

Bergkristall
MEIN RESORT IM ALLGÄU

... FOR THE LOVE OF ME

KRISTALL SPA



OUR SPA PHILOSOPHY



is a deep heartfelt wish.

Experience the uniqueness of rock crystal
in our "Kristall SPA". In perfect unity
be with yourself, through conscious mindfulness and calm.

**Now it's time for loving interaction
with yourself.**

A handwritten signature in black ink that reads "Famille Lingg". The signature is written in a cursive, flowing style.

with the Bergkristall team



QUALITIES

**EXPERIENCE
PHYSICAL AND
INTELLECTUAL
AGREED**



We invite you to discover yourself, to be **alive**, to feel new things and to feel. Strengthen your own **life force** and find **clarity** about yourself, to increase the **quality of life**.

BRIGHTNESS. POWER. HARMONY. CLARITY.

are the **four essential properties** that characterize the gemstone rock crystal be said. Created in harmony with Allgäu nature such special **Kristall SPA rituals**.

BRIGHT.SPOT

Charge your life light



**lively
& energetic**

POWER.Place

Win your life force



**strengthening
& powerful**

HARMONY.Live

Find your life harmony



**balancing
& stabilizing**

CLARITY.Focus

Experience your life clarity



**centering
& clarifying**



KRISTALL SPA

EXCLUSIVE SIGNATURE

treatments

ENERGY RITUAL

brightening & soul-strengthening

This special body ritual puts you and your organism at the center of being. Let yourself be enveloped in warm oil and experience deep relaxation, purification and relief for your body and mind. Enjoy a soothing, sensitive massage followed by a **Golden Milk**. Ayurveda can help you get to know yourself better to actively restore your physical and mental balance. Experience a strong feeling of relaxation. **We are happy to support you in finding your way back to your own center.**

€ 168 | 80 min



Light

» ...IS THE SOURCE OF YOUR LIFE.
LEAVE WITH ALL YOUR HEART WITH LOVE
YOUR LIGHT OF LIFE SHINE. «

SIGNATURES

VITAL RITUAL

invigorating & vitalizing

A true holistic Bergkristall experience with all your senses. Feel how the specifically precious oils in combination with our ritual provide you with new vitality in a unique way. Your limbs will be stretched. The soothing back, face and décolleté massage helps you to gain new strength. In addition, warm stones with gentle massage units on the feet and belly support your energy build-up. Afterwards you will receive a vitalizing **Aloe Vera juice with pear. Feel your life energy.**

Your added value: Aloe Vera juice with pear

€ 168 | 80 min



B

BALANCE RITUAL

harmonizing & balancing

Power lies in tranquility. Deep relaxation and deceleration for skin and soul. The mind comes to rest. The nervous system can let go. Let the unique balancing oil on and in your body and find deep relaxation. Intensive well-being and balance on all sensory levels - supported by a soothing cup of **tea from Pharmos Natur**. Enjoy the state of complete letting go - be really free for once.

€ 168 | 80 min



5 SENSES FOR HER

effective & holistic

Experience all your senses in a unique way. Get involved in an energy flow of the extra class. Smell the power of the applied rose and listen to the Tibetan sounds of the singing bowl. The taste of the **rose tea** at the end of the ceremony makes this time-out a unique experience. **You feel touched in a special way.**



Power

» ...OFFERS YOU GROWTH
INTO NEW LIFE ENERGY.
CREATIVELY SHAPE
YOUR FUTURE THROUGH
COURAGE & CONFIDENCE. «



€ 168 | 80 min

» ...GIVES YOU BALANCE, EMPATHY
AND PEACE. YOU ALONE ARE THE
SOLUTION TO YOUR STABLE
BALANCE. «

Harmony



SIGNATURES

NATURAL POWER FOR HIM

invigorating & energizing

Inspired by the scent and resources of nature and the forest, this signature treatment was created especially for men. The moisture booster, which reaches the facial skin down to its deep layers, as well as the specifically applied massage strokes guarantee lasting results and thus form the perfect symbiosis of relaxation and skin fitness. A true care highlight - rounded off with a **hop tea** at the end. **The result: a fresh and powerful radiance!**

€ 168 | 80 min



Clarity

» ...IS THE ORIGIN OF YOUR PATH.
MAKE DECISIONS FOR YOUR LIFE
WITH TRUST AND LOVE. «





COSMETIC



FACIAL TREATMENTS

For her & him

MODERN WOMEN

are strong and soft, young and experienced, independent and committed, free and secure. The skin of the modern woman is a mirror of her soul and therefore deserves special attention. For your individual treatment, we work with unique **natural cosmetics from PHARMOS Natur**, which are made from 100% aloe vera organic juice and provides you with all the nutrients you need **from the inside and outside.**



INDIVIDUAL BEAUTY TIME

effective & impactful

Give your skin exactly what it needs right now. Every person is individual. Choose your desired treatment and effect. What is most important to you?

