

# 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 and on page 11.



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 break after an intensive day of seminars. This targeted back massage relieves tension in the shoulder and back areas – where screen work and long periods of sitting are particularly noticeable. A warming ointment provides soothing relaxation and promotes blood circulation.

Optional: A gentle peeling can be added to prepare the skin.

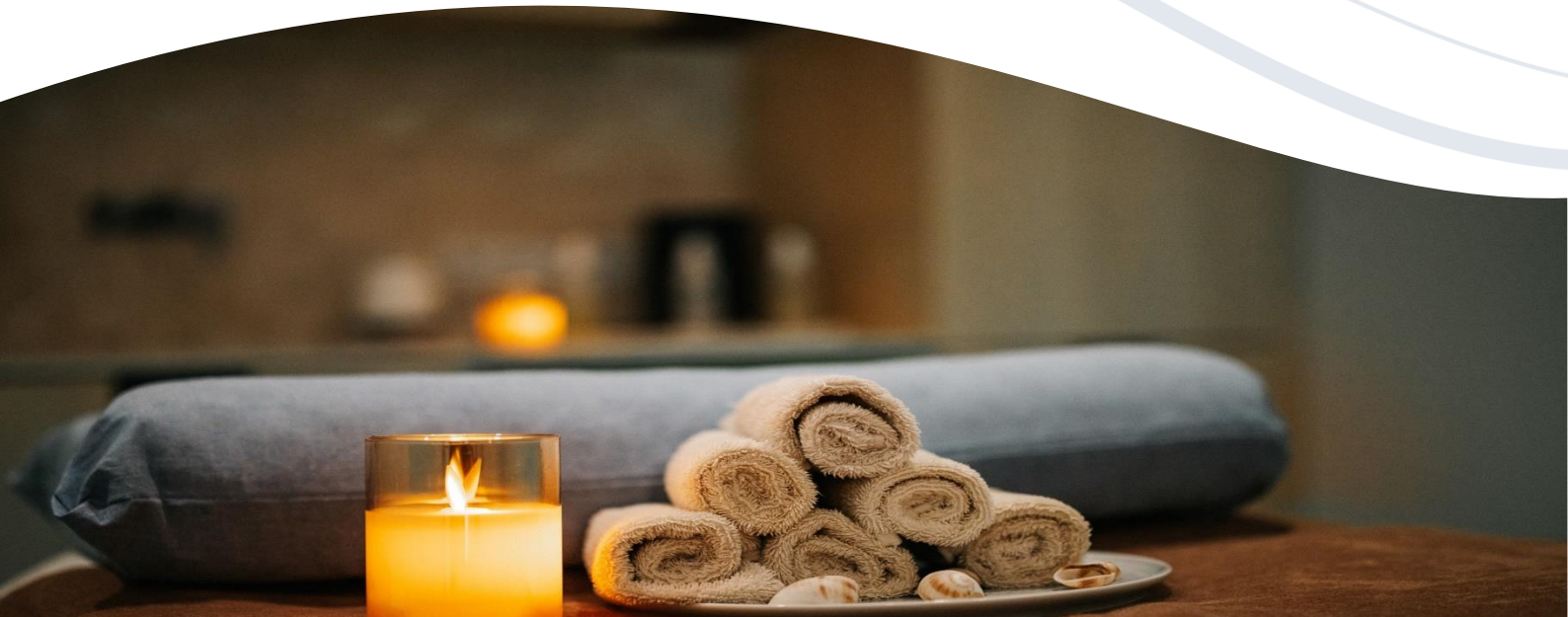
20 Min | 39.00 EUR

Surcharge Peeling | 5.00 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 | 39.00 EUR



## Foot massage

Our soothing massage for tired feet. It relaxes the muscles, stimulates blood circulation and provides noticeable lightness – ideal after long days or sporting activities. The massage is performed using a nourishing foot balm that refreshes and softens the skin.

