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LEAVING NOTHING  
TO BE DESIRED - A HOLIDAY  
AT THE BAREISS 2024

Prices & offers

# PRICES BEAUTY & SPA

- 1 Heated open-air freshwater pool (May – October)
- 2 Heated open-air saltwater pool with massage flow channel, water torrents, neck jets, massage jets and floor jets
- 3 Indoor saltwater pool
- 4 Children's paddling pool
- 5 The Jacuzzi
- 6 Indoor lounge area
- 7 Freshwater sports pool
- 8 Fitness Studio
- 9 Gymnastics Room
- 10 Pool Bistro
- 11 Small outdoor jacuzzi in the Sauna World
- 12 Small indoor jacuzzi in the Sauna World
- 13 Large outdoor jacuzzi in the Sauna World
- 14 Sauna garden
- 15 Warm-cold water treading pool
- 16 Plunge pool and cooling therapy
- 17 Ice fountain
- 18 Ladies' rose steam bath
- 19 Ladies' sanarium (60 °C)
- 20 Herbal steam bath
- 21 Finnish sauna (90 °C)
- 22 Bio-sauna (60 °C)
- 23 Fireplace Lounge
- 24 Quiet Room
- 25 Bareiss Spa
- 26 Bareiss Beauty Boutique
- 27 Beauty & Spa Reception
- 28 Bareiss Beauty
- 29 Bareiss Hairdresser



# FACIAL TREATMENTS

*Attractive skin and a fresh complexion allow the beauty of the soul to shine out. High-quality care products and innovative holistic concepts reduce natural ageing processes and the effects of stress and harmful environmental influences while supporting an energetic appearance.*

## DEFINITIVE FACIAL

AUTEUR

Regeneration, revitalisation, and a certain gleam: classic basis treatment that enables the highly active ingredients to penetrate the deeper layers of skin using an elaborate massage technique, optimising the result with targeted layering.

about 60 min. € 150

## ABSOLUTE FACIAL

AUTEUR

Regeneration, hydration, stimulation: extended care treatment that allows the highly concentrated ingredients to penetrate the deeper layers of skin using an elaborate massage technique, enhancing regenerative reactions with Composition No. 1 Serum and triggering additional lifting and toning reactions.

about 60 min. € 150

## ADVANCED FACIAL

AUTEUR

Regeneration, hydration, tightening: individually selected high-performance treatment that combines an AUTEUR DEFINITIVE FACIAL with innovative technology and Composition No. 1 Serum to activate additional lifting, toning and regeneration reactions.

about 90 min. € 225

## BIOLOGIQUE RECHERCHE

With this brand, the individual state of the skin is described as Skin Instant®, providing information on what is needed and what can be altered within just one day. Each care treatment is therefore coordinated to achieve this.

## BOOSTER SOIN RESTRUCTURANT ET LISSANT

FOR RADIANT SKIN

BIOLOGIQUE RECHERCHE

Reconditioning treatment for the epidermis with an immediate restorative effect, stimulating drainage of the skin. Face, throat and décolleté are smoothed and tautened – recommended for all Skin Instants®.

about 80 min. € 195

## BOOSTER SOIN MC 110 TO REDUCE FINE LINES AND WRINKLES

BIOLOGIQUE RECHERCHE

The skin surface is cleansed and exfoliated. Face, throat and décolleté are revitalised and smoothed, fine lines and wrinkles volumised and cushioned – recommended with pale Skin Instants®.

about 80 min. € 195

## BOOSTER SOIN LIFT CVS FOR SMOOTH, RADIANT SKIN

BIOLOGIQUE RECHERCHE

An exfoliating and lifting treatment combined with sculpting techniques. Face, throat and décolleté are smoothed, refined and toned, recommended for mature Skin Instants®.

about 80 min. € 195

## BOOSTER SOIN MC 110 SÉBO-RÉÉQUILIBRANT – FOR CLEAR SKIN

BIOLOGIQUE RECHERCHE

Regulates excessive sebum production by the skin and detoxifies oily Skin Instants® that tend towards acne. The skin is deeply cleansed and appears smooth, the pores are tightened.