Cleansing, deep cleansing, massage, mask.

What care result do you want?

- naturally beautified & cared for
- lifted & tightened
- vitalized & lines softened
- refreshed & moisturized
- soothed & strengthened
- clarified & refined

€ 98 | 50 min

€ 138 | 80 min

€ 168 | 110 min



BEWEI FACE *

vital & deeply effective

An application in the field of aesthetic treatment methods that specifically targets the face, décolleté and hands. Reduction of: Nasolabial folds, forehead wrinkles, eye wrinkles, fine lines, bags under the eyes and a sagging chin. After the treatments, which are based on gentle electromagnetic waves, the skin appears more vital, plumper and more radiant - **often visibly smoothed.**

BEWEI Face

€ 98 | 50 min

BEWEI Hands or décolleté

€ 58 | 25 min



*Please come to this treatment without make-up.



relaxing

» ...ARRIVE. SWITCH OFF. LET GO. «



» THAT'S HOW
YOU FEEL
COMFORTABLE. «

MODERN MEN

want to appear strong, vital, dynamic, likeable, fresh and healthy and and be perceived as such by those around them. The modern man is a gentleman and attaches great importance to a well-groomed appearance. You too can use an individual cosmetic treatment to revitalize the strength of your skin and **enjoy a visibly effective result.**

HEROIC TO ME

powerful & refreshing

Give your skin exactly what it needs. Every person is individual. What is most important to you? Choose from **deep cleansing, massage, mask, focus on the eye are and mouth area? Care for the beard area?**

What care result do you want?

- effective & efficient
- powerful & well-groomed
- refreshed & radiant
- soothes & recovered

€ 98 | 50 min

€ 138 | 80 min

€ 168 | 110 min



COSMETIC

MANICURE FOR HIM

gorgeous & beautiful

with hand and arm massage.

You will then receive the disposable files as a gift.

PEDICURE FOR HIM

pleasant & caring

with hand and arm massage.

You will then receive the disposable files as a gift.

€ 86 | 50 min



€ 93 | 50 min



BEAUTY SERVICE

MANICURE FOR HER

neat & beautiful

with hand and arm massage or polish.

You will then receive the disposable files and the mini polish as a gift.

€ 86 | 50 min



PEDICURE FOR HER

pleasant & visible

with foot massage or polish.

You will then receive the disposable files and the mini polish as a gift.

€ 93 | 50 min



Can be integrated into the facial treatment

EYELASHES & BROWS

Shaping & tinting eyelashes & brows

Eyelash tinting

Brow tinting

Plucking brows

HAIR REMOVAL

Upper lip

Upper lip & chin

**» BEAUTY
CATCHES
THE EYE,
CHARAKTER
REMAINS. «**







WELLNESS

BODY TREATMENTS

For her & him

WELLNESS EXPERIENCES, THAT TOUCH



» LET GO
AND REDISCOVER
THE LIGHTNESS
OF BEING. «

BODY SCRUB

free & clear

Treat yourself to an invigorating, deep cleansing scrub for the whole body. Exfoliation also means letting go - it brings out natural energy in a soothing way. It is also ideal for sensitive and particularly dry skin - in combination with a full body massage or a body wrap of your choice. **Feel yourself anew and clear again!**

Choose your result:

natural & refreshing with mountain herbs

€ 48 | 25 min



clarifying & activating with agave and organic aloe vera

€ 48 | 25 min



BODY WRAP IN THE FLOATING BED

nourishing & energizing

Float in pleasant warmth while intensive active ingredients are optimally absorbed by your skin, nourishing and caring for it. Above all, body wraps have a strengthening and health-promoting effect. They can improve the appearance of your skin, relieve tension and harmonize your body's energy flow. **Look forward to soothing care results for a vital body.**

Choose your result:

Bright

lively & full of energy with wild orange

€ 48 | 25 min



Power

strengthening & powerful with our fango pack

€ 48 | 25 min



Harmony

balancing & stabilizing with lavender

€ 48 | 25 min



Clarity

centering & clarifying with our crystal pack

€ 48 | 25 min



MASSAGES

MANUAL LYMPHATIC DRAINAGE

flowing & balancing

Lymphatic drainage has a decongestive and draining effect on the entire body. The connective tissue is relieved and the body's own defenses are strengthened. A gentle massage that activates tissue fluid with light pressure and drains it via the lymphatic system. It takes the tension out of the muscles, reduces lactic acid and makes the muscle more efficient again more quickly. Ideal in the morning to support the body's natural metabolic rhythm. **For a light and relaxed body feeling.**

