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BEAUTY & SPA
**BEAUTY BEGINS
WITH RELAXATION**

2026



»Relaxation begins in the mind«

Close your eyes for a moment, turn all your senses inward and simply be: taking time for yourself is a gift to the soul – and it is a precious experience to discover what deep wellbeing and balance truly feel like, and what it takes to achieve them. For just as our lifestyles and life situations differ, so too do our individual needs for relaxation and harmony.

That is why, for our facial and body treatments as well as our beauty salon, we have selected exclusive premium brands that meet the highest standards through their distinctive philosophies. Scientifically grounded and clinically tested, with demonstrably perceptible results, developed and produced with utmost care and a deep sense of responsibility towards the environment and future generations. For a thoroughly pampered, feel-good experience that is both lasting and holistic.

Personally, I treasure these ›appointments with myself‹, these quiet moments of retreat – and the most important insight for me is this: relaxation begins in the mind. With the simple awareness of the value of treating yourself and cherishing small daily rituals. Your days at the Bareiss are a perfect opportunity for this.

I wish you great pleasure in rediscovering and experiencing it anew.

Yours

Britta Bareiss



AUTEUR

»Elevating skincare
to an art form.«

Innovative technology, highly concentrated active ingredients, a patented peptide complex – Auteur represents exclusive, high-end anti-ageing skincare with more than 100 active components that work at cellular level. The formulas combine poly-peptide encapsulation, growth factors, and liquid oxygen with carefully selected plant extracts to counteract skin ageing on every level. Encapsulation enhances bioavailability and regenerative efficacy, deeply hydrating skin, strengthening the skin barrier, and visibly improving complexion. The result is a pioneering collection distinguished by luxurious textures and elegantly designed bottles – both recyclable and refillable – reflecting the brand's exquisite premium standard.

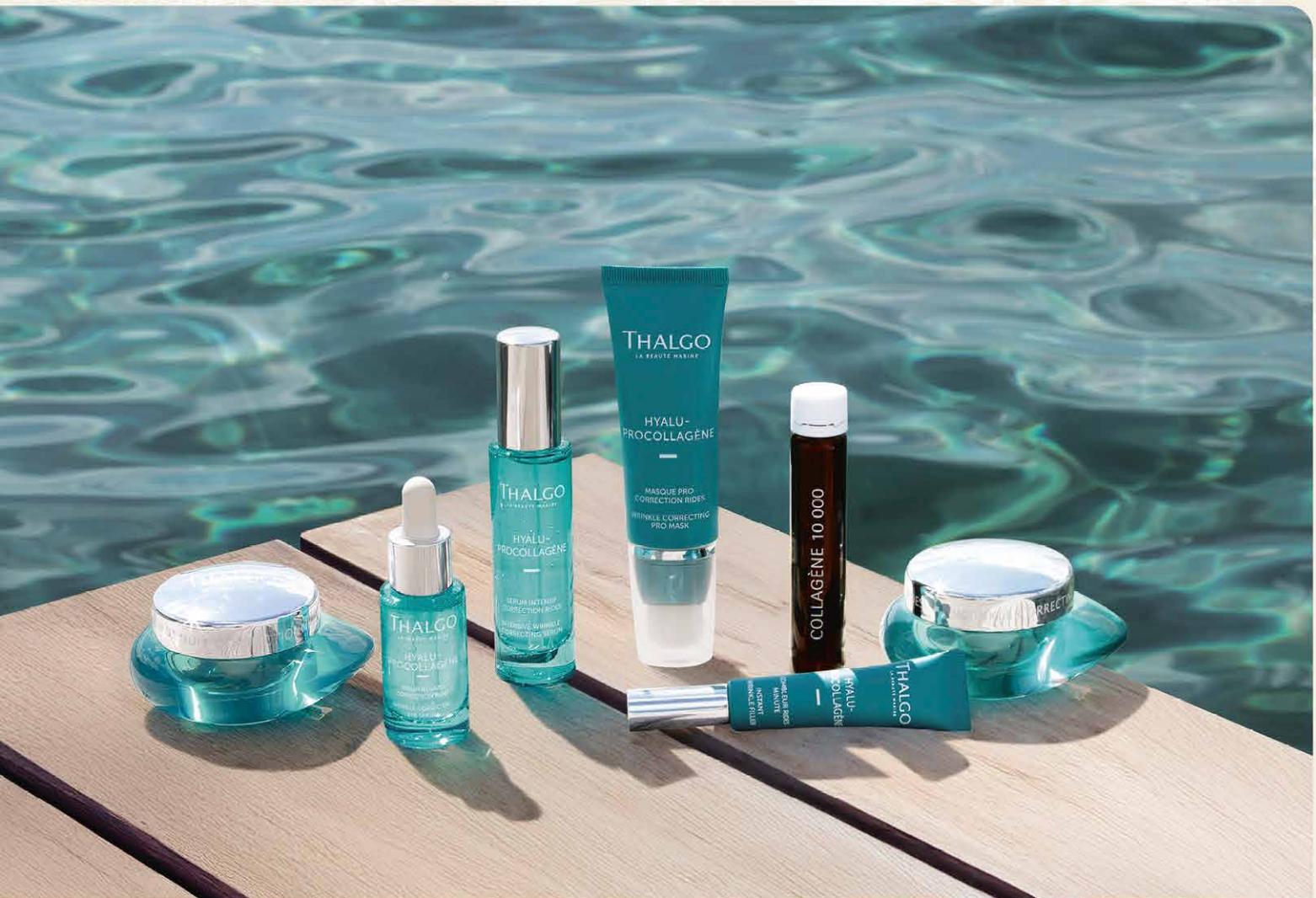
THE BRAND PROMISE

- clinically proven excellence and premium actives such as Gold Pro Collagen and Growth Factor Tripeptide (a tripeptide promoting deep rejuvenation)
- outstanding skin compatibility through peptide encapsulation
- botox-like results without invasive treatment

EXCLUSIVE HIGH-END ANTI-AGEING CARE

- activates the skin's natural regeneration processes
- accelerates cell renewal
- provides deep, long-lasting hydration
- strengthens the skin's natural barrier
- improves texture and elasticity
- enhances any skincare routine in just a few steps

From the sourcing of ingredients to the final product, every detail is dedicated to purity, quality and uncompromising effectiveness.



