



**WEISSENHAUS**

PRIVATE NATURE  
LUXURY RESORT

# SCHLOSSTHERME

## SPA CULTURE AT WEISSENHAUS



**MY PLACE LIKE  
NO OTHER**





## WELCOME DEAR GUESTS

Rested and relaxed, happy and serene, awaked and focused

When was the last time you felt like this? Yet these are the ingredients for a happy and balanced, long life. The overall Weissenhaus experience is formed by many different experiences, and at the end of your visit you can enjoy a balanced body and mind.

WEISSENHAUS was already dedicated to relaxation and regeneration over 400 years ago. We were already a retreat for international guests even before the word was invented. The stay in our Schlosstherme is therefore an accompanying, important element on the path to perfect regeneration. In this, we feel guided by the realisation that everything we know, nature has taught us.

The main ingredients for beautiful skin and a strong body can be found outside in our park: long walks on the beach or on the soft forest floor in our private walking and jogging trail have an invigorating effect. boden unserer privaten Spazier- und Joggingstrecke wirken aktivierend. Likewise, inhaling sea air in

combination with spruce resin. In addition, wind and weather, interrupted only by bird-song. The glimpses of curious deer and herons at the castle pond complete the holistic well-being. Our goal: to complement your SPA experience and make you even more aware of the benefits of nature, which is why we present our magnificent **solewaldRAUM** on the plateau above our pool area.

Deeply inhale the aerosols. They increase lung volume and boost the immune system. Enjoy the view from our salt-herb sauna into the forest and experience the new dreamlike perspective of our forest terrace.

To ensure you look as good as you will feel, we take care of the rest of the way to greater well-being and promote youthful radiance and rejuvenating appearance by the beauty and SPA experts in our SCHLOSSTHERME.

Natalie & Frank Nagel  
HOSTS

*„People say sometimes that beauty is only superficial. That may be so, but at least it is not so superficial as thought is. To me, beauty is the wonder of wonders. It is only shallow people who do not judge by appearances.”*

*Oscar Wilde*

IN THESE FOR YOU LOVINGLY CURATED OFFERS LIES ALL OUR

## passion & 20 years of spa experience

We have very consciously chosen the following recommendations. They all have one thing in common: they are independent of passing trends and stand for a visible and noticeable effect on both your interior and exterior appearance. Because beauty is first and foremost the visualisation of your health.

## our promise

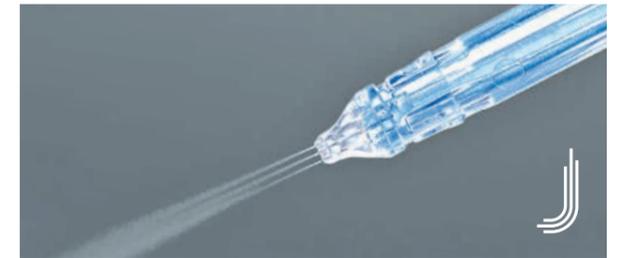
Despite all our effectiveness, we only offer treatments that can be enjoyed without hesitation and do not involve any downtime. For us at the SCHLOSSTHERME, the focus is on gentle improvement and visible rejuvenation. There are different ways to achieve both, which are often connected with each other. Some of you will appreciate the benefits of our purely organic Swiss natural cosmetics and enjoy the brine forest room. Others will receive three jet peel treatments a week and after seven days will happily notice that their skin texture has improved significantly and visibly. The options we offer

you have one more thing in common: we want to be assured by our partners that they treat resources with respect. We are therefore very proud that BABOR, as a privately run, traditional German company in its third generation, has launched the Green Agenda and is publicly presenting its Sustainability Report. Inspired by this, we also set out on our journey. Our new signature treatment with our partner VITALIS DrJoseph lets you feel this dedication from head to toe. We will be happy to advise you and are delighted that you have placed your trust in us.

## A WORLD FIRST EXPERIENCE THE JETPEEL Germanic STORY AT WEISSENHAUS

JetPeel™ is the first transdermal treatment procedure that is combined with absolute comfort and no downtime. On the contrary, you benefit from an absolute instant effect. Both aesthetic care and dermatological healing treatments, such as the relief of scars, can be realised with this technology.

