

Waldhaus guests have free access to the entire Waldhaus Spa.

### **Pools**

20 x 8 m swimming pool, water temperature 28° / children's paddling pool 34°

Outdoor whirlpool 34°

Cembra pine relaxation pool 34° - (age 14 and up in the spa area)

Larch relaxation pool 34° - (age 14 and up in the spa area)

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### **Gym**

Our gym is equipped with the latest Technogym fitness equipment and is located on the pool level. Children under age 12 must be accompanied by an adult if they want to use the gym. Upon request and for a fee, a personal trainer can be arranged. A variety of courses are offered in our group room. Please see our «Morgenpost» for course offering

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### **Sauna**

The sauna (90°) is the only non-textile area in the spa and is located on the spa level. A relaxation room, showers and a fountain with spring water for cooling off are located next to the sauna.

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### **Steam baths**

The two steam baths (45° & 42°) are located on the spa level.

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### **Relaxation room**

A relaxation room is located on the spa level, and an outside terrace can be reached directly from the swimming pool.

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### **Hot stone**

A hot stone which invites you to warm up and relax stands at the heart of our spa.

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### **Dressing rooms**

Dressing rooms are located just behind the Reception Desk. You will also find plenty of space to hang up your bathrobe on the spa level.

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### **Spa Café and terrace**

Fresh smoothies and a variety of teas and coffees are available in our Spa Café. Our terrace is open in late winter and through the summer season.

## body

### Opening hours:

Swimming pool and gym: 7.00 a.m. – 8.00 p.m.

Treatments: 8.00 a.m. – 8.00 p.m.

Spa: 10.30 a.m. – 8.00 p.m.

Beauty is an expression of an overall sense of well-being. Take time to nourish, invigorate and regenerate your body, mind and senses. Active plant ingredients, traditional forms of application and massage techniques are combined to create effective, beneficial treatments. Some of the techniques, such as herbal packs, wraps and baths, have a decidedly regional origin. At the same time, we also integrate traditional natural treatment forms from other cultures.

## Therapeutic massage

Our therapists offer a wide range of massages and special treatments to ease functional disorders of the locomotor system. From classic massage to manual lymph drainage and reflexology.

### Classic massage

Classic back massage 🖐️ (25 min.)	CHF 65
Classic full-body massage 🖐️ (50 min.)	CHF 120
Classic full-body massage 🖐️ (80 Min.)	CHF 190

### Reflexology with footbath (50 min) CHF 115

Each part of the body is linked to a corresponding energy zone in the sole of the foot. Massaging these zones improves energy flows throughout the body.

### Kinesio taping

Taping reduces pain and promotes healing in the case of acute or chronic complaints. Once the problem has been diagnosed, tape is put on the affected areas.

Single application (25 min)	CHF 85
In combination with other treatments (10 min)	CHF 30

🖐️ Reservations for two also available.

## Sports treatments

Sports are good for body, mind and spirit, but also harmful to the balance between acid, base and minerals. During sports activities, significant amounts of acid build up in the muscles which later have to be broken down. The skin is our largest sensory and storage organ and is responsible for the elimination of metabolic toxins. An alkaline treatment is an excellent way to support and activate this detoxifying process.

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**Waldhaus Sils muscle regeneration (110 min)** CHF 260  
 Intensive regeneration and amazing deep relaxation from head to toe. Cleanse, nourish, revitalize and pamper your entire body with a 110 min alkaline treatment.

- Gentle full-body peel using alkaline salts
- Alkaline bath for velvety-soft skin and detoxifying
- Deep-tissue sports massage
- A cup of acid alkalizing tea to finish

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**Sports massage (50 min)** CHF 120  
 Deep-tissue techniques and stretching revitalize the entire locomotor and muscular systems. An ideal massage before or after sports activities.

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**Alkaline body scrub with bath (55 min)** CHF 130  
 Gentle full-body peel using alkaline salts, followed by a de-acidifying alkaline bath.

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**Alkaline bath (35 min)** CHF 60  
 Helps de-acidify skin, promotes elimination of toxins and frees up blocked energy flows while helping you to relax. Especially recommended after sports activities.

body

## Relaxation treatments

Our treatments relieve tension from the hectic pace of everyday life and help restore your internal balance. Revitalizing massage techniques, warming oils and active serums to refresh and invigorate or restore balance and help you relax. Take time to reach the highest form of well-being.

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**Deep balancing treatment 🧖 (120 min) CHF 360**

Pure beauty, intensive care, amazing deep relaxation from head to toe. Revitalize and pamper your spirit, your skin and your entire body for 120 min.