THALGO
LA BEAUTÉ MARINE

»The Power of the Sea for Your Beauty.«

Natural essences, sensorial rituals and highly effective cosmetic products for face and body: as a pioneer of thalassotherapy, Thalgo has been setting trends and continuing its story of success for over 60 years through constant innovation. The brand draws on the purity of the sea, with algae and marine active ingredients forming its foundation. Thanks to their rich mineral content, they combine excellent tolerance and bioavailability with uniquely perceptible efficacy – from the 1964 medical patent for micronised algae, to the first cream with marine collagen, to the IMR patent for marine stem cells. The formulations of this incomparable marine skincare line have been developed in close collaboration with phycologists and dermatologists.

THE BRAND PROMISE

- marine high-performance power thanks to natural sea minerals: algae and marine actives deliver exceptional compatibility and bioavailability
- decades of research and thalasso expertise
- massage techniques and high-end devices developed in cooperation with physiotherapists and medical professionals

MARINE SKINCARE AND SPA TREATMENTS

- deliver maximum active ingredient performance
- promote holistic wellbeing
- cleanse, nourish and soothe the skin
- provide hydration and revitalising freshness
- smooth, renew and refine the complexion
- sculpt, firm and tone contours and silhouette

Sustainability and responsibility – from raw material extraction to packaging: Thalgo stands for quality that sets its own standards.



**BIOLOGIQUE
RECHERCHE**
PARIS

»A Legacy of unique Know-Faire.«

Biologique Recherche unites diverse scientific disciplines to achieve a profound understanding of the skin and its ever-changing nature. The brand follows a philosophy as distinctive as each individual's skin. The Skin Instant® concept moves beyond standardised categories, focusing instead on the current condition of the skin and addressing its specific, momentary needs. Each treatment begins with a detailed analysis and differentiated consultation. The products are formulated with clinical precision and enriched with highly concentrated active ingredients that penetrate deeply into the skin. Science and nature work hand in hand – for effective protection and visible transformation. Precise, bespoke and uncompromising in results.

THE BRAND PROMISE

- moves beyond the traditional skin type approach (dry, oily, sensitive) to focus on the skin's changing condition
- individual consultation and treatment using the Skin Instant® method
- highly concentrated active ingredients and specialised massage techniques

BESPOKE, TRANSFORMATIVE SKINCARE

- respects the skin's own ecosystem
- penetrates deep into the skin
- corrects analysed imbalances
- balances and regenerates
- restores a natural radiance

A beauty concept that goes far beyond skincare – Biologique Recherche embodies transformation, precision and pure efficacy in its most refined form.



LA BIOSTHETIQUE®
PARIS

»Blossomed in Paris, rooted in the Black Forest.«

La Biosthétique combines French style and sophistication with German precision, offering a 360° approach to beauty and a perfectly harmonised care routine. It is inspired by the holistic nature of life and a philosophy that sees the body as a unified whole. High-quality, natural ingredients, optimal skin compatibility and sustainable production processes ensure a thoroughly luxurious, feel-good experience – from head to toe, from styling and colouring to make-up. While the brand's headquarters remain in Paris, research, development and production now take place in Pforzheim in the Black Forest. The products integrate the latest dermatological and biochemical insights to meet the highest standards of performance and excellence.

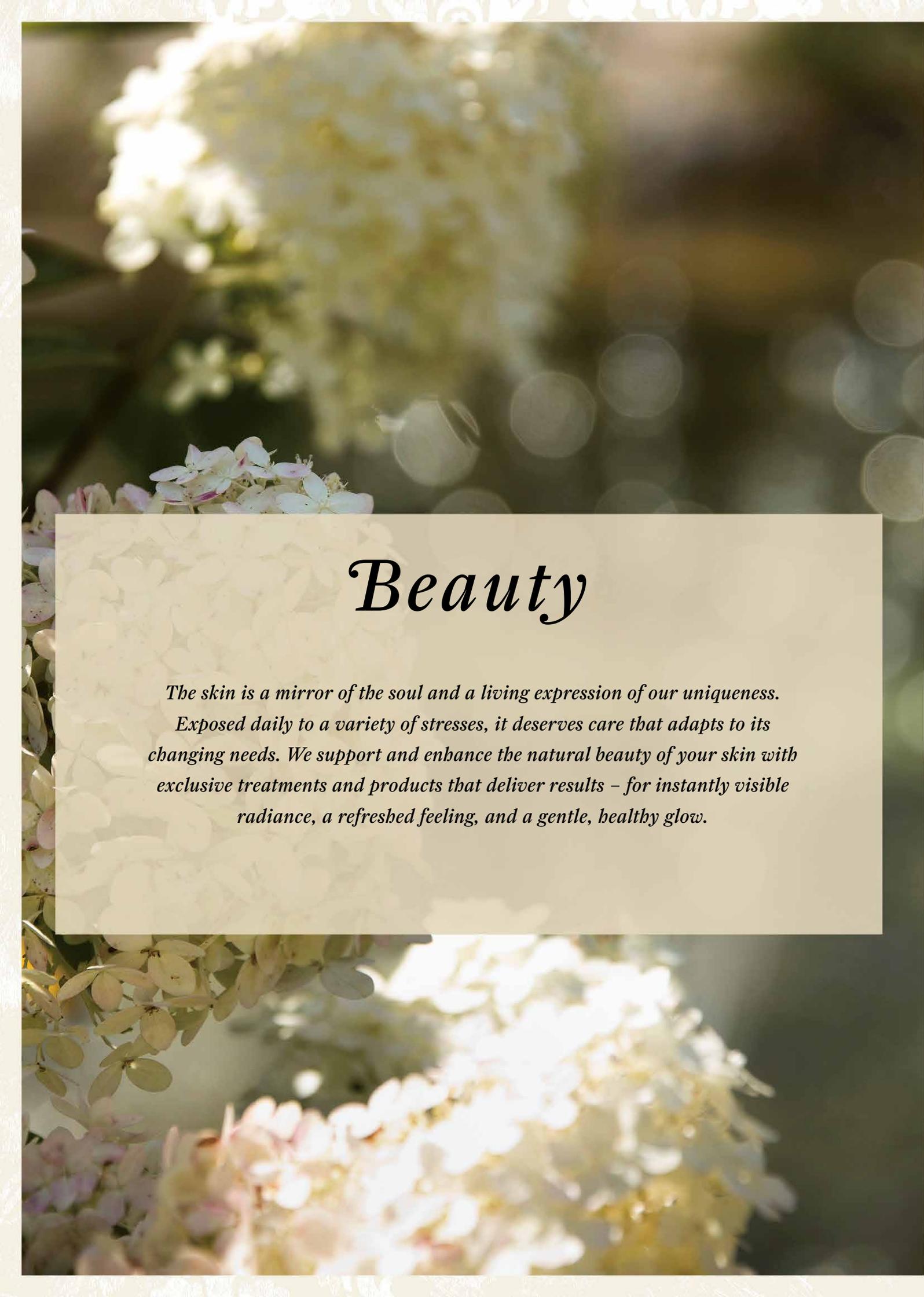
THE BRAND PROMISE

- a 360° approach to beauty and a perfectly coordinated care routine
- high-quality, natural ingredients
- effective care from head to toe

A COMPREHENSIVE, HOLISTIC CARE CONCEPT

- highly effective facial and body care
- individually tailored haircare
- brilliant colour results
- professional styling and finishing
- natural make-up

La Biosthétique has been recognised with the Global Transition Award and the German Sustainability Award Design, and is produced according to the principles of the international »Guidelines on Good Manufacturing Practices« (GMP).



