

SPA MENU

GesundKunft®-SPA | Black Forest



GesundKunft®-SPA

BLACK FOREST

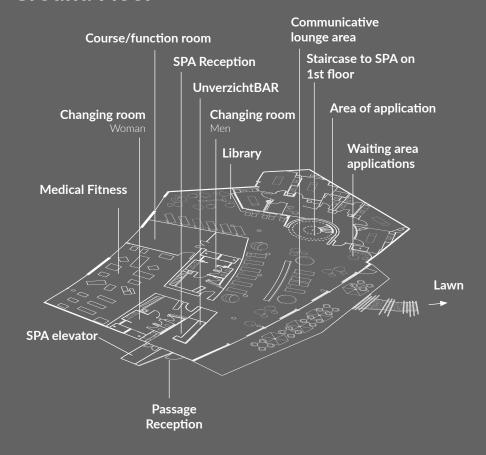
The GesundKunft®-SPA Black Forest is a place of inspiration, regeneration, and strength for a healthy future. The interaction of nature, architecture, facilities, and living environments creates the ideal conditions and opportunities for the lifestyle motto "natural. healthy. living."

Covering an indoor and outdoor area of 4.400 m² with medical fitness, wellness, and beauty offerings, spacious sauna and water landscapes, and a variety of wellness areas reserved exclusively for hotel guests, it inspires and encourages them to adopt healthy behaviors.

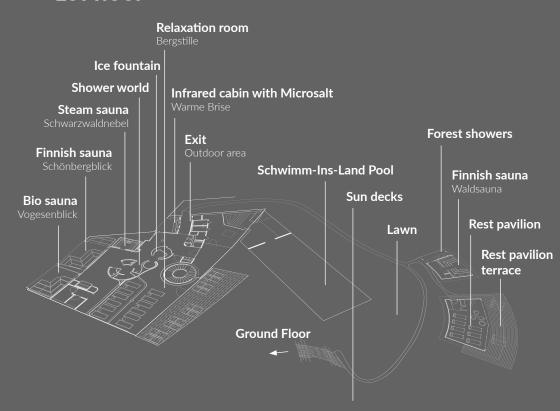
OVERVIEW

GesundKunft®-SPA | Black Forest

Ground Floor



1st floor



Saunas	Temperature
Vogesenblick - Bio sauna	55°C
Schönbergblick - Finnish sauna	85°C
Schwarzwaldnebel - Steam sauna	45℃
Warme Brise - Infrared cabin with Microsalt	30°C - 45°C
Waldsauna - Finnish sauna	90°C

[COMFORT ZONE]

SKIN SCIENCE SOUL

Comfort Zone combines authoritative scientific findings, innovative research, and natural, clinically effective ingredients in a carefully considered product range with a holistic approach to harmony of body, mind, and soul.

SKIN - The skin is our focus

Our ongoing research aims to understand how processes in the skin work and how its beauty and vitality can best be preserved.

SCIENCE - Science is our guide

In our pursuit of excellence, we always base our approach on the latest medical and scientific research findings.

SOUL - Skin care products with soul

We deal with people, not just their skin. Our ultimate goal is therefore to support and encourage people to invest time in their daily skin care routine.





/skin regimen/Lx

SKIN LONGEVITY, ROOTED IN SCIENCE

Conscious, advanced skincare to slow down accelerated skin aging. Clinically proven to correct visible signs of stress, environmental pollution, and a hectic lifestyle. The exclusive Longevity Complex™ and highly concentrated, modern phytochemical formulas create optimal conditions for radiant, healthy skin.

