



VILLA STEPHANIE

SPA & WELLBEING

SPA MENU





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Having always been closely linked to the historical heritage of Baden-Baden, Brenners Park-Hotel & Spa, as a co-founder of the spa movement in Europe in the early 1980s, has deeply embedded the concept of Salus per Aquam in its DNA.

With the Villa Stéphanie Spa & Wellbeing, an entire establishment is now dedicated to the total spa experience. There are fifteen luxurious room units on five floors, including three imposing spa suites, with a private spa area, a generously-proportioned sauna landscape, a plunge pool, and stylish treatment rooms.

The impressive history, the wonderful natural surroundings in the spa town's green salon as well as the style and design - all of this contributes to creating an environment of rest and relaxation, with the atmosphere of a large private house, where the guest enjoys a customised experience.

The valuable overall concept is complemented by comprehensive therapies in the field of physiotherapy.

The Brenners Pool's Roman-style architecture follows the idea of tranquillity and symmetry, in addition to offering beautiful views of the park.

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WELLBEING ARRANGEMENTS



Relaxation and harmony

- Daily Brenners breakfast
- Welcome bath, including a glass of champagne
- 50-minute aromatic oil massage
- 50-minute classic facial
- 25-minute head, face and neck massage
- 3-course dinner at Wintergarten Restaurant
- 6-course dinner at Fritz & Felix Restaurant

€ 1.450 for two persons

Lodging not included / Minimum stay: 2 nights

Balance of Life

- Dietary Full Board
- Creation of a menu plan
- 1x Alkaline Bath
- 1x Aqua Organic Clarifying Treatment
- 1x Aqua Organic Luxury Facial
- 1x Abhyanga
- 1x Qiqong
- 1x Forest Bathing
- 2x Personal Training
- 1x Yoga
- 1x Meditation
- 2x Hiking
- 1x Foot Reflex Massage
- 1x Cranio Sacrale
This therapy is a body-oriented treatment form that has developed from osteopathy.

€ 3.940 per person

Lodging not included / Minimum stay: 7 nights

PAMPERING PROGRAM

Stéphanie Wellbeing for her

Relaxation massage
Classic facial treatment
Spa manicure or pedicure

3,5 h | € 400

Stéphanie Wellbeing for him

Classic Massage
Facial treatment
Spa manicure or pedicure

3,5 h | € 400

Stéphanie Wellbeing „Deluxe“ for Two

Stimulating body scrub
Rose petal bath, with relaxing aromas and
a small bottle of champagne
Stéphanie Signature Massage
Aqua Organic Luxury Facial

3,5 hours for two persons | € 990





The Augustinus Bader Method

Augustinus Bader is the intelligent skin care. Award-winning products, clinically proven results and innovative creations developed over thirty years of research. Augustinus Bader skincare is based on the patented TFC8®, the Trigger Factor Complex. The cell-renewing TFC8® technology promotes the skin's natural ability to renew itself with natural amino acids, high-quality vitamins and synthetic molecules.

AB
Augustinus
Bader

Facial treatment

The Augustinus Bader method is a sophisticated, personalised educational experience for your face that uses patented TFC8 technology for instantly visible results and even greater cumulative effects.

50 Min. | € 180

Superior Facial Treatment

The highly sensory, practical concept uses Augustine Bader's formula to boost cell communication, promote circulation and tone, firm and refresh the skin.

70 Min. | € 250

Augustinus Bader Full Body Treatment

The truly special full body experience begins with a gentle exfoliation treatment, using Augustine Bader's oil and sea salt, followed by a superficial fascia massage that has the goal of activating tissue metabolism and stimulating cell communication and repair. Finally, the entire body is coated with a luxurious layer of Augustinus Bader's The Body Cream, clinically proven to reduce the appearance of cellulite and achieve a visibly softer, smoother and firmer look and feel in just one session.

110 Min. | € 350



AQUA ORGANIC – The ABC for healthy Skin

Highest-quality organic cosmetics with an exceptional care concept, noticeably beneficial for the skin and senses. Plant-based active ingredients are used in a targeted manner to rejuvenate and improve the skin's appearance.



