

# *Feel-Good Ideas*

at VitalHotel Ascona



Probably the most beautiful way to enjoy being  
human timeless.



Zur Amtsheide 4, 29549 Bad Bevensen, Tel.: 05821 /550

[www.hotelascona.de](http://www.hotelascona.de) [info@hotelascona.de](mailto:info@hotelascona.de)

**From head to toe we spoil you with our  
feel-good ideas!**

Our beauticians bring along the know-how -  
you just need to bring the time and the relaxation will come  
naturally.

We recommend you to plan appointments well in advance of  
your arrival.

Help us to make your desired date possible.

Your spa treatments are reserved exclusively for you.

Appointments or cancellations are possible up to 24 hours  
before the appointment. Later canceled appointments will be  
charged with 80% if the treatment time could not be assigned  
otherwise.

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# Ayurveda massages

Made with warm sesame oil, the massages are among the most smoothing and relaxing treatments with gentle pressure.

## Mukabhyanga

Euro 30,00

head and face massage ensures relaxation and regeneration of body, mind and soul

## Abhyanga

Euro 48,00

whole body massages stimulates self-healing powers, has a detoxifying effect, can activate and balance life energies

## Mukabhyanga & Abhyanga

Euro 75,00

head and face & and body massage together

## Padabhyanga

Euro 30,00

foot and partial leg massage works for insomnia, inner restlessness and nervousness. Cause a feeling of lightness and deep relaxation

## Garshan

Euro 45,00

dry massage with an silk glove has a stimulating and peeling effect

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# Massage

## Aroma oil massage

70 minutes Euro 75,00  
Massage with different essential oils

## Laminaria Body Peeling

85 minute Euro 75,00  
The Laminaria algae feed the cells, moisturize, stimulate microcirculation and protect the skin cells

neck massage 10 minutes Euro 15,00

face and neck massage 25 minutes Euro 30,00

vitalizing back massage 20 minutes Euro 20,00

## Hot-Stone

a relaxing massage with warm basalt stones which relaxes the muscles and harmonizes body, mind and soul

back massage 30 minutes Euro 30,00

full body massage 55 minutes Euro 65,00

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# Hand and foot

manicure                      30 minutes                      Euro 25,00  
hand bath, shaping the nails, cuticle treatment, massage

pedicure                      40 minutes                      Euro 29,00  
shaping the nails, cuticle treatment, corneal removal, massage

# Baths

wellness bath with essential oil	Euro 20,00
brine bath	Euro 25,00
cleopatra bath	Euro 20,00
healing chalk bath	Euro 25,00
healing chalk pack	Euro 35,00

**effect of healing chalk:** stimulation of the cardiovascular system and metabolism, anti- inflammatory, promoting of the blood circulation and strengthening the immune system. In addition it has an acidifying effect, because healing chalk has a basic pH value.

# facial treatments

working with Rosa Graf cosmetics and OceanWell nature cosmetics (depending on the skin type)

**What to expect:** Facial cleansing, peeling, eyebrow correction, facial moisturizing massage with ampoule and mask

## Small facial treatment

55 minutes

Euro 60,00

## Big facial treatment

85 minutes

Euro 74,00

**collagentreatment with OceanWell natural cosmetics**

**What to expect:** The collagen is won from the sea. Unique collagen fibers pass over the skin like an ultrafine nonwoven filled with marine minerals. They provide the skin with intense moisture and essential nutrients. This makes the skin firmer, tighter and smoother

## Small treatment with OceanWell collagen

55 minutes

Euro 74,00

## Big treatment with OceanWell collage

85 minutes

Euro 85,00

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# Cosmetical treatments

## Rosa Graf hyaluron treatment

85 minutes

Euro 80,00

Hyaluron keeps the youthful appearance of the skin, provides it with intensive moisture and improves its elasticity. Fine lines and wrinkles are reduced in no time at all. In the long term, the structure and function of the skin barrier will be significantly improved.

**What to expect:** facial cleansing, peeling, compress or vapozone, clay mineral mask, ampoule, massage, mask and final care treatment

## Rosa Graf Ultra Lift

55 minutes

Euro 65,00

The Ultra Lift device combines three popular and effective care technologies: ionized, Photon (red, blue, and green light) and ultrasound

- deep cleansing of the skin
- reduction of wrinkle depth and smoothing of the skin tightening

**What to expect:** facial cleansing, peeling, cleaning, eyebrow plucking, incorporation the products via ultrasound machine, packing and final care.

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# Eyes

## special eye-treatment

25 minutes

Euro 30,00

A special treatment for the delicate eye area. Has a moisturizing and smoothing effect. The elasticity of the tissue gets supported.

**What to expect:** Eye contour cleaning, eye serum, laminaria eye pads, ampoule and eye gel

# Blockages & Energy

## Dorn according to Dieter Dorn

30 minutes

Euro

30,00

Release the blockages throughout the body

## Dorn-Breuss

60 minutes

Euro 62,00

Release the blockages and then a massage according to Breuss

## Energetic spine straightening

25 minutes

Euro 60,00

restore the vortex in its original state via energy channels

## Reiki

70 minutes

Euro 71,00

energy transfer by laying on of hands

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### Spray Tanning

20 minutes Euro 30,00  
even application of the self-tanner via airbrush

### Extras

eyebrow correction Euro 4,00  
coloring the eyebrows Euro 5,00  
coloring the lashes Euro 6,00  
facial hair removal Euro 5,00  
painting the nails Euro 9,00  
paraffin hand bath Euro 15,00

### Purified prices

Available e.g. for Schrothkur, fasting or base fasting

2 Ayurveda whole body massage Euro 90,00

3 algae packs & Ayurveda whole body massage Euro 135,00

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# Beauty Arrangements

## **Beauty Cocktail**

Euro 115,00

1 small facial treatment, 1 pedicure, 1 hot stone back massage,  
1 fruit salad & 1 cocktail "Ascona"

## **Angels Face**

Euro 147,00

1 big facial treatment, 1 Ayurveda foot massage, 1 manicure  
incl. hand massage, 1 pedicure, 1 wellness tea, 1 fruit salad &  
1 cocktail "Angels Face"

## **Green Lady**

Euro 120,00

1 Ayurveda head & face massage, 1 hot stone full body  
massage, 1 Ayurveda foot massage, 1 fruit salad & 1 cocktail  
"Green Lady"

## **Mann-hattan (for him)**

Euro 65,00

1 Hot Stone back massage , 1 pedicure, 1 fruit salad  
1 cocktail „Manhattan“

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# Medical treatments

Applications are carried out by the team of Ute Schwasta with approval for massages, packs, hot air and lymphatic drainage

back massage	20 min	Euro 20,00
full body massage	30 min	Euro 30,00
full body massage	45 min	Euro 45,00
full body massage	60 min	Euro 60,00
reflexology	30 min	Euro 35,00
Lymphatic drainage	30 min	Euro 30,00
Mud pack & full body massage	30 min	Euro 46,00
Hot air & full body massage	30 min	Euro 40,00
Mud pack		Euro 16,00
red light / hot air		Euro 10,00

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# Packages

## Medical treatment-area

**Classic mini-cure** Euro 155,00

3x mud pack  
3x medical back massage  
2x reflexology

**Mini-cure special** Euro 250,00

5x mud pack  
5x medical back massage  
3x reflexology

**All about healthy** Euro 70,00

1x mud pack  
1x medical back massage  
1x reflexology



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