

# WELLBEING

*Your feel-good time*

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## Contact

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# Getting into the mood for the Wellbeing Area

## Book a treatment

To secure your favourite treatment, we recommend booking with us before you arrive. This allows us to advise you personally and cater to your individual wishes. All our treatments include a pre-treatment consultation and a short rest period.

You can enquire about your treatment online. You can also make your booking by e-mail via [wellbeing@kongresshotel-potsdam.de](mailto:wellbeing@kongresshotel-potsdam.de) or by telephone on +49 331 907 70109.

## Duration of treatment

The treatment times listed here also include the welcome, consultation and farewell by our staff to ensure you have a relaxing stay. In order to be able to cater to your individual wishes during the treatments, we will ask you beforehand what is important to you. We therefore ask you to report to the Wellbeing Reception approx.

5 minutes before the start of your treatment. Out of respect for subsequent guests, we ask for your understanding that the treatment time will be reduced accordingly, if you are late.

# Our Wellbeing partners

## **[ comfort zone ]**

conscious skin science

[comfort zone ] was founded in 1996 as the skin care division of the Bollati family's Davines Group in Italy. The research laboratory and production facility for high-quality skincare products is an international manufacturer of award-winning spa treatments and skincare products.

The product range combines natural and clinically effective ingredients with the holistic approach of harmonising body, mind and soul.

An exclusive selection of massages with [ comfort zone ] products can be found on page 10.



PINO has been impressing customers with top-quality products for physiotherapy, massage and body treatments since 1904.

Through years of experience, the PINO team has become experts in health-orientated wellbeing treatments and preventative body treatments, which today are combined in a variety of ways with sports training. They always attach great importance to treating people and nature with respect.

Most of the massages we offer are performed using high-quality PINO oils. Please ask our staff about our selection at the start of your treatment.

# Holistic Massages

## *Office Relief – short back massage*

Treat yourself to a short, effective break after an intensive day at a seminar or during the breaks. This specially adapted version of our classic back massage specifically relieves tension in the shoulder and back area – where screen work and prolonged sitting are particularly noticeable. The treatment ends with arnica cream to provide lasting care for exhausted muscles.

20 Min | Entry price 39.00 EUR

## *Back massage*

Feel how accumulated tension in the back area is specifically released – with powerful but soothing massage strokes. This intensive short treatment relaxes the muscles, promotes blood circulation and provides noticeable relief in a short space of time. Ideal for back strain caused by prolonged sitting or stress – for a new body feeling in everyday life.

25 Min | 49.00 EUR



## *Moor back treatment*

Nature has beneficial and healing treasures in store. Moor was already valued by the Celts and in ancient Rome. 'Black gold' alleviates physical ailments and promotes general well-being. You will experience this intensively and comfortably in our moor back treatment. This begins with loosening the muscles of the neck, shoulder girdle and back. A warm moor pack is then applied to relieve tension and reduce inflammation.

50 Min | 75.00 EUR

## *„AromaBalance“ – Signature back treatment*

Immerse yourself in a holistic back experience that is individually tailored to your needs. This exclusive back massage combines targeted techniques with precious aromatic oils, which you choose according to your personal mood. The fragrances and active ingredients not only support physical relaxation, but also provide emotional balance.