- Warm foot bath for a relaxing start
  - Thorough cleansing of face, neck and décolletage area
  - Detox oil peel to remove dead skin cells
  - Fragrant and relaxing oil bath for the senses
  - Deep-tissue massage for face and body to activate energy flows
  - Intensive moisturizing facial mask
  - Individual daily skin care
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**Deep balancing body exfoliation 🧖 (85 min) CHF 255**

- Relaxing foot bath to help energy flow evenly
  - Full-body peel to free the skin of dead, flaky skin cells
  - Massage with revitalizing aromatic oils to calm and nourish your skin
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**Deep balancing deluxe 🧖 (90 min) CHF 270**

- A gentle full-body peel frees the skin of dead, flaky skin cells
  - Witch hazel bath to pamper your skin and relax your spirit
  - Harmonizing massage restores equilibrium to your body
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**Deep balancing stamps 🧖 (80 min) CHF 240**

- Relaxing herbal-whey bath to pamper your skin and release tension
- Warm, hand-bound herbal stamps release blockages and activate metabolism
- Deep penetrating massage stimulates and revitalizes energy flows

🧖 Reservations for two also available.

**Relax facial treatment 🌿 (50 min) CHF 120**

The holistic treatment of face, head and neck allows your body to relax and improves your outlook. It releases new energy and helps you regain strength and vitality.

**Ear candling**

An old natural remedy for tension and stress symptoms. Leaves a fresh, liberated feeling throughout your head.

**Single application (25 min) CHF 65**

Combined with relax facial treatment (50 min) CHF 120

**Relax back treatment 🌿 (50 min) CHF 120**

This head and neck massage releases tension and blockages, promotes energy flows, thus helping you work in a more concentrated manner. A warm oil turban harmonizes your inner energy centers.

**Relax foot treatment 🌿 (35 min) CHF 90**

Warm and revitalizing foot bath followed by foot massage. A tried-and-tested TCM method for enabling balanced energy flows throughout the body.

**Relax back treatment 🌿 (35 min) CHF 90**

A foot wrap nourishes your feet while a massage pleasantly decongests leg arteries. The energetic back massage eases tension and relaxes muscles.

**Relax full-body treatment 🌿 (50 min) CHF 120**

Covering the entire body with warm fragrant oils. Jojoba wax peeling particles improve blood flow, eliminate toxins and help detoxify the body. The treatment improves vitality and provides a revitalizing deep relaxation.

🌿 Reservations for two also available.



## Natural anti-aging

From a purely scientific point of view, the skin already starts to age when you are in your mid-twenties. A good reason for developing awareness of healthy skin early on, as the consequences of not doing so only become visible many years later. Early and consistent skin care keeps your skin looking younger longer.

Natural anti-aging treatments are aimed at proactively protecting and strengthening your skin before the first signs of aging start in order to alleviate and delay the onset of symptoms.

Natural advanced anti-aging treatments are aimed at the demands of mature skin with the goal of ensuring that your skin remains radiant, healthy and attractive even in the second half of life.

Natural anti-aging treatments are based on the following: highly effective anti-aging facial care products, which counteract the first signs of aging on a lasting basis. Deeply penetrating ultrasonic treatment to improve skin care product absorption, stimulate detoxification of facial tissue and boost the body's own collagen synthesis. Energizing fascia deep-tissue techniques and a facial massage promote lymph drainage and microcirculation, firming facial connective tissue.

## Natural anti-aging treatments

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### Anti-aging treatment (115 min) CHF 345

A pampering program for the specific needs of sensitive skin. Effective ultrasound, high-quality active ingredients and a massage work together to rejuvenate your complexion.

- Smoothing hand pack
  - Careful cleansing of face, neck and décolletage
  - Enzyme peel to gently remove dead skin cells
  - Deep-tissue massage to improve microcirculation
  - Application of an antioxidant power serum with a special brief fascia massage
  - Followed by an ultrasonic treatment to improve skin care product penetration
  - Highly concentrated lifting mask for an immediate firming effect
  - Relaxation phase with extensive head and hand massage
  - Daily care with Anti-Aging Line A
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### Intensive anti-aging facial treatment (85 min) CHF 255

- Careful cleansing of face, neck and décolletage
  - Enzyme peel to gently remove dead skin cells
  - Application of an antioxidant power serum with a special brief fascia massage
  - Followed by an ultrasonic treatment to improve skin care product penetration
  - Highly concentrated lifting mask for an immediate firming effect
  - Daily care with Anti-Aging Line A
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### Anti-aging facial treatment (70 min) CHF 210