Aqua Organic Luxury Facial

Green luxury for your skin. Carefully personalised to meet the individual requirements of your skin. A precious combination of plant-based active ingredients, the powerful effects of pure essential oils and high-quality minerals deep cleanse the skin, smoothing it and leaving it looking radiant.

50 Min. | € 180

70 Min. | € 230

Aqua Organic Clarifying Treatment

Head to toe cleansing. An exfoliation treatment removes dead skin cells and revitalises and moisturises dry, tired-looking skin. This is followed by a white clay, jojoba and almond oil body wrap that cleanses and nourishes the skin. While the wrap is working its magic, we will pamper you with a cleansing facial and a relaxing face massage.

80 Min. | € 250

Aqua Organic Detoxifying Treatment

Head to toe detox. Exfoliation stimulates the circulation and the skin's detoxification process. A chlorella seaweed wrap increases the detoxifying effect. Heat compresses amplify the effects of the detoxifying hot pack. While the treatment is taking effect, we will nourish your face and pamper you with a lymphatic drainage.

80 Min. | € 250

Aqua Organic Luxury Body Treatment

For super-smooth skin. Full-body exfoliation treatment, followed by a full body wrap to moisturise the skin. May also be booked separately for € 100 per treatment.

50 Min. | € 200

State-of-the-Art, Scientifically-Based Skin Care.

SkinCeuticals' professional skincare products feature highly-concentrated antioxidants and formulas with pure active ingredients that verifiably ensure optimal skin penetration.



Special Facial Treatments

Highly-concentrated effective treatments that protect the skin from harmful UV radiation, and prevent and correct light-induced skin ageing.

25 Min. | € 100

50 Min. | € 190

70 Min. | € 240



MASSAGES

Stéphanie Signature Massage

Carefully selected for you by our dedicated staff. A massage is a unique treatment: the masseur's every move is designed to satisfy your particular requirements so as to revitalise and relax your body from head to toe.

50 Min. | € 190

70 Min. | € 250

Aroma Oil Massage

An aromatic oil massage that pampers body and mind. For this relaxing massage, fragrant, organic essential oils are used that relieve tension or have a stimulating effect on the body.

50 Min. | € 180

70 Min. | € 230

Sport-Massage

Relieves sore muscles and tension brought on by stress. A massage, where pressure is applied deeply and directly on the painful areas.

50 Min. | € 180

70 Min. | € 230

Head-Face-Neck Massage

Treatment for headaches, insomnia, physical, and mental tension. This massage technique helps to increase energy and vitality. It nurtures the skin and hair and eases tension. It is an effective means of reducing stress, promoting inner peace and serenity.

25 Min. | € 100

Back and Neck Massage

A partial body massage treatment that relieves tensions in the shoulders and back. A range of massage techniques is applied to loosen areas of myogelosis in the back muscles.

25 Min. | € 100

Leg and Foot Massage

Pleasant relaxation that revitalises your legs and feet. This partial body massage treatment is aimed at relaxing the muscles in the calves and feet.

25 Min. | € 100

WELLBEING MASSAGES

Lomi Lomi

This Hawaiian massage treatment leaves the body and soul with a deep sense of wellbeing. A range of coordinated stroking techniques makes this treatment the „queen of massages“.

50 Min. | € 250

70 Min. | € 300

Abhyanga

An ancient Indian massaging technique that restores your body's balance. A traditional, full-body Ayurvedic massage, with gentle motions and marma point stimulation to activate the metabolism.

50 Min. | € 230

70 Min. | € 290

Shiatsu

The Asian art of balancing and activating the body's vital energy. Translated, shiatsu means: finger pressure massage. The pressing, stretching and rotating movements unblock the energy channels and relieve tension. Traditional shiatsu is carried out without oils.