JetPeel™ combines the know-how of modern jet propulsion technology with the high demands of contemporary skin care. The finest misty jet streams are accelerated up to ultrasound speed and applied to the skin. These powerful jet streams create micro-channels under the skin to reach the deeper subdermal areas, completely without needles or injections, without skin damage and without pain. The procedure is 100 per cent non-invasive. The molecules of this highly efficient application can be detected in your skin for up to 46 days after treatment.



During the JetPeel™ treatment, the hands are included in addition to the face, neck and décolleté. This way, even small pigmentary shifts or a thin, dull complexion can be improved. Depending on the desired result and the current skin condition, our beauticians select the four most suitable combinations for you from ten different active ingredients. This innovative technology is suitable for almost every skin condition and has an improving effect on every skin texture.

## SHINE LIKE A DIAMOND MICRODERMABRASION

Experience the fantastic and immediately visible effect of this intensive, apparative treatment. Your skin is relieved and polished silky smooth. Fine lines and wrinkles are reduced, the entire complexion appears calm and harmonious. Subsequent active ingredients that you already use at home develop a profound effect on this basis. This treatment is completely painless and cannot be compared to the results of a manual facial treatment.

## THERAPRO PEEL FRUIT ACID APPLICATION

This effective treatment works with fruit acids specially chosen for your skin condition. The result is a radiant, smooth complexion that rejuvenates and refreshes the skin. Fine wrinkles are smoothed and elasticity is increased. Our beauticians can improve any individual skin condition. For all guests who would like to awaken and activate their skin, this treatment is the ideal first step for the start of a beauty week.

*Also for sensitive skin.  
Free from artificial colours and fragrances.*



Visionary, founder and physician Prof. Dr. med.

Urs Pohlman pursues a holistic approach to care and develops sustainable active cosmetics based on purely herbal and natural ingredients that are highly compatible with all skin types and regulate the imbalanced skin biotope. The Signature treatments combine traditional methods with modern techniques. ananné stands for the union of a deep medical understanding of the human body and the most effective, healing ingredients for the skin. Thus, the indulging and nurturing ritual is in harmony with the individual skin needs.



## NATURAL HEALING

A natural face lift with proven effectiveness. Highly concentrated herbal active ingredients and a regenerating and activating face mask ensure visibly firm skin and a radiant complexion. The massage firms the connective tissue and stimulates blood circulation and lymph flow.

## DETOX & RELAX RITUAL

Natural detox for an even radiance. The skin is deeply clarified and the microcirculation is stimulated for greater cell activity. Rhythmic movements along the lymphatic channels rid the skin of toxins and at the same time relax the facial features.



## BEAUTY TREATMENT SEA CREATION

Treat your skin to a luxurious expedition to the deep sea. Feel in every phase how highly effective ingredients from the depths of the seas are intensively massaged in, flooding your skin and evoking optimum radiance.

## EFFECTIVE REGENERATION PURE MOISTURE

Your skin is not like any other. This individual beauty treatment includes: Precious active ingredient concentrates, such as the firming Collagen Bio Matrix or the balancing and soothing Algae Powder Mask.

*Ideal for sensitive skin & for all gentlemen!*



## WEISSENHAUS SIGNATURE TREATMENT EXPERIENCE NATURE'S POWER

On the occasion of the highest award of four lilies in the renowned Relax Guide, we have thought of something special for you. We have searched for Weissenhaus aromas and essences that reflect the power of our forests and the nature that surrounds us and make it tangible. The result is an effective and beneficial harmonious combination of forest herbs, scents from our rose and fragrance garden and the experienced hands of our therapists. Feel the power of the forest and get in the mood for your relaxation ritual during a frag-

*We know: The quickest way to yourself is through nature.*



rant, warming, detoxifying footbath. A nourishing full-body peeling based on hay flowers and apricot kernel extract is gently massaged in and prepares your skin and senses for the subsequent firming herbal rub. Enjoy the fantastic effect of the refreshing forest essence with pure silver fir needle oil. You will be perfectly prepared and then massaged with the Vitalis Deep Relax Oil Essence. Stress, tension and disturbing thoughts vanish into thin air with the essential forest scents.



