience.

Face, head and foot massage, approx. 60 min € 159,-

The Queen, full body massage, approx. 90 min € 203,-

Garshan (dry massage) + oil massage, approx. 75 min € 213,-

Garshan (dry massage) + herbal stamps

Back of the body, approx. 75 min € 239,-

Legs and back, approx. 90 min € 273,-

These massages can only be booked on request at our reception!

MASSAGES

ROMAN FEYERSINGER

Massage therapist specialized in back problems

As an ambitious athlete and sevenfold IRONMAN, I know how important it is to give your body the necessary relaxation and regeneration. Let me do something good for you against tension and pain. I'm looking forward to meet you.

Manual lymphatic drainage using the Dr. Vodder technique,

<i>approx. 25 min.</i>	€ 53,-
<i>approx. 50 min.</i>	€ 94,-
<i>With tape application – large area</i>	+ € 11,-
<i>With tape application – small area</i>	+ € 7,-

A very gentle form of therapeutic massage that activates the lymphatic flow leading to reduced swelling, oedema and pain and to an acceleration of healing processes of various kinds. Furthermore, thanks to its draining effects, this technique is beneficial for those undergoing cleansing, detoxifying treatment. It is also used to treat cellulite and aids stress reduction. Treatment always begins with the stimulation of the cervical lymph nodes to create a suction effect. Kinesio tape can be used to prolong the results.

Classic Swedish massage,

<i>approx. 25 min.</i>	€ 53,-
<i>approx. 50 min.</i>	€ 94,-

A classic-style, deeply-penetrating massage to treat tension and muscle stiffness, as well as tension headaches and restricted mobility.

Sport massage,

approx. 25 min.

€ 53,-

approx. 50 min.

€ 94,-

Intensive massage strokes and gentle stretching to relax overused, tired muscles or to activate the body before sporting activities.

Foot reflexology massage, approx. 25 min.

€ 53,-

A kind of 'remote treatment', the effects of which can influence the entire body. Massaging the pressure points on the feet has a highly stimulating effect on the entire organism.

Cupping therapy, approx. 25 min.

€ 45,-

The vacuum created in the cup strongly stimulates the blood circulation and has a detoxifying effect. For the alleviation of local muscle tension the cupping glass is left on the same spot for approx. 10 to 15 minutes. Please note that areas treated may remain discoloured for several days until the body has processed the intense stimulatory effects of the treatment.

Suction wave massage, approx. 25 min.

€ 53,-

The sliding movement of the suction cups over the oiled back has a strong stimulating effect on the blood circulation. The treatment loosens tissue adhesions, and the skin regains its elasticity.

Full-body (aroma) massage, approx. 50 min.

€ 94,-

Gentle, full-body massage with a choice of aromatic oils, each of which has different effects on the organism.

- *Orange*
- *Ginkgo-lime*
- *Honey*
- *Camomile*
- *Lemon*

Easy Taping, approx. 25 min.

€ 40,-

This form of taping alleviates movement pain and can be used to treat symptoms permanently.

Connective tissue massage, approx. 25 min.

€ 53,-

The very intensive segmental back massage improves skin elasticity and stimulates the blood circulation. At the same time the massage, by stimulating the so-called Head zones of the skin, has a reflex effect on the inner organs.

Combined massage, approx. 50 min.

€ 94,-

Combine two massages of your choice, e.g. a suction wave massage with a sport massage, or a back massage with a foot reflexology massage.

25 minutes per massage type. The massage treatments can be combined in any way to suit your preferences.

Intense back massage -

Massage by J. Salchenegger, approx. 25 min

€ 53,-

approx. 50 min.

€ 94,-

Due to the slow rising of the intensity and the special techniques of this massage, the energy flow of your back is being activated and the mobility in your spine and head will be reached. The tonus of your back-, neck-, and loin muscles will be descended. A sense of well-being, warmth and comfort flows through your whole body.

After personal agreement and exclusion of contraindications, I allow myself to use the following (not separately bookable) aids as part of a therapeutic treatment:

Physio Flossing

Especially used for movement restrictions and nonspecific pain. Here, the joint or the muscle belly is wrapped with a flossband. Under pressure active and passive movements will be performed for about 2 to 3 minutes and then released again. It leads to improved blood circulation, faster regeneration and improved mobility.

Hypervolt vibration massage

It allows the treatment of the tissue with up to 3200 beats per minute. Muscle stiffness and soreness can be alleviated, and the circulation and the range of motion can be improved.



Appointments

To make an appointment for beauty treatments or massages please contact the hotel reception desk telephone no. 800. Our therapists are happy to take the time to offer you one-to-one advice.

HOTEL DER BÄR

Family Windisch

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