



LindenDreams

# Spa Menu

Come to rest & recharge your batteries  
in the Spa & GolfResort Weimarer Land



## CLASSIC MASSAGE

*Powerful massage of the deep muscles to relieve tension with a selection of Bobby Jones oils. As a partial or full body massage.*

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<i>Treatment time 20 minutes</i>	<i>€ 55,00</i>
<i>Treatment time 50 minutes</i>	<i>€ 110,00</i>

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## FOOT REFLEX ZONES MASSAGE

*A gentle and relaxing massage that harmonises the entire body. It can help to reduce stress, alleviate pain, improve circulation and promote general well-being. By massaging the reflex zones, blockages in the energy flow can be released.*

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<i>Treatment time 25 minutes</i>	<i>€ 60,00</i>
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## HOT STONE TREATMENT

*The warmth of the stones penetrates deep into the skin and has a relaxing and calming effect. It can help to reduce stress, alleviate pain and promote blood circulation.*

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<i>Treatment time 20 minutes</i>	<i>€ 60,00</i>
<i>Treatment time 50 minutes</i>	<i>€ 110,00</i>

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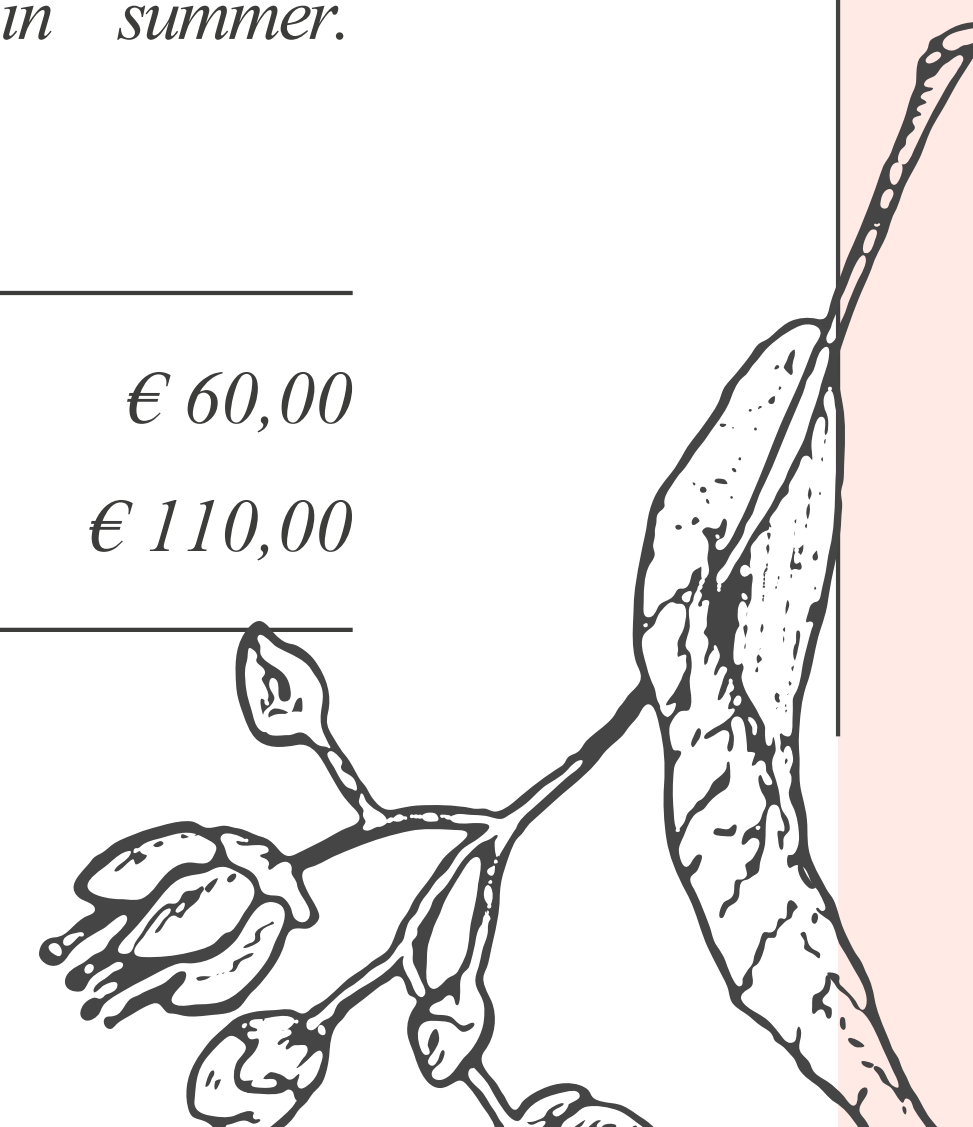
## COLD STONE TREATMENT