**INDULGING  
FOOT REFLEXOLOGY MASSAGE**

A wonderful pleasure that has a positive effect on the whole body

**RELAXING  
HOT STONE MASSAGE**

with warm oils and hot basalt stones

**RELAXING  
AROMAMATIC OIL FULL BODY MASSAGE**

with rich essentials oil blends:  
As desired with a lavender-rosemary- or sage-lemon balm mixture

**REGENERATIVE  
LOMI LOMI NUI**

Traditional Hawaiian temple massage - the queen of massages

**PURIFYING  
PREMIUM BODY RITUAL**

Body scrub and brush massage instantly tones the skin and minimises cellulite. Purifies the tissue for firm contours.



ananné

**MANICURE**

After a nourishing aromatic hand bath and peeling, the nails will be shaped and polished. Unwanted cuticles are removed and the perfect nail is exposed. Afterwards, the hand will be pampered with a regenerating hand and arm massage.

**PEDICURE**

After an aromatic footbath and an intensive peeling, your feet are perfectly prepared for the effective treatment. The nails will gently be brought into shape and anything disturbing will be removed, until a velvety soft foot appears. A rich foot mask is massaged in intensively and forms the fragrant finish.

**SERVICE+**

We are delighted to complement your booked beauty ritual with the following treatments:

- eyebrow shaping
- eyelash and eyebrow tint
- microdermabrasion
- nail polish
- nail varnish service with four layers

## RASUL BATH

Enjoy this traditional care ceremony and immerse yourself in the magic of the Orient.

After a refreshing shower in our exotic hammam lounge, various muds are applied to the face and body. Afterwards, relax in the fragrant private steam bath and unwind while the detoxifying muds unfold their effect and the aromas pamper your airways. The skin's blood circulation is promoted and the metabolism stimulated, the tissue is noticeably and visibly strengthened. Now apply a precious skin care oil to the still damp skin, which smells like a thousand and one nights.

Relaxed like this, we whisk you away to our fireside lounge, where refreshing mint tea and a variety of fruits await you.



# solewaldRAUM

A REAL SPECIAL PLACE OF TRANQUILITY

To further intensify the holistic SPA experience at the SCHLOSS THERME, we have extended our SPA garden on a hill at the edge of the forest and built the solewaldRAUM. At this unique favourite place, the power of the forest and the sea are concentrated to create a real space of well-being. With its spacious glass façade and the magnificent, covered DEDON terrace, the solewaldRAUM promises a sweeping all-round view and the good feeling of being part of nature. The use of sustainable and ecological building materials was particularly important

to us. The powerful timber frame construction was made by local master craftsmen and forms the basic framework for climate-neutral building, consisting of oak compound and larch wood. The oak structure was sourced from our forests, specially planed for this magical space and bound on site, as were the soft oak floorboards. These attentive details, which make the stay in the solewaldRAUM with herbal salt sauna and aerosol room so relaxing, are especially close to our hearts.



### solewaldRAUM salt and aerosol room

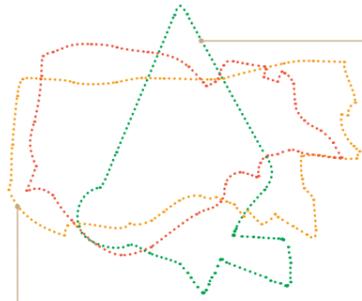
•  
salt herbal sauna \ 90°C  
essential extracts  
with a view of nature

•  
tea station and relaxation area

•  
gallery on elevated slope  
above the hot salt water whirlpool



## ACTIVATE



The branching jogging paths offer plenty of variety and fresh sea air. The walking time is 15-60 minutes. Find your own pace along the sea, through the forest, over the dyke or through the village centre.

private walking trails for nature lovers in search of peacefulness and ambitious runners

Tranquillity that soothes and long vistas, that enchant: Enjoy the decelerating effect of nature during a stimulating walk. We recommend solid footwear.

bicycles and pedelecs exercise in a maritime climate

For an active excursion we invite you to hire bikes at our reception (seasonal.)

activation of body and mind on diverse, natural surfaces with slight inclines

Gentle on ligaments and joints - a stimulating nature ritual in the morning.

## FITNESS LOFT SCHLOSSTHERME

contemporary cardio training in the light-flooded winter garden loft

Generate your own electricity while exercising and supply it directly to the network.

