



SCHWARZWALD PANORAMA

Hotel.Campus.Selfness

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BAD HERRENALB

YOGA, TCM AND SELFNESS À LA CARTE

Congratulations! You are holding our Yoga, TCM & Selfness à la Carte in your hands. Over the next few pages, you will find out more about our Selfness programs - including various disciplines from Yoga, TCM and Qigong, classic massages as well as cosmetic treatments. Enjoy it!

For more information or if you like to book a treatment, please contact our reception





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Cosmetics

The Classic One skin check, cleaning, peeling, clarifying, cleansing, relaxation, mask, care & protection	ca. 90 min. / 108,00 €
Small Relaxation Phase skin check, cleaning, peeling, clarifying, eyebrows correction relaxation, mask, care & protection	ca. 60 min. / 72,00 €
Eyelashes Dyeing	ca. 20 min. / 22,00 €
Eyebrows Dyeing	ca. 15 min. / 16,50 €
Eyebrows Correction	ca. 20 min. / 22,00 €
Pedicure without nail polish with nail polish foot bath, pedicure, soft relaxation, closure nurture	ca. 60 min. / 60,00 € ca. 60 min. / 65,00 €

Our Specials with CLARINS

Pit Stop new energy form en skin	ca. 60 min. / 72,00 €
Pure Balance for silky, matt skin	ca. 60 min. / 72,00 €



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Cosmetics

Bye, Bye Dry!

dive into a moisture oasis

ca. 60 min. / 72,00 €

Spring Fever

step into the CLARINS aroma garden

ca. 60 min. / 72,00 €

My Beauty Secret

for sensitive skin

ca. 60 min. / 72,00 €

Naturally Beautiful

energy kick for the needs of younger skin

ca. 60 min. / 72,00 €

Summer Resort

as if kissed by the sun

ca. 90 min. / 108,00 €

Moments With Illuminating Power

gently fades out the signs of aging

ca. 60 min. / 72,00 €

Beauty S.O.S

Fresh complexion

ca. 20 min. / 24,00 €



Please wear your dressing gown before the treatment and take a seat in front of the treatment room on the first floor. There you will find a group of seats.

We will meet you there for your appointment.



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Massages

Classic Back Massage loosening tense muscles through kneading, rubbing, stroking	ca. 30 min. / 33,00 €
Head & Neck Massage wellbeing treatment for the head and neck with special stretching techniques	ca. 30 min. / 33,00 €
Face & Neck Massage toning facial treatment to tauten the skin and muscles	ca. 30 min. / 33,00 €
Hand & Arm Massage wellbeing treatment for the hands and arms	ca. 30 min. / 33,00 €
Foot & Leg Massage wellbeing treatment for the feet and legs	ca. 30 min. / 33,00 €
Full body Massage With Warm Oils wellbeing massage with warmed aromatherapy oils	ca. 60 min. / 66,00 €
Oil Massage And Sea Salt Peeling wellbeing massage with peeling	ca. 30 min. / 36,00 € ca. 60 min. / 69,00 €
Feet relaxation Massage loosening and relaxation of cramped foot muscles	ca. 30 min. / 33,00 €
Lymphatic Drainage Stimulation of the lymphatic vessels for the evacuation Of excess tissue liquid and toxins Easing swellings and edemas Relaxation, especially after a physically strenuous day	ca. 30 min. / 33,00 € ca. 60 min. / 66,00 €



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Massages

Cupping Massage

strengthens the connective tissue and is effective
Against cellulite, loosening tense muscles

ca. 30 min. / 33,00 €

ca. 60 min. / 66,00 €

Hot Stone Massage

loosening tense muscles

ca. 30 min. / 33,00 €

ca. 60 min. / 66,00 €

Hot Roll With Massage

increases circulation in the tissues and
releases tensions that are diverted in massage

ca. 40 min. / 44,00 €

Ayurveda Massage

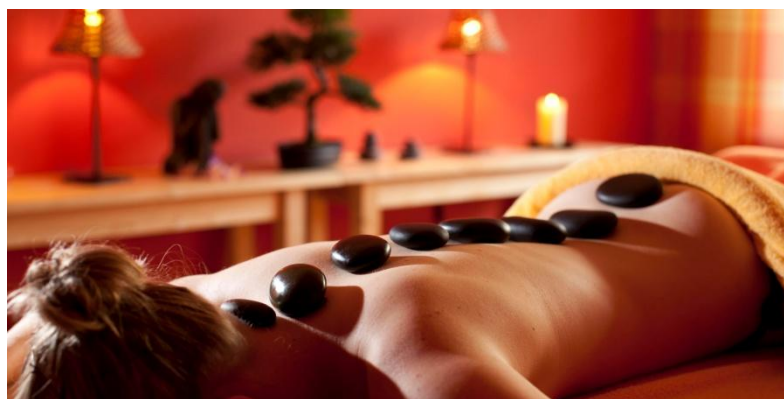
Massage with warm oils of herbs,
support the endogenous cleansing and encourage detoxication

ca. 60 min. / 78,00 €

Relax Body Treatment

Stimulate the autonomic nervous system
and deepen the status of calm and composure, relaxing strains

ca. 60 min. / 69,00 €



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Yoga

„When we want to be happier and find the way to achieve this happiness,
That is yoga.“



Yoga is a philosophical teaching which has people's happiness as the object of its research. It is based on the Vedas, one of the oldest writings in human history. Over five thousand years of experience are available to us and have brought various techniques to light, with which we can discover our happiness: Asanas (physical exercises), Pranayama (breathing exercises) and Dhyana (meditation) are the basic pillars of yoga, alongside the teachings about ethical behaviour (Yamas and Niyamas).