about 80 min. € 195

## SOIN BIOSENSIBLE FOR SOOTHING THE SKIN

BIOLOGIQUE RECHERCHE

Treatment to stabilise particularly sensitive, fragile and reactive Skin Instants®. Has a soothing effect on face, throat and décolleté, gives the skin a radiant freshness.

about 80 min. € 195

## SPIRULINA BOOST

THALGO

Detox and anti-pollution: face, throat and décolleté treatment with a revitalising and detoxifying booster concentrate composed of marine magnesium and alginate from algae, protecting the skin against oxidative stress and environmental impacts, making it shine again.

about 80 min. € 170

## ANTI-AGEING CARE CONCEPT

THALGO

Customised care programme for face, throat and décolleté: treatment with selected concentrated ingredients, optimum nutrient supply with hyaluron and/or silicon against first wrinkles, with special mask and massage precisely co-ordinated to skin texture.

about 80 min. € 170

## PRODIGE DES OCÉANS

THALGO

Luxury treatment with exclusive active ingredients for face, throat and décolleté: a patented complex of ingredients with proteins, collagen, hyaluronic acid, microalgae oil and oxygen ensure perfect skin with complete beauty.

about 80 min. € 190

## EXCEPTION ULTIME

THALGO

Luxurious intensive care for timelessly beautiful skin due to deep-penetration anti-ageing care with natural algal hormones: this face, throat and décolleté treatment remedies both the causes and the troublesome symptoms of ageing skin. An extraordinary combination of exclusive ingredient complexes reactivates the cell mechanisms of the skin and reduces visible signs of ageing such as wrinkles, weakened elasticity, and irregular pigmentation. A relaxing massage rounds off this treatment.

about 80 min. € 190

## CLASSIC FACIAL TREATMENT

THALGO

Basis treatment with an individually co-ordinated care programme: cleansing, exfoliation and face mask, with eyebrow correction if desired.

about 50 min. € 100

about 75 min. € 130

## ANTI AGEING EYEBROW TREATMENT

THALGO

Anti-ageing massage combined with a deeply effective treatment using serums and creams – smoothing, cushioning, and with a lifting effect – reducing fine wrinkles, moisturising, and giving luminosity to the eye area.

about 30 min. € 65

ADDITIONAL SERVICES, AVAILABLE EXCLUSIVELY IN COMBINATION WITH A FACIAL TREATMENT

## MICRODERMABRASION

The most effective method of exfoliation using a micro-crystals skin scrub: this very precise, but soft, removal of the uppermost skin cells stimulates the skin's natural regeneration processes and refines the complexion.

about 20 min. € 45

## MICRONEEDLING

Highly efficient, minimally invasive treatment to tighten, rejuvenate and improve the complexion: microfine needles stimulate the production of collagen and elastic fibres in connective tissue, ensuring new elasticity and stability.

about 20 min. € 45

CARE PROGRAMME

## FACIAL BEAUTY

3-DAY PROGRAMME – for a radiant face

Day 1: Skin analysis and facial cleansing, about 80 min.

Day 2 and 3: Two different facial treatments individually co-ordinated and depending on skin type, each about 80 min.

Total: about 240 min. € 480

## DETOX AND ANTI-POLLUTION

3-DAY PROGRAMME – concentrated anti-ageing care to detoxify and revitalise

Day 1: Spirulina Boost, about 80 min.

Day 2: Prodige des Océans, about 80 min.

Day 3: Anti-ageing care concept, about 80 min.

Total: about 240 min. € 485

## HYDRATION FOR FACE AND BODY

3-DAY PROGRAMME – targeted moisturising care for a relaxed skin feeling

Day 1: Treatment for face, throat and décolleté; dyeing of eyebrows and eyelashes, about 70 min.

Day 2: Exfoliation, time in the jacuzzi, body pack, about 85 min.

Day 3: Anti-ageing facial treatment, about 80 min.

Plus: an aromatic oil massage at the Spa, about 50 min.

