



*Franken
Therme*

BAD WINDSHEIM

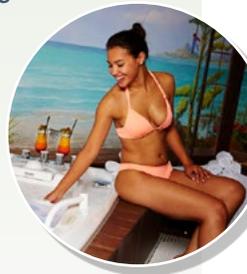
Wellness-Booklet

A warm
welcome
to the Franken-Therme!



Our offers

General information	pp. 4 – 5
Classic massages	p. 6
Comfort massages	pp. 7 – 9
Comfort baths	pp. 10 – 11
Body treatments & ceremonies	pp. 12 – 15
Waxing	p. 16
Facial treatments	pp. 17 – 21
For the eyes	pp. 22 – 23
Manicures / pedicures	pp. 24 – 25
Wellness packages	pp. 26 – 28
Wellness packages for two	p. 29
For mothers-to-be	p. 30



Good to know

Take time for yourself

Give yourself some time before your appointment. Enjoy our thermal pool facilities and sauna world, and use them to warm up your body and soul before the treatment. We recommend arriving at our wellness reception 30 minutes prior to your treatments. This will give you sufficient time to relax and optimally benefit from our offers. Please understand that late arrival on your part will result in a correspondingly shortened treatment time.

Clothing

We recommend that you enjoy our treatments without clothing. We respect your privacy and want you to feel comfortable at our spa. For this reason, your body is covered with towels – with the exception of the zones to be treated – during the treatments. We will also be glad to provide you with single-use undergarments. When you book a wellness package, our wellness reception will give you a comfy bathrobe and large sauna towel that you can use during your visit at the Franken-Therme. Please note that rental textiles are not included with single treatments.

Changing area

Our wellness area has a separate changing area accessible via the wellness reception and exclusively available to our wellness guests.

Communication

Before each treatment, our wellness team will ask what is most important to you for the booked treatment. This is to ensure that your valuable treatment time is utilized in the best way possible for your needs and wishes.

We ask you to please inform us if you are pregnant or have a medical condition we should be aware of. We are pleased to individually advise you on suitable offers already at your reservation.

Relaxing peace

Our wellness area is a place of peace and relaxation. Out of consideration for other guests and also for your own relaxation, we ask you to take a break from digital devices (cell phone) and to refrain from holding loud conversations.

Tea corner

Between treatments, we warmly invite you to a cup of tea and fresh fruit in our waiting lounge.

Reservation:

Appointments must be made for all treatments in our wellness area.

For consultations and reservations, we are pleased to assist you daily from 9:00 to 22:00 under the telephone number 0 98 41 / 40 30 0.

Your appointments are binding and may be rebooked or cancelled without charge at the latest 24 hours before the beginning of the treatment. In the case of cancellations after this time, we reserve the right to charge 50% of the treatment costs. Please pick up your appointment schedule at our wellness reception on the day of the treatment.

This Wellness-Booklet is valid starting 1 February 2019. On publication of a new Wellness-Booklet, all previous Booklets lose their validity. We reserve the right to make changes.



Classic massages

Deep massage for relieving muscle tension with the exclusive Franken-Therme aromatic oils in the scents Spätburgunder, Silvaner or Wild Rose

Partial body massage (area of your choice)
With aromatic oil € 31 approx. 25 min.

Full body massage
With aromatic oil € 61 approx. 50 min.

Wellness massage de luxe
With aromatic oil € 94 approx. 90 min.

Comfort massages

Facial and head massage
For holistic relaxation € 28 approx. 20 min.

Foot reflex zone massage
Targeted influence on inner organs through dosed pressure € 35 approx. 35 min.

Lymph drainage
For stimulating the lymphatic flow € 85 approx. 60 min.



Some of our massages may also be booked as a partner massage in one room. Please request this when making your reservation.





Hot stone

Massage with heated basalt stones and aromatic oil

The combination of warmth and sweeping massage strokes with the stones deeply relaxes the muscles and stimulates the lymphatic flow and circulation.

Back hot stone massage

€ 44 approx. 30 min.

Full body hot stone massage

€ 69 approx. 60 min.

€ 97 approx. 90 min.

Lomi Lomi Nui

Hawaiian temple massage

With the "queen of massages", flowing massage movements alternate with a gentle loosening of the joints and energy work.

€ 79 approx. 60 min.

€ 109 approx. 90 min.

"Salzkörnla" – Salt stone massage

Massage with round, smooth salt stones and an exclusive scented oil

In combination with tension-releasing, soothing massage movements, the back, face and décolleté are massaged with gentle pressure. As with a gentle peeling, the salt stones leave your skin feeling wonderfully soft.

€ 72 approx. 55 min.