25 Min | 49.00 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.

25 Min | 49.00 EUR

40 Min | 75.00 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





## *Back massage*

Feel tension in your back being specifically relieved with powerful yet soothing massage techniques. This intensive treatment loosens the muscles, promotes blood circulation and provides noticeable relief from back pain caused by prolonged sitting or stress. Warm sesame oil is used to nourish the skin and gently enhance the relaxing effect of the massage.

Optional: A gentle peeling can be added to prepare the skin.

25 Min | 49.00 EUR

40 Min | 75.00 EUR

Surcharge Peeling | 5.00 EUR

## *Massage Duo – Your personal combination*

Put together your own personalised break: choose two 25-minute massages from our spa menu (Comfort Zone massages excluded) and enjoy the perfect combination for relaxation, regeneration or renewed energy. Whether it's your back and feet or any other combination you desire – you decide what's good for you.

50 Min | 88.00 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 Massages

Experience a unique wellness ritual that brings body and mind into harmony. This exclusive massage combines targeted, harmonising techniques with high-quality aromatic oils, which are selected individually according to your mood.

The carefully coordinated scents have a calming, invigorating or revitalising effect, depending on your choice – for noticeable relaxation and inner 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
- Tranquillity Oil – luxurious body oil with a warm, velvety fragrance composition for deep well-being

Optional: Enjoy your massage on our sound bed, which gently vibrates to the rhythm of relaxing music and transmits soothing sounds.

as a back massage

40 Min | 79.00 EUR

as a full-body massage

50 Min | 103.00 EUR

as a full-body massage on the sound bed

50 Min | 113.00 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

## *Sports & Vitality massage*

This powerful massage revives tired muscles. Targeted movements relax and revitalise stressed areas of the body, particularly the back, shoulders and legs. The warm sesame oil used promotes blood circulation and supports muscle regeneration. Ideal after sporting activities or a day of vigorous exercise.

Optional: The Pino Physio Boost (vibration massager) can be used to further relax the surface muscles.

50 Min | 98.00 EUR

Surcharge Pino Physio Boost | 10.00 EUR

## Full-body massage

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

Optional: Enjoy your massage on our sound bed, which gently vibrates to the rhythm of relaxing music and transmits soothing sounds.

50 Min | 98.00 EUR

Surcharge sound bed | 10.00 EUR

**[comfort zone]**  
conscious skin science

## Facial rituals – Massage & care

A short but intensive pampering programme for your face, mind and senses. Enjoy soothing moments with high-quality products from [comfort zone]. Choose between two individually tailored rituals:

- Tranquillity Face Ritual – a soothing, harmonising facial massage with the luxurious Tranquillity Blend. Gentle strokes, a relaxing fragrance and flowing movements ensure deep well-being and visible relaxation.
- Recover Touch Care Ritual – a nourishing treatment with cleansing, nourishing oil and a finishing cream from the Recover Touch line. Ideal for revitalising stressed skin, leaving it feeling fresh and supple.

25 Min | 55.00 EUR

## *Invigorating leg massage*

Experience instant relief for tired and stressed legs and feet. Cooling and activating massage techniques with Body Strategist Cryo Leg Gel and Light Leg Spray promote microcirculation and reduce swelling – ideal after long periods of standing, travelling or active days.

25 Min | 54.00 EUR

## *Tranquillity Peeling Ritual*

An aromatherapeutic exfoliating massage treatment for deep cleansing and cell renewal with a balancing effect. As you immerse yourself in an incomparable world of fragrances, your body and mind are harmonised. The ritual gives your skin freshness, vitality and radiance – it is optimally cared for and moisturised.

50 Min | 89.00 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.

## Pregnancy

For your protection and in line with our commitment to providing comprehensive care, we do not offer treatments during the first trimester of pregnancy. From the second trimester onwards, selected treatments are possible after prior consultation and individual assessment. Please inform us in good time so that we can advise you in the best possible way and recommend a beneficial treatment that is suitable for you. For all treatments during pregnancy, we also ask you to sign a liability waiver on site.