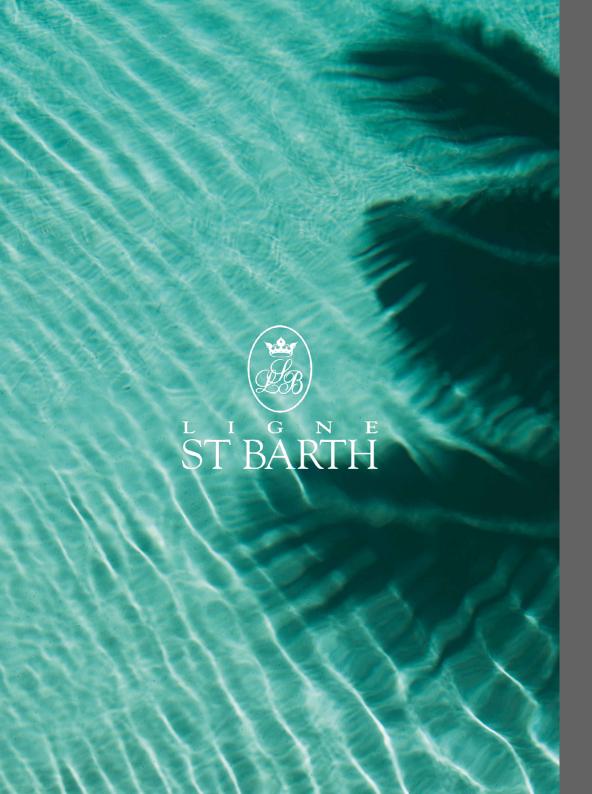
VINOBLE COSMETICS

pure | UNISEX | 100 % natural cosmetics | 0 % critical ingredients

Modern natural cosmetics that combine COSMOS-certified raw materials with high concentrations of active ingredients. Key natural processes in the skin are reactivated, revitalized, and regenerated, thereby delaying environmentally induced aging processes. With VINOBLE PURE, every skin type gets what it really needs to look healthy, natural, and beautiful.

VINOBLE COSMETICS





LIGNE ST BARTH

THE SPIRIT OF NATURE

Let time stand still and surrender completely to the moment. Immerse yourself in the abundance and intensity of tropical nature: taste the sweetness of exquisite fruits, freshly prepared for the treatments. Fragrant flowers are messengers from paradise. Precious ingredients from exotic plants unfold their cleansing, moisturizing, and nourishing effects, carefully tailored to the needs of the skin and our modern lives.

Ligne St Barth focuses on people and their well-being – with an unforgettable spa concept that combines Caribbean lightness and soothing beauty care. The gentleness of a scrub, the warming oil of a massage, the refreshing kick of a body splash – the interplay of fine elixirs and luxurious rituals of relaxation pampers the body and senses.



MEDICAL FITNESS

You can actively improve your health and well-being in our modern training area. Our medical fitness team of sports scientists, nutritionists, and psychologists will help you achieve your goals.

Training & Coaching

Every personal training session or GesundKunft® coaching session begins with a brief medical history to address your individual goals and possible limitations.

Personaltraining

30 MIN / 70 EUR

Individual - Goal-oriented - Sustainable

Yoga

Einzel | 45 MIN / 103 EUR Duo | 45 MIN / 70 EUR p. P.

Holistic - Strengthening - Regulating

Pilates

Einzel | 45 MIN / 103 EUR Duo | 45 MIN / 70 EUR p.P.

Invigorating - Activating - Centering

EMS (electrical muscle stimulation)

60 MIN / 145 EUR* 30 MIN / 75 EUR**

Intensive - Effective - Innovative

GesundKunft® Coaching Movement

45 MIN / 110 EUR

Coaching zur Verbesserung Ihrer Bewegungsgewohnheiten und Minimierung von gesundheitlichen Risikofaktoren

GesundKunft® Coaching Nutritional (on request)

60 MIN / 145 EUR

Tips and personalized recommendations for a healthy diet and lifestyle.

GesundKunft® Coaching Mental health (on request)

60 MIN / 145 EUR

Development of mental strategies and exercises for stress management and resilience.

^{*} Including instruction and underwear

^{**} Further training

BODY

Classic massages

Partial or full body massage

25 MIN / 65 EUR 50 MIN / 110 EUR

with aroma care oil:

25 MIN / 70 EUR 50 MIN / 115 EUR

Intensive, powerful partial or full body massage to improve circulation. Tense muscles are loosened, each massage is tailored to your specific needs and, on request and at an extra charge, high-quality aromatic oils can be used to pamper your skin and senses.

Head, neck & face massage
50 MIN / 110 EUR

Special massages

Foot reflexology relaxation massage

25 MIN / 65 EUR

Our feet are a reflection of our body. Organs, lymphatic and nervous systems can be specifically stimulated and positively influenced through the feet, which also stimulates blood circulation and metabolism.

Energy pure

50 MIN / 125 EUR

A combination of foot reflexology and intensive back massage.

Hot Stone

75 MIN / 135 EUR

Hot basalt stones are gently guided over your body and, in combination with warm body oil and special massage techniques, provide vitalization. The hot stones on your energy centers provide strength and deep relaxation.

Herbal stamp massage

75 MIN / 135 EUR

Regenerating full body massage with fragrant warm herbal stamps.

PINO care products are used for all classic & special body treatments.