Swiss pine rod massage

Intensive massage with Swiss pine oil

Enveloped in the calming scent of Swiss pine, your back, arms and the backs of your legs are massaged with the Swiss pine rod and by hand – for complete and deep relaxation.

€ 76 approx. 50 min.

Learning by doing

Partner massage with instruction

Under the instruction of a therapist, two guests can learn the basics of relaxation massage.

€ 71 approx. 60 min.



Comfort baths Alone or together

Emperor bath

Enjoy this “imperial” delight – by yourself or as a pair with a glass of sparkling wine.

The luxurious emperor’s tub creates a romantic-nostalgic atmosphere.

£28 for 1 person | approx. 30 min.

£41 for 2 people | approx. 30 min.



Caribbean adventure bath

Experience Caribbean flair like in the middle of a tropical lagoon! You’ll feel like you’re on holiday and enjoy the titillating massage of water and air jets.

Bring your own CD with you and pamper yourself with a sound wave experience. You’ll not only hear but also feel your favorite music.

While you’re at it, enjoy a refreshing, fruity cocktail and discover our pirate treasure chest with delicious treats inside.

£50 for 1 person | approx. 30 min.

£64 for 2 people | approx. 30 min.



So that you may enjoy your full treatment time, we ask you to be ready in a bathrobe/ bathing suit in our waiting lounge prior to your body treatment or bath.

Naturally, the changing rooms in our wellness area are available for you to use.



Body treatments and ceremonies

Soft-Pack system

Feeling weightless

Wrapped in soft towels, you relax almost weightlessly on a warm water bed and experience the effects of quality creams or oils that have been gently applied to your body. Enjoy the exclusive scents Spätburgunder, Silvaner, Wild Rose – or evening primrose oil – for deep relaxation!

€ 28 approx. 30 min.

Rasul

Ceremony with oriental flair in the Rasul steam bath

While the Rasul steam bath slowly warms up, your skin is pampered and nourished with natural fango that is rich in minerals and finely ground clay. Surrounded by aromatic scents, gazing up at an oriental sky of stars – you enjoy the soothing heat and the mild peeling effect of the muds.

Slowly, the steam clears and a gentle rain rinses your skin. At the end, luxurious body oils await you in our care oasis.

€ 31 per person | approx. 30 min.

Full body peeling

With a rich finishing treatment for silky, soft skin

€ 40 approx. 40 min.



The Rasul ceremony can also be booked for up to four people at the same time in one room.



THALGO
SPA

Merveille Arctique

Merveille Arctique – Arctic wonder

Take an exhilarating journey with us through endless wintry landscapes and enjoy the magic of the Arctic.

Body peeling

Clarifying like fine ice crystals: Close your eyes and enjoy an invigorating **body peeling** with microparticles from tiny salt flakes. The salt trio of magnesium salt, fine natural rock salt and sea salt cleanses gently yet deeply, leaving your skin feeling silky and smooth.

Massage

Enveloped in the delicate scent of powder snow, you then relax while your body is massaged in a very special treatment with Arctic massage oil. Experience a fascinating combination of warming strokes, kneading and lengthening movements paired with the cool freshness of the smooth **massage balls**. The symbiosis of cold and warm creates a uniquely refreshing sense of well-being!

Duration of the journey

approx. 90 min. | € 135 per person



THALGO
SPA

INDOCEANE
Spa Ritual

Indocéane – A journey for the senses

Take an enjoyable journey of discovery with the scents and traditions of four different cultures.



The Mediterranean

A sweet and salty **peeling** with sea salt, cane sugar and essential oils awakens your senses in a garden full of delightful scents. Surrounded by citrus scents, you enjoy a cleansing peeling massage that gives your skin an amazing soft glow.



Egypt

Discover Cleopatra's beauty secret and immerse yourself in the mysterious ambience of the Egyptian temples. A luxurious **milk bath** hydrates your skin and deeply relaxes you in an Arabian Nights atmosphere.



India

Release yourself from all stress in the land of Ayurveda medicine during a relaxing **massage**. A sensuous combination of essential oils and the scents sandalwood, cedar and patchouli makes your sense of utter relaxation perfect.



China

Let yourself go during this finishing magical treatment! A silky and moisturizing **lotion** envelops the body in a delicate scent of flowers and gives your skin a perfect shine.

Duration of the journey

approx. 120 min. | € 176 for 1 person | € 325 for 2 people



Beautiful & groomed

Waxing

Hair removal with warm wax

Upper and lower legs	£ 29
Upper legs	£ 19
Lower legs	£ 16
Arms (no armpits)	£ 16
Back	£ 16
Chest and stomach	£ 16
Bikini zone (no genital area)	£ 14
Mouth area	£ 12

THALGO
LA BEAUTE MARINE

Facial treatments

Discover the treasures of the sea with THALGO!