50 Min. | € 220

50 Min. Kiyindo Shiatsu | € 300





EXTRAS

Facial Treatment

Ultrasound for the face in combination	25 Min. € 90
with a facial treatment	25 Min. € 50
Skin analysis for the face <i>upon request</i>	€ 20

Eyebrows

Eyebrow correction	€ 50
in combination with a facial treatment	€ 30
Eyebrow dyeing	€ 50
in combination with a facial treatment	€ 35

Eyelashes

Eyelash dyeing	€ 50
in combination with a facial treatment	€ 30

Hair Removal with Wax

Face	€ 25
Upper lip	€ 25
Armpits	€ 40
Half leg	€ 75
Whole leg	from € 70

Make-Up

upon request

Manicure & Pedicures

Spa manicure without varnish	€ 80
Spa pedicure without varnish	€ 80
Spa manicure with varnish	€ 90
Spa pedicure with varnish	€ 90

Change of varnish	€ 40
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PHYSIOTHERAPY

Physiotherapy - how it works and what it can do

Physiotherapy is a specific form of holistic body therapy. The focus of the treatment is individually tailored to the patient's needs. In doing so, the therapists are guided by the anatomical and physiological conditions of your body. Physiotherapy helps...

- ... before and after joint operations
- ... after injuries
- ... with back problems
- ... in cases of muscular hardening
- ... as a preventive measure

We will be happy to create an individual package for your stay on request.



Martina Nesselhauf
Senior Physiotherapist & Sectoral Alternative Practitioner

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Initial contact and consultation for physiotherapy or physiotherapeutic treatment for guests and patients who have no doctor's prescription

After a detailed anamnesis, assessment and diagnosis, the objective of the treatment is individually determined, and the most suitable techniques for the patient are selected from a wide range of options.

30 Min. | € 90

Physiotherapy or Physical Therapy

The goal of the treatment is to avoid, improve or eliminate restrictions of the body's functions by means of special techniques. Therefore, physiotherapeutic procedures are used in prevention, curative medicine and rehabilitation.

25 Min. | € 90

55 Min. | € 170

Manual Therapy

Manual therapy is a special area of physiotherapy and is used to examine and treat pain and blockages in the muscle, joint or nervous system. Manual therapy is mostly used for back pain and restricted joint movement.

25 Min. | € 95

55 Min. | € 180

TMJ Treatment

A malfunction of the temporomandibular joint can negatively impact the overall body statics, as the masticatory apparatus is closely linked to the head, spine, brain, and other organs. Teeth grinding, jaw clicking, pain in the jaw joints, head, ears or neck, tinnitus, migraines and many more are typical symptoms. Here, the focus is on examinations of the temporomandibular joint and the cervical spine or the overall body statics. The treatment is then carried out accordingly, using manual techniques.

55 Min. | € 180

Manual Lymphatic Drainage

Lymphatic drainage is a light, decongestive massage. It is mainly used to decongest the tissue and relieve pain after operations, cancer treatment, trauma or venous weakness. To achieve better success in cases of severe oedema, lymphatic drainage is combined with a compression bandage or a specially-fitted compression stocking.

30 Min. | € 95

45 Min. | € 145

60 Min. | € 180





Craniosacral Therapy

This craniosacral therapy is a body-oriented form of treatment that has developed from osteopathy. It is based on working with the craniosacral rhythm, or the gently pulsating brain and spinal fluid. This is a holistic treatment that carefully addresses physical, emotional and mental issues.

60 Min. | € 200

Myofascial Release - Fascia Technique

The targeted manipulation of deeply-located, hardened areas in the connective tissue or fascia system is aimed at balancing the entire organs, restoring its equilibrium and vitality.

30 Min. | € 95

Foot Reflexology

The foot mirrors the reflex zones of the entire body. As a result, by treating the feet, the reaction/treatment of the inner organs can be achieved.

Reflex zone therapy applied to the foot is not only for relaxation; it also has a reflexive effect on the internal organs.

45 Min. | € 145

Physical therapy only in combination with physiotherapy

Natural Mud

25 Min. | € 40

Hot Roll

15 Min. | € 35

Hot Air

15 Min. | € 35



Electrotherapy

Electrotherapy refers to the medical application of electric current. Depending on the illness, the physiotherapist treats one or more parts of the body using different forms of current. The effect of the electric current is manifold: blood circulation is promoted, muscle activity and metabolic processes are stimulated, and pain is relieved.