TRANQUILLITYTM [comfort zone]

RITUALE

[comfort zone]

Tranquillity Pro Sleep Body Flow

100 MIN / 195 EUR

Renewal - Lightness - Balance

Tranquillity body scrub & gentle full-body massage with warm Tranquillity oil, soft, wide brushes & balancing massage techniques

Gua Sha Mud Massage

55 MIN / 110 EUR

Detoxifying - Dissolving - Draining

Full body scrub, body wrap & Gua Sha massage

Detox & Drain

50 MIN / 95 EUR

Relieving - Shaping - Firming

Draining anti-cellulite treatment

Body Glow

25 MIN / 60 EUR

Silky soft - Radiant

Cleansing peel scrub with finishing body lotion

Tranquillity Pro Sleep Massage

55 MIN / 105 EUR

Deep relaxation - Well-being - Serenity

Gentle full-body massage with warm Tranquility oil, soft, wide brushes, and balancing massage techniques

Double Peel Body

55 MIN / 95 EUR

Regenerating - Smoothing - Nourishing

Double full-body exfoliation, body wrap, anti-aging oils, and finishing body lotions

Body Aktive

50 MIN / 90 EUR

Remodeling - Toning - Revitalizing

Full body scrub, body wrap, and vigorous massage using wooden sticks

RITUALE

Ligne St Barth

ST BARTH Smoothing Scrub

45 MIN / 80 EUR

Smoothing - Liberating

Full-body scrub with coconut powder & vanilla extract

ST BARTH Firming

45 MIN / 85 EUR

Clarifying - Invigorating

Relaxing & firming body wrap including head massage

ST BARTH Pampering

85 MIN / 140 EUR

Nourishing - Balancing

Nourishing body wrap & soothing massage

ST BARTH Bliss

25 MIN / 70 EUR 85 MIN / 150 EUR

Pampering - Regenerating

Partial/full body massage with body lotion to finish

ST BARTH Serenity

45 MIN / 70 EUR

Soothing - Relaxing

Head & décolleté massage





/skin regimen/ Lx

Longevity Facials - Unisex

Longevity Detox

55 MIN / 135 EUR

Cell rejuvenating - Detoxifying - Revitalizing

Ritual - Cleansing - Exfoliation - Skin analysis & deep cleansing - Rolling massage - Jade roller massage - Mask - Eye care - Final treatment

Longevity Vitaminic

80 MIN / 185 EUR

Renewing - Longevity - Glow

Ritual - Cleansing - Skin analysis & deep cleansing - Enzyme peel - Rolling massage - Jade roller massage - Fruit acid peel - Mask - Gua Sha massage - Eye care -Final treatment

[comfort zone]

The Joy of Beauty

65 MIN / 140 EUR

Effective - Individual - Classic

Ritual - Cleansing scrub - Skin analysis & deep cleansing - Massage - Eye care - Mask - Final treatment

Hydramemory

Moisturize around the clock

Hydra Glow

75 MIN / 145 EUR

Deeply effective moisture - Immediate radiance - Firming effect

Ritual - Cleansing - Ice roller massage - Fruit acid peel - Skin analysis & deep cleansing - Mask - Eye care - Final treatment

Insta Hydra

25 MIN / 65 EUR

Hydration - Instant radiance

Ritual - Cleansing - Massage with mask - Final treatment

Sublime Skin

Active regeneration of the skin structure

Pro Lift

55 MIN / 145 EUR

Smoothing - Plumping - Regenerating

Ritual - Cleansing - Exfoliation - Skin analysis & deep cleansing - Mask - Eye patch mask - Facial massage - Eye care - Final treatment

Pro Lift Short

25 MIN / 75 EUR

Radiant - Smoothing

Ritual - Cleansing - Exfoliation - Mask - Eye patch mask - Eye care - Final treatment

Ultra Lift

80 MIN / 195 EUR

Intensive lifting - Firming - Renewing

Ritual - Cleansing - Fruit acid peel - Skin analysis & deep cleansing - Mask - Eye patch mask - Kobido massage - Eye care - Final treatment

Absolute Firming Neck & Dekolleté

25 MIN / 55 EUR

Nourishing - Refreshing - Smoothing

Ritual - Cleansing - Massage - Ampoule - Final treatment

Also perfect as a supplement to Pro Lift & Ultra Lift





FACE Vinoble Cosmetics PURE

Pure Facial - Unisex

Gentle - Nourishing - Natural

55 MIN / 140 EUR

Ritual - Cleansing & exfoliation - Essence - Concentrate - Eye care - Facial massage with mask - Final treatment

75 MIN / 165 EUR

Ritual - Cleansing - Exfoliation - Skin analysis & deep cleansing - Essence -Concentrate - Eye care - Facial massage with mask - Final treatment