*The cold application activates the body's self-healing powers, similar to a Kneipp treatment. This revitalising and refreshing massage stimulates the metabolism, especially in summer.*

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<i>Treatment time 20 minutes</i>	<i>€ 60,00</i>
<i>Treatment time 50 minutes</i>	<i>€ 110,00</i>

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## SWISS STONE PINE MASSAGE WITH SWISS STONE PINE PACKS

*Enjoy a relaxing full-body Swiss stone pine massage, during which the soothing essential oils of Swiss stone pine calm your senses and pamper your skin. Our special body wrap made from Swiss stone pine curls gently warms your body while you are enchanted by the soothing scent and healing power of Swiss stone pine. After your massage, you can take the Swiss stone pine curls with you and use them at home. Place the Swiss stone pine curls in a small bowl and sprinkle them with essential Swiss stone pine oil. A miracle cure for falling asleep on the bedside table.*

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*Treatment time 60 minutes*

*€ 125,00*

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## HERBS STAMP MASSAGE

*This massage is a soothing treatment using fragrant herbal stamps to apply gentle pressure to the body. The natural ingredients in the stamps can nourish the skin and stimulate the senses, while the gentle movements relax the muscles. Let yourself be pampered by soothing fragrances and gentle touches.*

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*Treatment time 50 minutes*

*€ 110,00*

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## HONEY DREAM

*Pure natural honey is a treat for your skin! Enjoy a full body massage with massage honey and pure natural honey-ginger oil. The circulation is stimulated and honey has a natural antiseptic effect.*

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*Treatment time 50 minutes*

*€ 110,00*

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## AROMA OIL MASSAGE

*Effective active ingredients and a variety of fragrances invite your body into pure relaxation. The proprietary Bobby Jones oils are massaged deep into the skin to stimulate your lymphatic, blood and nervous system. The regenerating oils and aromas have a nourishing, calming, refreshing or revitalising effect, depending on the type.*

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*Treatment time 50 minutes*

*€ 110,00*

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## ANTI STRESS MASSAGE

*Targeted massage techniques in the face, décolleté and neck area can eliminate headaches and restore inner balance. This treatment is the perfect way to forget the stresses of everyday life.*

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*Treatment time 20 minutes*

*€ 55,00*

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## LINDEN RELAX WHOLE BODY MASSAGE

*Wrapped in cosy, soft towels, the treatment begins with a balancing relaxation ritual.*

*The unique massage movements then stimulate the autonomic nervous system and deepen the state of calm and serenity. Targeted massage strokes concentrate on the back, feet, hands and solar plexus, exactly where the nerve endings are particularly sensitive. Tension is intensively loosened and released. The warmed aromatic body oils exude a relaxing fragrance and enhance the skin's sense of well-being.*

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*Behandlungszeit 50 Minuten*

*€ 110,00*

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## STONE COMB MASSAGE

*Enjoy our stone comb massage for tissue loosening and deep relaxation, surrounded by relaxing music. This activating massage with warm stone combs is performed in circular movements and supports lymphatic drainage and the loosening of adhesions in the connective tissue and muscles.*

- *Foot washing and foot reflex zone activation with stone combs*
- *Partial body massage with warm stone combs*

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*Behandlungszeit 50 Minuten*

