



HEILIGENDAMM SPA MENU



GRAND HOTEL

HEILIGENDAMM

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SPA FACTS

Pool

Pool size	11x18 m
Water depth	0.80-1.35m
Water temperature	28-30°C
Special features	Massage jets, cascade showers
Jacuzzi	Ø 3 m, 35-37°C

Mixed sauna

Finnish sauna	90° C, 10 % rel. hum.
Steam bath	45°C, 100% rel. hum.
Bio sauna	60°C, 20% rel. hum.
Ice room	8°C, 20% rel. hum.
Special features	Kneipp basin, sauna courtyard, chill-out room

Ladies' sauna

Finnish sauna	90° C, 10 % rel. hum.
Steam bath	45° C, 100 % rel. hum.
Special features	Kneipp basin

Fitness

Equipment	Technogym
Free courses	
Pilates, legs, bums and tums, aqua aerobics, Nordic walking, beach walking, back exercises, body tuning and power workout	

Yoga

In-house yoga master

Solarium

Solariums from Ergoline

Produktpartner

La Prairie, ila spa, O.P.I.

SPA Lounge & Bar

Heiligendamm SPA cuisine, freshly pressed
juices, teas and vitamin cocktails, spacious
roof terrace and 5,000 m² outside area

HEILIGENDAMM SIGNATURE TREATMENTS

Seabuckthorn – the vitamin miracle

At the Heiligendamm SPA, you are indulged with indigenous seabuckthorn from Ludwigslust. The small, orange-coloured berries are a power pack for the immune system and promote high performance, especially in times of increased physical and mental stress.

Seabuckthorn-seasalt peeling

30 min | EUR 55

Seabuckthorn full-body massage

60 min | EUR 95

Beach gold

Vitalising seabuckthorn seasalt peeling, wave-like massage and seabuckthorn vitamin drink

90 min | EUR 145

Traditional application

The elements of air & water combine, full-body massage and relaxation ritual combined with breathing exercises, foot ritual based on Kneipp culture

90 min | EUR 145

MARITIME RITUALS

In 1793, Duke Frederick Francis I of Mecklenburg-Schwerin bathed at the „Heiliger Damm“ on the advice of his doctor Prof Vogel and thus laid the foundation of the first German seaside resort. You too can enjoy the healing effect of the seawater and gain beauty and strength from the sea. Authentic care and treatment concepts based on the sea purge, detox, tighten and vitalise skin and body.

„Frederick Francis“ maritime menu

Seasalt peeling, purging and detoxing full-body poultice,
face, head and full-body massage

120 min | EUR 190

„Luise“ maritime menu

Full-body peeling from algae extracts, moisturising
full-body poultice and full-body massage with maritime oils

120 min | EUR 190

„Alexandrine“ maritime menu

Full-body peeling from algae extracts,
tightening full-body poultice and full-body massage
with focus on problem areas

120 min | EUR 190





LA PRAIRIE - THE ART OF BEAUTY

The La Prairie laboratories originated in the renowned Clinique La Prairie in Montreux. For more than 50 years, the product line has been a frontrunner in the area of cellular care against skin ageing. The ultimate indulgence treatments give your skin new vitality, strength and elasticity as well as a tremendous feeling of wellbeing.

Caviar facial treatment

Moisturising anti-ageing care for smooth and silky skin

90 min | EUR 160

Caviar body treatment

Vitalising full-body peeling with strengthening massage

90 min | EUR 160

Swiss Bliss / treatment

Strengthening wellness care with caviar for face and body

180 min | EUR 285

Platinum-rare facial treatment

Unique moisture system for maximum freshness

120 min | EUR 210

Pure Gold Radiance facial treatment

24 carat gold gives your skin balance
and ensures more luminance

120 min | EUR 190

Marine Biology facial treatment

Pure maritime freshness for your skin that stimulates
the strength of the sea, revitalises, protects, refreshes

90 min | UR 145

La Prairie facial treatment

Depending on skin type: cleansing, moisturising, equilibrating
Anti-ageing, for young skin or against skin unevenness
and pigmentation

60 min | EUR 95

90 min | EUR 145

WELLBEING DURING PREGNANCY

During pregnancy, everything is about your baby. So that you do not miss out as a mother-to-be, we have put together a special indulgence programme for body and soul for you. Nine months of looking good, feeling good and staying fit.

