



VILLA STEPHANIE
BADEN-BADEN

THE BRENNERS SPA

Dear Guests,

The Brenners Park-Hotel & Spa in Baden-Baden, a hotel with a rich and proud tradition, was the place where the spa movement in Germany first gained momentum. And it is once again here that the standards are being rewritten by the Villa Stéphanie – the hotel's deluxe destination spa. Spread over five floors, and nestled in the lush green surroundings of a private park, it comprises a 500 square metre sauna, a plunge pool, a private fitness centre, a hammam, a ladies spa and inspiringly designed treatment rooms.

The twelve spacious double rooms and three impressive suites have been designed for those seeking an extra dose of relaxation in the unique, timeless atmosphere of the Villa Stéphanie. Directly connected to the new destination spa is 'Haus Julius', a 1700 square metre mansion designed to offer unique and exclusive medical care to guests of Brenners.



OUR PRODUCTS

The luxury spa also relies upon strong partners with regard to the care products on offer. Being able to select from the very best is what luxury means to us. Hence we have at hand a carefully chosen selection of exquisite products just for you. The uniqueness of the philosophies of our cosmetic partners and the effects of their products are as varied as the skin types of our spa users.

Our à la carte services for face and body care are offered using top international product lines from **SISLEY** (France), **ANIKA ORGANIC LUXURY** (Germany), **SKINCEUTICALS** (USA) und **HORST KIRCHBERGER** (Germany).

Our specialists at Brenners Spa will provide you with comprehensive information on the effects and focus of our branded products, will explain the contents of our programmes and offer you complimentary advice on topics such as sunscreens and skincare.

We will gladly help you choose the perfect treatment, devise a day or weekly programme for you, and will provide individual, competent advice at our spa reception or in the privacy and comfort of your hotel room.

Our spa experts can be reached daily from 9am to 6pm by calling extension #602.



PRODUCT LINE: **sisley** PARIS

Sisley offers a complete line of cosmetics that includes highly effective care products for face and body, wonderful make-up products and enchanting perfumes. All are based on formulas that use natural plant extracts and essential essences.

In 1976, the year Sisley was founded by Hubert d'Ornano, no one talked about aroma therapy or phytotherapy in Europe. Phytocosmetics is the fine art of integrating natural plant extracts into cosmetic products. Sisley selects the most suitable plant species in each category and takes the most effective parts from it for the problem being treated. Attention is also paid to the country of origin, the region and the harvest time. The result is the best the market has to offer.

"Sisley's three founding principles – quality, innovation and philosophy – are congruent with the traditional corporate goals of the Oetker Collection," says Sisley founder and CEO Hubert d'Ornano. "As descendants of a succession of generations, we receive, enhance and hand down. That is also why my family, my employees and I view this collaboration with great delight."

PRODUCT LINE: **ANIKA** ORGANIC LUXURY

ANIKA ORGANIC LUXURY is a certified, organic spa brand. With its premier beauty treatment concept and an innovative skincare system, it offers a complete range of exquisite, tailor-made, organic anti-aging products and spa treatments. Everything carries the Made in Germany label and what awaits is a unique wellness experience along with body treatments whose effectiveness is guaranteed. The very latest state-of-the-art offering is the ANIKA ORGANIC SYNERGISTIC COMPLEX SYSTEM™. Every ANIKA treatment guarantees instant effectiveness.

- ✳ Protects against premature skin aging
- ✳ Stabilises the skin with long-term effect
- ✳ Renews the skin and its barrier function

"Produced in the heart of Europe, inspired by the closeness of France, and refined with the world's best ingredients."



PRODUCT LINE:  **SKINCEUTICALS**
ADVANCED PROFESSIONAL SKINCARE

SkinCeuticals was founded in 1994 by a team of renowned American dermatologists and scientists and has changed the skincare industry with their major technological developments. A SkinCeuticals research team paved the way for a new antioxidant technology by developing the original formula for a stable, topical (externally applied) vitamin C serum.

Antioxidants are recognised as being decisive active ingredients for combating environmental skin aging and they restore the skin's youthful looks. The SkinCeuticals skincare philosophy in its quest to combat skin aging is based on three principles:

- ✧ the prevention of premature skin aging
- ✧ the correction of the visible signs of aging
- ✧ the protection of healthy skin from damaging UV-radiation



“High-tech care on the boundary between cosmetics and pharmaceutical research.”