Kinesis device with which over 200 exercises can be performed

## AKTIV LOFT PEERSTALL

Yoga Pavillon in the castle garden  
Aktiv Loft in the Peerstall  
gentle workouts, private exercises or Open Yoga Classes

Scents of fresh mosses and lush green ferns sensitise the interior and inspire a desire for more regeneration.

## SPA SUITE

### SPA SUITE IN THE GÄRTNERHAUS



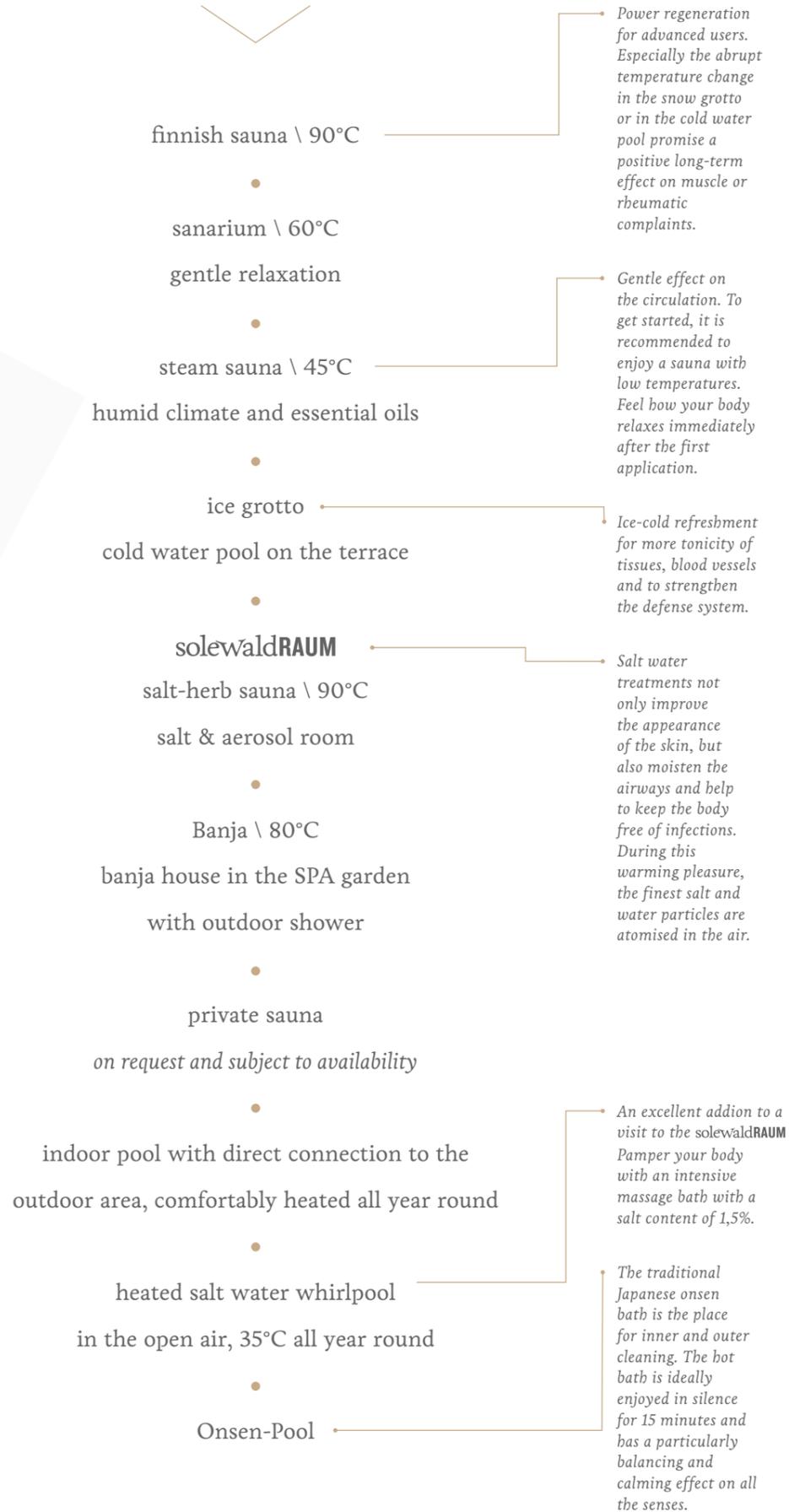
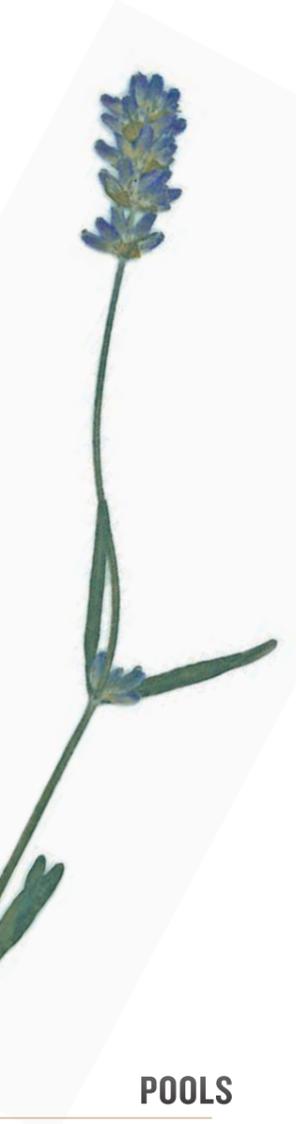
### PURE PRIVATNESS