Thai - Yoga - Massage Private Single Lessons

ca. 60 min. / 66,00 €
ca. 90 min. / 99,00 €

Pranayama - Breath Workout private single lessons private group lessons (2 bis 6 Personen)

1x ca. 60 min. / 66,00 €
ca. 60 min. / 45,00 € p. P.

Dhyana - Meditation private single lessons private group lessons (2 bis 6 Personen)

1x ca. 45 min. / 49,50 €
ca. 60 min. / 45,00 € p. P.

Yoga Nidra - Deep Relaxation private single lessons private group lessons (2 bis 6 Personen)

1x ca. 45 min. / 49,50 €
ca. 60 min. / 45,00 € p. P.

Asanas - Body Workout private single lessons private single lessons private group lessons (2 bis 6 Personen)

1x ca. 60 min. / 66,00 €
ca. 90 min. / 99,00 € p. P.
ca. 90 min. / 55,00 € p. P.

Yoga is practiced in comfortable clothing and bare foot, or if necessary with socks. Please wear layers and give your tummy enough room to breathe.



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TCM



Traditional Chinese medicine emerged around 3,000 years ago and has been further developed and refined since then. It is about a subtle constitution therapy which, thanks to its wealth of experience, is in a position to recognize imbalances in the body early on and treat them. Thereby, body, soul and environment are seen as a unit, in which the “Qi” should be in flow and Ying Yang should work together in harmony.

Initial Medical History	ca. 45 min. / 77,00 €
Ear Acupuncture	ca. 15 min. / 24,00 €
Initial Medical History including Ear Acupuncture	ca. 60 min. / 99,00 €
Acupuncture	ca. 45 min. / 55,00 €
Medical Herb Therapy	ca. 30 min. / 44,00 €
Moxa-Therapy	ca. 30 min. / 44,00 €
Cupping	ca. 30 min. / 44,00 €
Kinesio-Taping	ca. 15 min. / 30,00 €
Learn to tape yourself	ca. 30 min. / 44,00 €
Dietary Consultation	ca. 45 min. / 77,00 €
Colon-Hydro-Therapy	ca. 60 min. / 99,00 €

Qigong

Qigong has been an important part of traditional Chinese medicine for almost two thousand years. Qi means life energy, Gong means practice. Various series of exercises, which are practiced both standing and sitting, can help to prevent illnesses, promote the healing process, strengthen the immune and nervous system. Body, mind and soul are brought into a settled balance.

Qigong-practice (min. 2 persons)

private single lessons
private group lessons

1x ca. 60 min. / 99,00 €
on demand



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Alkaline fasting - the Wacker method®

Because being healthy can taste great!



Alkaline fasting - the Wacker method® is fasting with fruit and vegetables - fasting with a bite! Nourish yourself in a natural and healthy way at your alkaline fasting hotel, SCHWARZWALD PANORAMA! With seasonal and regional products and a decade of experience in carefully preparing high-quality alkaline-based dishes.

Alkaline fasting - the Wacker method® stands for eating, feeling full and enjoyment, and at the same time laying the foundations for a healthier lifestyle in the future. Help

provide your body with a holistic new and positive attitude towards life, purge your body and give your taste buds a chance to reboot. You'll also lose a few excess pounds.

During your alkaline fasting regimen, our external partners, Reiner & Conny Wettcke are always available for support. The Wettcke's have many years of expertise and a wealth of experience in fasting treatments and will look after all your needs - always with your best interests at heart.

We will be happy to advise you on our range of offers on looking after yourself. We look forward to hearing from you!

PACKAGE*

Alkaline fasting - the Wacker method®

- ✓ 6x nights, living & dreaming
- ✓ 6x full-board with alkaline-rich food
- ✓ 7 days alkaline fasting - the Wacker method®, with support, daily fasting talks & presentations on a healthy lifestyle
- ✓ Herbal tea bar (organically grown) and ionised Bad Herrenalb spring water (alkaline pH 8.2)
- ✓ 5x guided walks (each around 1.5 to 3 hours)**
- ✓ 3x meditative readings and music**
- ✓ 1x hot stone massage (approx. 30 mins)
- ✓ 1x back massage (approx. 30 mins)
- ✓ 3x alkaline baths
- ✓ 1x welcome package

	Double room	Single room
Classic forest view	€ 1,176.00	€ 1,338.00
Panorama superior	€ 1,236.00	€ 1,458.00
Panorama deluxe	€ 1,296.00	€ 1,578.00

* Treatment can be extended to 14 days. Subject to availability, not during Easter, Christmas or New Year's Eve. Treatments begin on Sundays. Price per Person.



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DR BUCHINGER'S FASTING TREATMENT

PACKAGE*

Dr Buchinger's Fasten Treatment

- ✓ 10x days with support, daily fasting talks & presentations on a healthy lifestyle
- ✓ Freshly pressed biological juices and organic vegetable soups, herbal tea bar (organically grown) and ionised Bad Herrenhalb spring water (alkaline pH 8.2)
- ✓ Support through the entire treatment with mineral dietary supplements (Schüssler salts) and aronia juice
- ✓ 6x guided walks (each around 1.5 to 3 hours)
- ✓ 3x meditative readings and music
- ✓ 1x yoga (depending on availability)

Treatment price per person: € 495.00

Single room**

Classic forest view from € 95.00

Panorama superior from € 115.00

Panorama deluxe from € 135.00

** Treatment can be extended to 14 days. Subject to availability, not during Easter, Christmas or New Year's Eve. Treatments begin on Sundays. Price per Person.*

*** The room prices indicated are only valid in conjunction with booking a fasting treatment and depend on the booking period and daily room rate: prices may be higher.*

*Info & reservations online at www.fastenhotel.de or
tel: +49 (0) 7083/933 29 20, mobile: +49 (0) 152/33 88 99 60.*