



# *Wellness-Lounge*

Im weißen Schloss am Meer  
In the white castle by the seaside



Wellness  
feeling 365 days  
a year with our  
annual pass  
for € 390.



## *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.

Status: 03.2023 | The range and all prices quoted are subject to any necessary adjustments.

Opening hours may be temporarily adjusted due to operational reasons. Please pay attention to the instructions of our reception staff.

## Facial treatments

### Méthode Mosaïque Modelante ..... € 130

90 minutes | 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 ..... € 95

75 minutes | 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 ..... € 55

45 minutes | 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 ..... € 39

30 minutes | 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 ..... € 89

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

## Beauty treatments

### Manicure ..... € 59

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

### Pedicure ..... € 59

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

### Eyebrow tint ..... € 15

during facial treatment ..... € 10

### Eyebrow correction ..... € 10

### Eyelash tint ..... € 15

during facial treatment ..... € 10

### Eyebrow correction incl. tint & eyebrow tint ..... € 30

# Massages

**Hand and foot massage** ..... € 49

25 minutes | Relaxation, care and fresh energy.

**Back massage** ..... € 49

25 minutes | Relaxation for back and neck.

**Face and head massage** ..... € 49

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

**Whole-body massage** ..... € 89

55 minutes incl. rest time | Our massage for back, legs and arms.  
Upon request you can indulge in relaxing or energising aromatic oils.

## FULL BODY TREATMENT

**Thalasso treatment** ..... € 99

60 minutes incl. rest time | Mineral-rich vitalising and detoxifying treatment for the whole body, including exfoliation.

## Hot Stone Massage

60 minutes incl. rest time ..... € 109

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

85 minutes incl. face ..... € 159

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*

### **Relaxation day at Strandhotel** ..... € 29

Monday to Thursday for 4 hours | Indulge in silence and relaxation – not only as hotel guest.  
Usage of all saunas, bathrobe for the day, 2 x towels, slippers, tea, water and fruit.

### **Breakfast & Wellness** ..... € 199

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

## *Your island of comfort*

### **Beach Pearl** ..... € 159

Wellbeing for hands, feet and face

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

### **Ostsee-Traum** ..... € 179

Regeneration, care and relaxation for the body

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



Find peaceful  
recreation and  
relaxation in  
our Wellness  
Lounge



## *A surrounding to enjoy*

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.

## 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

Our different opening times for the sauna, fitness room and wellness lounge ensure that the daily routine can be planned well. Remember to arrange treatments in advance by telephone so that our team can devote their full attention to you.

### Treatments

Monday – Sunday from 10 a.m. to 6 p.m.

### Saunen & fitness

Bio sauna, Finnish sauna,  
infrared heat, steam bath & fitness:  
Monday – Sunday from 10 a.m. to 8 p.m.



MARIA GALLAND  
PARIS



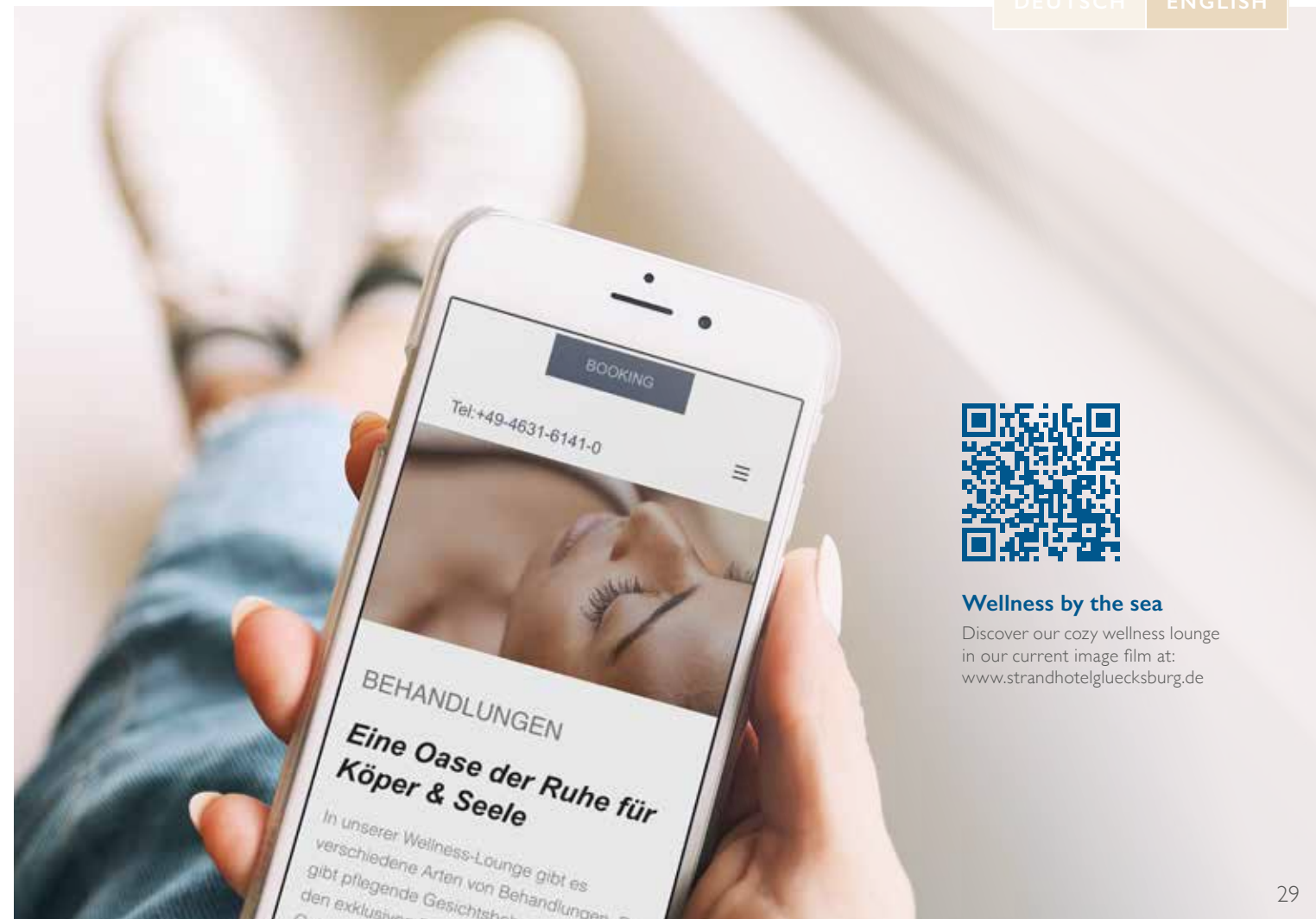
## *Exclusive products*

Maria Galland, a Parisian with pronounced charisma and a dazzling personality, pursued the dream of her customers' natural beauty to reveal at any age.

She founded her own laboratory and combined the latest findings in dermatological research with unparalleled cosmetic expertise.

Discover more about your exclusive care products at:

[www.mariagalland.com](http://www.mariagalland.com)



### **Wellness by the sea**

Discover our cozy wellness lounge in our current image film at:  
[www.strandhotelgluecksburg.de](http://www.strandhotelgluecksburg.de)



## Strandhotel Glücksburg

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