Yoga for pregnant women

For inner peace and satisfaction

60 min | EUR 95

Massage for pregnant women

Special massage techniques have a relaxing and dehydrating effect

60 min | EUR 95

Joy of motherhood

Massage for pregnant women, express pedicures and cleansing facial care

120 min | EUR 190

BEAUTY FOR CHILDREN AND TEENAGERS

For children between 5 and 13

„Show me your feet“

Minor pedicure with foot massage

30 min | EUR 35

„Show me your hands“

Minor manicure with hand massage

30 min | EUR 35

„Show me your face“

Face mask and hand massage

30 min | EUR 35

Princess for a day

Make-up, manicure and pedicure as well as painting your toenails and fingernails in colours

60 min | EUR 65

Teen SPA

Facial cleansing and soft peeling with mask

60 min | EUR 85





O.P.I.

Cared-for hands and feet can be considered a personal visiting card and require particular attention. O.P.I. is one of the world's best trendy brands for manicure and nail care from California and is used by many international film and music stars. You too can discover the wide range of O.P.I. products and let yourself be indulged at the Heiligendamm SPA.

Manicure	60 min EUR 75
Manicure deluxe - manicure, wax bath	75 min EUR 90
Express manicure & gelcolour	60 min EUR 90
Pedicure	60 min EUR 75
Pedicure deluxe - pedicure, wax bath	75 min EUR 90
Express pedicure & gelcolour	60 min EUR 90
Nail painting	EUR 15

BEAUTY SERVICE

Day make-up	EUR 35
Evening make-up and bride make-up	EUR 95
Eyelash colouring	EUR 15
Eyebrow colouring	EUR 10

Sugaring - sugar-sweet hair removal

Hair has never been removed more thoroughly and gently! The high-standard technology and the special honey-style paste prevent skin irritations, reduce the feeling of pain and are antiallergenic.

Upper lip	EUR 12
Armpits	EUR 30
Bikini area	EUR 35

Depilation with warm wax

In this treatment, all hair is removed for the long term.

Chest / back	EUR 55
Lower thigh	EUR 40
Legs complete	EUR 60

WELLNESS FOR MEN

Male skin is almost 20% thicker than that of a woman and therefore requires special care products and treatments. Our wellness and fitness programme for men is specially tailored to the needs of care-conscious men and is ideally suitable for reducing everyday stress.

Facial treatment

Anti-ageing care, cleansing, moisturising

60 min | EUR 95

90 min | EUR 145

Manicure

60 min | EUR 75

Pedicure

60 min | EUR 75

Man's stuff

Facial treatment, full-body massage
and manicure or pedicure

180 min | EUR 235

Pure fitness

Personal training including fitness check,
Baltic Sea hammam and traditional Thai massage

180 min | EUR 220

FITNESS AND PERSONAL TRAINING

Use your holiday to take advantage of our active programme. Our personal trainers will put together an effective training plan for you. Fitness equipment from Technogym await you as well as a free range of fitness and relaxation courses such as Pilates, legs, bums and tums, aqua aerobics, Nordic walking, beach walking, back exercises, body tuning, power workout and autogenic training.

Fitness check

Test your current fitness.

Includes a certificate

30 min | EUR 30

Personal training

Workout with professional supervision

in the fitness room or on the beach

60 min | EUR 55



YOGA - HARMONY OF BODY, MIND AND SOUL

Experience authentic yoga with our in-house yoga master. He is trained in yoga meditation and Ayurveda treatment and leads you back to inner tranquillity and peace. Breathe deeply and experience complete recuperation and relaxation.