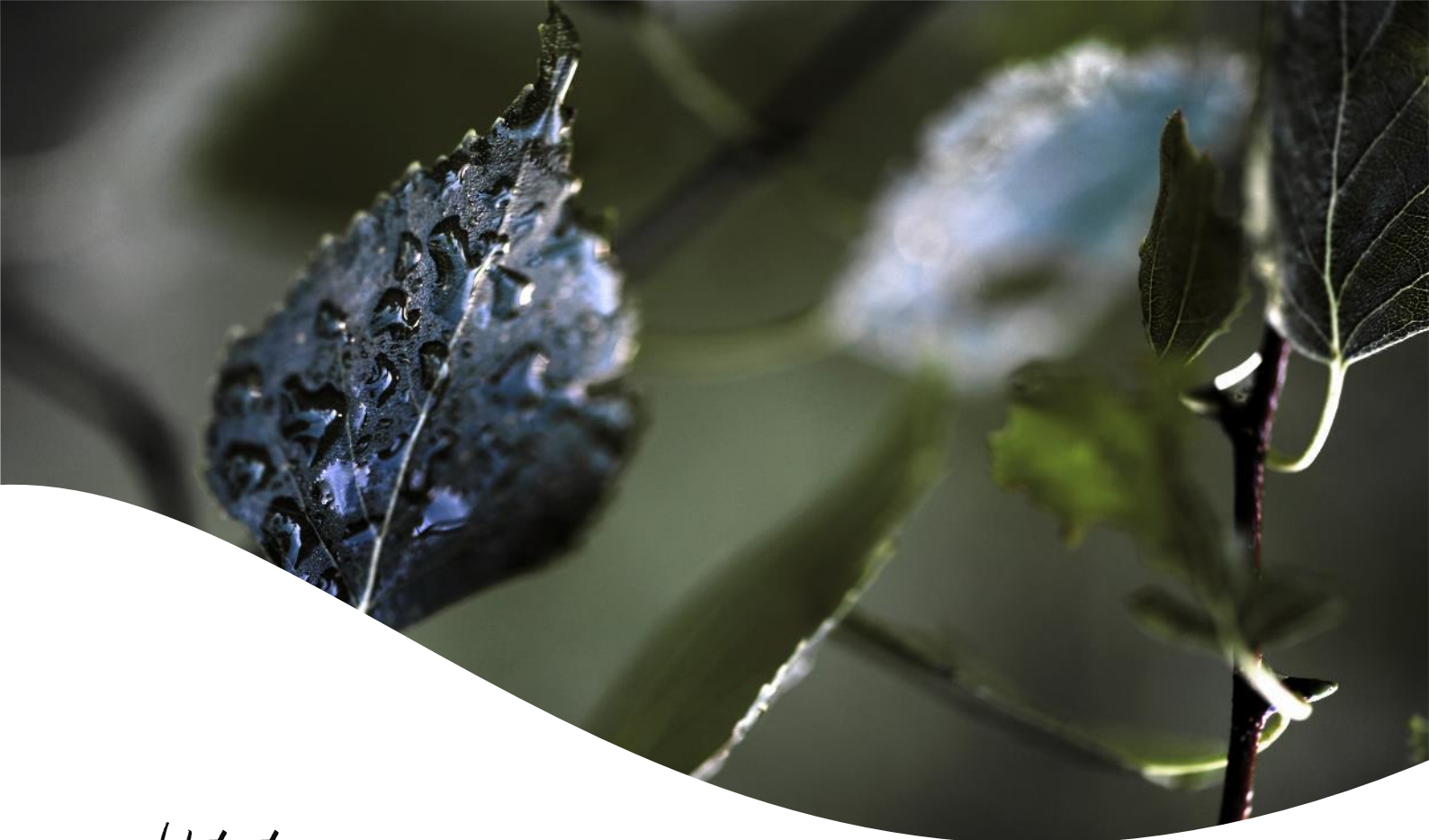
You can choose from:

- Mother-of-Pearl – calming, nourishing for the skin, and promotes a sense of lightness
- Swiss Pine – strengthens the nervous system, grounding and deeply relaxing
- Orange Spirit – uplifting, energizing, and emotionally revitalizing
- Orange Lemongras – refreshing, clarifying and enhances concentration

Enjoy your personal time-out in which mindfulness, fragrance and targeted touch merge into a special feel-good ritual – exclusively with us.

50 Min | 98.00 EUR





## *Hot stone massage*

Experience deep relaxation through the soothing combination of thermotherapy and energising treatments. The warm lava stones release muscular tension, promote blood circulation and harmonise body and mind. Treat yourself to this holistic wellness experience for pure regeneration.

70 Min | 119.00 EUR

## *Foot reflexology massage*

During a foot reflexology massage, organs, the lymphatic and nervous systems are stimulated and positively influenced via the soles of your feet. This promotes blood circulation and activates the body's self-healing powers. Optimum results are achieved after several treatments. We recommend showering briefly beforehand and not applying cream to your feet.

50 Min | 89.00 EUR

## *Head massage*

Experience how tension in the scalp area is gently released – through targeted, relaxing massage strokes. This intensive short treatment promotes blood circulation in the scalp, relaxes the muscles and relieves mental tension. Ideal for stress, heaviness in the head or after a long day at work – for a clear feeling in the head and new lightness in everyday life.