PRODUCT LINE:
HORST KIRCHBERGER
MAKE-UP-ARTS

There is more to make-up than just colour and it is primarily the shape of the face that determines the style. These are the most important findings that Horst Kirchberger, Germany's best known make-up artist, has made from his many years of experience. After completing his apprenticeship as a hairdresser and theatrical make-up artist, Horst Kirchberger quickly entered the world of commercial make-up artistry. He travelled to all the important fashion capitals of the world where he worked with the best known photographers applying make-up to the front cover celebrities of Vogue, Harper's Bazaar and Madame.

Today, Horst Kirchberger is an international brand and an established institution throughout Europe. The Horst Kirchberger Academy has for many years enjoyed great success. Through the academy he has developed his own product line with an uncomplicated formula that opens up totally new dimensions for the perfect make-up. The line distinguishes itself for others due to the perfectly coordinated product range which is being continually expanded with new, innovative additions. Horst Kirchberger has personally trained the employees of the new Brenners Spa and played a crucial role in its development.

“Experience the world of colours and beauty in the exclusive ambience of our unique styling lounge.”





OUR SPA SUITE

Lay back and relax and treat yourself to many wonderful hours in our Spa Suite – a private oasis for your personal wellbeing!

Rest and relaxation is guaranteed in a luxurious ambience featuring a Laconium (approx. 50°C radiant heat), whirlpool, steam bath and Finnish sauna with individually adjustable light therapy!

The private terrace and our multi-media equipment provide additional highlights. Refreshments are on hand in the suite's own mini-bar.

The Spa Suite can be booked on a half-day basis.

Our team of experts will gladly devise an individual pampering programme for you.

SAUNAS & PLUNGE POOL

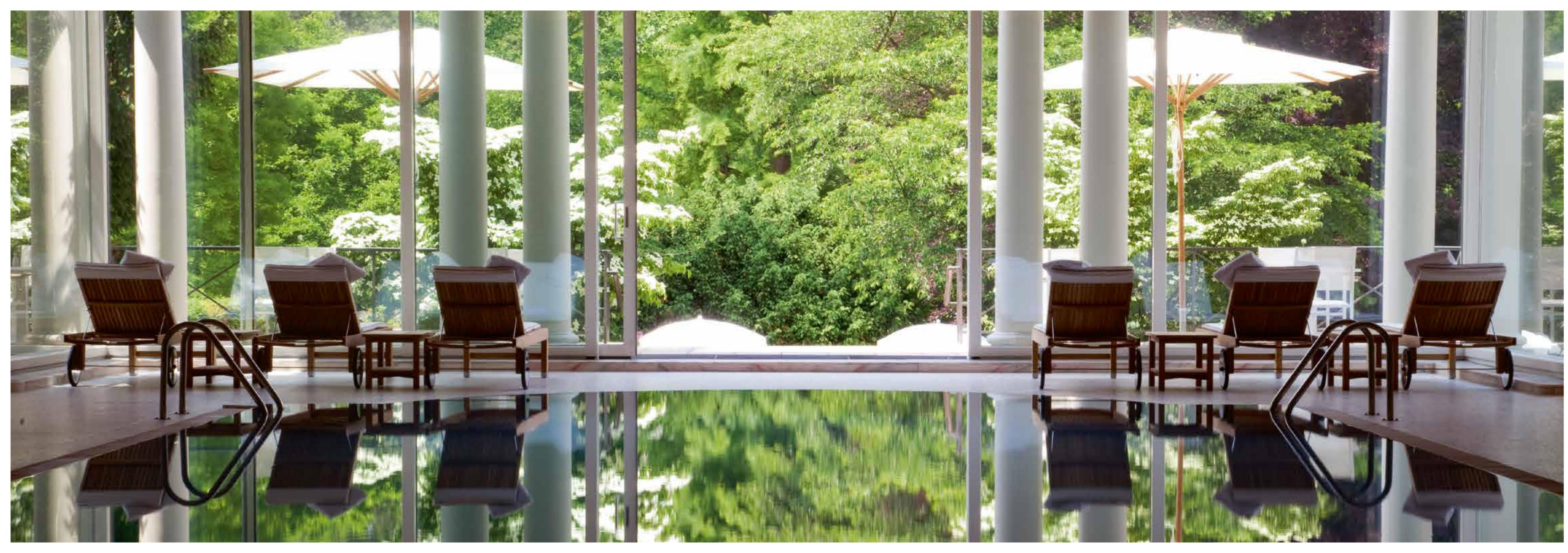
500m² of bliss for all sauna enthusiasts. And all low-temperature saunas offer wonderful views of the century-old park.

The plunge pool with its exclusive lounge area forms a communicative alternative to the wonderful rest areas overlooking the lush greenery of the Lichtentaler Allee. During the sauna breaks, enjoy the open-air zone or relax in the newly designed spa garden. Experience the unobstructed view of the unique Lichtentaler Allee and listen to the calming sounds of the gurgling brook. It's luxury at its best!