*€ 120,00*

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## MUD PACK

*Following your massage or as an individual treatment  
in winter*

*Enjoy our soothing mud pack after your treatment. The warm  
mud has a pain-relieving and circulation-enhancing effect  
and penetrates deep into the organs and muscles. A little  
boost for your immune system and a relaxing finish to any  
massage.*

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*Treatment time 20 minutes*

*€ 39,00*

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# Clarins Facial Treatments





## CLARINS BEAUTY SECRET

*Facial treatment for women*

*The facial treatment is tailored to the specific needs of your skin and offers optimal care for every skin type. It begins with a thorough cleansing, exfoliation, massage and moisturising of the skin.*

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*Treatment time 50 minutes*

*€ 120,00*

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## CLARINS MEN FACIAL TREATMENT

*Pit stop - new energy for men's skin*

*The treatment includes thorough cleansing, exfoliation, massage and moisturising. The Clarins men's facial helps to cleanse, tone and revitalise the skin.*

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*Treatment time 50 minutes*

*€ 120,00*

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## FRESH KICK

*For dry, tired and dull-looking skin*

*The gentle facial scrub is followed by a relaxing facial massage with aromatic oils from orchid extracts and active ingredients from the aloe vera plant. A face mask provides an indescribable feeling of well-being and pure relaxation.*

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*Treatment time 80 minutes*

*€ 150,00*

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## VITALITY

*For stressed skin with the first fine lines and wrinkles.*

*The gentle facial scrub optimally prepares the skin for the massage with active ingredients from lemon balm, maritime pine, cardamom and lavender. The cooling and revitalising face mask stimulates all skin functions.*

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*Treatment time 80 minutes*

*€ 150,00*

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## CLARINS Double Power - Best Aging

*For firm and revitalised skin with a radiant complexion*

*Gentle cleansing is followed by a relaxing facial massage using orchid extracts and the Double Serum. Then enjoy the mask festival for eyes, face, hands and forearms, combined with a hand and forearm massage. The final treatment rounds off this experience and leaves your skin glowing.*

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*Treatment time 80 minutes*

*€ 150,00*

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# Clarins Care Rituals



## CLARINS BODYFIT

*Feel-good moments for the body*

*It starts with refreshing your hands and feet. Then the warmed essential oil relaxes your back and the aromatherapy pampers your senses. Legs, stomach, arms and décolleté enjoy the product cocktail, which is individually tailored to your skin's needs.*

*A Clarins body treatment for pure relaxation and a light body feeling!*

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*Treatment time 25 minutes € 60,00*

*Treatment time 50 minutes € 110,00*

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## STEAM BATH & AROMA PEELING

*Starting with a pore-opening steam bath, you can then enjoy the soothing revitalising peeling with sea salt and matching Clarins plant oil.*

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*Treatment time 45 minutes € 110,00*

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## CLARINS SUMMER FRESH

*Feeling of summer freshness*

*The foot and leg massage is a soothing treatment that has a positive effect on blood circulation, lymph flow and muscles. The Relax relaxation ritual and aromatherapy ensure an incredible feeling of well-being. A Clarins treatment with immediately visible and noticeable results!*

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*Treatment time 50 minutes € 110,00*

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## CLARINS MASSAGE AROMATIC

*Our Clarins Aromatic consists of different massage strokes that stimulate the lymphatic system and blood circulation.*

*The effect of each stroke and the essential aromatic oils selected to meet your needs complement each other in perfect synergy. Perfect conditions for a more beautiful silhouette and a youthful appearance for your skin.*

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*Treatment time 50 minutes € 110,00*

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## BEAUTIFUL EYES

<i>Eyebrow correction(10 minutes)</i>	€ 25,00
<i>Eyebrow colouring (10 minutes)</i>	€ 25,00
<i>Colouring eyelashes (10 minutes)</i>	€ 25,00
<i>„Beautiful Eyes“ total (30 minutes)</i>	€ 60,00

## DETOX PACKAGE IN A SOOTHING SAND BED

*Enjoy a skin-caring and pore-refining body wrap with special Clarins products embedded in our sand bed. Pure relaxation..*

