



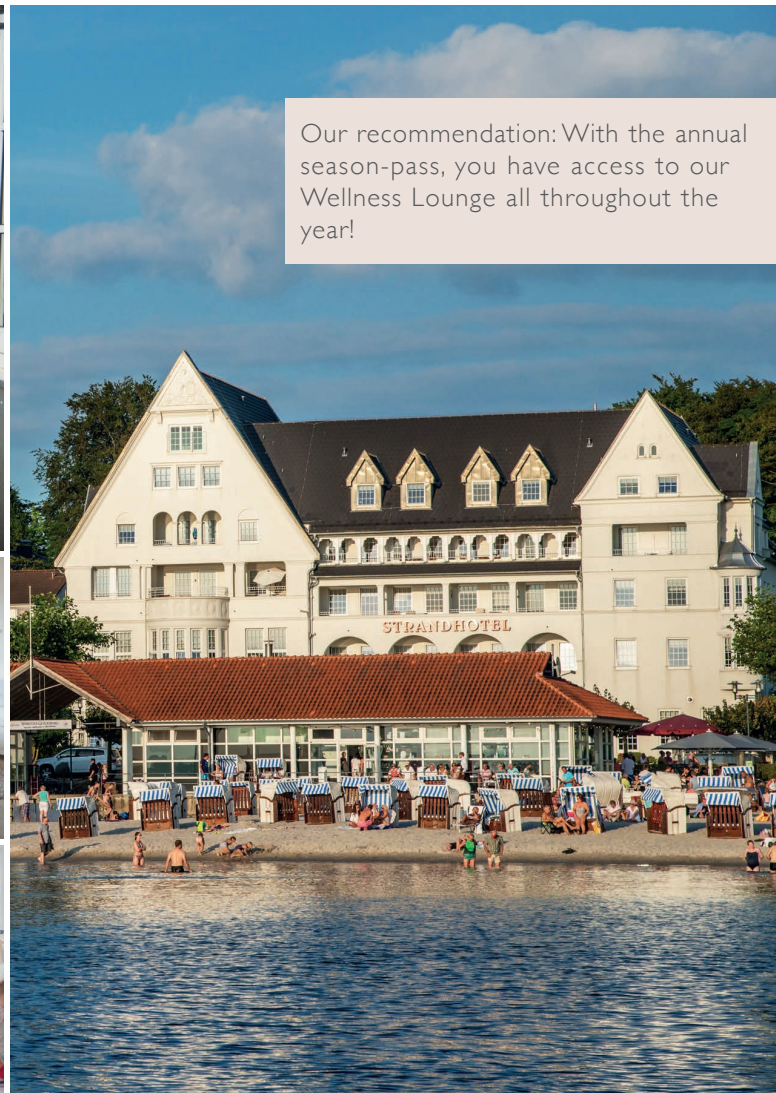
# Wellness-Lounge

IM WEISSEN  
SCHLOSS AM MEER

I det hvide slot ved havet | In the white castle on the seaside



Our recommendation: With the annual season-pass, you have access to our Wellness Lounge all throughout the year!



## *Wellness-Lounge*

Enjoy your personal timeout in Strandhotel Glücksburg – directly at the seaside.

Light and bright rooms with Scandinavian elegance directly at Glücksburg's finely sanded beach. In Strandhotel Glücksburg you can take your personal timeout. Our Wellness Lounge welcomes you with soft natural hues, unpretentious design and high-class cosmetic products. Plan your stay according to your individual wishes. Whether in combination with an extensive breakfast or an exquisite dinner in restaurant Felix, or just as a pure wellness day: just lay back, leave your cares behind, and enjoy Scandinavian ease, our warm-hearted staff and, upon request, a relaxing massage or a nourishing cosmetic treatment.

## *Here you can relax...*

Find peaceful recreation and relaxation in our Wellness Lounge. A Finnish sauna and a bio sauna, as well as an infrared cabin and our steam bath are available. Enjoy a timeout in the relaxation room and take a deep breath of the Baltic Sea air in our homely sauna garden. For our guests we serve free fruit, water and tea.