Total: about 285 min. € 520

## IN THE SALON

*Whether fresh colours or clean contours, fine lustre for the hair, or a soft glow for the skin: the stylists in our hair, beauty and make-up studio know how to use the selected products, scissors, powders, and brushes to emphasise the features – making a wonderful day simply perfect.*

### HAIR

#### LADIES

##### HAIRCUT AND STYLING

Haircut to enhance your personal look · Hair styling € 70 / € 80

##### STYLING

Consultation · Pampering hair wash · Hair styling € 45 / € 55

#### GENTLEMEN

##### HAIRCUT TO ENHANCE YOUR PERSONAL LOOK

€ 45

##### MEN'S PACKAGE BASIC

Hair wash · Haircut to enhance your personal look · Finish € 55

##### MEN'S PACKAGE RELAX

MEN'S PACKAGE BASIC + revitalising head massage € 75

##### TRIM WITH CLIPPERS

€ 30

#### CHILDREN (UP TO 12 YEARS OLD)

##### BRAIDING

€ 15

##### PONYTAIL

€ 12

##### DRY CUT

from € 24

##### WASH, CUT AND BLOW DRY

from € 30

#### ADDITIONAL HAIR CARE, TAILORED HAIR WASH

##### INTENSIVE HAIR CARE

Regenerates hair structure for greater lustre and stylability € 25

##### LONG HAIR CARE

Especially for long hair, for improved elasticity, lustre and easy combing € 35

##### NURTURING HAIR CONDITIONING

€ 20 / € 25

#### SUPPLEMENTARY SCALP TREATMENTS, TAILORED HAIR

##### WASH

##### RELAXATION AND VITALITY

Scalp treatment and deep regeneration, head massage € 30

##### SCALP SCRUB TO TREAT DANDRUFF

€ 30

##### POWER FOR THE SCALP

Active ingredient ampoule against hair loss · Head massage € 30

#### COLOUR CONSULTATION

##### COLOURING

Root touch-up € 65

Root and long-hair colouration € 70 / € 80

optional special colour sealing + € 10

##### STRANDS

Hairline, crown and parting € 75

Full head € 95

optional special colour sealing + € 10

##### HIGHLIGHTS

Short hair (per foil) € 3,50

Shoulder-length (per foil) € 4,00

Long hair (per foil) € 4,50

### HANDS AND FEET

##### CARED-FOR HANDS

Manicure with hand massage, about 50 min. € 75

Manicure with polish, about 60 min. € 90

##### MANICURE WITH SHELLAC OR STRIPLAC

A special polish is applied after the manicure for longer durability, hardened under UV light.

about 80 min. € 100

Removal of Shellac/Striplac (not gel or acryl) – only bookable with Manicure with Shellac/Striplac.

about 30 min. € 25

##### PEDICURE

with alkaline exfoliating salt foot bath

about 50 min. € 80

with nail varnish

about 65 min. € 95

##### MEDICAL FOOT CARE WITH EXFOLIATING ALKALINE FOOT BATH

on request, about 60 min. € 105

### FACE AND BODY

##### DEPILATION WITH WARM WAX

Back € 45

Lower or upper legs each € 45

Full legs € 75

Bikini zone from € 40

Armpits € 25

Upper lip, chin, throat each € 20

In combination with a facial treatment + each € 12

### FACE

#### MAKE-UP

##### DAY MAKE-UP

about 30 min. € 50

##### EVENING MAKE-UP

about 50 min. € 75

#### CAN BE BOOKED INDIVIDUALLY OR WITH

##### FACIAL TREATMENT

Eyebrow tinting € 20 / € 15

Eyelash tinting € 30 / € 20

Eyebrow and eyelash tinting € 40 / € 25

Eyebrow correction € 25 / € 15

## FOR THE WHOLE FAMILY

*A genuine sense of wellbeing is a wonderful thing, regardless of one's age or phase of life – everything that does one good should become a matter of course – as a present to oneself.*

### MEN

#### MEN EXPRESS

##### THALGO

Short treatment for a quick freshness kick: cleansing and clarification, intensive moisturising mask or massage.

about 50 min. € 100

#### MEN SPECIAL

##### THALGO

Invigorating intensive treatment: moisturising care with the algal ingredient complex »Algue Bleue Vitale« from the depths of the oceans, facial and neck massage.

about 80 min. € 155

##### RECOMMENDED PROGRAMME

#### 3-DAY PROGRAMME FOR MEN

Day 1: Thalgo Men Express, about 50 min.