Beauty

The skin is a mirror of the soul and a living expression of our uniqueness.

Exposed daily to a variety of stresses, it deserves care that adapts to its changing needs. We support and enhance the natural beauty of your skin with exclusive treatments and products that deliver results – for instantly visible radiance, a refreshed feeling, and a gentle, healthy glow.

FACIAL TREATMENTS

AUTEUR

ADDITIONAL SERVICES, ONLY AVAILABLE WITH A FACIAL TREATMENT:

MICRODERMABRASION

The most effective method of mechanical exfoliation using micro-crystals: this precise yet gentle removal of the upper skin cells stimulates the skin's natural regeneration processes and refines the complexion.

20 min.

€ 50

MICRONEEDLING

A highly effective, minimally invasive treatment to firm, rejuvenate, and improve skin texture: ultra-fine needles stimulate the production of collagen and elastic fibres in the connective tissue, restoring elasticity and firmness.

20 min.

€ 50

CLASSIC BASIC FACIAL

A traditional facial treatment that allows highly active ingredients to penetrate the skin through expert massage techniques, optimising results through targeted layering.

60 min.

€ 150

ADVANCED FACIAL CARE

An enhanced treatment combining highly concentrated active ingredients with skilled massage techniques to penetrate the deeper layers of the skin. The use of Composition No. 1 Serum boosts regenerative responses and triggers additional lifting and toning effects.

60 min.

€ 150

CUSTOMISED FACIAL TREATMENT

A fully tailored high-performance treatment that combines the AUTEUR DEFINITIVE FACIAL with innovative technology and Composition No. 1 Serum to activate further lifting, toning, and regeneration responses.

90 min.

€ 225

Our facial treatments are purely skincare treatments: eyebrow shaping can be included as an additional service.

RESTRUCTURING AND FIRMING CARE

BOOSTER SOIN RESTRUCTURANT ET LISSANT

FOR ALL SKIN TYPES: Treatment for the epidermis with an immediate restorative effect; promotes drainage and firmness. Smooths and strengthens the face, neck, and décolleté. Recommended for all Skin Instants®.

80 min.

€ 205

PLUMPING AND WRINKLE- SMOOTHING CARE

BOOSTER SOIN MC 110

FOR TIRED SKIN: Cleanses and exfoliates the skin surface, revitalises and smooths the face, neck, and décolleté. Fine lines and wrinkles are volumised and plumped. Recommended for dull Skin Instants®.

80 min.

€ 205

REJUVENATING ANTI-AGING CARE

BOOSTER SOIN LIFT CVS

FOR MATURE SKIN: Exfoliating and lifting treatment combined with sculpting techniques. Smooths, refines, and tones the face, neck, and décolleté. Recommended for mature Skin Instants®.

80 min.

€ 205

BALANCING AND CLARIFYING CARE

SÉBO-RÉÉQUILIBRANT – BOOSTER SOIN MC 110

FOR OILY SKIN: Regulates excess sebum production and detoxifies oily, acne-prone Skin Instants®. Deeply cleansing facial treatment that harmonises the complexion and refines pores.

80 min.

€ 205

SOOTHING BIOSENSITIVE CARE

SOIN BIOSENSIBLE

FOR VERY SENSITIVE SKIN: Stabilising treatment for particularly delicate and irritable Skin Instants®. Calms the face, neck, and décolleté, leaving the skin refreshed and radiant.

80 min.

€ 205

CLASSIC FACIAL TREATMENT

FOR ALL SKIN TYPES: Traditional treatment for face, neck, and décolleté with a customised care programme. Includes cleansing, exfoliation, and face mask, with optional eyebrow shaping.

50 min. €110
80 min. €130

SPIRULINA BOOST

FOR STRESSED SKIN: Face, neck, and décolleté are treated with a booster concentrate of marine magnesium and alginate from algae, protecting against oxidative stress and environmental damage while restoring radiance.

80 min. €180

ANTI-AGING CONCEPT CARE

FOR MATURE SKIN: Tailored care programme for face, neck, and décolleté with selected active concentrates for optimal nutrient supply, including hyaluronic acid and/or silicon to combat early wrinkles. Special mask and massage customised to the skin's needs.

80 min. €180

PRODIGE DES OCÉANS

FOR AGING, TIRED SKIN: Luxury treatment with exclusive active ingredients for face, neck, and décolleté. A patented complex of proteins, collagen, hyaluronic acid, microalgae oil, and oxygen creates a perfectly smooth, radiant skin.

80 min. €190

EXCEPTION ULTIME INTENSIVE CARE

FOR MATURE SKIN WITH UNEVEN PIGMENTATION: Deep-acting anti-aging treatment with natural algae hormones. Exclusive complexes reactivate cellular mechanisms and reduce visible signs of aging, including wrinkles, loss of firmness, and pigmentation irregularities. Includes a relaxing massage.

80 min. €190

ANTI-AGING EYE TREATMENT

FOR TIRED SKIN: Anti-aging massage combined with a deeply effective treatment using serums and creams. Smooths, plumps, and lifts, reducing fine lines, providing hydration, and leaving the eye area radiant.

30 min. €65

3-DAY PROGRAMME

DETOX AND ANTI-POLLUTION

FOR MATURE SKIN: Concentrated anti-aging care for detoxification and revitalisation.

1st day: Spirulina Boost, 80 min.

2nd day: Prodiges des Océans, 80 min.

