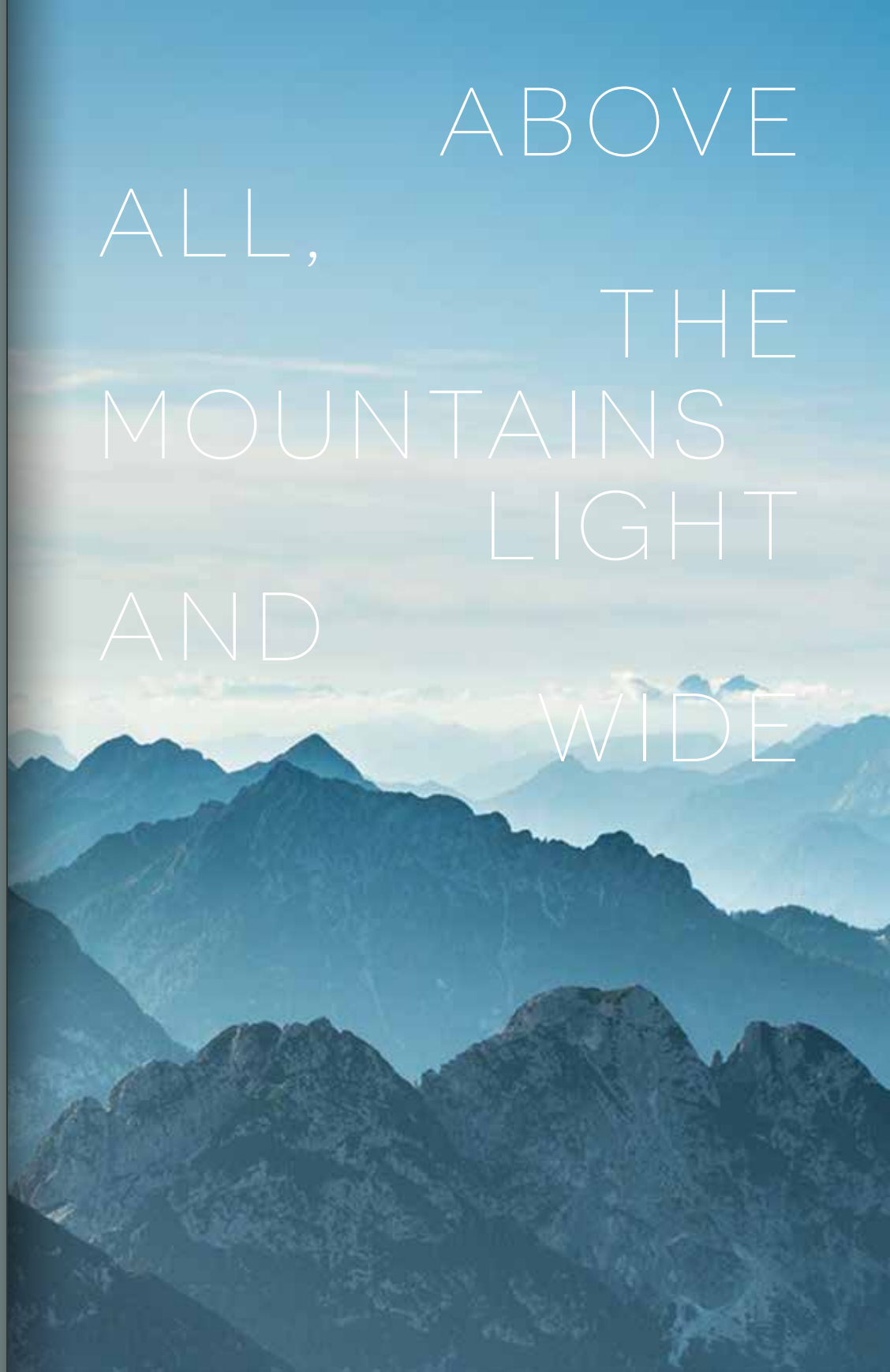



MANGFALL

Spa



ABOVE
ALL, THE
MOUNTAINS
LIGHT
AND WIDE





BEING
COMPLETELY
AT ONE
WITH
YOURSELF
IN THE
HERE
AND NOW

THE MANGFALL MOUNTAINS WITH THEIR
PICTURESQUE PANORAMAS GIVE OUR SPA ITS NAME.
A POWERFUL LANDSCAPE THAT TOUCHES, GROUNDS,
AND ALLOWS YOU TO FEEL NEW ENERGY.