15 Min. | € 40

Ultrasound Therapy

Ultrasound is an application that also falls within the electrotherapy field in the broadest sense. Here, electricity is converted into high-frequency sound waves. The effects are known to be improved cell metabolism and increased blood circulation in the deep tissues. What is more, the pain threshold is raised. As a result, muscle and tendon tissue injuries can heal faster, and spinal and joint problems can be alleviated.

15 Min. | € 40

REIKI – Special Relaxation Technique

The word is a combination of the two Japanese words „rei“, which means spirit, and „ki“, the body's vital energy. The Reiki practitioner touches specific parts of the body, and the recipient experiences a warm and tingling sensation. Reiki is a complementary technique for balancing the body's vital energy and activating the body's self-healing powers. Its goal is to achieve physical and mental health.

60 Min. | € 200

TRAINING

Personal training	50 Min. € 150
Body analysis with training and nutrition advice	50 Min. € 170
Body Analysis Retest	45 Min. € 140
MIHA Bodytec – EMS Training with a trainer	25 Min. € 80 50 Min. € 150
Fitvibe – Vibration training with a trainer	25 Min. € 80 50 Min. € 150 50 Min. € 150
Back training	50 Min. € 150
Fascia training	50 Min. € 150
Mobility training	50 Min. € 150
Water gymnastics	50 Min. € 150

All prices are per person per unit.





ACTIVITIES & NUTRITION

Cycling incl. bike	60 Min. € 180 120 Min. € 220
Black Forest hike with accompaniment	60 Min. € 140 120 Min. € 200
Mental training	150 Min. € 300
Yoga	25 Min. € 100 50 Min. € 150
Meditation	50 Min. € 150
Pilates	50 Min. € 150
Qigong	50 Min. € 150
Kickboxing	50 Min. € 280
Nutritional counselling	30 Min. € 150
Individual diet plan per week	€ 180

All prices are per person per unit.



Pure Relaxation for Body and Mind

Jump into the pool, loosen your muscles in the sauna, give your mind some time to meander while enjoying an aroma steam bath. In our spa, wellbeing lovers will find everything their hearts desire. Apart from the sauna area, the plunge pool, with a lounge area, is the spa's centrepiece.

After work

- Sundays to Thursdays from 6 p.m. onwards
- Use of pools, gyms and saunas
- Including bathrobe, bath towels & amenities

price per person | € 80

Me Time

- Use of pools, gyms and saunas
- Including bathrobe, bath towels & amenities
- 10% off for every booked treatment

price per person | € 200

Renew & Relax

- Use of pools, gyms and saunas
- Including bathrobe, bath towels & amenities
- 10% off for every booked treatment
- Breakfast in the „Fritz and Felix“ until 11 a.m.
- 50-minute wellbeing massage
- Light spa snack in Villa Stéphanie

price per person | € 350

10 „Me Time“ Admissions

€ 1.600



Exclusive Membership

Become a member of the Brenners AUSAVA Club and let us pamper you all year round.



Classic

- Admission Mondays to Thursdays (excluding public holidays)
- Use of pool all year round
- Fitness & Sauna incl. bathrobe, towels and amenities
- For each additional person over 12 years old, we charge €60
- Membership card / chip

Annual membership | € 3.500

Premium

- Admission Mondays to Sundays (including public holidays)
- Use of pool all year round
- Fitness & Sauna incl. bathrobe, towels and amenities
- One personal training per quarter (not cumulative)
- One cosmetic treatment per quarter (not cumulative)
- One voucher for two persons for Afternoon Tea inspired by Pierre Hermé
- Ten day passes for family & friends
- Personalised bathrobe
- Free use of Le Salon, including drinks and snacks from the buffet
- Membership card / chip

Annual membership | € 6.000

For both memberships, we charge an additional one-time registration and administration fee of €500.

AT ONE GLANCE



- ① Brenners Park-Hotel & Spa (Rooms: 101-530)
- ② Spa, Sauna, Gym
- ③ Pool
- ④ Sunbathing lawn
- ⑤ Villa Stéphanie (Rooms: 621-645)
- ⑥ Brenners Medical Care



#villastephaniebadenbaden

#brennersparkhotel



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SPA & WELLBEING



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