3rd day: Anti-Aging Concept Care, 80 min.

total: 240 min. €505

MEN'S TREATMENTS

BASIC TREATMENT

»MEN EXPRESS«

FOR TIRED SKIN: Facial treatment for a quick boost of freshness: cleansing, purification, and either an intensive hydration mask or massage.

50 min. €110

HYDRATING CARE

»MEN INTENSIVE«

FOR STRESSED SKIN: Revitalising facial treatment with the algae active complex »Algue Bleue Vitale« from the depths of the sea. Includes face and neck massage.

80 min. €165

BEAUTY SPECIALS

FACE AND BODY

DEPILATION WITH WARM WAX

Back	€ 45
Lower or upper legs	each € 45
Full legs	€ 75
Bikini area	from € 40
Underarms	€ 25
Upper lip, chin, or neck	each € 20
<i>in combination with a facial treatment</i>	+ each € 12

FACE

MAKE-UP

DAY MAKE-UP

30 min.	€ 50
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EVENING MAKE-UP

50 min.	€ 75
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OPTIONAL ADD-ONS / BOOKABLE WITH FACIAL TREATMENT

Eyebrow tint	€ 20 / € 15
Eyelash tint	€ 30 / € 20
Eyebrow and eyelash tint	€ 40 / € 25
Eyebrow shaping	€ 25