€ 98 | 50 min



DORN-BREUSS-METHOD

relaxing & straightening

Would you like to recharge your batteries? The Dorn massage is an intensive treatment that is used especially for physical tension and regeneration. The gentle massage technique uses targeted pressure techniques along the vertebrae and muscles to help strengthen the back in the long term. An extremely effective treatment concept for regulating imbalances in leg length, muscles, spine and joints. **This massage is an extremely intensive treatment that relieves mental and physical tension.**

€ 103 | 50 min



FOOT MASSAGE WITH SINGING BOWL BATH

connecting & grounding

Treat yourself to a connecting and grounding foot massage. Body functions are harmonized via the reflex zones on the foot. Finally, your skin is nourished with aromatic oils. **Your muscular and organic blockages are positively influenced.**

€ 93 | 50 min





» TOUCHING IS SIMPLE.
MOVING IS ART. «

MASSAGES

ENERGY TREATMENTS

MASSAGE FOR ME

unique & flexible

The supreme discipline among massages in which, after an introductory discussion with your therapist, you are pampered with a mix of different massage techniques and massage techniques with selected oils tailored to you. **You determine the focus of the treatment and enjoy a personalized massage experience.**

€ 98 | 50 min
€ 158 | 80 min



FEEL-GOOD MESSAGE

warming & loosening

Deeply effective relaxation for body and mind according to your individual wishes. The warm oil and pleasant fragrance enhance the result of this relaxing massage. After choosing one of the pure natural fragrances, you will experience the sensual massage. A time of pampering with luminous moments and a velvety feeling. **Your muscular tension is released and your mind calmed.**

STONE POWER

powerful & full of energy

This deeply relaxing massage stimulates the body's energy centers with pleasantly warm stones in combination with essential oils. Energy blockages along the energy pathways are dissolved through the targeted treatment of the power stones. Enjoy this special kind of well-being program for physical and mental regeneration. **A soothing massage that literally gets under your skin.**

€ 98 | 50 min



€ 148 | 80 min



Energy

» ...FLOWS TO WHERE
YOU DIRECT
YOUR ATTENTION,
SAY „YES“ AND LET
YOUR LIFE
UNFOLD. «



BACK POWER

mobilizing & flowing

This special massage uses a combination of different grip techniques to relieve deep-seated tension in the back. In addition, cupping glasses and a hot roll mobilize your spine and loosen your muscles. **Your body's energy is restored to a harmonious flow.**

FASCIA POWER

funktional & relieving

This innovative massage technique is highly effective. It releases deep-rooted tension from connective tissue, muscles and muscle sheaths. **Look forward to the feeling of ture relief after the treatment!**

€ 98 | 50 min



€ 103 | 50 min



PINE POWER

balancing & relaxing

A special kind of massage that is performed with fragrant Alpine stone pine wood sticks. With the help of the warmth and the wood, the massage works very deeply. Blood circulation is increased and blockages and tension are also released at a fascial level. **The result is an intensive deep relaxation that leaves you feeling vital and full of energy.**

€ 98 | 50 min



DETOX HARMONY

cleansing & liberating

Experience this full-body detoxification treatment as a real relief. The feel-good massage with the valuable "royal oil" made from herbs and sesame sustainably supports your body's detoxification process. **A must for all DETOX fans!**

€ 148 | 80 min



ABDOMINAL MASSAGE WITH LIVER WRAP

liberating & soothing

Focus on the center of the body. This deeply effective abdominal massage is aimed at relieving the emotional experience, the activity of the digestive organs and relaxing the muscle structures. Hardly any other area of our body is as sensitive as our abdomen. A gentle and soothing massage of your abdomen helps you to feel again. You not only digest food, but also your emotions. It connects you with your power center and allows you to draw from it. The abdominal massage is complemented by a liver wrap, which promotes blood flow to the liver and has a detoxifying effect. **This allows you to slowly connect with your power center in the abdomen and draw from your center!**

€ 93 | 50 min



SOUND MESSAGE

touching & balancing

The singing bowl massage offers you the opportunity to experience deep relaxation and harmony. Sounds reach us physically, emotionally and spiritually. Here, gentle vibrations and pleasant sounds flow through the body and provide an extraordinary experience. They release tension and blockages in a very gentle way. This treatment takes place in light clothing. **A soothing experience that relaxes and balances you.**



