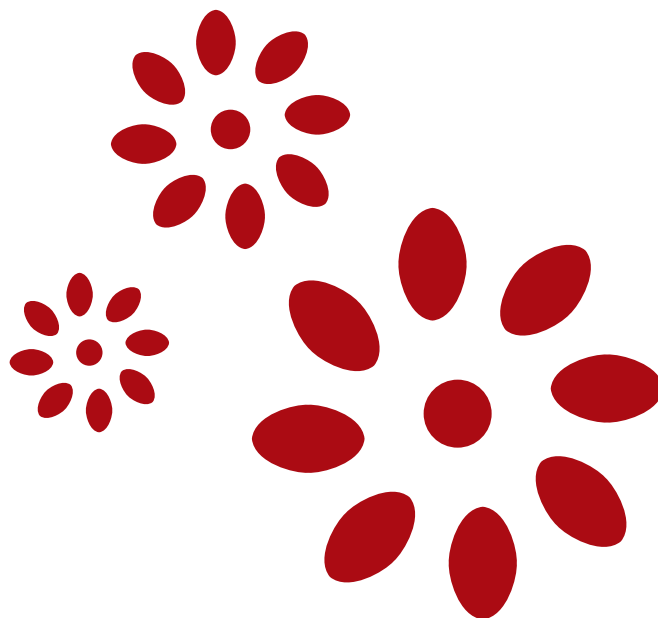


DAS ACHENTAL SPA





Well-being is a priority for us. Leave everyday life far behind and put yourself in our skilled hands – we will indulge you with all the best things! Each of our carefully selected treatments is individually tailored to your requirements. And to make your pamper time complete, we only use high-quality, organically certified natural products. Experience pure moments of happiness, lasting recuperation and deep-seated well-being with the power of nature.

We are happy to advise you during your personal time out and are already looking forward to meeting you!

*Best wishes from
Mary-Ann Kühn,
Spa Manager*



» PURE CHIEMGAU «

Surrounded by extensive moorland, not far from the breath-taking Chiemsee and with views of the Alps, a liberating expanse awaits, inviting you to breathe deeply, arrive and relax. At DAS ACHENTAL SPA, we draw on the powers of nature

and incorporate them into our treatments. Here we create moments of pure delight, indulging you with locally sourced herbs, oils, and the revered moorland earth, renowned as “black gold” for its remarkable healing prowess.

CHIEMGAU EXPERIENCE – FULL BODY MASSAGE

A journey through the Chiemgau. Experience a moorland hike, climb the Kampenwand and pause for a moment in the forest while reflecting on your experiences in the Chiemgau.

50 mins EUR 110

CHIEMGAU ENJOY - ALPINE HERBAL BATH

Intensively stimulating herbal bath with moisturising goat's butter and high-quality oils. Your natural skin health will be restored.

25 mins EUR 55

CHIEMGAU FEEL - MOORLAND PACK

Soothes tension, relieves pain and also strengthens the immune system. Moorland earth is a true allrounder and has a wonderfully relaxing and nurturing effect.

25 mins EUR 55

CHIEMGAU SENSE – PEEL

Gentle peel made of healing mud, rejuvenating regional herbs and nourishing oils. Stimulates the circulation and provides your skin with valuable minerals.

25 mins EUR 55

CHIEMGAU SCENT – HERBAL STAMP MASSAGE

Effective full body massage with herbs rich in active ingredients. Cell renewal is stimulated, muscles relaxed, and the metabolism stimulated.

50 mins EUR 110 | 80 mins EUR 165

ACHENTAL SPA TIP:

*Combine the applications with each other.
For example, enjoy the “Chiemgau Experience
Massage” followed by a mud pack.*

» SOOTHING CLASSICS «

MY ACHENTAL TIME OUT

»Individual time out«

Individual treatment tailored to your needs and wishes, whether muscle-relaxing or pain-relieving – the main thing is that it is soothing.

25 mins EUR 65 | 50 mins EUR 110 |
80 mins EUR 165

RELAXING AROMATHERAPY OIL MASSAGE

»Tactile pleasure«

Has a calming and relaxing effect on the body, mind and soul. Selected organic aromatic oils and gentle massage techniques have a tactile and holistic effect.

50 mins EUR 110 | 80 mins EUR 165

SWISS STONE PINE MASSAGE

»Soothing nature«

Gentle massage motions combined with warm, soothing Swiss stone pine woods let you forget everyday life and relax your muscles at a deep level.

50 mins EUR 110

HEAD, NECK AND SHOULDER MASSAGE

»Meaningful clarity«

Special massage motions release tension and powerful organic plant extracts clear your mind. An unforgettable moment with a liberating effect.

50 mins EUR 110

FOOT AND LEG MASSAGE

»Grounding energy work«

Energy blockages and tensions can be released through targeted touch and your self-healing powers are strengthened.