HANDS

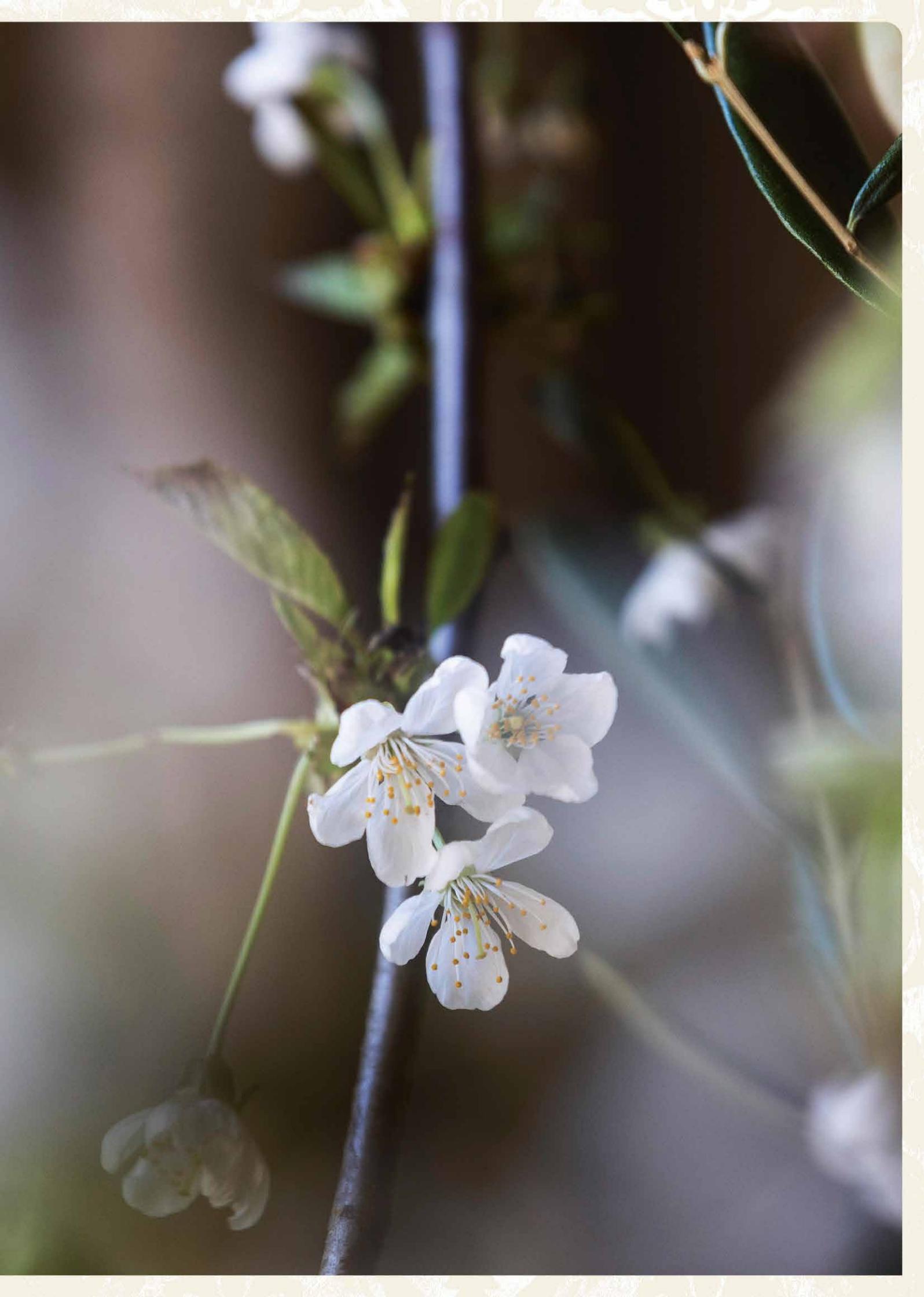
PAMPERED HANDS

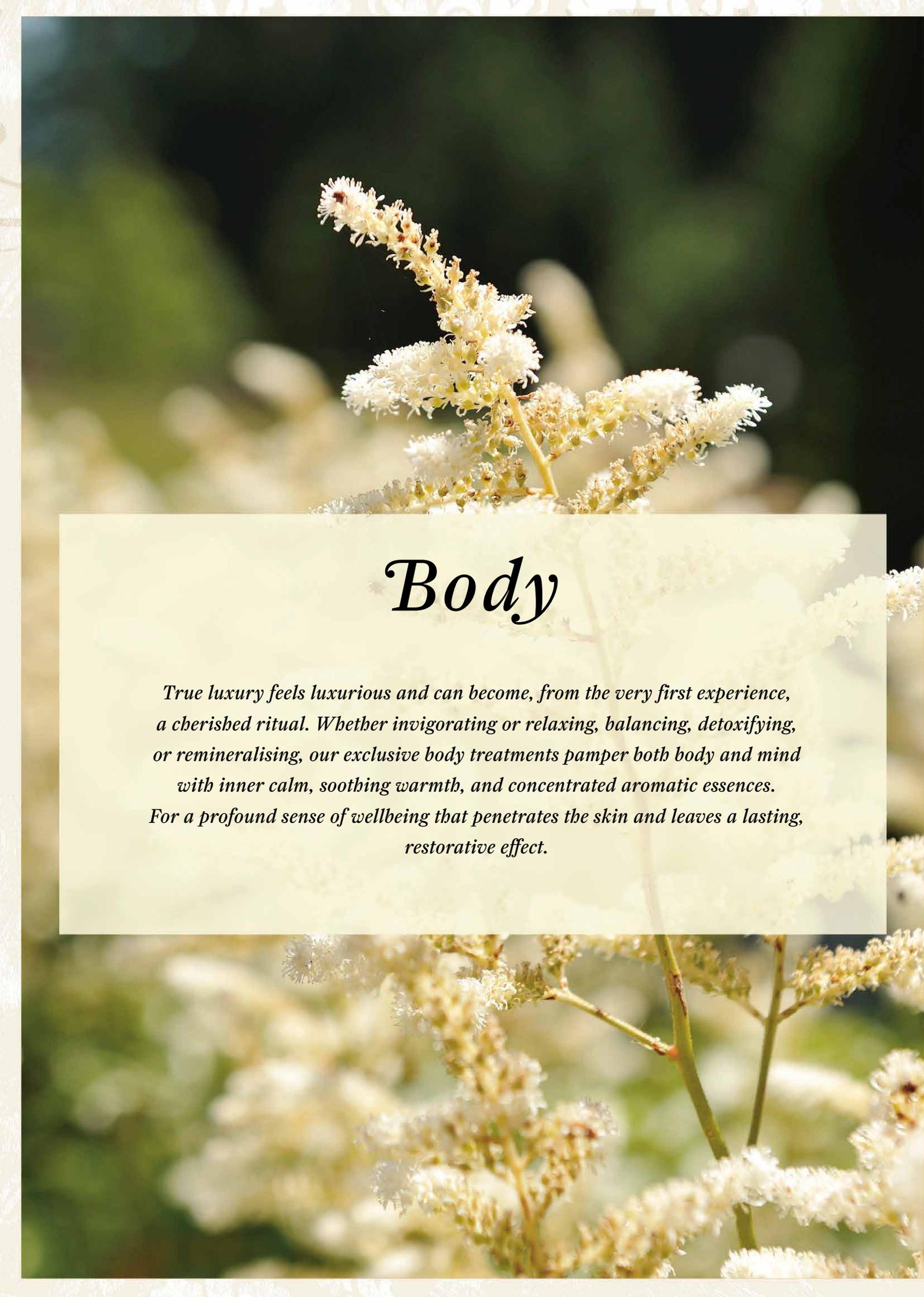
Manicure with hand massage	
50 min.	€ 80
Manicure with polish	
60 min.	€ 95

FEET

PEDICURES

with relaxing foot massage	
50 min.	€ 85
with polish	
65 min.	€ 100



A close-up photograph of a plant with several stems of small, white, star-shaped flowers. The flowers are in various stages of bloom, with some showing yellow centers. The background is a soft, out-of-focus green, suggesting a natural outdoor setting. The lighting is bright and natural, highlighting the delicate texture of the petals.

Body

True luxury feels luxurious and can become, from the very first experience, a cherished ritual. Whether invigorating or relaxing, balancing, detoxifying, or remineralising, our exclusive body treatments pamper both body and mind with inner calm, soothing warmth, and concentrated aromatic essences. For a profound sense of wellbeing that penetrates the skin and leaves a lasting, restorative effect.

BATHS, SCRUBS AND WRAPS

GENERAL OPTIONS

AVAILABLE AS PART OF A BODY TREATMENT
OR INDIVIDUALLY:

BASSIC MINERAL BATH

With an osmotic effect, detoxifying, acid-balancing, and nourishing. Combined with a Garshan massage for an intensive, long-lasting effect.

THALGO SEAWEED BATH

Detoxifying, firming, and moisturising, enriched with marine minerals and trace elements.

THALGO AROMACÉANE BATHS

Minceur – firming,
Drainant – draining,
Détente – relaxing

THALGO RELAXATION DISC »PLAISIR BLEU«

Remineralising

Duration each: 25 min.

€ 50

GARSHAN SILK GLOVE MASSAGE

Harmonising, metabolism-stimulating, and lymphatic-activating full-body massage with exfoliating effect to aid the elimination of toxins.

50 min.

€ 120

THALGO FULL-BODY SEAWEED TREATMENT

Effective care and detoxification for silky smooth skin: cleansing exfoliation followed by a highly potent seaweed wrap with detoxifying properties, promoting regeneration and intensive care for stressed or irritated skin.

80 min.

€ 160

THALGO BODY PERFORMANCE

Contour-enhancing intensive treatment for a naturally shapely silhouette: exfoliation followed by an active-oxygen wrap to stimulate microcirculation at the waist, hips, and thighs, including a massage with two highly effective firming concentrates.

80 min.

€ 150

ESSENZA DETOX & RELAX

Relaxing, lymphatic-activating massage with a refreshing sea-salt scrub infused with lavender and mint, combined with a wrap of seaweed, lavender, rosemary, and horse chestnut. A highly invigorating treatment that stimulates circulation and metabolism while supporting the elimination of excess toxins.

80 min.

€ 160

3-DAY PROGRAMME

DETOX-SILHOUETTE

An intensive course for relaxation and detoxification:

1st day: Full-body seaweed treatment, 80 min.

2nd day: Thalgo Body Performance, 75 min.

3rd day: Seaweed wrap and detox massage, 80 min.

total: 235 min.

€ 425

FULL-BODY MASSAGES

CLASSIC FULL-BODY MASSAGE

Gentle, soothing strokes for relaxation and stress relief, ideal for exhaustion, fatigue, or tension. Alternatively, invigorating techniques can relieve tightness, back or head pain. The intensity increases with the duration of the treatment.

50 min.	€ 115
70 min.	€ 135
80 min.	€ 160

HEAD, KNECK & SHOULDER MASSAGE

Reduces stress and induces relaxation, allowing the mind to switch off and inner calm to unfold.

30 min.	€ 70
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BACK MASSAGE

Stimulates and relaxes muscles, promotes circulation and meta-bolism, and gently stretches and releases tension.

30 min.	€ 70
40 min.	€ 90

TIBETAN BACK MASSAGE

A nurturing treatment with warm sesame oil that stimulates the body's vital points and restores energy flow along the nerve pathways.

40 min.	€ 90
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TIBETAN BACK MASSAGE AND REVITALISING FOOT MASSAGE

Pure relaxation!

50 min.	€ 115
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BAREISS AROMATHERAPY MASSAGE

A gentle, relaxing massage with your choice of pure essential oils.