- Designed for true SPA lovers and guests whose focus is on undisturbed **privacy and pure relaxation**.
- **70m<sup>2</sup>** lovingly designed living space for up to three persons.
- **Unique, quiet location** on the edge of the forest with a view of the picturesque cattle pond.
- **Private SPA experience** in the neighbouring Bienenhäuschen with private sauna and exclusive relaxation area

on request and subject to availability



## SAUNAS



## POOLS

## WELL-BEING UNITES

Our SCHLOSSTHERME is an oasis of relaxation and regeneration. We invite you to enjoy this atmosphere. The only lively area is at the vitality bar in the winter garden. Other relaxation areas are located on the pool gallery, in the Waldwiese relaxation room and in the solewaldRAUM.

### EARLY BIRD

Our sensitive and effective relaxation treatments are a very popular service. We appreciate your early booking to ensure your preferred date. Please let us know your desired appointment time well in advance of your arrival, in case you have booked an arrangement with included SPA services. Otherwise, we will take the liberty of scheduling your wellness times for you and confirming them up to 5 days before arrival.

### TOWELS

We have already happily awaited you and placed a SPA bag in your room. You are welcome to take towels at any time during your stay at the SPA in the changing rooms of our SCHLOSSTHERME.

### CANCELLATION

We understand when plans change and are happy to cancel your treatment 24 hours in advance free of charge. Cancellations made after this time will be charged the full amount of the booked treatment. Late arrivals will result in the treatment time being reduced in consideration of the following guest. We therefore ask for your understanding, that short-term postponements are not possible.

### SMARTPHONE, PHOTO/VIDEO

Please refrain from using electronic devices and filming. If required, we will be happy to provide you with digital images of the of the SCHLOSSTHERME. To support this request, only the SPA reception area is equipped with W-LAN transmitters.

### NO SMOKING

The health and regeneration of all our guests is close to our hearts, which is why the SCHLOSSTHERME is a smoke-free area.

### DRESS

Enjoy your time in the entire SCHLOSSTHERME and at the VITALBAR in a bathrobe or in SPA clothing. The textil-free areas are only located inside the sauna cabins.

### TUNNEL

As a guest of the castle, you are welcome to use our underground SPA access and follow the signs.

### PARTICULARITIES

Please feel free to inform us in advance of any special concerns or health restrictions that we may consider. The same applies if you would like to choose between a female or male therapist.

### SHUTTLE

You are most welcome to avail our shuttle service within the resort.

### RESERVE LOUNGER

Our sunbathing and resting areas are generously planned, so it is not necessary to reserve sunbathing areas. We will always find a nice place for you.

### VALUABLES

Securable lockers are available in our comfortable changing area. Please understand that we accept no liability for the loss of valuables.

### BATHING SHOES

We recommend that you wear non-slip bathing shoes during your visit to the SPA.

### OUR MOST IMPORTANT OBJECTIVE

We are enthusiastic hosts and cultivate the highest standards for ourselves and our surroundings. Should there ever be cause for criticism, we are extremely grateful for your suggestions. Please contact us directly and give us the opportunity to fulfil your wish.



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