- Enzyme peel to gently remove dead skin cells
  - Application of an antioxidant power serum with a special brief fascia massage
  - Followed by an ultrasonic treatment to improve skin care product penetration
  - Highly concentrated lifting mask for an immediate firming effect
  - Daily care with Anti-Aging Line A
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### Anti-aging mini-treatment (40 min) CHF 120

- Application of an antioxidant power serum with a special brief fascia massage
- Followed by an ultrasonic treatment to improve skin care product penetration
- Daily care with Anti-Aging Line A

## Natural advanced anti-aging treatments

Natural advanced anti-aging treatments are the perfect combination for successfully fighting off the signs of aging, such as the slowing of cellular metabolism, scarcity of collagen fibers, moisture loss, decline of the natural synthesis of skin lipids, hyperpigmentation and wrinkles. The treatments are based on a new advanced anti-aging product system.

### Advanced anti-aging facial treatment (80 min)

CHF 310

A special program for mature and delicate skin. The treatment helps to visibly reduce hyperpigmentation, eliminate wrinkles and refine complexion. A jade roller is used to harmonize the complexion and is a symbol of beauty, grace and longevity in traditional Chinese medicine.

- Enzyme peel to gently remove dead skin cells
- Application of Skin Lightening and Radiance Complex to eliminate hyperpigmentation with a special brief fascia massage
- Followed by an ultrasonic treatment to improve skin care product penetration
- Application of moisturizing hyaluronic serum with a jade roller
- Highly concentrated lifting mask for an immediate toning effect
- Daily care with the Advanced Anti-Aging System

### Advanced anti-aging hand treatment (65 min)

CHF 195

A special program for the sensitive stressed skin on the hands to eliminate the first signs of aging. The treatment helps to visibly reduce hyperpigmentation and to smooth the hands. To prevent wrinkles and liver spots, the skin needs collagen promoting substances, vitamins and antioxidants. These are all present in the special, highly effective susanne kaufmann™ organic treats hand care products.

- Mild peel to gently remove dead skin cells
- Application of Skin Lightening and Radiance Complex to eliminate hyperpigmentation with the help of a deep-penetration ultrasonic treatment
- Massage with moisturizing hyaluronic serum with a jade roller
- Highly concentrated lifting pack for an immediate toning effect
- Final treatment with nail oil and hand cream

beauty

## Beauty treatments

In cooperation with a team of pharmacists and dermatologists, susanne kaufmann™ has developed powerful, results-oriented care products for use in spas. Each line of products is individually tailored to skin care needs and rapidly produces visible results:

- Improved moisture levels in skin
- Radiantly healthy skin, even with skin problems such as acne, neurodermatitis and allergies
- Refined complexion
- Improved skin suppleness
- Reduced wrinkle depth
- Repaired skin damage

susanne kaufmann™ organic treats employ the primal power of the alpine plant world in a modern way to promote beauty, health and well-being. Skin-care specific formulas and the greatest possible compatibility have been part of her concept from the beginning. The internationally recognized holistic care line currently includes more than 60 functional products.

At the Waldhaus Spa we recommend the use of deep penetration ultrasound. Active ingredients penetrate the deep layers of skin, while a micro-massage produced by the sound waves promotes circulation and stimulates metabolism and the production of elastin and collagen.

Our certified spa therapists' expertise and sensitivity reset the balance between your internal and external beauty. The treatments and products are perfectly tailored to your skin type in order to ensure optimal and lasting results.

## Facial treatments for women

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### Cleansing facial treatment (55 min)

CHF 130

A basic treatment tailored to your specific skin needs. Steam, a mild peel, deep cleansing and effective products clarify skin texture. This treatment leaves your skin feeling clear and fresh.

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### Individual facial treatment (85 min)

CHF 190

An exceptionally effective facial aimed at your particular skin condition. It consists of a mild peel, deep cleansing, a nourishing mask, a pampering massage and deeply penetrating products. The treatment improves your complexion, fills your skin cells with new energy and leaves you with an amazing feeling of harmony.

### Sensitive

A treatment which targets the needs of sensitive, irritated or couperose-prone facial skin. Soothing active ingredient compounds and lymph drainage alleviate redness and gently return your skin to its natural balance.

### Moisturizing

Application of rejuvenating and soothing moisturizers with highly-concentrated active ingredients. Key minerals, vitamins and trace elements are returned to the skin. Immediately improves tone and alleviates wrinkles caused by a lack of moisture.

## beauty

### Clarifying

The intensive cleansing and revitalizing enzyme peel minimizes the appearance of pores and has an antibacterial effect. The peel prepares the skin for taking in highly concentrated substances. The skin is regenerated and clarified with gentle lymph drainage and a deeply cleansing mask.