50 min.	€ 115
80 min.	€ 160

FOOT MASSAGE

A revitalising ritual for tired feet that balances and harmonises the entire body, connecting body, mind, and soul.

50 min.	€ 115
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SPORTS MASSAGE

A powerful, targeted massage of selected areas. Warms muscles before activity, prevents injuries, enhances performance, and aids post-exercise muscle relaxation. Recommended before, after, or between training sessions.

50 min.	€ 115
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FASCIA MASSAGE

Releases tension and adhesions in collagen-rich fascia tissue. Enhances blood circulation in skin and connective tissue, with deep, slow stimulation to relieve stiffness and alleviate pain.

50 min.	€ 115
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HOT STONE MASSAGE

Full-body massage with warm stones and calming strokes, promoting vitality and restoring balance to body, mind, and soul.

50 min.	€ 120
80 min.	€ 165

LOMI LOMI NUI

A powerful, deep full-body massage: »Lomi« means to press, knead, and rub. Provides holistic stimulation, deep relaxation, and pure wellbeing.

90 min.	€ 185
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THE WORLD OF AYURVEDA

ABHYANGA

A gentle full-body massage using precious sesame oil for internal cleansing. It opens the body's natural detoxification channels (Strotas) and helps eliminate undigested metabolic waste (Ama), often the cause of reduced wellbeing.

60 min.

€ 145

80 min.

€ 175

MARMA MASSAGE

Pure bliss for body, mind, and soul – a harmonising full-body massage that targets the Marma points (acupuncture points), releasing blockages and allowing positive energy to flow freely.

70 min.

€ 150

SHIROABHYANGA

An intensive facial and head massage. Its gentle touches soothe the eyes, calm the mind, and strengthen hair structure.

50 min.

€ 105

SHIRODHARA

The classic forehead oil treatment: warm oil streams gently over the forehead, allowing thoughts to drift away like clouds in the sky. Tension in the head and body is released, stress and nervousness are reduced, and emotional balance is restored.

50 min.

€ 175

KALKIZHI - AYURVEDIC HOT-STONE-MASSAGE

A full-body massage with hot stones that eases even severe muscle tension and stimulates circulation.

70 min.

€ 175

KIZHI - AYURVEDIC HERBAL POULTICE MASSAGE

This specialised, highly intensive massage combines heat and pressure to deliver the active herbal ingredients deep into tissue, providing soothing relief from muscle tension and joint pain.

70 min.

€ 180

AYURVEDA COMBINED TREATMENTS

ABHYANGA FULL-BODY MASSAGE & SHIRODHARA FOREHEAD OIL TREATMENT

120 min.

€ 290

BODY SCRUB & ABHYANGA FULL-BODY MASSAGE

90 min.

€ 200

AYURVERDIC THERAPY PROGRAMMES

In Ayurveda, Abhyanga represents the daily ritual of renewal. This traditional massage with warm sesame oil balances body, mind, and energy. It improves circulation, detoxification, promotes healthy skin and joints, relieves pain, and supports restful sleep. Regular treatments act as a gentle »ionic reset« – calming the nervous system and rejuvenating the tissues.

Our multi-day Ayurveda programmes combine repeated Abhyanga full-body massages with complementary techniques and rituals for an experience that resonates deeply on every level.

The Marma massage focuses on the body's vital energy points to promote profound harmony, strengthen the nervous system, and release stress and emotional blockages. The Shirodhara forehead oil treatment induces deep relaxation and can be individually enhanced with selected aromas such as sesame or coconut oil, lavender, or sandalwood. Our herbal poultices are infused with regional essences, many freshly gathered from our own Bareiss herb garden.

Multi-day Ayurveda treatments are ideal for achieving a lasting, intensified effect with deep and sustainable benefits:

- profound relaxation and stress relief
- improved circulation and muscle flexibility
- support of the body's natural detoxification processes
- calming of the nervous system and promotion of restful sleep
- intensive nourishment for skin, joints, and muscles

Our intensive programmes develop their optimal, long-lasting benefits through regular repetition throughout the year. Please note: these programmes are not a substitute for medical advice or treatment.

»We have created a structured treatment programme to restore Dosha balance – an authentic way to experience traditional Ayurveda right here in the Black Forest. Repeated treatments bring deep, lasting wellbeing.«

RAMDANESH DHAMOTHARAN

Bareiss Ayurveda Master



3-DAY PROGRAMMES

AYURVEDA DETOX

An Abhyanga treatment releases accumulated toxins and guides the body and mind into inner harmony.

1st day: Abhyanga full-body massage, 80 min.

2nd day: Pindasveda herbal poultice massage, 70 min.

3rd day: Abhyanga full-body massage, 80 min.

total: 230 min.

€ 450

AYURVEDA RELAX

The »art of loving hands« forms the foundation of all Ayurvedic treatments, creating a profound sense of relaxation and harmony.

1st day: Marma full-body massage, 70 min.

2nd day: Abhyanga full-body massage with Kalkizhi Ayurvedic hot-stone treatment, 90 min.

3rd day: Shirodhara forehead oil treatment, 40 min.

total: 200 min.

€ 480

5-DAY PROGRAMMES

REGENERATION AND BALANCE

Ideal for those seeking gentle rejuvenation or wishing to experience Ayurveda for the first time.

1st day: Abhyanga massage and herbal poultice massage, 80 min. or 40 min.

2nd day: Marma massage, 70 min.

3rd day: Abhyanga massage and herbal poultice massage, 80 / 40 min.

4th day: Marma massage and Shirodhara treatment, 80 / 40 min.

5th day: Ayurvedic foot massage, 60 min.

total: 490 min.

€ 780

AUTHENTIC AYURVEDA IMMERSION

For those already familiar with Ayurveda who seek deeper detoxification, revitalisation, and intensive Ayurvedic therapy.

1st day: Abhyanga massage and herbal poultice massage, 80 min. or 40 min.

2nd day: Abhyanga massage and Shirodhara treatment, 80 / 40 min.

3rd day: Abhyanga massage and herbal poultice massage, 80 / 40 min.

4th day: Abhyanga massage and herbal poultice massage, 80 / 40 min.

5th day: Abhyanga massage and Shirodhara treatment, 80 / 40 min.

total: 600 min.