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<i>Treatment time 25 minutes</i>	€ 55,00
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# Time For Two



## WEIMAR SERENITY

*Enjoy time together and let yourself be pampered side by side with this special spa experience. A ritual, customised to your needs, which will touch all your senses. Pure relaxation awaits you here, a fragrance experience with our aromatic oils, a harmonising bath and a full body massage after your body has been gently exfoliated. Come with us on an eventful journey of relaxation for two.*

- *Full body scrub (incl. foot scrub)*
- *Relaxing bath together*
- *Full body massage with fragrance experience*

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*Treatment time 120 minutes (2 Persons)*

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*€ 390,00*

## WEIMAR STONE COMB EXPERIENCE

*Enjoy our special stone comb massage as a couple for tissue loosening and deep relaxation, surrounded by relaxing music. This activating massage with warm stone combs supports lymphatic drainage and loosens adhesions in the connective tissue and muscles. Our treatment room for double treatments offers enough space for both of you and invites you to dream and enjoy the daylight.*

- *Foot reflex zone activation with stone combs*
- *Joint wellness bath*
- *Partial body massage with warm stone combs*

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*Treatment time 90 minutes (2 Persons)*

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*€ 290,00*





## RHASSOUL-BATH

*Enjoy an oriental cleansing ceremony with various various healing muds and flavoured steam. The Rhassoul bath is a traditional Turkish and Arabic wellness treatment treatment that involves bathing in a mixture of mineral-rich mineral-rich mud and water. The mud is extracted from a type of clay called rhassoul, which is rich in minerals such as magnesium, calcium and potassium. Water is heated to a temperature of around 40 degrees Celsius and the mud is applied to the body in a thick layer.*

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*Treatment time 45 minutes (1-2 Persons)*

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*€ 130,00*





# Fit & Active



## COURSE OFFER

*Our changing relaxation and vitality courses take place in the course room, in the pool or outdoors. Experience a wide range of relaxation and vitality courses, such as Nordic walking, aquafit, yoga and much more. The current programme can be found online and in the Lindenpost and is of course available to you free of charge.*

## PERSONAL TRAINING

*We can help you get started with our personal training programme. No matter what goals you have set yourself, whether weight loss, strengthening your muscles or increasing muscle mass. We offer you the opportunity to be advised and trained by our well-trained professionals.*

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*Treatment time 50 minutes*

*€ 110,00*

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## ASSISTED STRETCHING

*The stretching relieves tension in a similar way to a massage. It can also reduce the risk of injury, promote blood circulation and have a positive effect on the psyche. You relax and remain completely passive while your trainer stretches professionally.*

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*Treatment time 35 minutes*

*€ 80,00*

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## BODY AND BRAIN

*Experience a method with which you can effectively activate and improve your learning and concentration skills as well as your brain performance. With exciting exercises for everyday life and lots of fun, you will take a piece of wellness and relaxation home with you.*

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*Treatment time 50 minutes*

*€ 110,00*

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# Specials



## WELLNESS LOMI WITH KATJA

*This Hawaiian temple massage is more like body therapy, treating not only the body but also the mind and soul. It uses fragrant and warm coconut oil, Hawaiian rhythms and movements that flow through the body like gentle waves. It's easy to forget everyday life.*

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*Treatment time 90 minutes* € 200,00

*Treatment time 120 minutes* € 290,00\*

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*\*incl. sound bowl footbath and a drink of the season*

## SOUND BOWL MASSAGE WITH INES

*Soothing, harmonious sounds make every cell of the body vibrate and bring you back into balance. The singing bowl massage is used in particular for its meditative effect.*

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*Treatment time 60 minutes* € 120,00

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## ACUPRESSURE TREATMENT WITH JULIAN

*The human body is criss-crossed by meridians. Qi, the life energy, flows through these meridians. During acupressure treatment, the flow of Qi and blood circulation are stimulated using different grip techniques. This allows the well-being of painful areas of the body to be treated.*

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*Treatment time 20 minutes* € 60,00