*... or just enjoy your surroundings*

Right on the beach by the Flensburg Fjord, nestled in the natural surroundings of the Baltic Sea. Experience all the joys of a relaxing holiday by the sea: the white Baltic sand, the sound of waves and seagulls, the healthy sea air and the clear seawater. A garden and a forest area surround the white castle, providing ample opportunities for long walks, jogging or bike rides.



MARIA GALLAND  
PARIS

*Products from Maria Galland Paris*

Exclusive care that stirs the senses. Highlight your beauty with products and treatments from Maria Galland Paris.

The treatments form the foundation of this holistic beauty method.

The treatments applied by our beauty experts restore the vitality of the cells and stimulate the skin's energy. After the very first treatment, the immediate and visible results will reveal the beauty of your skin.



# Facial treatments

**Méthode Mosaïque Modelante** (90 minutes) . . . . . **130,00 €**

Cares for your skin zone by zone with highly effective products and unique lifting and modelling techniques. A special series of manual movements combined with the modelling properties of our exclusive self-heating clay mask ensure firmer and smoother skin with new energy.

**Lifting Absolue Jeunesse** (75 minutes) . . . . . **95,00 €**

A new treatment for instant tightening and definition of facial contours. The treatment smooths out wrinkles for a firmer and fresher look, resulting in a visibly younger-looking complexion.

**D-Tox Peau Neuve** (45 minutes) . . . . . **55,00 €**

The ultra-modern care treatment. Maria Galland Paris has developed a 100% manual cleaning ritual for all skin types. It respects the skin's own ecosystem and demonstrates proven care results.

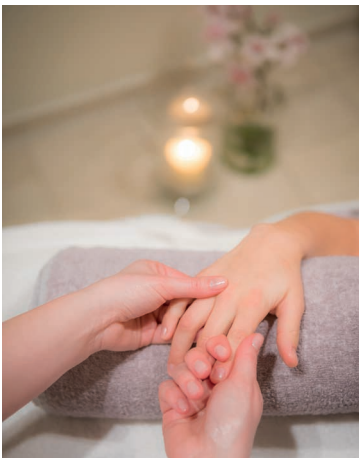
**Soin Masque Modelant Yeux** (30 minutes) . . . . . **39,00 €**

Strengthens the sensitive skin around the eyes and helps to smooth fine lines and wrinkles. The eye area requires special care as it is very delicate, and it can tend to swell and have dark circles. This treatment applies intense moisture and leaves your eye area looking youthful, fresh and radiant.

**Soin Thalasso** (60 minutes) . . . . . **89,00 €**

Refreshes, provides new energy and gives the skin an intensive application of concentrated moisture.





## Beauty treatments

**Manicure** (55 minutes) . . . . . **59,00 €**

Skin and nail care, relaxing, hand bath. Peeling of the hands, nurturing hand massage, upon request with nail polish.

**Pedicure** (55 minutes) . . . . . **59,00 €**

Skin and nail care, soothing foot bath, detox sea salt peeling, a comforting foot massage, upon request with nail polish.

**Eyebrow tint** . . . . . **15,00 €**

during facial treatment. . . . . **10,00 €**

**Eyebrow correction** . . . . . **10,00 €**

**Eyelash tint** . . . . . **15,00 €**

during facial treatment. . . . . **10,00 €**

**Eyebrow correction incl. tint & eyebrow tint** . . . . . **30,00 €**

**Facial waxing** . . . . . **.from 10,00 €**

A woman is lying on her back on a massage table, receiving a massage. Her eyes are closed, and she appears relaxed. The background is softly blurred, showing a warm, ambient light from a lamp. The text is overlaid on a semi-transparent white box.

## *Massages — sensing the body*

**Hand and foot massage** (25 minutes) . . . . . **49,00 €**

Relaxation, care and fresh energy.