25 mins EUR 65

DYNAMIC BACK MASSAGE

»Straight-up Dynamics«

A unique combination of cupping jars and singing bowls aids the release of tension in the back and improves the dynamics of the spine.

50 mins EUR 110

ACHENTAL SPA TIPP:

Choose one of our classics and share a relaxing time together with a couples' massage. Enjoy soothing massage moments in a tranquil space.





» THE KNOWLEDGE OF LIFE «

At DAS ACHENTAL SPA, we operate in accordance with the knowledge of teaching (ayur) of life (veda). We bring our body, mind and soul back into balance with our Ayurveda treatments. Warm sesame oil regenerates your body from within while seemingly endless gentle massage motions treat you to some moments of deep relaxation and make you feel like yourself again.

- ABHYANGA – FULL BODY MASSAGE**
Experience balance, tranquillity and harmony in harmony with the body, mind and soul. Blockages are gently released.
80 mins EUR 165
- PADABHYANGA – FOOT AND LEG MASSAGE**
Soothing and relaxing massage of the feet and legs to relieve inner restlessness and release muscle tension.
45 mins EUR 95
- MUKABHYANGA – FACE AND HEAD MASSAGE**
Harmonising and relaxing face and head massage to relieve internal tension. Allows your natural beauty to shine anew.
45 mins EUR 95





❁ ❁ ❁ Soothing moments together

» VALUABLE TIME «

The most precious time is the time spent together. Celebrate this and enjoy moments with your favorite person. Our moments of indulgence can be tailored individually to your wishes and needs because it is solely about your well-being.

TIME OUT TOGETHER

- Full Body Massage 50 minutes
 - Full Body Scrub 25 minutes
 - Body Wrap 25 minutes
 - Small pastry greeting
- EUR 400

LADIES SPA TIME

- Facial Treatment with QMS 50 minutes
 - Pedicure or Manicure with Nail Oil 50 minutes
 - One glass of Prosecco per person
- EUR 340

ROMANTIC MOMENTS

- Pine Bath Ceremony 25 minutes
 - Pine Massage 50 minutes
 - One Pine Spritzer per person
- EUR 280

* The prices are for two persons



» REVITALIZE AND RELAX «

For an all-round care package, we recommend booking our Soothing Classics in combination with invigorating Scrubs, Soothing Wraps, and Restorative Baths for maximum relaxation and recuperation. Choose your composition.

LAVENDER BATHING CEREMONY

Has a calming and balancing effect on the body, mind and sou.

25 mins EUR 55

HYALURON BODY WRAP

Intensive moisturizing body wrap for a long-lasting skin care experience with extracts of apple, rose hip and hyaluron.

25 mins EUR 55

BATHING CEREMONY SWISS PINE

Relaxing and sleep-inducing – a real treat for your body.

25 mins EUR 55

ALPINE MINERAL MUD PACK

Detoxifying and revitalizing body wrap made from mountain herbs and alpine fango for a smooth and even skin texture.

25 mins EUR 55



SALT-HERB LAVENDER PEEL

Ground lavender blossom and sea salt have a calming effect and refine the complexion of the skin.

25 mins EUR 55

SALT-HERB LEMON BALM PEEL

Ground lemon balm leaves and sea salt have a harmonising and skin refining effect.

25 mins EUR 55



» THE BEST OF BOTH WORLDS «

High-tech and nature – Based on your skin's needs and scientific findings, the TEAM DR JOSEPH manual treatment method starts at the tissue level. Its aim is to care for and maintain a holistic feeling for your skin, your skin's health,

and your skin's unique beauty. Experience the individual beauty care based on the TEAM DR JOSEPH method for yourself.

INTENSE PURIFYING FACE TREATMENT

»For a visibly fresher skin tone and a vital radiance.«

Deep cleansing facial treatment with lymph stimulating facial massage and peel-off mask for a cleansed complexion.

50 mins EUR 110

CELLULAR RECREATION FACE TREATMENT

»For healthy and nourished skin.«

Active ingredients combined with herbal stamps provide an immediate effect and, at the same time, healthy and intensively cared for skin.

80 mins EUR 165

EXPRESS EYE LIFT

»For a visibly more awake eye area and firm skin contours.«

An effective skincare treatment focusing on the eye area. For a visibly firmer and more alert eye area and more defined contours.

25 mins EUR 75

ADVANCED BIO LIFTING FACE TREATMENT

»For lasting effect and immediate visibility.«

Holistic, comprehensive package with biodynamic lifting massage for a lasting impact, immediate visibility and maximum effect.

110 mins EUR 235

SUPREME EYE + FACE LIFT

»For maximum effect and visibly firmer skin.«

Lymph stimulation, herbal steam compresses, peeling, mindfulness massage, Gua-Sha eye-lifting massage, nourishing mask, eye and lip care and day care for your skin.