### Alkaline

This treatment helps free your skin from acidic residues and restores its natural balance. This helps regenerate your skin, noticeably improving your complexion and revitalizing skin cells.

### Individual ultrasonic treatment as part of a facial (20 min) CHF 65

The oscillations of the ultrasound penetrate deeply into your skin layers, which combined with intensive serum, optimize the success of the treatment. The applications activate your skin cells and visibly improve various skin problems such as acne, couperose or scars.

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### Additions to facial treatments

Eyelash tinting	CHF	20
Eyebrow tinting	CHF	15
Eyebrow sculpting	CHF	25
Short-lasting make-up	CHF	25
Depilation of upper lip (warm wax)	CHF	20
Depilation of chin (warm wax)	CHF	20

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### Back care (55 min) CHF 135

- Careful cleansing and scrubbing of the back
- Basic deep cleansing and pore-refining healing earth mask
- Followed by application of skin care products

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### Hair removal for women (warm wax)

Depilation leg to knee	CHF	55
Depilation full leg	CHF	95
Depilation bikini zone	CHF	35
Depilation armpits	CHF	30

## Treatments for men

Men's skin calls for special care and protection. We have developed skin care products specifically aimed at these needs – the M Line. It makes daily skin care fast, easy and efficient. The effective treatments target specific male skin problems.

### Treatment for men (85 min)

CHF 255

This treatment for men immediately works to rehydrate skin and provide an invigorating burst of freshness. The face, neck and décolletage are first cleansed, a revitalizing enzyme peel is applied, followed by a muscle-relaxing neck massage. Deep penetration ultrasound helps work in an antioxidant power serum. A highly concentrated lifting mask produces an immediate toning effect. A relaxation phase includes a hand massage. The lasting result is improved skin texture.

### Cleansing facial treatment (55 min)

CHF 130

A basic treatment tailored to your specific skin needs. Steam, a mild peel, deep cleansing and effective products clarify skin texture. This treatment leaves your skin feeling clear and fresh.

### Individual ultrasonic treatment as part of a facial (20 min)

CHF 65

The oscillations of the ultrasound penetrate deeply into your skin layers, which combined with intensive serum, optimize the success of the treatment. The applications activate your skin cells and visibly improve various skin problems such as acne, couperose or scars.

### Eyebrow sculpting (as part of treatment)

CHF 25

### Back care (55 min)

CHF 135

- Careful cleansing and scrubbing of the back
- Basic deep cleansing and pore-refining healing earth mask
- Followed by application of skin care products



SUSANNE KAUFMANN

Aftershave Balsam Linie M

Aftershave Balm Linie M

100 ml (NET WT 3.5 OZ)

## Manicure and pedicure

Manicure and pedicure are focused on your hands and feet. Professional treatments and products tailored to your needs help your skin and nails regain health and beauty. We also offer the newest nail polish colors.

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**Classic manicure with hand massage (40 min)** CHF 75

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**Deluxe manicure (70 min)** CHF 130

- Classic manicure with hand massage
- Hand scrub
- Soothing pack

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**Classic medical pedicure with foot massage (55 min)** CHF 95

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**Basic medical foot care with foot massage (55 min)** CHF 105

The feet can be considered as useful detoxifying organs, a kind of auxiliary kidney. Alkaline foot baths gently detoxify and make your feet look beautiful.

- Welcome acid alkalizing tea
- Alkaline foot bath for relaxation
- Alkaline leg wrap
- Medical pedicure with foot massage

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**Deluxe pedicure (85 min)** CHF 145

- Classic medical pedicure with foot massage
- Foot scrub
- Soothing pack

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**Supplement manicure/pedicure with:**  
Nail polish CHF 15

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Nail polish only  
Nail polish CHF 25

body

## Rituals for two

Special treatments in your own small spa. The light-filled rooms have a steam bath and two wellness loungers. Two therapists carry out the treatments.