THALGO Facial treatment "Premium"

Facial treatment with an intensive, active-ingredient mask for instant results

- Cleansing ritual "Dipping into the sea"
- Peeling
- Deep cleansing
- Toning
- Eyebrow correction
- Intensive concentrate
- Face, décolleté and neck massage
- Hand massage
- Active-ingredient mask with immediate effect, choose between:

Hydrating mask £ 92
(for every skin type)

Collagen mask £ 103
(for first wrinkles)

Hyaluronic mask £ 118
(for visible wrinkles)

Silicium mask £ 139
(for visible wrinkles and loss of elasticity)

- Finishing treatment incl. eye care

approx. 90 min.



THALGO

LA BEAUTE MARINE

THALGO

MEN



THALGO Facial treatment "Classic"

Clarifying facial treatment for acne-prone skin

- Cleansing ritual "Dipping into the sea"
- Peeling
- Deep cleansing
- Toning
- Eyebrow correction
- Cream mask
- Finishing treatment incl. eye care

€71 approx. 60 min.

THALGO Facial treatment "Relax"

The short facial for busy schedules

- Cleansing ritual "Dipping into the sea"
- Peeling
- Toning
- Intensive concentrate
- Face, décolleté and neck massage
- Finishing treatment incl. eye care

€54 approx. 40 min.

THALGO MEN

Power and a natural look – the facial treatment for men

- Cleansing ritual "Dipping into the sea"
- Peeling
- Deep cleansing
- Toning
- Eyebrow correction (if desired)
- Intensive concentrate
- Short facial massage
- Cream mask incl. hyaluronic eye pads
- Finishing treatment incl. eye care

€72 approx. 60 min.



THALGO
LA BEAUTE MARINE

iBeauty®
Ingenious Skin Solution

The new dimension of facial treatments – intensive effects through ultrasound and radio frequency

iBeauty® 45

Express treatment with instant results

- Cleansing ritual “Dipping into the sea”
- iBeauty® ultrasound peeling
- iBeauty® intensive treatment with ultrasound/radio frequency
- Finishing treatment incl. eye care

clarifying and regenerating (for acne-prone skin) **€ 74** approx. 45 min.

hydrating (for dry skin) **€ 76** approx. 45 min.

for a youthful appearance (anti-age) **€ 79** approx. 45 min.

THALGO
LA BEAUTE MARINE

iBeauty® 75

Efficient facial treatment with results that are instantly visible and lasting

- Cleansing ritual “Dipping into the sea”
- iBeauty® ultrasound peeling
- Deep cleansing
- Eyebrow correction
- iBeauty® intensive treatment with ultrasound/radio frequency
- Facial massage or, alternately, cream mask
- Finishing treatment incl. eye care

clarifying and regenerating (for acne-prone skin) **€ 122** approx. 75 min.

hydrating (for dry skin) **€ 127** approx. 75 min.

for a youthful appearance (anti-age) **€ 133** approx. 75 min.

Can be booked as an additional service for facial treatments:

Intensive concentrate **€ 6**

Hyaluronic eye pads **€ 8**



For the eyes

THALGO Eye treatment "Anti-Age"

Smoothing and stimulating treatment for a beautiful and radiant eye contour area

- Cleansing
- Peeling
- Toning
- Marine mist
- Short massage of the eye contour area
- Collagen eye mask and hyaluronic eye pads
- Finishing treatment

THALGO
LA BEAUTE MARINE

€ 46 approx. 30 min.



Magically eye-catching

Eyelash tinting, Eyebrow tinting,
Eyebrow correction

€ 31 approx. 35 min.

Eyelash perm

Lasting curl for large, radiant eyes
without an eyelash curler
Effect for approx. 6-8 weeks

€ 36 approx. 50 min.

Eyelash duo

Eyelash perm and tinting

€ 41 approx. 65 min.

Eyelash tinting

€ 12
individual reservation

€ 10
as a part of a
facial treatment

Eyebrow tinting

€ 12
individual reservation

€ 10
as a part of a
facial treatment

Eyebrow correction

€ 12
individual reservation

€ 10
as a part of a
facial treatment



Manicures

Manicure

- Filing, shaping and polishing nails
- Nail care
- Hand massage

£34 approx. 35 min.

Spa manicure

- Hand peeling
- Filing, shaping and polishing nails
- Nail care
- Paraffin bath
- Hand massage

£46 approx. 50 min.