Day 2: Back massage, about 40 min.

Day 3: Bareiss Aromatic Oil Massage, about 50 min.

Total: about 140 min. € 265

### PREGNANCY

#### PAMPERING MASSAGE

Gentle relaxation: a careful massage that soothes tensions in the neck and shoulders and relieves the joints. Recommended from the 4<sup>th</sup> to the 8<sup>th</sup> month.

about 50 min. € 105

#### BODY CARE RITUAL

A rich pack for the extended abdominal wall, providing it with elasticity through moisturising agents and nutrients, combined with a relaxing head, neck and shoulder massage.

about 50 min. € 105

#### »LIGHT LEGS« TREATMENT

A gentle stroking massage: a blessing that relieves tensions and does heavy legs and feet good.

about 40 min. € 85

### CHILDREN AND TEENS

#### FIRST SPA MASSAGE

##### 5-10 YEARS OLD

To soothe and loosen up: a feel-good experience for our youngest guests. A deeply relaxing body massage with fruity, delicately scented organic products. Releases tension and stimulates the joints.

about 25 min. € 55

#### AROMATIC OIL MASSAGE

##### 7-14 YEARS OLD

Harmonising and relaxing: gentle massage with a fragrant aromatic oil of your choice.

about 25 min. € 55

#### HOT CHOCOLATE MASSAGE

##### 7-14 YEARS OLD

Sweet, deliciously fragrant immersion bath with the power of the skin-care substance hot chocolate.

about 25 min. € 55

#### KIDS' FACIAL

##### 5-12 YEARS OLD

To cleanse and balance: a gentle facial treatment with fragrant organic products, combining a facial cleanse with a soothing facial massage. The treatment finishes with a face mask, containing organic grapefruit, aloe vera, blueberry and pomegranate extracts and many other active ingredients which soothe and enrich the skin. A perfect first experience with cosmetic products.

about 25 min. € 55

#### TEENS' FACIAL

##### 13-17 YEARS OLD

Beneficial and refreshing: gentle facial treatment with exfoliating and invigorating tonic – including eyebrow correction, treatment mask and hand massage.

about 50 min. € 85

about 80 min. € 110

#### HAPPY HANDS & FEET

##### 7-13 YEARS OLD

For cared-for hands: nails filed, hand and foot massage, and nail varnish.

about 50 min. € 55

## BODY TREATMENTS

*Our body treatments offer lasting holistic revitalisation, both internal and external, and they generate immediate wellbeing with visible results.*

#### FRIGI-THALGO

Cooling poultice against heavy and tired legs.

about 50 min. € 95

#### WHOLE-BODY MARINE ALGAL TREATMENT

Effective care and purging for soft velvety skin: a cleansing body scrub and highly effective algal pack with detoxifying effect for the regeneration and intensive care of irritated or stressed skin.

about 80 min. € 155

#### THALGO BODY PERFORMANCE

Intensive contouring treatment for a naturally shapely figure: peeling with subsequent active oxygen pack to stimulate the microcirculation at the waist, hips and thighs including a massage with two highly effective concentrates to tighten the skin.

about 75 min. € 140

#### DETOX & RELAX

A relaxing massage to promote lymphatic flow, including a refreshing exfoliation with sea salt, lavender and mint, combined with a peel-off face mask made of seaweed, lavender, rosemary and wild chestnuts. An intensive treatment that stimulates blood circulation and the metabolism, as well as effective in eliminating excess toxins.

about 80 min. € 155

#### 3-DAY DETOX SILHOUETTE PROGRAMME

Intensive treatment for relaxation and detox.

Day 1: Whole-Body Marine Algal Treatment, about 80 min.

Day 2: Thalgo Body Performance, about 75 min.

Day 3: Algal pack and detox massage, about 80 min.