At the Mangfall Spa, you will experience a deep sense of well-being. We welcome you in rooms that give space and enhance our connection with nature — blending indoors and outdoors.

We tailor our individual treatments to each guest personally. You choose what is good for you! Exquisite products with luxurious textures and fragrances create a resonance for the body and senses.

This is the ultimate luxurious spa experience. Results-oriented and hightec facial treatments at the finest level are offered in our separate House of Beauty. In a spacious, private atmosphere, beauty care, health, and sensual experiences come together in perfect harmony.

Regeneration, relaxation, gentle stimulation:
At the Mangfall Spa, we invite you to consciously enjoy your time. Five saunas and a cryochamber offer exceptional variety.

With our spa pool service and spa room service, we accompany your stay with soothing attentions — small gestures that will remain in your memory.

Dive into the 20-meter pool. Swim out into the park. And as your gaze wanders into the distance, towards mountains and castles, you feel close to yourself.



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BODY TREATMENTS MASSAGES

Effective care moments that are beneficial for body and skin touch the senses. Luxurious well-being. We tailor all body treatments individually to your wishes and needs. You can book our scrubs, wraps, and massages individually or combine them. We are happy to advise and put together a personalized treatment plan for you.

LOLA'S APOTHECARY

SENSUAL & LUXURIOUS, BOTANICAL & NATURAL.

Colleton Estate is located in the heart of England, surrounded by 800 hectares of unspoiled nature. This idyllic family estate is home to Lola's Apothecary.

Founded to bring spa, well-being, and nature into harmony, the products combine the finest fragrance creations with highly effective care. Lola's Apothecary brings the sophistication and opulence of high-quality cosmetics back to the world of natural care: generous amounts of the purest essential oils and powerful botanical extracts characterize the luxurious formulations — gifting you with sensual moments of pampering for a holistic lifestyle! Ethically sourced active ingredients are carefully composed to promote deep regeneration and radiant beauty. The products are free from synthetic fragrances, mineral oils, sulfates, and parabens.

LOLA'S
APOTHECARY
Devon, England

INTENSIVE FULL-BODY SCRUB

Cleansing & well-being — The invigorating body scrub combines traditional massage techniques with activating skin care to create a holistic pampering ritual. Himalayan crystal salt and cane sugar act as natural exfoliants and are rich in valuable trace elements. Combined with airily whipped and nourishing oils, it creates a luxuriously creamy texture. Enriched with selected essential oils, the scrub leaves your skin feeling velvety and pure while stimulating blood circulation and cell renewal.

30 MIN / EUR 90

SPA PACKAGE

Our intensive full-body scrub and an effective body wrap of your choice can be booked together as a spa package.

EUR 170

EFFECTIVE BODY WRAPS

Intensively nourishing, moisturizing, firming, or clarifying — our four body wraps promise maximum effectiveness. Efficient formulations and luxurious textures pamper your skin and offer an experience for the senses. While the wrap takes effect, enjoy deep relaxation with a head or foot massage.

Choose what is good for you or let us advise you.

45 MIN / EUR 95

PAMPERING BODY WRAP WITH COCOA

Cocoa is known for its powerful antioxidant properties. Combined with cocoa butter, coconut oil, and clay, it creates a unique chocolate mousse — creamy and powerful at the same time. The CO₂ extract from ginger, rich in anti-inflammatory active ingredients, protects the skin from free radicals. A sensual body wrap that intensively nourishes dry and mature skin and provides it with rich moisture.

MOISTURIZING BODY WRAP WITH FINE CLAY

This body wrap with its airy, creamy consistency combines valuable ingredients: soothing essential oils, highly effective rosehip CO₂ extract, and precious evening primrose oil provide the skin with deep moisture and promote its elasticity. The result: skin that feels wonderfully smooth and supple. Ideal for very dry, sensitive, and mature skin.

FIRMING BODY WRAP WITH CAFFEINE

This intensive body wrap stimulates blood circulation, detoxifies, and firms. Caffeine from select highland coffee and matcha green tea powder unfolds its full effect with essential oils from orange and tangerine, which are rich in valuable vitamin C. The result: a more even, smoother complexion and an invigorating feeling for body and mind.