Savour the spa experience in its most exclusive of forms and reserve our private sauna exclusively for you and your guests. The following options are available:

- ✧ sauna experience
- ✧ including the plunge pool
- ✧ with your personal hammam master







SHIATSU

Pierre Clavreux

Pierre Clavreux played a pioneering role in introducing Shiatsu to Europe. In 1989, he completed his studies at the Akahigedo in Tokyo, a famous school for Eastern medicine.

More than twenty years ago he developed Kiyindo Shiatsu, a revolutionary technique based on pain relief through touch and the full-depth stimulation of the body's energies. Since 2007, he has been training therapists from around the world at his Centre Européen de Kiyindo Shiatsu. Kiyindo Shiatsu is particularly effective on people who suffer from digestion problems, backache, sleeping disorders and stress.



KICKBOXING & MENTAL TRAINING

Henri Charlet

Profit from the 30 years of experience of multi-winning German and European kickboxing champion Henri Charlet, who will bring you closer not only to the technique but also to the philosophy and the social values associated with the martial art.

UPGRADE YOUR FITNESS

With a traditional martial arts training we will offer you tailor-made training concepts for better mental fitness and more physical energy.

THE WAY OF THE SAMURAI

Draw inspiration from the classic Samurai martial arts and boost both your mental and physical energy levels.

THE JOURNEY IS THE REWARD

Professional coaching that paves the way to complete mental relaxation and to maximum physical fitness with our tailor-made training concepts.

HAMMAM SIGNATURE TREATMENT BY OTHMAN CHALLOUF

Profit from the many years of experience of our massage specialist Othman Challouf.

In this hammam treatment, specially devised by Othman himself, he unites the effects of stimulating and vitalising massage techniques with the cleansing effects of traditional, oriental care products.

Othman Challouf learnt his handicraft more than 15 years ago in the tradition hammams of North Africa. He does not treat – he performs magic, due also to his long-awaited wish of having a perfect hammam.

Enjoy this unique experience, akin to a dream from The Arabian Nights, that will allow you to rediscover your body and soul.





FITNESS & NUTRITION

EXPERIENCE SOME MAGICAL MOMENTS!

The Black Forest offers a host of exciting experiences and activities in practically untouched natural surrounds. The Brenners guides will show you the region's prettiest places, organise an unforgettable picnic for you or a yoga session al fresco. Or keep yourself fit by training in our private park using our outdoor equipment. Our nutritional coaching sets out to create a synthesis of enjoyment and healthy eating practices. As a result, individualised menus combine in an unrivalled manner the guest's own wishes with their dietary and medical needs.

PRIVATE GYM

The private gym in Brenners is a facility unrivalled throughout the world. It is equipped with top-quality sports equipment in accord with an impressive design and the maximum in individual flexibility. As a result, the private gym is tailored like a bespoke suit to the needs and wishes of our gym visitors. Who doesn't dream of completing a training session on a carbon fibre time trial bike or sparring with one of the best kickboxers in Europe?

BRENNERS PHYSIO SPA

The newly designed physiotherapy practice at Brenners Park-Hotel & Spa is located in the elegant ambience of Haus Julius. The welfare of the guests is taken care of, 7 days a week, by highly qualified physiotherapists with many years of experience in close cooperation with the Brenners Medical Care doctors. The wide spectrum of therapy methods allows the therapists to work with each client individually. In addition to the latest medical training equipment, a wide range of therapies are available to clients:

- ✧ Physiotherapy using machines
- ✧ Physiotherapy
- ✧ Manual therapy
- ✧ PNF (proprioceptive neuromuscular / facilitation stretching / neurology / orthopaedics)
- ✧ Lymphatic drainage
- ✧ Massages
- ✧ Connective tissue massage
- ✧ Sling table
- ✧ Natural fango
- ✧ Heat roll
- ✧ Infrared
- ✧ Electrotherapy (EMS, ultrasound)
- ✧ Cryotherapy
- ✧ Taping
- ✧ Dorn-Breuß
- ✧ Craniosacral
- ✧ Foot reflexology

Therapies in the new exercise pool is one highlight being offered in the Villa Stéphanie. It is also possible to be treated in the private atmosphere of the Villa Stéphanie's suites.





BRENNERS MEDICAL CARE

Our health is our most precious possession. Dealing with it carefully is a guarantee for a better quality of life. With Brenners Medical Care, the Brenners Park-Hotel & Spa in Baden-Baden provides a multifaceted healthcare offer. 'Haus Julius', a 1700 square metre mansion directly connected to the Villa Stéphanie, is the location where a full spectrum of traditional and modern diagnoses and therapies is offered. Together, the Villa Stéphanie and Haus Julius offer a new, integral healthcare concept that creates a special harmonious relationship between the worlds of beauty and medicine. This combines longstanding expertise with the offer of tailor-made programmes and individual care. In full accordance with the wishes of the individual, this can either relate to long-term medical care or a one-off treatment.