€ 98 | 50 min



» IF YOU ARE IN

harmony

WITH YOURSELF, YOU WILL ALSO BE IN
HARMONY WITH OTHER PEOPLE. «

ENERGY
TREATMENTS

SOOTHING MESSAGE DURING PREGNANCY

joyful & feeling

A massage that has a deeply calming effect on mother and child. Gentle strokes and targeted massage techniques provide physical relaxation and relief. Feel safe and come to rest. **For physical relaxation and a feeling of security for both of you.**

€ 98 | 50 min





» MINDFULNESS
IS MY SOURCE
OF HAPPINESS. «

HERBAL STAMP MASSAGE

effective & natural

An energy package that gets under your skin. A special massage technique using warm herbal stamps relaxes your muscles. The natural active ingredients in the herbal stamps give you new energy. The metabolism is stimulated and fascial adhesions are gently loosened. **The physical recovery is immediately noticeable.**

€ 98 | 50 min



VEGETO-DYNAMIK®

holistic & healing

Arrive. Letting go. Be. With soothing massage techniques, touch and attentive words, we will guide you back to clarity of thought and mental strength. Back to your own source of strength and happiness. Because this is precisely where the self-healing powers and healthy potential that are "at home" in every person can be found.

At the heart of this unique treatment is the attitude of salutogenesis:
"The support of existing resources that favor health."

You will feel how your thoughts calm down, your whole body can let go of tension and your mind relaxes. **Lightness, joy and creativity spread through you again.**

€ 148 | 80 min







WELLNESS

WAVE BALANCE® TREATMENTS

Water is life

WAVE BALANCE® LOUNGER

Water is life.

The Kristall SPA Wavebalance treatments offer you a new, deeply felt symbiosis of sound, movement and touch.

In connection with the rock crystal energy, it stands for

light, power, harmony and clarity

they are used to revitalizie, harmonize and energize you.



» WATER IS LIFE
AND TOUCHES ALL
ASPECTS OF
BEING HUMAN. «

» AN ANCIENT PATH TO REGENERATION AND WHOLENESS.
EXPERIENCE TOUCHING

Moments

OF ARRIVAL
AND SECURITY. «

WAVE BALANCE
LOUNGER

WAVE SENSORY JOURNEY

soulful & inspiring

Full-body treatment – also for pregnant women.

Body, mind and soul are touched and moved by the vibrating rhythm of gentle waves. Deep relaxation spreads harmoniously and fluidly throughout the entire body. The perceptions of the sounds in the room and from inside the waterbed reach far beneath your skin. Feeling and hearing merge into a unique full-body sensory experience – **feel a deep sense of happiness!**

Option: Individually or as a pair treatment

Clothing: In comfortable clothing

€ 148 | 80 min



WAVE LIFE ENERGY

vitalizing & activating

Full-body treatment

With the power of the wave, you strengthen your entire organism, muscle imbalances are balanced out and the cell rhythm is stimulated. Your body's intelligence senses what is good for you. Light touch impulses at key points, full-body stretches and loosening grip techniques to the rhythm of the resonating warm water are ideal for gently releasing tension and blockages. Your mobility and sense of movement are improved. This treatment has a clarifying and restorative effect from the experience of deep inner peace and awareness. **It gives you a conscious, clear feeling of health.**

Option: Individually

Clothing: In comfortable clothing

€ 93 | 50 min



WAVE SECURITY

balancing & peaceful

We accompany you into a sonorous time of rest with yourself and provide crystal-clear relaxation. You can hear natural sounds and feel sound waves while lying on warm water. Every single cell in your body vibrates gently, your antennas of perception become sensitive. Feel the senses and mental power for light, power, harmony and clarity. **These awaken dreams that want to come true.**

Option: Individually, as a family, couples or friends without therapist

Clothing: In comfortable clothing

€ 48 | 25 min
€ 68 | 50 min



» CONTENTMENT IS
A QUIET GARDEN, IN WHICH
WE CAN REST. «







AYUR PURE

A treatment concept that is based on the Ayurvedic teaching of the „**wisdom of life**“. Here, the human being is viewed holistically and their well-being is shaped by various factors.



AYUR PURE TREATMENTS

... are characterized by their **harmonious, flowing movements** and gentle grip techniques. The golden yellow sesame oil serves as an additional feel-good factor and brings the body into balance. At the same time, it accelerates the body's own **detoxification process** and forms an ideal basis for **strengthening the immune system**.