Total: about 235 min. € 410

## BATHTUB TREATMENTS, SKIN SCRUBS AND PACKS

*Purge the body, tighten the tissues, and feel the benefits of valuable ingredients and comfortable warmth: bathtub treatments, peelings and packs – close your eyes for maximum bliss and reopen them with deep satisfaction.*

### ALKALINE MINERAL BATH

Purging

### ALGAL BATH

Detoxifying

### THALGO AROMACÉANE BATHS

Minceur – tightening, Drainant – draining,

Détente – relaxing

### THALGO »PLAISIR BLEU« RELAXATION TABS

Re-mineralising

Each one lasts about 25 min.

€ 50

### INDIVIDUAL BODY EXFOLIATION

Treatment for all the senses with invigorating massage

effect: dead skin cells, skin impurities and toxins are eliminated, the skin becomes soft and radiant.

about 30 min.

€ 55

### INDIVIDUAL BODY PACKS

For regeneration, re-mineralisation and purging of the whole body.

about 40 min.

€ 75

## SPA RITUALS

*Our Spa Rituals take you on journeys to the South Pacific and to ancient India, across the world's seas and into the depths of the oceans. The combination of bathtub, peeling and massage opens up an ultimately calming or revitalising effect and a completely cared-for skin feeling.*

RITUEL RELAXANT

### ÎLES PACIFIQUES

FOR DEEP RELAXATION AND HARMONY

A trip to the most beautiful Pacific islands provides the skin with marine minerals and trace elements, and cares for it with the aromas of monoï and vanilla: re-mineralising bubble bath in the jacuzzi, gentle exfoliation with sand from Bora Bora, marine salt and coconut shells, as well as a powerful massage with Mahana grips and warm sand stamps.

Exfoliation and massage about 90 min.

€ 160

With bath about 120 min.

€ 195

RITUEL ENERGISANT

### JOYEUX ATLANTIQUE

FOR FRESH ENERGY AND A VIBRANT GLOW

A journey to the Atlantic that moisturises the body with the power of valuable minerals and fine quartz crystals while effectively providing nutrition, indulgence and invigoration: beneficial bubble bath with olive extracts and gemstone balsam in the whirlpool, energising peeling with the finest of coral particles, and an invigorating whole-body massage.

Exfoliation and massage about 90 min.

€ 160

With bath about 120 min.

€ 195

RITUEL REEQUILIBRANT

### MER DES INDES

FOR INNER BALANCE AND HARMONY

A balancing ritual based on the Ayurvedic healing arts that takes you to ancient India: beneficial milk bath with powdery aromas, rich ginger body scrub with Ayurvedic oils, as well as stimulating massage with sesame oil and techniques from yoga and Marma therapy.

Exfoliation and massage about 90 min.

€ 160

With bath about 120 min.

€ 195

RITUEL ANTI TENSIONS

### MERVEILLE ARCTIQUE

AGAINST STRESS, TIREDNESS AND TENSION

An intensive journey of the senses inspired by the wonders of the Arctic and the opposites of heat and cold, generating an intensive feeling of freshness and freeing the mind: a tingling bath, refreshing exfoliation and interacting massage with ice cubes.

Exfoliation and massage about 90 min.

€ 160

With bath about 120 min.

€ 195

### WELLNESS WORLD TRIP

**3-DAY PROGRAMME** – A journey through three of the world's most beautiful regions: experience the luminosity of the Indian sunset, the magic of the harsh landscape of the Rocky Mountains, and the natural joie-de-vivre of Hawaii.

Day 1: Abhyanga Whole-Body Massage, about 60 min.

Day 2: Hot Stone Massage, about 50 min.

Day 3: Lomi Lomi Nui Massage, about 90 min.

Total: about 200 min.

€ 395

### AYURVEDA DETOX

**3-DAY PROGRAMME** – An Abhyanga massage draws old wastes out of the body, and the movements lead to an inner merging of mind and body.

Day 1: Abhyanga Whole-Body Massage, about 80 min.

Day 2: Pindasveda Herbal Stamp Massage, about 70 min.

Day 3: Abhyanga Whole-Body Massage, about 80 min.