20 Min | Entry price 39.00 EUR

## *Shoulder and neck massage*

A massage programme to switch off. Special grip techniques and powerful oils relieve the shoulder and neck area and gently release tension. Subtle fragrances ensure deep physical and mental relaxation. Creates new life energy and grounding for creative minds and mental workers. Feel relaxed, free and revitalised.

25 Min | 49.00 EUR







## *Vitality massage*

This revitalising massage targets particularly stressed muscle groups – such as the back, legs or shoulders. In contrast to the full body massage, the vitality massage concentrates on selected areas that need relaxation and new energy after sporting activity or a busy day. Ideal for active people who want to regenerate and recharge their batteries at the same time.

50 Min | 98.00 EUR

## *Full-body massage*

Treat yourself to some time out for body and soul with a soothing full-body massage. Gentle, flowing massage strokes release tension, promote blood circulation and provide deep relaxation. Feel how stress and everyday life fall away from you.

50 Min | 98.00 EUR

80 Min | 119.00 EUR

Enjoy your massage on our sound bed, which vibrates gently to the rhythm of relaxing music and transmits soothing sounds – for an even more intense relaxation experience that harmonises body and mind.

Surcharge for full-body massage | 10.00 EUR

## *Tranquillity Peeling Ritual*

An extraordinary aromatherapeutic exfoliating massage treatment for deep cleansing, which offers pleasant cell renewal and has a balancing effect. Complete activity for body and mind is achieved while you enjoy an unrivalled world of fragrance. The ritual provides radiance, promotes cellular oxygenation and gives the skin freshness and vitality. It relieves physical and mental fatigue, leaving the skin radiant, perfectly moisturised and nourished.

50 Min | 89.00 EUR

## *Tranquillity Blend aromatic oil massage*

Immerse yourself in a world of deep relaxation. As soon as you arrive, you are enveloped in the characteristic fragrance of the blend of sweet orange, cedarwood, Damask rose and sandalwood, which harmonises body and mind and relieves tension. During the massage, the soothing aroma of Tranquillity oil unfolds, accompanied by a gently scented candle that creates a calming atmosphere and pampers the senses. Ideal for reducing stress and promoting restful sleep.

50 Min | 98.00 EUR

## *Pro Sleep massage*

The aim of this special sleep ritual is to restore calm and serenity and relieve the tension of hectic everyday life. An ideal treatment to restore balance. It works on the three senses of hearing, touch and smell and combines aromatherapy with slow movements that caress the body. The specially developed sounds calm the mind and help to remotely open the thoughts for a deep, total well-being; very effective against insomnia or jet lag.

60 Min | 104.00 EUR

# Relaxation for 2 people

## *Couple ritual*

The loving couple's massage takes place synchronised in a swaying, rhythmic massage flow. Warm oil envelops the entire body, loosens the muscles and has both a stimulating and calming effect. Re-energised and connected by the shared experience, you and your partner will feel reborn. Thanks to the separate massage tables, this ritual is also recommended for friends.

Massage for 2 people  
50 Min | 196.00 EUR  
80 Min | 299.00 EUR

## *Couple ritual including back peeling*

The treatment begins with a revitalising back peeling. Old flakes of skin are gently removed, preparing the skin perfectly for the subsequent full-body massage with high-quality oil. Enjoy pure relaxation for two.

Massage for 2 people  
60 Min | 199.00 EUR

## *Panorama couple massage with lake view*

Take a luxurious break with a view of Lake Templin and let yourself drift away – relaxing and romantic. Our wellness therapists will pamper you first with a 50-minute couple's massage. Depending on the weather, this can also take place on the terrace of the 'Private SPA'. Afterwards you can enjoy a 2-hour session in the lake view sauna – exclusively for two.

Massage incl. sauna for 2 people

180 Min | 290.00 EUR

Lead time of 7 days



# Additional Information

## Cancellation

Please let us know in good time if you are unable to keep your appointment. You can cancel your appointment at any time up to 48 hours in advance free of charge. In the event of a later cancellation, however, we will have to charge 90% of the treatment price. If you have booked one of our arrangements, you can read the relevant cancellation conditions in our terms and conditions.

## Clothing

Freshly showered and dressed in comfortable clothes or a bathrobe and slippers, you are perfectly prepared for your visit to our Wellbeing Area.

During the treatments themselves, we will pamper you with pleasant covering techniques.

## By the way

In our Wellbeing Area, most guests are looking for peace and quiet. Mobile phones are welcome to stay outside. So you can relax and enjoy your time with us.