CLEANSING BODY WRAP WITH ALGAE AND PURIFYING ESSENCES

The water-based body wrap utilizes the powerful, detoxifying effects of chlorella and spirulina algae. Bentonite clay clarifies the skin, while chaga mushroom extract adds vitamin B, antioxidants, and immune-boosting active ingredients to the formulation. Essential oils that stimulate blood circulation complement the experience. Breathe in, breathe out — and enjoy pure purity and refreshment.

SPA PACKAGE

An effective body wrap of your choice and our intensive full-body scrub can be booked together as a spa package.

EUR 170

INDIVIDUAL MASSAGE

A massage that feels as if it were designed specifically for this moment. Gentle or intense. Invigorating or calming.

Our therapists are skilled in a wide range of professional techniques — from classic wellness massages to sports massage, lymphatic drainage, and foot reflexology. Each treatment is precisely tailored to your wishes — with flexible, pinpoint treatment intensity.

Your massage is accompanied by valuable oils or soufflés, whose fragrance compositions and effects promote well-being. During a fragrance journey, you can choose your favorites.

You choose your time. We will discuss all the details of your individual massage directly in the cabin. Each full-body massage is introduced with a soothing foot bath — this welcoming ritual accompanies your personal consultation.

INDIVIDUAL MASSAGE PARTIAL BODY

30 MIN / EUR 85

45 MIN / EUR 115

INDIVIDUAL MASSAGE FULL BODY

60 MIN / EUR 150

90 MIN / EUR 195

INDIVIDUAL MASSAGE FULL BODY — FOR TWO

60 MIN / EUR 280

90 MIN / EUR 360

CANDLE MASSAGE

The candle massage is a pleasant, relaxing type of massage. The soft light and wonderful scent of the candles create a very harmonious atmosphere, allowing you to relax perfectly and forget the daily stress. Depending on the scent chosen, the massage has a calming and balancing effect. It is performed using classic massage techniques and enhanced by the warmth, light, and various aromatic oils. Another benefit of the candle massage is the ingredients contained in the candles, which improve skin elasticity and leave the skin supple and soft. Muscle tension is relieved, stress is reduced, and the body's flexibility is improved.

60 MIN / EUR 165



MANGFALL SIGNATURE MASSAGE

A treatment like a trip to the mountains. Inspired by the power of the elements, our Mangfall Signature Massage combines various manual techniques with the targeted use of massage stones and precious oils. Particular spa accessories and specially developed massage sequences make this treatment a holistic experience.

Muscle tension is released, blood circulation is promoted — the body flows, and the mind is inspired. You feel strengthened and rebalanced.