Total: about 230 min.

€ 430

### AYURVEDA RELAX

**3-DAY PROGRAMME** – The technique of loving hands is the basis of all Ayurvedic treatments and provides a feeling of deep intensive wellbeing.

Day 1: Abhyanga Whole-Body Massage, about 80 min.

Day 2: Abhyanga Whole-Body Massage with Kalkizhi

Hot Stone Massage, about 90 min.

Day 3: Shirodhara Anointment of the Forehead, about 40 min.

Total: about 210 min.

€ 420

### PURE RELAXATION

**3-DAY PROGRAMME** – goodbye to the stress and hustle and bustle of everyday life; peace and time for oneself: these three days are for deep relaxation.

Day 1: Back massage, about 40 min.

Day 2: Anti-Stress Massage with essential oils, about 80 min.

Day 3: Foot Reflexology Massage, about 50 min.

Total: about 170 min.

€ 315

## MASSAGES

*Stimulate energy flows in the body, strengthen the immune system and calm the spirit: well-trained warm hands and soothing touches caress the body and psyche.*

### RELAXATION

Gentle touches, soothing effect on fatigue, tiredness and stress.

about 50 min.	€ 110
about 65 min.	€ 130
about 80 min.	€ 155

### INVIGORATION

Powerful techniques, soothing strong tensions, back pain or headaches.

about 50 min.	€ 110
about 65 min.	€ 130
about 80 min.	€ 155

### HEAD, NECK AND SHOULDER MASSAGE

Stress-reducing and relaxing so that the head can truly unwind and find inner peace.

about 25 min.	€ 65
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### BACK MASSAGE

Stimulates and loosens the muscles, promoting circulation and metabolic processes – for gentle stretching and the release of tensions.

about 25 min.	€ 65
about 40 min.	€ 85

### TIBETAN BACK MASSAGE

Caring treatment with warm sesame oil that excites the body's central vital points and lets the energy flow freely to the nerve pathways again.

about 40 min.	€ 85
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### TIBETAN BACK MASSAGE AND REVITALISING FOOT MASSAGE

Pure regeneration!

about 50 min.	€ 110
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### BAREISS AROMA OIL MASSAGE

Gentle relaxing massage with the scent of pure essential oils of your choice.

about 50 min.	€ 110
about 80 min.	€ 155

### FOOT MASSAGE

An invigorating foot ritual for tired feet, with a balancing and harmonising effect on the whole organism while connecting body, soul and spirit.

about 50 min.	€ 110
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### SPORT MASSAGE

A powerful massage that targets specific areas of the body. It will warm up your muscles before activity, help to prevent injuries and increase performance, as well as help loosen tension in muscles after sport. Recommended before, after or between two exercise sessions.

about 50 min.	€ 110
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### MYOFASCIAL RELEASE MASSAGE

A massage to loosen calluses and adhesions in the body's fascia tissue. It will promote blood circulation in skin and connective tissue. This slow, deep tissue massage will relieve tension and pain.

about 50 min.	€ 110
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### HOT STONE MASSAGE

Whole-body massage with warm stones and calming massage grips for new energy and vitality as well as stabilisation of balance between body, soul and spirit.

about 50 min.	€ 115
about 80 min.	€ 160

### LOMI LOMI NUI

A deeply effective whole-body massage in a class of its own: »Lomi« means press, knead and rub, ensuring holistic stimulation and leading to deeply intensive relaxation and a feeling of pure wellbeing.

about 90 min.	€ 180
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## THE WORLD OF AYURVEDA

*Ayurveda translates the traditional knowledge of the centuries-old Indian school of thought into holistic massages that unite the body, soul and spirit.*

### ABHYANGA

A gentle whole-body massage with valuable sesame oil for inner cleansing; it opens the body's own detoxification channels (Strotas) and draws off undigested toxins (Ama) which often reduce one's feeling of wellbeing.

about 60 min.	€ 140
about 80 min.	€ 170

### MARMA MASSAGE

Of pure benefit for the body, spirit and soul – a harmonising whole-body massage that specifically stimulates the Marma points (acupuncture points), dissolves blockages and sets positive forces free.