**Back massage** (25 minutes) . . . . . **49,00 €**

Relaxation for back and neck.

**Face and head massage** (25 minutes) . . . . . **49,00 €**

Vitalising and energising massage, for your inner balance and ease of mind.

**Whole-body massage** (55 minutes) incl. rest time . . . . . **89,00 €**

Our massage for back, legs and arms. Upon request you can indulge in relaxing or energising aromatic oils.

## *Full body treatment*

**Thalasso detox treatment** (60 minutes) . . . . . **99,00 €**

Mineral-rich vitalising and detoxifying treatment for the whole body, including exfoliation.

### Pantai Luar

Ayurvedic herb pouches treatment (60 minutes) incl. rest time . . . . .

99,00 €

A traditional herb pouches massage technique from Indonesia. It harmonises the skin and tissues and supports their natural functions. The ideal treatment to relieve stress, for purification and detoxification, for regeneration, and for skin care.

Hot Stone Massage (60 minutes) incl. rest time . . . . .

109,00 €

Hot Stone Massage (85 minutes) incl. face . . . . .

159,00 €

Fascinating combination of massage, energy work, and the soothing effect of the hot, silky volcanic stones from the island of Hawaii. This massage will lead to a deep comforting relaxation of the muscles, and the overall organism is supplied with fresh energy and vitality.

### Lomi Lomi Nui

Kings massage (60 minutes) incl. rest time . . . . .

109,00 €

Kings massage (85 minutes) incl. face . . . . .

159,00 €

This Hawaiian full-body massage with warm oil is a real treat for all the senses. Originally passed down by the "kahuna", the priests of the tradition Hawaiian religion, this massage technique provides inner cleansing while gently easing tension in the muscles. With its flowing massage strokes that promote the relaxation of your joints, Lomi Lomi Nui massage will give you a unique feeling of well-being and help you to feel rejuvenated and re-energised.



## *A day at the seaside*

Take your personal timeout and let us spoil you.

**Relaxation day at Strandhotel** (Monday to Thursday for 4 hours)

Indulge in silence and relaxation – not only as hotel guest . . . . . **29,00 €**

Usage of all saunas, bathrobe for the day, 2 x towels, slippers, tea, water and fruit.

**Breakfast & Wellness** . . . . . **199,00 €**

Rich breakfast buffet in restaurant Felix, body peeling, whole-body massage, classic facial treatment, relaxation day.

# *Your island of comfort*

**Otsee-Traum** (Baltic Dream, 130 minutes) . . . . . **179,00 €**

**Regeneration, care and relaxation for the body**

Body peeling, whole-body massage, rest time, classic facial treatment, relaxation day.

**Strandperle** (Beach Pearl, 120 minutes) . . . . . **159,00 €**

**Wellbeing for hands, feet and face**

Foot bath, foot massage, hand massage, rest time, classic facial treatment.





## *Good to know*

- For all treatments and relaxation days we kindly ask for timely reservation.
- Please arrive in our Wellness Lounge 5 minutes before start of the treatment.
- In case of pregnancy, allergies or other health impairments, please inform us when making your reservation.
- Cancellations are possible free of charge up to 24 hours before start of treatment.
- In case of later cancellations or no-show we have to charge 80% of the cost.
- All massages offered are purely wellness treatments and not medical treatments.

# Opening times

## Summer season:

### Sauna

Monday to Friday (bio sauna) . . . . .	10:00 – 21:00 h
All other saunas . . . . .	15:00 – 21:00 h
Saturday and Sunday (all saunas) . . . . .	10:00 – 21:00 h

### Treatments by appointment only

Monday to Sunday . . . . .	10:00 – 18:00 h
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## Winter season:

### Sauna

Monday to Sunday	
All saunas . . . . .	10:00 – 21:00 h

### Treatments by appointment only

Monday to Sunday . . . . .	10:00 – 18:00 h
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## Strandhotel Glücksburg

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