You are welcome to book a personal consultation, as this plays an essential role in Ayurvedic philosophy. Here, the issues that concern you are addressed and discussed so that the therapist can carefully incorporate them into the subsequent treatment.

PERSONAL AYUR PURE CONVERSATION

clarifying & informative

Are you interested in an anamnesis and constitution determination?

In Ayurveda we find three different constitutional types based on the three bioenergies Vata, Pitta and Kapha. Each person has their own character and body, which requires individual treatment, nutrition and living conditions. In a personal consultation, we work together to develop a holistic concept to bring your body and mind into a **harmonious balance according to your needs.**

€ 93 | 50 min



AYUR PURE

holistic & beneficial

During this massage, your body is massaged sensitively with flowing grips and strokes using warm oil. Based on the Ayurvedic art of healing, the therapist addresses your specific issues during this treatment. Be strengthened and ready to face new challenges. **Experience a holistic treatment that has a regenerating and mentally harmonizing effect.**

Choose your focus of the massage:

- Foot and leg massage
- Head and face massage
- Back massage
- Full body massage

€ 98 | 50 min

€ 148 | 80 min



AB

AYUR PURE FULL BODY MASSAGE & SHIRODARA

detached & balanced

When oil flows, deep relaxation ensues. First, your body is gently massaged with warm oil. A well-tempered stream of oil is then poured evenly over your forehead. The forehead oil pouring has the effect of instantly letting go of everyday thoughts. The energy of the third eye in new harmony creates inner balance. **Body, mind and soul are cleansed so that new joie de vivre can germinate.**

€ 218 | 120 min



AYUR PURE COCONUT-LEMON STAMP MASSAGE

original & natural

Special stimulating effect on the metabolism, which supports the detoxification process in the body. **Based on the Ayurvedic art of healing, the warmth of coconut and lemon stamps has a grounding and harmonizing effect.**

€ 148 | 80 min



AYUR PURE HEAD, SHOULDERS, NECK & FACE

stabilizing & free

Experience this treatment including a liberating forehead oil pour. Your senses are opened and your mind is allowed to let go and relax. Your head, shoulders, neck and face are gently and soothingly massaged during this treatment. A warm stream of natural sesame oil is then poured evenly over your forehead - a pure treat for all the senses. Enjoy this time with yourself, far away from everyday life and thoughts. **Find your way back to your inner center through peace and mental stillness.**

€ 148 | 75 min



» HAPPINESS LIES
WITHIN US. «







WELLNESS

SELFNESS

Personal training, coaching & health



PERSONAL TRAINING | YOGA

targeted & supportive

Depending on your needs and physical abilities, our trainers and users will put together an individual sports program for you: This can include Nordic walking, mountain biking or e-biking, fitness classes (aqua fit, back exercises, yoga, etc.) or individual training on state-of-the-art cardio and strength equipment as well as cross trainers and treadmills in our fitness room. **Your personal trainer is there for you during the entire training session, showing you exercises, how to do them and motivating you.**

€ 78 | 50 min for each additional person plus € 20
€ 108 | 80 min for each additional person plus € 30





The life

» ...IS LIKE RIDING A BIKE.
TO KEEP YOUR BALANCE,
KEEP MOVING. «

SELFNESS

NUTRITIONAL ADVICE

important & helpful

For us, eating means quality of life, gives us pleasure and joy and has to do with all aspects of enjoyment. We generally eat our favorite foods and dishes several times a day. With the nutrients they contain, we nourish our body, mind and soul. But food is much more than just the intake of nutrients. For your holistic well-being, we take a close look at your eating habits and adapt them optimally to your needs. For lasting success at home, you will receive a handout with information and recipes. **You will be surprised at the positive and long-term benefits this will bring to your body and well-being.**



POSITIVE PSYCHOLOGICAL COUNSELING

happy & positive

With Sina Hentschel

Expert in holistic deep relaxation and hypnosis.

Your consultation with Sina Hentschel, an expert in holistic deep relaxation and hypnosis, will focus on existential questions for your path to a happy future: How can I achieve a happy life? What are my strengths? What resources can I fall back on in the event of problems or in times of crisis? How can I find real solutions? How can I rise above myself? Whether topics for you personally, your relationship or your professional environment. During your counseling time, we will focus on the positive in order to open up and implement new perspectives for you. Learn practical methods that you can apply and use in a solution-oriented way to deal with current challenges. **This counseling session is suitable for developing your potential and your personal development.**

€ 148 | 80 min



JOURNEY TO THE POTENTIAL OF MY SUBCONSCIOUS

arriving & calming

With Sina Hentschel

Expert in holistic deep relaxation and hypnosis.