The focus lies in the fields of general medicine, aesthetic dentistry, ophthalmology, dermatology, nutrition coaching, health check-ups, gynaecology and aesthetic medicine.

In addition to the wide spectrum of treatments, the medical partners work closely together with Germany's foremost practices and clinics to ensure optimum care and after-treatment.

Additional offers in Haus Julius include QPNT nutrition coaching, weight loss and detox programmes as well as performance diagnostics with body analysis and lactate measurements. Besides this, a 200 square metre physiotherapy practice is also housed in the building. All sections are supervised by qualified specialists such as physiotherapists, medical masseurs, beauticians, sports scientists and experts in the field of healthy eating.

We spare the time for your health!

Further information is available by calling +49 (0) 7221-900 605.



BRENNERS SPA-ETIQUETTE

The Brenners Spa is a place of peace and relaxation for mind, body and soul. We therefore kindly ask all spa visitors to keep noise levels to an absolute minimum. Use your time at the Brenners Spa to thoroughly relax. Please turn off all mobile phones and avoid alcohol and tobacco before and directly after your spa treatment. Please note that smoking is not permitted in any part of the spa complex and the Villa Stéphanie building.

PREPARE YOURSELF ...

When using the saunas, please drink sufficient amounts of water or fruit juice. A balanced level of water will allow your body to profit from the detoxifying effects of our treatments. Food: Do not begin your treatment hungry or having just eaten. Avoid heavy meals at least one hour before the start of your treatment. We will be happy to serve you a selection of light spa dishes, healthy snacks and fresh juices after your spa experience in our salon. Clothing: Feel comfortable. Easy to clean materials are particularly recommended due to the oils and care products used. Bathrobes, bathing shoes, bathing sandals and towels are available in the spa. You are perfectly welcome, however, to come to the spa with the bathrobe from your room. We recommend starting your treatment without make-up. The Brenners Saunarium is a naked area. You are more than welcome, however, to use this area wearing a bathing costume.

ENJOY YOUR SPA EXPERIENCE ...

Stress-free: Relax, take deep breathes and leave all your thoughts and worries behind. Clothing: Most of our body massages are best enjoyed without clothing. For your comfort, the parts of the body not involved in the massage will be covered with a sheet or towel. You are more than welcome, however, to keep your under garments on. Communication: Speak to your therapists.

Your therapist will ask you for your particular wishes before and during the treatment. The right music and volume, the best oil or the desired room temperature are just some of the important points that will turn your visit into a perfect spa experience.

AFTER THE TREATMENT ...

Don't rush: Make the most of the surroundings and relax a little longer. Enjoy a fresh fruit juice, a green tea or a small snack from the complimentary offer in our salon or order your favourite dish from our spa menu. Be careful: Generally speaking you should avoid the sun after your treatment. After a body peeling or an oil massage you should wait at least 12 hours before your next sunbathing session. Extend your spa experience: In our Beauty Spa you will find a variety of products which will allow you to enjoy a similarly relaxing experience at home. Our team will happily provide you with all the advice you need. Our exclusive spa shop can be found next to the reception in the Villa Stéphanie.

GENERAL INFORMATION

OPENING TIMES:

SWIMMING POOL & FITNESS AREA

Daily from 7am to 11pm

Supervised from 9am to 10pm

“SPLASH HOUR” IN BRENNERS POOL

Daily from 4pm to 5pm all children can swim, splash, snorkel and jump around to their hearts' content

MIXED SAUNA

Daily from 9am to 10pm

LADIES SAUNA

Daily from 9am to 4pm

PRIVATE SAUNA/SPA

Daily from 5pm for exclusive bookings

ACCESS RESTRICTIONS

Fitness area: age 16+. Saunas: age 18+, or 16+ when accompanied by parents

BRENNERS SPA TREATMENT AREA

Monday to Sunday from 8am to 8pm

24-hour service and in-room service possible on request and with a 50% surcharge.

Due to high demand, we recommend that all treatments are booked prior to your arrival at the hotel.

Appointments can be made from 8am to 8pm on the direct dial number +49 (0)7221 900 602.

CANCELLATIONS

Unfortunately, we will still have to charge for appointments cancelled at short notice

(cancellation deadline: 24 hours). All prices include VAT. Subject to alterations.



BRENNERS PARK-HOTEL & SPA

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