€ 980

SPA RITUALS

THALGO TREATMENTS

RITUEL RELAXANT ÎLES PACIFIQUES

FOR DEEP RELAXATION AND INNER BALANCE

A journey to the most beautiful islands of the Pacific, providing the skin with marine minerals and trace elements and enveloping it in the scent of Monoï and vanilla: remineralising whirl bath, gentle exfoliation with Bora Bora sand, sea salt and coconut shells, followed by a powerful massage using Mahana techniques and warm sand stamps.

Exfoliation and massage, 90 min. **€ 160**
with bath, 120 min. **€ 195**

RITUEL ENERGISANT JOYEUX ATLANTIQUE

FOR FRESH ENERGY AND A RADIANT GLOW

A journey to the Atlantic that drenches and nourishes the body with the power of precious minerals and fine quartz crystals, reviving and refreshing: soothing whirl bath with olive extracts and gemstone balm, energising exfoliation with fine coral particles and a revitalising full-body massage.

Exfoliation and massage, 90 min. **€ 160**
with bath, 120 min. **€ 195**

3-DAY PROGRAMMES

WELLNESS WORLD TOUR

A voyage through three of the most beautiful regions on earth: experience the glowing light of the Indian sunset, the magic of the rugged Rocky Mountains, and the natural joie de vivre of Hawaii.

1st day: Abhyanga full-body massage, 60 min.
2nd day: Hot Stone massage, 50 min.
3rd day: Lomi Lomi Nui massage, 90 min.
total: 200 min. **€ 410**

PURE RELAXATION

Say farewell to stress; time for calm and self-care: three days of deep relaxation.

1st day: Back massage, 40 min.
2nd day: Anti-stress massage with essential oils, 80 min.
3rd day: Foot reflexology massage, 50 min.
total: 170 min. **€ 330**

3-DAY PROGRAMME »FOR MEN«

TARGETED VITALISING CARE AND RELAXATION

1st day: Thalgo Men Express, 50 min.
2nd day: Back massage, 40 min.
3rd day: Bareiss aroma massage, 50 min.
total: 140 min. **€ 295**

TREATMENTS FOR EXPECTANT MOTHERS, CHILDREN AND TEENS

EXPECTANT MOTHERS

PAMPERING MASSAGE

Gentle relaxation: a soothing massage that relieves tension in the neck and shoulder area and eases pressure on the joints. Recommended from the 4th to the 8th month of pregnancy.

50 min. € 105

BODY CARE RITUAL

A rich poultice for the stretched abdominal area, restoring elasticity with moisture and nutrients, combined with a relaxing head, neck and shoulder massage.

50 min. € 105

TREATMENT »LIGHT LEGS«

Gentle stroking massage: relieving feelings of tension, bringing comfort to tired, heavy legs and feet.

40 min. € 85

CLASSIC FACIAL TREATMENT

THALGO BASIC TREATMENT with individually tailored care programme: cleansing, exfoliation and face mask, and eyebrow shaping on request.

50 min. € 100

75 min. € 130

CHILDREN AND TEENS

FIRST SPA MASSAGE

5-10 YEARS

A feel-good experience for our youngest guests. A deeply relaxing body massage using fruity, delicately scented organic products to release tension and stimulate the joints.

25 min. € 55

AROMATHERAPY MASSAGE

7-14 YEARS

Gentle massage with an aromatic oil of choice.

25 min. € 55

HOT CHOCOLATE MASSAGE

7-14 YEARS

Massage using the skin-caring properties of hot chocolate.

25 min. € 55

HAPPY HANDS & FEET

7-13 YEARS

Nail filing, hand and foot massage, and nail polish.

50 min. € 65

THALGO FACIAL TREATMENTS

KIDS FACIAL TREATMENT

8-12 YEARS

A combination of gentle facial care and soothing facial massage with fragrant organic products. The concluding face mask containing organic fruit extracts of grapefruit, aloe vera, blueberry and pomegranate nourishes the skin with valuable active and nutrient-rich ingredients.

25 min. € 55

TEENS FACIAL TREATMENT

13-17 YEARS

Gentle facial care including exfoliation and refreshing tonic, eyebrow shaping, nourishing face mask and hand massage.

50 min. € 90

80 min. € 115

Hair

Whether for a special occasion or simply for yourself – a perfect cut or an elegant evening hairstyle – a visit to our salon will leave you feeling wonderful, offering a quiet moment to yourself and a boost of happiness. For the ultimate hair care experience, we use expertly tailored products from the exclusive premium brand La Biosthétique®.

LADIES

HAIRCUT AND STYLING

Personalised haircut · Hairstyling € 75 / € 85

STYLING

Consultation · Pampering shampoo · Hairstyling € 50 / € 60

ADDITIONAL HAIR CARE, INDIVIDUAL CARE WITH YOUR SHAMPOO

INTENSIVE HAIR TREATMENT

For regeneration of the hair structure, added shine and manageability € 30

LONG HAIR TREATMENT

Specially designed for long hair – for improved elasticity, shine and easy combing € 40

NOURISHING HAIR MASK € 25 / € 30

ADDITIONAL SCALP CARE, INDIVIDUAL CARE WITH YOUR SHAMPOO

RELAXATION AND VITALITY

Scalp treatment with deep regeneration and head massage € 35

SCALP SCRUB FOR DANDRUFF € 35

POWER BOOST FOR THE SCALP

Active ampoule treatment against hair loss · Head massage € 35

GENTLEMEN

PERSONALISED HAIRCUT

€ 50

MEN'S PACKAGE BASIC

Shampoo · Personalised haircut · Finish € 60

MEN'S PACKAGE RELAX

as in MEN'S PACKAGE BASIC + revitalising head massage € 75

CLIPPER CUT

€ 35



SILVIA HOLZBERGER

»...a sure sense of style, fine intuition, and hands that truly work magic.«

COLOUR CONSULTATION

COLOURING

Roots € 70
Roots and lengths € 75 / € 85
optional special colour sealing + € 10

HIGHLIGHTS

Crown area € 80
Full head € 100
optional special colour sealing + € 10

FOIL HIGHLIGHTS

Short hair (per foil) € 3,50
Shoulder-length hair (per foil) € 4,00
Long hair (per foil) € 4,50

CHILDREN (UP TO 12 YEARS)