Embark on a journey of relaxation that restores your inner balance and anchors it in your body for the long term. Her greatest concern is to lead you to more relaxation and inner clarity and will therefore carefully but firmly choose the right approach for you. **Sina focuses on the original strength and health of the human being and thus helps you to regain inner peace and balance.**

TIPP

In addition to deep relaxation, self-esteem and personality enhancement, Sina also offers weight loss and smoking cessation. Through image journeys, you will find your inner focus, regain access to your own body and naturally create more inner balance.

€ 148 | 80 min



SYSTEMIC COACHING

solution-oriented & effective

With Sabine Sipp

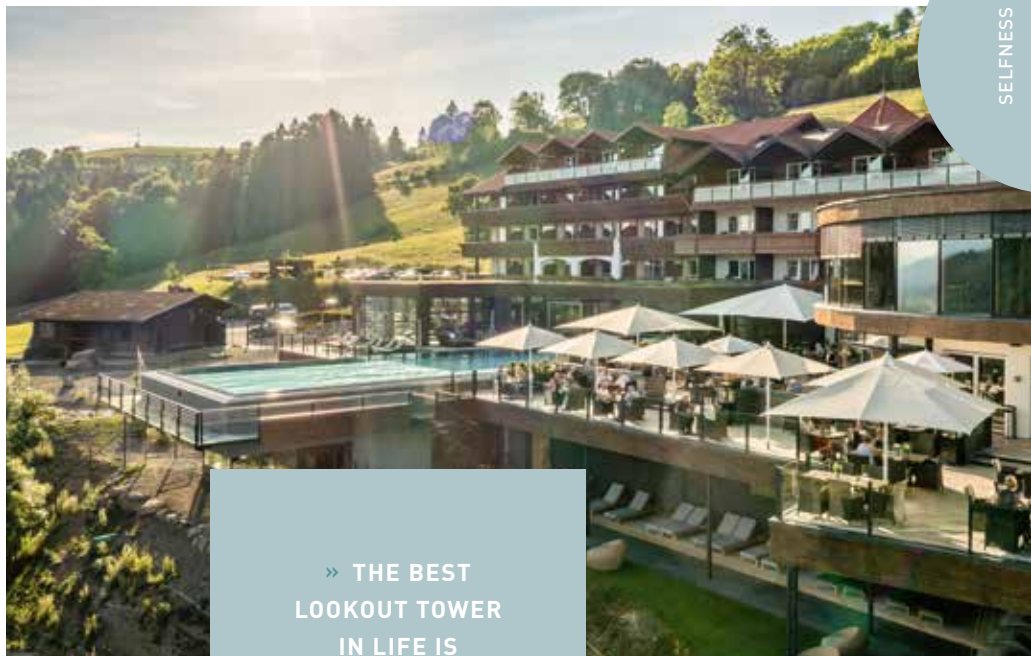
Systemic coach, business trainer and vegeto-dynamicist.

There is a good solution for everything! Your systematic coaching session with Sabine Sipp, systemic coach, business trainer and Vegeto-dynamicist, is a special, holistic format: we look at your individual situation, the connections and possible interactions together. We look at your "backpack of issues" and you decide what you want to take out and resolve. We will support you with everything that is possible, necessary and helpful for you. **The focus is on your individual goal, your possible alternatives and your solution.**

€ 148 | 80 min



SELFNESS



» THE BEST
LOOKOUT TOWER
IN LIFE IS
SERENITY. «

BEWEI FACE & BODY

Look slimmer, firmer and younger

Bewei, originally from arthrosis therapy, is a real metabolism booster for your body and gives it a younger appearance and

a high level of vitality.

The three-stage process begins with a **body analysis** on our TANITA scale, which gives you information about the current state of your body.

In the second step, the **radio frequency treatment** activates your cells and waste products, which are then removed from your body by the **lymphatic drainage system**.

Benefit from a holistic result, starting with the face and ending with the beautification of your body contour.