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### Duo Relax (90 min)

Duo CHF 375

- Welcome tea to put you in the right frame of mind
  - Gentle body scrub – removes dead skin cells, revitalizes and stimulates circulation
  - Steam bath with an essence of your choice
  - Relaxation massage: stretching and massaging warm oils into the entire body to increase energy levels and provide a regenerating deep relaxation
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### Duo Sport (110 min)

Duo CHF 465

- Welcome acid alkalizing tea to put you in the right frame of mind
- Gentle alkaline body scrub removes dead skin cells and restores valuable minerals
- Steam bath with an essence of your choice
- Deep-tissue sports massage

## Wraps and baths

<b>Preliminary body scrub (20 min)</b>	CHF 25
The wraps can be booked with or without a body scrub.	
<b>Sports wrap with rosemary (25 min)</b>	CHF 80
Revitalizes joints and muscles, reduces stress, releases tension and stimulates circulation.	
<b>Cream wrap with evening primrose oil (25 min)</b>	CHF 80
Moisturizes and rehydrates, helpful for neurodermatitis, psoriasis, irritated skin and allergies.	
<b>Lavender wrap (25 min)</b>	CHF 80
Calms and steadies nerves, helps combat exhaustion, sleep disorders, nervous stomach and intestinal disorders.	
<b>Sils larch bath (25 min)</b>	CHF 55
<b>Oil bath for the senses (25 min)</b>	CHF 55
Scented, relaxing and aphrodisiac essential oils of lavender, ylang ylang and patchouli put you in a positive mood, brighten your day and ensure velvety-soft skin.	
<b>Nourishing herbal whey bath (25 min)</b>	CHF 55
Whey is one of the oldest beauty care products. Choose: nourishing, calming or invigorating	
<b>St. John's wort bath (25 min)</b>	CHF 55
The soothing character of St. John's wort nourishes the skin and provides balance while relieving the effects of stress, dry air and sunburn.	
<b>Witch hazel bath (25 min)</b>	CHF 55
This healing herbal complex reduces inflammation and helps very dry, scaly skin regain its balance by replacing moisture and oils.	
<b>Mallow blossoms bubble bath (25 min)</b>	CHF 55
The active ingredients in mallow, mountain pine and juniper berry oils are an experience for the senses and support the immune system.	

## Treatments for kids and teenagers

The path to adulthood is exciting. Our childhood experiences accompany us throughout our lives. Children's massage makes children and teens more aware of their feelings. Facials help combat first blemishes and acne.

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### Facial for teenagers (40 min) CHF 75

Special facials use susanne kaufmann™ organic treats, natural skin care products which help restore the skin balance. Cleansing, a mild peel, a gentle facial massage and useful skin care tips for young teenage skin are included.

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### Facial for teenagers to combat blemishes (55 min) CHF 110

Special facial treatments using antibacterial skin care products which restore the natural balance. Cleansing, a peel, deep cleansing, a mask and useful tips for young teenage skin care are included.

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### Pedicure for teenagers (40 min) CHF 65

- Foot bath
  - Nail clipping and cuticle treatment
  - Pampering foot massage
  - Nail polish
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### Manicure for teenagers (25 min) CHF 55

- Nail clipping and filing
  - Hand massage
  - Nail polish
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### Children's massage (25 min) CHF 65

Individual, age-appropriate massage with warm oils. From gentle massages for young children to massages aimed at releasing tension for older children.

### **Reservations**

Please make all reservations as far in advance as possible. Please advise if you do not want to be treated by a male therapist.

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### **Music**

Our therapists recommend that you do not listen to music during your treatment. If you would like to listen to your favorite tunes, a docking station is available for your use.

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### **Late arrival and cancellation terms and conditions**

Please arrive at the spa 10 minutes before your appointment. If you are delayed, we are unable to extend your appointment beyond the agreed time period. If you are unable to keep your appointment, please cancel 24 hours in advance. Please note that if you have to cancel your appointment in less than 24 hours, you will be charged the full treatment price.

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### **Spa etiquette**

Please turn off your mobile phone in the spa area. Please respect the privacy of all our guests by refraining from taking photographs in the spa.

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### **Privacy**

You need to be unclothed for most of the body treatments. During treatment, towels cover the parts of the body which are not being treated.

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### **Health**

At the beginning of your spa visit, inform us of any current physical impairments such as high blood pressure, heart disease, metabolic disorders and allergies, pregnancy or recent operations. In the case of inflammatory or contagious diseases, please avoid spa area. The following applies: if you start to feel ill, leave the area where you are and go to a rest area.

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### **Valuables**

You can leave your room key with the spa reception desk, where you can also pick up an identification clip for your bathrobe.

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### **Clothing and entry**

Our sauna is a textile-free zone. Please note that bathing suits are appropriate for the rest of the spa. If you prefer to wrap yourself in a towel when using the steam bath, this is also acceptable. The entire spa area is unsupervised and the lower level and the gym are only open to teenagers age 14 and up.

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### **Showers**

Please shower before using the pools. There are showers throughout the spa area.

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### **Pets**

For hygienic reasons, no pets are allowed in the Waldhaus Spa.