*Treatment time 50 minutes* € 120,00

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## GEMSTONE WORKSHOP WITH CARO

*Gemstones have been valued for their properties in many cultures around the world for thousands of years. As lucky charms, protective amulets or to support the healing of physical and mental ailments, healing stones are used in a variety of ways. Learn how to use healing stones skilfully in everyday life and how to cleanse them properly. Find out which stone is the perfect companion for you and then we will do a gemstone meditation together.*

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*Treatment time 80 minutes*

*€ 130,00*

*each additional person*

*€ 10,00\**

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## WEIMAR LIME BLOSSOM RECOVERY RITUAL

*Let yourself be pampered with a lime blossom sugar scrub, followed by a lime blossom bath and a herbal oil massage, including herbal tea.*

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*Treatment time 75 minutes*

*€ 150,00*

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# Day Spa





## DAY SPA

*from Sunday - Thursday / 10-19 pm*

*Treat yourself to a break from everyday life. You can create your own individual wellness programme in our spa area and book a massage, body treatment or facial from the spa menu as you wish. We are happy to provide you with a bath towel and a bathrobe to borrow for the duration of your stay.*

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*Price per person*

*€ 69,00\**

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*\*Bookable at the times indicated, outside public holidays and subject to availability.*

*Please always book your visit in advance by telephone on 0 36 459 . 61 64 4600 so that we can guarantee you a day's stay.*







# Spa Etiquette



## INFORMATIONs & APPOINTMENT BOOKING

*We will be happy to advise you personally on our treatments at the spa reception, by telephone (+49 36459 6164-4600) or by email (spa@spahotel-weimar.de).*

*We recommend that you book spa treatments together with your room reservation so that we can cater to your individual wishes. Some of our treatments can also be enjoyed at the same time as your partner/companion. Please ask our spa staff about this.*

## TREATMENTS

*We recommend that you arrive 5 to 10 minutes before the start of your treatment so that you can get into the right mood for your treatment. Please understand that your treatment time will be shortened accordingly if you are late.*

## TREATMENT TIME

*The treatment times stated in the spa menu correspond to the total time of the treatment from reception by the employee to departure.*

## VOUCHERS

*A voucher is always a great gift. We would be happy to advise you personally on our value or application vouchers and hope you enjoy giving them as a gift.*

## AGE RESTRICTIONS

*Adults and young people aged 16 and over are permitted to use Sauna Welt if accompanied by an adult supervisor. Children under the age of 16 may use Sauna Welt daily from 10:00 a.m. to 12:00 p.m. if accompanied by a supervisor.*

## BABIES & CHILDREN IN THE POOL AREA

*Babies and toddlers are of course very welcome in our LindenSpa. However, out of consideration for other spa guests, we ask that you do not allow your children to play and bathe unclothed in the pool area and that you put swimming nappies on them for reasons of hygiene. Care should be taken to refrain from running around and playing in the spa area if this disturbs other guests. We value mutual consideration.*

## CLOTHING

*We ask that you do not enter the LindenSpa in street clothes. You are appropriately dressed for your spa visit with a bathrobe and slippers. The sauna area is a textile-free area. If you do not wish to use the sauna naked, you can wrap a towel around yourself.*

## REST & RELAXATION

*The LindenSpa is a place of peace and relaxation. We ask you to adapt to this atmosphere.*

## FOOD, DRINKS & SMOKING

*Our service staff in the LindenBistro will spoil you with light Mediterranean-Moroccan dishes and a variety of refreshing drinks and coffees. Please note the general smoking ban in the indoor area of the LindenSpa.*

## CANCELLATIONS

*If you are unable to keep your appointment, please cancel at least 24 hours in advance. We reserve the right to charge 100% of the treatment price for cancellations on the day of the agreed appointment.*



## YOUR HEALTH & WELL-BEING...

*...are very important to us. Please inform the spa staff of any medical conditions or impairments such as cardiovascular diseases, metabolic disorders, allergies, pregnancy or recent operations before your treatment. In addition, a soothing shower before your visit to the pool/sauna or treatment serves as an introduction to your spa experience.*