WELLNESS



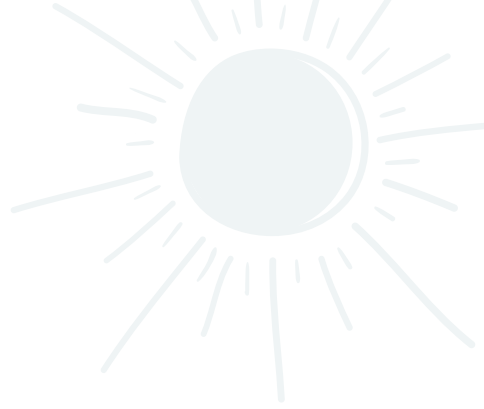
THE BEWEI FACE & BODY CONCEPT

- **Reduction** of fat and body circumference
- **Activation** of the metabolism
- **Firmer** skin
- **Younger** appearance
- **Detoxification** and purification of the body
- **Anti-inflammatory** effect for joint diseases (osteoarthritis)
- **Better** absorption of nutrients
- **New** vitality



Peace

» ...BEGINS WITH EACH OF US
TAKING CARE OF OUR BODIES AND
MINDS EVERY DAY. «



„BEWEI BODY ANALYSIS“

with the Tanita body scale incl. explanation

€ 38 | 30 min

„BEWEI RADIO FREQUENCY TREATMENT“

€ 62 | 45 min

„BEWEI LYMPHATIC DRAINAGE“

€ 38 | 20-25 min

„BEWEI COMPLETE PRICE“

€ 98 | 90 min

Block of 3 € 282

Block of 6 € 562

Block of 10 € 942

BEWEI FACE

see page 11.





WELLNESS

VOUCHERS & PRESENTS

for you and your lovely ones

GIVING MOMENTS OF RELAXATION

The best gifts are the ones that each of us would prefer to keep for ourselves.
Moments of relaxation and enjoyment that we remember for a long time to come.

Best friend, colleague, partner, mom or business partner?

**Give the gift of a massage, a day spa, the precious cream you tested
during your last Kristall SPA stay - or the complete freedom
for the recipient to choose for themselves.**



ORDER VOUCHER AND PRESENTS

ONLINE bergkristall.de | **TELEPHONE** +49 8386 911-0

OR DIRECTLY at our reception



VOUCHER CLASSIC

One voucher, many possibilities

Choose an amount between **50 and 1,500 euros**. The voucher can be redeemed: **for a vacation, for Day SPA, for a treatment, for the hotel store, etc.**



TREATMENT VOUCHER

for a soothing treatment

Massage, beauty, body treatment, Ayurveda or a combination of everything: a wellness package? **What suits the recipient best?**



SPA PRODUCTS

High-quality care and vitality products

Do you love this one care product that you purchased after your treatment at the Kristall SPA? Share your joy and give it as a gift, have it regifted to you or simply order it again **in our online store at shop.bergkristall.de** again. **Free shipping from Euro 100,-.**





WELLNESS

GOOD TO KNOW

& opening hours

TAKE YOUR TIME BEFORE YOUR TREATMENT

· **Enjoy our pools and the „NAGELFLUH“ sauna area** to warm up body, mind and soul before the treatments.

· **Please come to the SPA reception ten minutes before the start** of your treatment in your bathrobe, underwear, dry swimwear or comfortable sportswear. This is particularly important when booking Wavebalance treatments and BEWEI treatments.

CANCELLATIONS

If you are unable to attend the treatment, please let us know up to 24 hours beforehand.

We ask for your understanding that we will charge 100% of cancellations received less than 24 hours before the treatment. If you are late, we ask for your understanding that your treatment will be shortened accordingly out of respect for the following guests. All our treatments include a welcome, a short preliminary talk about the purpose of the treatment and a rest period to ensure you have a relaxing stay.

PERSONAL COUNSELING

Your well-being is very important to us.

That's why we take time for a personal consultation before every treatment. We want to find out more about your goals and wishes. Please also let us know during the treatment if you feel unwell so that we can address this directly. Please let us know about any health issues and allergies in advance. It is a matter of course for all our employees that we handle this information discreetly.

For you

» ...WE TAKE TIME.
FEEL GOOD ALL AROUND. «

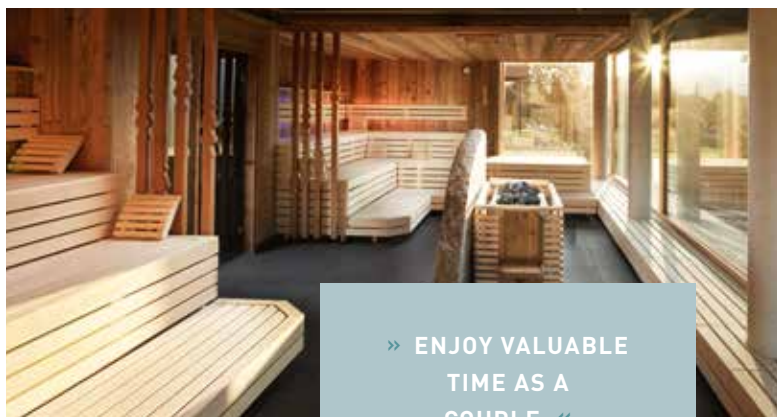
SPA LOUNGE

Our SPA Lounge offers all day: Selection of teas, coffee, iced drinks from the Fridge Bar (these for a fee) and healthy snacks.