50 mins EUR 125

ACHENTAL SPA TIP:

we recommend for particularly beautiful moments

eyelash tinting **EUR 25**

eyebrow tinting **EUR 25**



» SCIENCE NOT MIRACLES «

Collagen Specialist – Made in Germany

QMS DEEP CLEANSING

»For hydrated and balanced skin«

Deep-cleansing and lightly tightening facial treatment with algae modeling. Calms and restores the skin's natural balance.

Double cleansing | Double peeling | Algae mask | Collagen | Mask | Finishing care

60 mins EUR 150

QMS OXYGEN TREATMENT

»For smoother and visibly contoured skin«

Revitalizes the skin and stimulates the cells. In this individual treatment with 95 % pure oxygen concentrate, the active ingredients are infused deeper into the skin.

Double cleansing | Double peeling | Algae mask | Oxygen with Hyaluron | Mask | Finishing care

90 mins EUR 200

QMS REGENERATION

»For visibly firmer and tighter skin«

Combats signs of skin aging. Specifically for the sensitive neck, décolleté, and chest area.

Double cleansing | Double peeling | Algae mask for face and décolleté | Lifting massage with firming serum | Anti-Aging Mask | Finishing care

90 mins EUR 200

QMS REVITALIZATION

»For visibly smoothed and revitalized skin«

Stimulating, intensive facial treatment with a thermoactive, revitalizing mask, unique in this form.*

Double cleansing | Double peeling | Collagen | Modeling SK-Alpha | Algae mask | Finishing care

* Not suitable for sensitive skin

75 mins EUR 185

QMS ACHENTAL DELUXE

»For an instant effect on the skin – Pure luxury«

Tailored facial treatment with highly effective anti-aging ingredients to slow down the aging process.

Double cleansing | Double peeling | Algae mask | Anti-Aging Massage | Anti-Aging Serum | Oxygen with Hyaluron | Anti-Aging Mask | Finishing care

* Suitable for demanding skin

110 mins EUR 260

ACHENTAL SPA TIP:

Combine a facial treatment of your choice with an Oxygen Boost for revitalized and radiant skin.
20 minutes EUR 50





» SET THE SCENE «

MANICURE

Your hands are your calling card. A pampering ritual consisting of a hand bath, hand peel, hand massage, nail care and the desired finish.

Manicure with nail oil 45 mins EUR 70

Manicure with nail polish from O.P.I 60 mins EUR 90

Including nail polish for your home spa

Manicure with Gel Color by O.P.I 75 mins EUR 110

GEL COLOR BY O.P.I

Perfectly manicured hands and feet in an instant! Beautiful and, above all, healthy nails for 3 weeks with no chipping. Gel Color or Shellac is a composition based on gel and nail varnish. O.P.I Gel Color is applied like a normal nail varnish and dries within 30 seconds using LED UV light.

It can be removed again in just 15 minutes without damaging the nails.

PEDICURE

A true care ritual for your feet consisting of a foot bath and foot peel, a soothing massage, nail care and the desired finish.

Pedicure with nail oil 45 mins EUR 70

Pedicure with nail polish from O.P.I 60 mins EUR 90

Including nail polish for your home spa

Pedicure with Gel Color O.P.I 75 mins EUR 110

ACHENTAL SPA TIP:

*Do something good for your skin and spoil your face uring nail care with a moisturizing TEAM DR JOSEPH Cellulose cloth mask. **EUR 19***

REMOVE O.P.I GEL COLOR

EUR 25





Mom and children*

» FAMILY HAPPINESS «

PREGNANCY MASSAGE

Massage tailored to the needs of the expectant mum, in line with her wishes and the advanced stage of pregnancy.

50 mins EUR 110

LEG MASSAGE

Soothing and leg massage that reduces any swelling and makes you feel like you are floating on air. Savour this liberating feeling.

25 mins EUR 65

“RADIANCE” FACIAL TREATMENT

Your skin is enduring a lot right now and deserves a little time out. We make your skin as radiant as you are.

50 mins EUR 110

* from the 3rd month

CHOCOLATE PEEL

Gentle and nourishing full body peel with the power of the cocoa bean for a velvety-soft skin feeling.

15 mins EUR 35

CHOCOLATE MASSAGE

A delicate scent of chocolate and gentle massage motions make for perfect relaxation.

25 mins EUR 60

YOUR MOMENT OF HAPPINESS

Colourful fingernails and toenails, a little gold and glitter and hair like Rapunzel.

50 mins EUR 105

CLEANSING FACIAL TREATMENT FOR TEENS

Cleansing and clarifying facial treatment individually tailored to the sensitive skin of teenagers.