Ligne St Barth

ST BARTH Richness

85 MIN / 160 EUR

Gentle - Enchanting

Luxurious anti-aging treatment for face, neck, and décolleté

ST BARTH Lightness

55 MIN / 130 EUR

Cleansing - Revitalizing

Purifying detox treatment for the face, neck, and décolleté





Extras

Shaping eyebrows

23 EUR

Eyebrow tinting

23 EUR

Eyelash tinting

23 EUR

Depilation with warm wax

Face

25 EUR

Body

30 EUR / Bikini zone

40 EUR / Legs to knee

60 EUR / Legs complete

MANI- & PEDICURE

Manicure

Hand bath - Exfoliation - Shaping & filing the nails - Pushing back & removing the cuticles - Massage - Finishing treatment

Manicure without polish 45 MIN / 74 EUR

Manicure with OPI polish 55 MIN / 86 EUR

OPI polish only 10 MIN / 28 EUR

Manicure with OPI GelColor (Shellac)
75 MIN / 108 EUR

OPI GelColor (Shellac)
30 MIN / 43 EUR

OPI GelColor Entfernung 30 MIN / 38 EUR

Pedicure

Foot bath - Exfoliation - Shaping & filing of the nails - Removal of cuticles & any calluses - Massage - Final treatment

Pedicure without polish 45 MIN / 74 EUR

Pedicure with OPI polish 55 MIN / 86 EUR

OPI polish only 10 MIN / 28 EUR

Pedicure with OPI GelColor (Shellac) 75 MIN / 108 EUR

OPI GelColor (Shellac) 30 MIN / 43 EUR

OPI GelColor Entfernung 30 MIN / 38 EUR

Ligne St Barth

Manicure

ST BARTH Gentle Touch 60 MIN / 95 EUR

Naturally - opulent
Soothing hand care including manicure

Pedicure

ST BARTH Gentle Step

60 MIN / 95 EUR Stimulating - Exotic

Soothing foot care including pedicure



SPA ETIKETTE

For a pleasant get-together

... from the right dress code to advance reservations. Here are a few tips for your visit to our GesundKunft®-SPA Black Forest.

Dresscode

The best way to relax is in our cozy, soft bathrobes, which you are welcome to wear to our treatments.

During massages, cosmetic treatments, and body treatments, your body will be covered and only the part of the body being treated will be exposed. We will provide you with disposable underwear.

Please always keep valuable items in your room/room safe.

The saunas are a clothing-free zone. We kindly ask you to wear appropriate clothing when entering the sports, fitness, and swimming areas.

Health & Well-being

Your health is important to us. Please inform us of any intolerances, health restrictions, or if you are pregnant so that you can enjoy the full luxury of our treatments.

Make sure you drink enough fluids and do not eat heavy meals directly before the treatments and sauna. A soothing shower before the pool/sauna or treatment serves as a wonderfully relaxing introduction to our GesundKunft®-SPA experience.

The GesundKunft®-SPA is available to people aged 16 and over.

Our younger guests up to the age of 15 are welcome to use our Schwimm-Ins-Land pool daily from 09:00 am to 02:00 pm.

Environmental awareness

Sustainability and respect for the environment are fundamental. Please only use as many bath towels as you need for your stay.

UnverzichtBAR

Our UnverzichtBAR is open for you daily from 11.00 am- 6.30 pm. You are welcome to enjoy our small delicacies and dishes from the snack menu in your bathrobe, slippers and sportswear.

Desired date

To secure your desired treatment, we recommend booking your SPA appointments before your visit. Of course, we will also try to make appointments at short notice.

You can get information about our current SPA offers in person at our SPA reception between 7.00 am and 8.00 pm or by telephone on 0761 13733-237 or by e-mail at spa@luisenhoehe-hotel.de

Delay

It is not possible for us to extend treatments beyond the agreed date. If you arrive later than booked, your treatment time will be shortened accordingly.

We therefore ask you to arrive approx. 10 minutes before the start of your treatment so that you can fully enjoy your booked pampering time.

Cancellation

If you are unable to keep your appointment, out of consideration for other guests, we ask you to cancel up to 24 hours before your appointment.

Otherwise we will charge you the total costs.

Thank you for your understanding.

Special wishes

If you have any wishes or suggestions, you are welcome to contact your therapist directly with regard to the intensity of the massage, light, music or heat regulation.

Digital Detoxing

You can consciously implement a "technology-free zone" and quiet speaking with us.

Miscellaneous

We have a sufficient number of sun loungers and rest areas. We therefore ask you to avoid reserving them with towels or bags.

In order to achieve better relaxation in the sauna, we ask you to keep to the comfort zone of one towel width, as well as to use the bath towel as a base for your body and feet for hygienic reasons.

With this in mind, we wish you a relaxing stay in our GesundKunft®-SPA Black Forest.