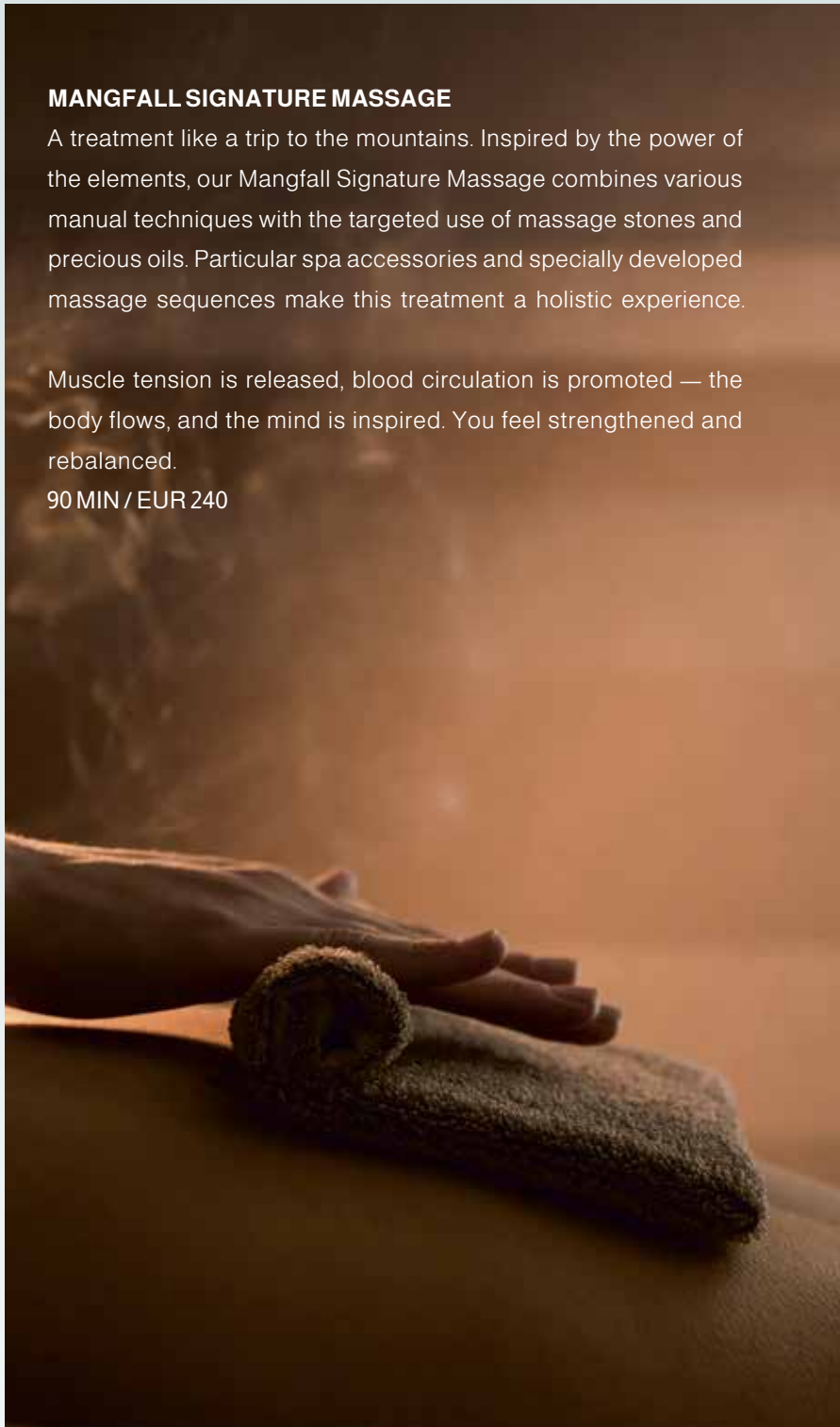
90 MIN / EUR 240

MANGFALL SIGNATURE LEG TREATMENT

DEEP ACTION — ACTIVATION — LIGHTNESS

Feel the lightness. From head to toe. Inspired by traditional healing methods, our Mangfall Signature Leg Treatment combines physical stimulation with exquisite botanical ingredients to create a deeply effective revitalizing treatment for tired and heavy legs. After a hike or a round of golf, a bike ride along the lake, a shopping trip — or simply because it feels wonderfully refreshing at any time. Excess skin flakes are gently removed, microcirculation is activated, and lymph flow is stimulated. As a result, the skin is noticeably smoother, the connective tissue is intensely firmed, and it is revitalized for a longer period. Our “Breath of Clarity” fragrance not only invigorates the legs but is also uplifting for the mind.

45 MIN / EUR 125



BIOLOGIQUE RECHERCHE

The Biologique Recherche methodology is renowned for its remarkable effectiveness, based on a clinical approach to skincare that utilizes pure, concentrated, and almost raw ingredients, combined with innovative techniques and procedures.

BOOSTER MINCEUR

Choose between:

ANTI-CELLULITE TREATMENT

A treatment with a draining effect that refines the body's contours and reduces cellulite.

SLIMMING TREATMENT

A firming and revitalizing treatment. Your skin becomes more supple and your body is reshaped.

The body zones will be determined and selected on-site.

BOOSTER MINCEUR PARTIAL BODY

60 MIN / EUR 125

BOOSTER MINCEUR FULL BODY

2 × 60 MIN / EUR 220

The appointment times are split over two days.



DORISSIMA

A holistic beauty line based on traditional Oriental recipes — a blend of ancient Ayurvedic wisdom and modern scientific knowledge.

A SIDDHARTHA TREATMENT not only indulges the senses with its unique aroma, but also has an exceptionally positive effect on the human immune system and supports the rejuvenation of the entire body.