about 65 min.	€ 145
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### GARSHAN RAW SILK GLOVE MASSAGE

A full-body massage to balance the body, stimulate the metabolism and lymphatic systems, with exfoliation to help drain the body of toxins and promote weight loss.

about 50 min.	€ 110
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### SHIROABHYANGA

An intensive facial and head massage whose movements are good for the eyes, set one's thoughts at peace, and strengthen hair structure.

about 45 min.	€ 100
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### SHIRODHARA

Anointment of the forehead: warm oil is poured onto the forehead in a gentle stream, setting thoughts free – like clouds passing in the sky. Tensions in the head and body are relieved, inner stresses and anxieties are dissolved, and the mental equilibrium strengthened.

about 40 min.	€ 125
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### KALKIZHI - AYURVEDIC HOT STONE MASSAGE

A whole-body massage with hot stones that dissolves even heavy muscle tensions and activates the circulation.

about 80 min.	€ 170
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### KIZHI - AYURVEDIC HERBAL STAMP MASSAGE

The heat and pressure of this special, very intensive, massage ensure that the herbal ingredients reach deeply into the underlying tissues through the skin. This provides comfortable relief, particularly for muscle tensions and painful joints.

about 70 min.	€ 135
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AYURVEDA COMBINATION

### ABHYANGA WHOLE-BODY MASSAGE WITH SHIRODHARA ANOINTMENT OF THE FOREHEAD

about 100 min.	€ 260
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### BODY PEELING AND ABHYANGA WHOLE-BODY MASSAGE

about 90 min.	€ 185
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*Although each individual treatment has its own completely beneficial and healthy effect, a course of three or four treatment sessions is recommended to achieve the maximum possible effect.*

# FIT AND ACTIVE

*The day begins with activity and you encounter movement in a new way: physical fitness means essential quality of life, and even half-an-hour a day soon makes a noticeable difference – and gradually a surprising zest develops far from one's everyday world.*

## FITNESS STUDIO

Our Fitness Studio has Technogym cardio equipment with integrated screens and media connections for individualised, holistic and health-aware strength and stamina training. There is also a weight bench and a kinesis system (certified for rehabilitation and medical treatments) offering numerous training possibilities for improving strength and performance.

## PROGRAMME OF COURSES

From Monday to Saturday, guests can take part, free-of-charge, in a sports programme that varies from day to day. The courses are suitable for beginners and advanced participants of any age and require no previous knowledge. We adjust the intensity according to the group's particular performance level. The training units take place outdoors or in our Gymnastics Room. Our Reception team would be pleased to provide information on the current range of courses available.

## E-BIKE FLEET

A modern fleet of latest-generation e-bikes is available for you to rent from our own »Bareiss Aktiv« bike station. You can thus expand your range of activity and make good headway, even with children. Up to 70 kilometres a day can be managed without difficulty on an e-bike, so that even locations such as Rastatt or Freudenstadt are easy to reach.

The bicycles are available for you to rent between 9.00 a.m. and 6.00 p.m., and a 0.5 litre PET drinks bottle per guest is included. Children's bikes and bicycle trailers are available free-of-charge and without a deposit, as are accessories such as helmets, locks, etc.

### RATES

Rental up to 1 hour: 10 €  
Rental up to 3 hours: 20 €  
Rental from 3 hours onwards: 30 €

# BRANDS

AUTEUR



LA BIOTHÉTIQUE®  
PARIS

THALGO  
LA BEAUTÉ NAUVE

### AUTEUR ...

... has made it their task to set a new standard in the area of regenerative skin care and to offer formulae that provide convincing results in just a few steps. The brand stands for a simple and sensible skin care routine with exclusive ingredients for the highest of demands. The products are developed and produced in Germany without any testing on animals; they contain no harmful additives such as parabens, PEG, minerals or essential oils, dyes, phthalates, sulphates, cyclomethicones or nanoparticles.