Private yoga training (max. two people)

Yoga	60 min EUR 95
Meditation	60 min EUR 95
Yoga and meditation	90 min EUR 120
Pranayama yoga breathing	30 min EUR 45
Yogic nose treatment	30 min EUR 45
Five Tibetans	30 min EUR 45

Reiki - Through the force of the laying on of hands, the flow of energy is harmonised and inner tensions are loosened

60 min | EUR 95

Our free course programme (max. ten people)

Morning yoga - suitable for beginners

Evening yoga - suitable for advanced yoga practisers

Meditation - various meditation techniques

Please register at the SPA reception before the start of the course.



ILA SPA - BEYOND ORGANIC

The products of the „ila spa“ line are based on the Indian principle of Ayurveda and are produced in a purely biological and organic manner. ila treatments have a unique concept and combine ancient knowledge with pure vital strength. They give you new energy and return balance to body, mind and soul.

ila experience

Body peeling, kundalini back treatment and face massage 120 min | EUR 190

Kundalini back treatment

Deeply soothing and relaxing, optimises the flow of energy and ensures chakra balance 60 min | EUR 95

Manipura full-body treatment

Harmonises the flow of energy in the body and ensures vitality 60 min | EUR 95

Ananda facial treatment

Regenerative and revitalising treatment produces deep feelings of joy as well as beautiful and glowing skin 60 min | EUR 95

Rainforest facial treatment

With vital energy of the rainforest plants from the Amazon, relaxes the countenance and strengthens the tissue with a botox-like effect 60 min | EUR 95

MASSAGES

Partial body massage

30 min | EUR 55

Back massage for muscle relaxation, releases blockades

Full-body massage

60 min | EUR 95

Muscle-relaxing, powerful or relaxing with aromatic oil

90 min | EUR 145

Foot reflex zone massage

30 min | EUR 55

Activates self-healing forces

60 min | EUR 95

Abhyanga

Ayurvedic full-body massage with warm oil

90 min | EUR 145

Lomi-Lomi-Nui

Hawaiian full-body massage with warm oil

90 min | EUR 145

Hot stone

Traditional Asian massage with warm and hot stones

90 min | EUR 145

Thai massage

Interplay of gentle movement, rhythmic pressure
and intensive stretching on a floor mat, in sports clothing

60 min | EUR 95

BALTIC SEA HAMMAM

A hammam is a steam bath that is well-known particularly in the Orient and is valued for its soothing effect. A visit to the warm steam bath is followed by a phase of recovery and relaxation in a cooler room or a classic massage.

Baltic Sea hammam

Cold and warm infusions, cleansing silk glove peeling
and sea foam wash

60 min | EUR 95

Baltic Sea menu

Baltic Sea hammam, algae poultice with head massage
and aromatic oil full-body massage

for one person

170 min | EUR 235

for two people

170 min | EUR 450

HEILIGENDAMM DAY SPA



Enjoy a day's stay at the Heiligendamm SPA, even without staying overnight. Experience relaxing hours in our spacious pool area with a jacuzzi, the diverse sauna landscape with a Finnish sauna, steam bath and bio-sauna or take advantage of our fitness area with sports and relaxation courses.

Tip: If you book a treatment, a day ticket decreases to EUR 19.

Day ticket

includes use of a bathrobe and hand towels

EUR 39

DAY SPA PACKAGES

Our personal trainers put together an effective training plan for you. Fitness equipment from Technogym await you as well as a free range of fitness and relaxation courses such as Pilates, legs, bums and tums, aqua aerobics, Nordic walking, beach walking, back exercises, body tuning and power workout.

After-work relaxation

Full-body peeling and classic full-body massage,
bookable from Sundays to Thursdays from 2 pm

90 min | EUR 145

Girlfriends Day SPA

Manicure and facial treatment
per person

120 min | EUR 170

Pure romance - relaxation à deux

Full-body peeling, candle massage, SPA cocktail and fruit plate
for two people

90 min | EUR 330



Grand Hotel Heiligendamm · D-18209 Bad Doberan-Heiligendamm · Telefon +49 38203 740-2900 · Telefax +49 38203 740-2999
spa@grandhotel-heiligendamm.de · www.grandhotel-heiligendamm.de



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