45 mins EUR 95

* between 4 and 16 years





» MEN'S BUSINESS «

EXPRESS POWER LIFTING FOR MAN

Natural high-tech power ensures a clean and refined complexion. For a powerful and well-groomed complexion.

50 mins EUR 110

SPORTS MASSAGE

Activation and mobilisation of the muscles to release deep-seated tensions. Your body gains new vitality.

50 mins EUR 115

MANICURE FOR MEN

Your fingernails are a representation of you so show your hands off at their best because they are at their most attractive when manicured.

45 mins EUR 70

PEDICURE FOR MEN

Stressed feet deserve a little time out. Nail care and soothing foot massage included.

45 mins EUR 70



ACHENTAL SPA TIP:

Book a soothing massage after a round of golf or a match in the trackman simulator.





» BE ACTIVE «

PERSONAL TRAINING

Personal Training
50 mins EUR 95

5-session Personal Training Card
EUR 475

10-session Personal Training Card
EUR 900

Accompanying person additional
50 mins EUR 65

*Exclusive and individually tailored
training guided by a personal trainer
to meet your specific preferences.*

Small Group Training 4 to 8 People
50 mins EUR 49 per person

*Train with your friends and share the
joy of sports, celebrate successes together,
and motivate each other.*

*A holistic training tailored to your
preferences.*



ACTIVITY PROGRAM

The weekly changing activity program offers numerous opportunities for you to be actively involved in sports or discover new activities during your stay. For more information, please inquire with our concierge.



Useful information & opening hours

YOUR PAMPERING TIME

We recommend you book your personal spa time-out before you arrive, so you can make a fixed reservation for a time you prefer.

This can be done online from the comfort of your home at: das-achental.com or you can make a direct booking by sending an e-mail to: spa@das-achental.com or telephone: **+49/8641/401 760**

TAKE TIME FOR YOURSELF

To get in the right mindset for your pampering time we recommend that you arrive in our treatment area a short time before your treatment is due to begin.

IF SOMETHING HAPPENS IN THE MEANTIME

Should you want to cancel your appointment, this can be done free of charge up to 24 hours beforehand. Please note that cancellations which are effected less than 24 hours before the treatment time is due to start will be charged at the full amount (100 %).

YOUR HEALTH IS IMPORTANT TO US

Before each treatment we take the time to enquire about any physical disorders or complaints you may have. If you are pregnant or suffer from allergies, please let us know.

WHAT SHOULD I WEAR?

Opt for comfort and wear a bathing robe and slippers to your treatment. During a massage treatment we ensure your privacy and maintain this by using special coverage techniques. We provide a single-use cover for you.

TIME TO ENJOY A SPLASH

Please wear swim-wear when using the indoor and outdoor pools. In consideration of guests who prefer to relax, we would ask you to refrain from engaging in loud conversations and telephone calls. Since your health is very important to us, we would ask that you refrain from jumping off the edge of the pool and running in the pool area.

WARMTH FOR THE SOUL

For health and hygiene reasons, we prefer you to use our sauna area unclothed.

PLEASE SHOWER BEFORE

swimming or enjoying a sauna session.

FOR SPORTS ENTHUSIASTS

We would ask that you use the fitness area wearing appropriate sports attire and that your sports shoes are clean.

CHILDREN WELCOME

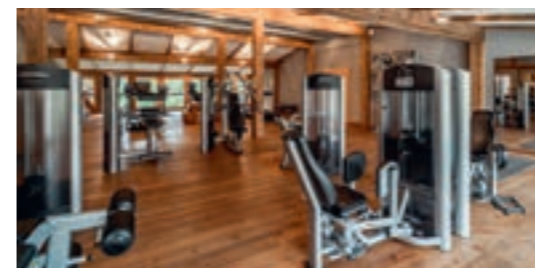
Our little guests are very welcome to enjoy our pool area. The sauna and sport areas are for those aged 16 and over. We would ask that parents are mindful of this

SAFETY FIRST

We recommend safely storing valuables in your hotel room safe or in a locker.

RELAXATION FOR A DAY

Our spa area is also accessible to our external guests, upon advance registration and depending on availability. The latest Day Spa offers and price overviews can be seen on our website **www.das-achental.com**



SPA RECEPTION

9 am to 6 pm
spa@das-achental.com
Phone: +49/8641/401 760

TREATMENT AREA

9 am to 7 pm

POOL AREAS

7 am to 9 pm

SAUNA AREA

11 am to 9 pm
1 pm to 9 pm during summer
(from the age of 16)

FITNESS AREA

7 am to 10 pm
(from the age of 16)



ACHENTAL SPA TIP:

Our activity programme changes weekly and can be found on our website, or you can ask us for more information.



Pure Chiemgau.

eleveneyes.de-8700-02-2024



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