BRAIDED HAIRSTYLE

€ 20

FRINGE TRIM

€ 15

DRY CUT

from € 25

WASH, CUT AND BLOW-DRY

from € 35

OVERVIEW

- 1 Natural bathing pool
- 2 Lounging area
- 3 Beach chairs and children's beach
- 4 »Oase« Restaurant
- 5 Heated outdoor freshwater pool (May–October)
- 6 Heated outdoor seawater pool with massage current channel, waterfall shower, neck jets, massage bubble loungers, water mushroom and floor jets
- 7 Indoor seawater pool
- 8 Children's paddling pool
- 9 Jacuzzi
- 10 Conservatory relaxation room
- 11 Freshwater sports pool
- 12 Fitness studio
- 13 Gym room
- 14 Pool bistro
- 15 Small outdoor jacuzzi in the sauna area
- 16 Small indoor jacuzzi in the sauna area
- 17 Large outdoor jacuzzi in the sauna area
- 18 Sauna garden
- 19 Kneipp water-treading pool
- 20 Water and cooling therapy area
- 21 Ice fountain
- 22 Ladies' rose steam bath
- 23 Ladies' sanarium 60°C
- 24 Herbal steam bath
- 25 Finnish sauna 90°C
- 26 Bio sauna 60°C
- 27 Fireplace lounge
- 28 Waterbed relaxation room
- 29 Bareiss Spa
- 30 Bareiss Beauty Boutique
- 31 Beauty & Spa reception
- 32 Bareiss Beauty
- 33 Bareiss Hair Salon



BAREISS BEAUTY & SPA

BEAUTY BOUTIQUE

Facial and body care, perfume and decorative cosmetics, swimwear, nightwear and accessories: You will find a fine selection of products in the Beauty Boutique of our shopping passage. Should you find something missing from your make-up bag or discover you have left it at home, you are guaranteed to find the perfect alternative here – with professional advice included.

COURSE PROGRAMME

From Monday to Saturday you are welcome to take part, free of charge, in our varied sports programme. The courses are suitable for beginners and advanced participants of all ages and require no previous experience. The level is individually adjusted to the ability of the group. Training sessions take place either outdoors or in our gym room. Information on the current course schedule is available from our team at Reception.

FITNESS STUDIO

Our Fitness Studio features Technogym cardio equipment with integrated screens and media connections, providing a personalised, holistic and health-conscious strength and endurance training experience. In addition, a weights bench and a Kinesis system – certified for rehabilitation and medical use – offer a wide range of training options to enhance strength and performance.

With our interactive fitness mirror, you can enjoy access to a wide variety of live and on-demand courses, tailored precisely to your fitness level and personal goals. From yoga and Pilates to cardio and strength training, you will be guided and supported by experienced instructors. You can find our fitness mirror in the gym room next to the Fitness Studio. We would be happy to provide personal advice – please speak to us directly or contact the Beauty & Spa Reception on +49 7442 47-304.

POOLS

The indoor Bareiss Pool World features a freshwater pool (28 °C), a seawater pool (24 °C), a jacuzzi (38 °C) and a children's pool (36 °C). Outdoors, there is a heated seawater pool (34 °C) with massage current channel, an 18x8 metre freshwater pool (24–26 °C) for lap swimming, and a natural bathing pond with waterfall.

POOL BISTRO

Early risers and morning swimmers can start the day from 7.00 a.m. with a delicious vitality breakfast and the morning paper in the Bareiss Pool Bistro. Throughout the day and into the evening, drinks and light snacks are served – at your table, directly to your lounge, or in summer on the terrace of the open-air Pool Oase.

SAUNAS

The Bareiss Sauna World offers a spacious wellness oasis with bio sauna, Finnish sauna, sanarium, steam bath, hot whirlpool, water therapy, plunge pool, Kneipp water-treading pool and relaxation lounge with fireplace. The outdoor area promises refreshment and relaxation with two jacuzzis (32°/36°C), and the refreshment buffet to complete your wellbeing.

GENERAL INFORMATION

CANCELLATION POLICY

Cancellations are free of charge until 6.00 p.m. on the day prior to your appointment.

For later cancellations, we reserve the right to charge the full amount, unless the appointment can be rebooked by another guest.

CLOTHING

We kindly ask that you attend massages, body wraps and full-body treatments wearing a bathrobe and slippers. Disposable briefs are provided for your convenience; alternatively, you may wear your own underwear or swimwear. For facial treatments, manicures and pedicures, no special clothing is required. The sauna area is a textile-free zone; please place a large towel on the sauna bench to sit on. In the relaxation area, bathrobe and slippers should be worn. Please enter the fitness room only in sportswear and trainers.

DELAYED ARRIVAL

Please understand that a late arrival, when a subsequent appointment is booked, may result in a shorter treatment time. In such cases, no price reduction can be offered.

EXPECTANT AND NURSING MOTHERS

Treatments for expectant and nursing mothers require special care and attention. Please inform our staff at the time of booking.

MEDICAL INFORMATION

Please inform us in advance of any health conditions or findings such as high blood pressure, cardiovascular disease, allergies, recent surgery, or restrictions of movement. This information is essential for us to tailor your treatment to your specific needs. All details will, of course, be treated in the strictest confidence.

OPENING HOURS AND APPOINTMENTS

Beauty & Spa Reception: daily 8.00 a.m. – 6.00 p.m.

Beauty Boutique: daily 8.00 a.m. – 6.00 p.m.

Bathing and Sauna Area: daily 7.30 a.m. – 7.30 p.m.

Pool Bistro: daily 7.00 a.m. – 7.00 p.m.

Separate Ladies' Sauna: daily 10.00 a.m. – 7.30 p.m.

Family Sauna: daily 12.00 noon – 3.00 p.m.

Fitness Area: daily 7.30 a.m. – 7.30 p.m.

Appointments for our Bareiss Beauty & Spa treatments may be made daily from 8.00 a.m. to 6.00 p.m. at the Beauty & Spa Reception. Our staff are available in person, by telephone on +49 7442 47-304, or by e-mail at beauty-spa@bareiss.com for any questions or should you need advice.

QUIET ZONE

The pool and sauna areas, as well as the Beauty & Spa, are places of relaxation. We kindly ask you to switch mobile phones to silent mode and to refrain from using them, as well as laptops or tablets, within these areas.

PREFERRED APPOINTMENT TIMES

To secure your preferred appointment time, we recommend booking when you reserve your room. You will receive confirmation of your appointments upon arrival.

PREPARATION

Please arrive in good time, ideally 5 to 10 minutes before your treatment begins, so you have sufficient time to relax and prepare for your session.

WELLBEING

Whether it concerns room temperature or massage pressure – please inform your therapist of your preferences or any discomfort, so that you can enjoy your treatment in full comfort.



HOTEL BAREISS. THE RESORT IN THE BLACK FOREST.

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