SPA DATES

To secure your desired treatment, we recommend **booking with us before your arrival**. That way we can advise you personally and cater to your individual wishes. All our treatments include a pre-treatment consultation and a short rest period

You can book your treatment **online at bergkristall.de** or you can book **directly by email at: kristallspa@bergkristall.de** or by **phone on: +49 8386 911 155**.



» ENJOY VALUABLE
TIME AS A
COUPLE. «

GOOD TO KNOW

ENJOYMENT FOR TWO

In the Wave Balance room you can also enjoy the treatment as a couple, please specify when booking if you are coming as a couple.

CLOTHING AND TOWELS

Bathrobes and towels are available for our house guests in a bath basket in the hotel room. There is also a wellness towel in this basket, which you can use to cover the loungers. Please come to the treatment in your bathrobe, unless your treatment takes place in comfortable clothing, as with the Wavebalance & Bewei treatments. During the massage, your privacy will always be protected by our special covering technique so that you feel comfortable. We are also happy to provide you with disposable briefs.

SHOWER AND SAUNA BEFORE TREATMENT

Please observe the shower instructions before every treatment and before every dip in the indoor or outdoor pool and before using the saunas. A warm shower shortly before use relaxes and prepares the skin ideally for our high-quality products and oils. It has a nourishing effect on the skin. With regard to a sauna session before the treatment, we would like to point out the 20-30 minute rest period to work up a sweat. Please take this into account before each treatment.

SAUNA RULES

Take **enough time** for your sauna sessions. **Drink as much as possible** and avoid a full stomach. Go into the sauna as God created you, but please take **a towel with you to lie on**. Ideally, sauna sessions should last **twelve to fifteen minutes** and be two or three sessions in a row. Be sure to **take a shower** beforehand to open your pores. You can also treat yourself to a **warm footbath** in the Kneipp basin before and after the sauna.

Then slowly get used to the outside temperature, go out into the fresh air and **cool off in the natural pond**. When reaching for the water hose or showering, we recommend starting the ritual with your **right ankle** and **finishing with your legs and arms towards your heart**. Please **do not reserve any loungers** and relax quietly in our relaxation area. This sauna ritual will do you good and have **positive effects** on your health!

FITNESS ROOM

In the fitness room we ask that you wear clean sports shoes and appropriate sports clothing.

DIPPING POOL



Our **outdoor natural pond** offers you the opportunity to immerse yourself in natural spring water. Jump into the cool water after your sauna session and **stimulate the circulation** in your body. Then rest and relax on our **double relaxation loungers** outdoors or in the sauna relaxation room.



POOL, RELAXATION ROOMS, SAUNA AREA & SUNBATHING LAWN

When using the pool, relaxation rooms and open-air bar, we ask you wear **swimwear or sportswear**. Please note that our **sauna & sports area is only accessible to children and young people aged 16 and over**. We thank all parents for their understanding.

SILENDE AND TRANQUILITY

Our Kristall SPA is a place of peace and relaxation. Therefore, out of consideration for yourself and other guests, we ask you to turn your **cell phone to silent mode** or switch it off during your SPA stay and refrain from making phone calls. Out of consideration for other guests, please **keep your conversation quiet and reserved** in all areas. Thank you!

VALUABLES

We recommend that you lock your valuables in the hotel room safe.

DAY SPA

Current day spa packages can be found on our website and can also be booked there. A visit is only possible with advance reservation and must be reconfirmed by the hotel.

WE LOOK FORWARD TO SPOILING YOU
AT BERGKRISTALL.



KRISTALL SPA

OPEN FOR YOU

SPA RECEPTION

08:30 am to 06:30 pm

TREATMENT TIMES

08:00 am to 07:00 pm

POOL AREA

07:00 am to 08:00 pm
07:00 am to 10:30 pm in summer

SPA LOUNGE

07:00 am to 05:00 pm

SAUNA AREA

11:00 am to 08:00 pm
01:00 pm to 08:00 pm in summer

COURSE ROOM

07:00 am to 10:00 pm

The room and our VAHA fitness mirror can be used individually
for your own training outside of course times.
Please contact the Kristall SPA team.

FITNESS ROOM

07:00 am to 10:00 pm



HOTEL BERGKRISTALL GMBH & CO. KG

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www.bergkristall.de

Concept, design and text

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Photos | Photographers

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