SIDDHARTHA TREATMENT — THE ESSENCE OF BALANCE

Foot bath with Siddhartha essential oils and rose quartz

Full-body massage with Siddhartha oil

Closing ritual

60 MIN / EUR 170

SIDDHARTHA TREATMENT — GOLDEN SERENITY

Foot bath with Siddhartha essential oils and rose quartz

Full-body exfoliation with Siddhartha Honey-Salt-Oil Scrub

Full-body massage with Siddhartha oil

Closing ritual

90 MIN / EUR 240



DORISSIMA





SLEEP WELL PACKAGE

Book your personalized sleep experience for one night. Our spa team provides you with an exquisite package delivered to your room—for an evening of relaxation and a night of restful sleep. A warm herbal foot bath relaxes your muscles and prepares you for bedtime. Essential oils release their soothing effects. Afterward, a nighttime beverage awaits you—served either warm or chilled. To finish, a gentle boost: our Pillow Spray and the Deluxe Roll-On “Tranquil Isle” from Lola’s Apothecary for your pulse points, temples, and chest area. Breathe in deeply, breathe out. Sleep well.

EUR 65



CRYO

Wearing swimwear, you enter our cryochamber for up to three minutes, which has a temperature of -85°C . Cryotherapy is a unique method of whole-body cold therapy, where the body's cells are supplied with twice as much oxygen. This effect promotes blood circulation. Pain and inflammation can be relieved.

Cryochambers are frequently used in general healthcare by professional athletes because they are excellent for muscle regeneration and joint care. Cold treatments have a supportive effect for rheumatism and sleep disorders. They help stimulate metabolism and have a positive effect on the nervous system, cardiovascular system, and much more. They also release happiness hormones, which is why a pleasant feeling of euphoria can often be expected after therapy.

1Cryo session

EUR 39

12-Cryo session pass

EUR 400





DAY SPA MEMBERSHIPS

You can use our Mangfall Spa not only during your vacation but also as an attractive day spa: relax all day long in our wellness area. Bathrobes, towels, and slippers are provided on site. Reserve your day spa and the appointment for your preferred treatment in advance.

DAY SPA

Monday to Thursday — 9 a.m. to 9 p.m.

EUR 105

MORNING SPA

Monday to Friday — 10 a.m. to 2 p.m.

EUR 65

EVENING SPA

Sunday to Thursday — 5 p.m. to 9 p.m.

EUR 70

Excludes Saturdays and public holidays.

Admission is permitted from the age of 14.

10-ENTRY CARD — MANGFALL SPA

10-Day spa pass

EUR 945

10-Morning spa pass

EUR 585

10-Evening spa pass

EUR 630

The 10-entry card passes are non-transferable.

PERSONAL TRAINING

30 MIN / EUR 75

45 MIN / EUR 100

3 sessions / each 30 MIN / EUR 195

MANGFALL SPA MEMBERSHIPS

DELUXE MEMBERSHIP

- Monday to Sunday, including holidays — 8 a.m. to 9 p.m.
- Use of all spa facilities:
 - Fitness center, pool, relaxation rooms, and saunas
- bathrobe, towels, and slippers
- water, tea, and apples
- use of the underground parking garage
- 4 × 60 min. individual wellness massage
- 2 × 60 min. facial treatment
 - “Soin de Base” Biologique Recherche
- 2 × 60 min. facial treatment
 - “Classic” Dr. Duve
- 12 cryochamber sessions
- 10% discount on additional treatments

12 months

EUR 5.500

CLASSIC MEMBERSHIP

- Excludes Saturdays and public holidays.
- Use of all spa facilities:
 - Fitness center, pool, relaxation rooms, and saunas
- bathrobe, towels, and slippers
- water, tea, and apples
- use of the underground parking garage
- 10% discount on all treatments

6 months

EUR 1.950

12 month

EUR 3.450

Memberships are non-transferable.





POOL 30°C

The 20m pool offers relaxed swimming in pleasant temperatures. With direct access to the outdoor area, recreation and nature harmoniously blend.

FINNISH SAUNA 90°C

The dry, powerful heat of the traditional Finnish sauna stimulates blood circulation and offers pure relaxation. Live infusions make the experience truly special.

BIO-SAUNA 65°C

The gentle heat and pleasant humidity are ideal for relaxing breaks and skincare.

SALT SAUNA 60°C

The gentle heat and pleasant humidity are ideal for relaxing breaks and skincare.

WOMEN'S SAUNA 90°C

A retreat for women in a private atmosphere. High temperatures promote metabolism and well-being. The automatic infusion function allows for delicate infusions.

COLD POOL 10°C

Immersing yourself in the cold pool invigorates and refreshes circulation. An invigorating kick for circulation and energy

ICE LOUNGE 10 to 12°C

The ice lounge offers a cooling ambiance and crystal-clear air. Activates circulation and gently refreshes.