### BIOLOGIQUE RECHERCHE ...

... combines a clinical approach to cosmetics with more than 40 years of experience and continuous development in collaboration with respected scientific and medical partners. The holistic care concept considers the skin to be an organ connected with all the other organs. The subsequent personalised method is known for its effectiveness – based on careful skin protocols for individual needs-analysis for the epidermis, specific application processes, and pure concentrated raw materials.

### LA BIOTHÉTIQUE ...

... offers first-class comprehensive care competence and pampers with innovative products. Maximum value is placed on using natural and highest-quality ingredients that are finely co-ordinated with one another and guarantee maximum compatibility and effectiveness. This family-owned company follows a holistic care approach for the wellbeing of the scalp, hair and skin with optimum products for beautiful well-groomed hair and perfect styling.

### THALGO ...

... has been considered a pioneer in Thalasso therapy for more than 50 years and exploits the power of the sea, whose wealth of minerals is found in marine algae in a highly concentrated form. These special plants are the basis of all products, and are almost unequalled regarding their content of efficient active substances, vitamins and trace elements. They are micro-powdered using a patented process and can thus be particularly well absorbed by the skin.



## GENERAL INFORMATION: BEAUTY & SPA

### MAKING APPOINTMENTS

We accept reservations for our Bareiss Beauty & Spa treatments daily from 8.00 a.m. to 6.00 p.m. at the Beauty & Spa Reception. Our staff are available there to provide personal advice or by phone at +49 7442 47-304 or via e-mail to [beauty-spa@bareiss.com](mailto:beauty-spa@bareiss.com).

### CLOTHING

Please wear a bathrobe and bathing slippers for massages, packs and whole-body treatments. Disposable slippers are available for use during treatments, or you can dress in your own underwear or swimwear. No special clothing is required for facial treatments, manicures and pedicures.

The sauna area is a clothes-free zone. Please lay a large towel on the sauna bench. A bathrobe and bathing slippers are to be worn in rest areas. Please always wear sports clothing and sports shoes in the Fitness Studio.

### MEDICAL STATEMENT

Please inform us in advance about any health problems or conditions you may have (e.g. high blood pressure, cardiovascular disorders, allergies, recent operations, or limitations of the musculoskeletal system). This is important for enabling us to optimally co-ordinate your treatment(s) to your needs. All information will, of course, be treated in the strictest confidence.

### PREGNANCY AND BREASTFEEDING

Cosmetics for, and the care of, mothers-to-be and breast-feeding mothers require particular attention. Please inform our staff about this when making reservations.

### REST AREAS

The bathing, sauna and Beauty & Spa areas are places of relaxation. Please set mobile phones to silent mode and do not use them or laptops and tablets in these areas.

### YOUR WELLBEING

Whether room temperature or massage pressure, please inform the particular therapist about your preferences or any discomfort so that you can enjoy the treatment to the full.

### PREPARATION

Please arrive in good time, ideally 5 to 10 minutes before the treatment, so that you have sufficient time to prepare yourself for the treatment.

### LATE ARRIVAL

Please note that arriving late for treatment can lead to a reduced treatment time if another appointment has been made directly after yours. No price reduction will be granted in such cases.

### CANCELLATION

Cancellations can be made without charge until 6.00 p.m. on the day before the appointment. In the case of later cancellations, we reserve the right to full payment if the appointment cannot be allocated to another client.

### YOUR PREFERRED APPOINTMENT TIME

To be sure of getting your preferred appointment time we recommend that you make your reservation when booking your room. You will then receive confirmation on arrival at the Bareiss.

### OPENING TIMES

**Beauty & Spa Reception:**  
daily from 8.00 a.m. to 6.00 p.m.  
**Beauty Boutique:**  
daily from 8.00 a.m. to 6.00 p.m.  
**Bathing and sauna facilities:**  
daily from 7.30 a.m. to 7.30 p.m.  
**Separate ladies' sauna:**  
daily from 10.00 a.m. to 7.30 p.m.  
**Family sauna:**  
daily from 12.00 noon to 3.00 p.m.  
**Fitness area:**  
daily from 7.30 a.m. to 7.30 p.m.





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LES  
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MONDE

  
RELAIS &  
CHATEAUX

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