STEAM BATH 45 to 50°C

The steam bath envelops you in aromatic steam and a pleasant temperature with high humidity. Perfect for well-being and as a basis for skin care.



INFORMATION SPA ETIQUETTE

Take advantage of these helpful tips and information to make your stay with us a completely relaxing experience.

OPENING HOURS

SAUNA 10 a.m. to 9 p.m.

FITNESS 7 a.m. to 9 p.m.

YOGA AND TRX 9 a.m. to 7 p.m.

POOL 7 a.m. to 9 p.m.

POOL TIME FOR CHILDREN UNDER 14 7 a.m. to 5 p.m.

TREATMENTS MANGFALL SPA 9 a.m. to 7 p.m.

TREATMENTS HOUSE OF BEAUTY 9 a.m. to 6 p.m.

SPA

- Use of the Mangfall Spa is at your own risk.
- To avoid injury, we ask that you refrain from bringing glasses, glass bottles, cans, or similar breakable or dangerous materials into the spa area.
- To ensure optimal relaxation for you and other guests, we ask that you refrain from smoking throughout the spa, especially in the rest and relaxation areas, the pool area, and the fitness room. Listening to music and using radios throughout the spa should be kept at a low volume out of consideration for other guests.
- For your health, we recommend wearing bathing sandals. Please be careful when entering wet areas — the floor may be slippery.
- Our spa is a non-smoking area. Smokers are welcome to use the ashtrays available in the hotel park and on the restaurant terrace.
- Please use a towel as a base and refrain from reserving loungers.
- If you have any technical questions or in case of emergency, please contact our spa staff directly.

TREATMENTS & ETIQUETTE

- To ensure you get your desired treatment, we recommend making your booking early. Two weeks before your arrival, you can book your appointments online.
- For appointments further in advance, please feel free to contact our spa reception by phone or email.
- You will receive your appointment confirmation by email or, if you prefer, directly upon arrival.
- We understand that plans can change and offer free cancellation of appointments until 6 p.m. the day before. For later cancellations, we will charge for the booked treatments.
- In the event of a delay, the treatment time will be reduced accordingly in consideration for our following guests.
- Ideally, we expect you to arrive at the spa reception in your bathrobe 5 minutes before your treatment and without jewelry.
- Bathrobes, towels, and slippers for your visit are provided in your room.
- Our spa is a place of peace and relaxation. Please support this atmosphere by respecting the privacy of others and, for your own relaxation, refrain from making phone calls if possible.

HEALTH

Please inform our wellness concierge and wellness therapists about any pre-existing medical conditions. Guests with health conditions such as high blood pressure, heart disease, allergies, pregnancy, or other medical restrictions are advised to consult a doctor before booking a treatment. Your safety and well-being are of utmost importance to us, and we thank you for your cooperation.

SAUNA

- Please shower before entering the sauna.
- For hygiene and health reasons, the use of the saunas and steam bath is only permitted without clothing.
We ask you to observe this rule for the sake of your own health.
- Please always use a towel as a base in the saunas to cover all parts of your body.
- When using the sauna rooms, please bear in mind that the high temperatures (40° C on the floor and up to 110° C at the ceiling) are characteristic of these rooms.
- Touching the sauna heaters is strictly prohibited.
Caution: risk of burns!

FITNESS

- For safety reasons, training on the fitness equipment is only permitted in sportswear and with appropriate footwear.
- Please always use a towel as a mat on the seats and lying surfaces of the fitness equipment.
- For hygiene and health reasons, we ask that you use the disinfectant provided after using the equipment.
- Use of the fitness, yoga, and TRX studio is at your own risk.

POOL

- We kindly ask you to shower before using the pool.
- Swimwear is required throughout the pool area.



CHILDREN

- Children and young people under the age of 14 must be accompanied by a parent or guardian between **7 a.m. and 5 p.m.** in the pool area and on the surrounding sun terrace.
- Please keep noise levels down.
- Treatments are available for those aged 14 and over.
Jumping from the edge of the pool and running are prohibited
- in the entire spa area due to a risk of injury.
Infants must wear special swim diapers, and children three years of age must be equipped with appropriate swimwear.
Children's bathrobes and slippers are available on request.
- Please inquire at our spa reception.
For safety reasons, training in the fitness area is only permitted for guests aged 14 and above.