Can be booked as an additional service with manicures and pedicures:

Clear or color polish £7

French look £9

Please let us know when booking if you would like to have your nails painted. This additional service can unfortunately no longer be booked at a later time.



Pedicures

Pedicure

- Foot bath
- Clipping, filing and polishing nails
- Nail care
- Callus removal
- Finishing treatment with foot mousse

£34 approx. 35 min.

Pedicure special

For problems with ingrown nails, corns, calluses, pressure marks or excessive cornification

- Foot bath
- Clipping, filing and polishing nails
- Nail care
- Callus removal
- Problem zone treatment
- Finishing treatment with foot mousse

£48 approx. 50 min.



Our pedicures are offered as cosmetic treatments. We do not offer treatments related to medical pedicures (podology) and treatments of fungal illnesses.

Wellness packages ... for one person

THALGO
LA BEAUTE MARINE

Thalasso Spa by THALGO

- Use of the thermal pool facilities and the sauna world (day pass, incl. "Salzsee")
- THALGO Body peeling in the Rasul: Peeling with sea salt and microalgae for skin like silk, approx. 30 min.
- Soft-Pack system: Nourishing and stimulating full body treatment on a warm water bed on the basis of grapeseed oil and ice mint, approx. 30 min.
- Comfy bathrobe and large sauna towel for use during your stay

€ 86

Walking on clouds

- Use of the thermal pool facilities and the sauna world (day pass, incl. "Salzsee")
- Foot reflex zone massage: Massage of the foot with targeted, dosed pressure, approx. 35 min.
- Pedicure: Beautiful and groomed feet, approx. 35 min. (Polish can be booked for an additional fee, see page 24)
- Comfy bathrobe and large sauna towel for use during your stay

€ 92

Caribbean dream

- Use of the thermal pool facilities and the sauna world (day pass, incl. "Salzsee")
- Exotic body peeling and body pack with a fruity cocktail after the treatment, approx. 55 min.
- Comfy bathrobe and large sauna towel for use during your stay

€ 98

Magic of the tropics

- Use of the thermal pool facilities and the sauna world (day pass, incl. "Salzsee")
- Rasul: Relaxation and deep cleansing with natural fango that is rich in minerals, approx. 30 min.
- Lomi Lomi Nui: The "queen of massages", approx. 60 min.
- Comfy bathrobe and large sauna towel for use during your stay

€ 131



Our wellness package "Caribbean dream" can also be booked for two people in one room.



Wellness packages

... for one person

Wellness from head to toe

- Use of the thermal pool facilities and the sauna world (day pass, incl. "Salzsee")
- Full body peeling with rich finishing treatment, approx. 40 min.
- Soft-Pack system: Nourishing and soothing full body treatment on a warm water bed with exclusive oils, approx. 30 min.
- Back hot stone massage, approx. 30 min.
- THALGO Facial treatment "Classic", approx. 60 min.
- Pedicure: Beautiful and groomed feet, approx. 35 min. (Polish can be booked for an additional fee, see page 24)
- Comfy bathrobe and large sauna towel for use during your stay

€ 233

Some of the massages included in our packages can also be booked as a partner massage in one room. Please state this wish when making your reservation.



... for two people

Pampering in duet

- Use of the thermal pool facilities and the sauna world (day pass, incl. "Salzsee")
- Rasul: Relaxation and deep cleansing with natural fango that is rich in minerals, approx. 30 min.
- Partial body massage with the exclusive Franken-Therme body oil of your choice, approx. 25 min.
- Comfy bathrobe and large sauna towel for use during your stay

€ 171 for 2 people

Time for two

- Use of the thermal pool facilities and the sauna world (day pass, incl. "Salzsee")
- Rasul: Relaxation and deep cleansing with natural fango that is rich in minerals, approx. 30 min.
- Full body massage with the exclusive Franken-Therme body oil of your choice, approx. 50 min.
- Caribbean adventure bath, approx. 30 min.
- Comfy bathrobe and large sauna towel for use during your stay

€ 268 for 2 people



Special offers for mothers-to-be

Pregnancy massage

This massage caresses the spirit in a time full of changes and is deeply relaxing and soothing for you and your baby. It helps to alleviate typical pregnancy problems, such as back pain or water retention. The metabolism is stimulated and quality oils smooth the skin.

€ 92 approx. 70 min. (incl. initial consultation)

Time off for Mom

Our feel-good package for mothers-to-be (does not include use of the thermal pool facilities and the sauna world)

- Pregnancy massage: Relaxation for mother and baby, approx. 70 min.
- Pedicure: Beautiful and groomed feet, approx. 35 min. (Polish can be booked for an additional fee, see page 24)

€ 120



Please bring your "Mutterpass" with you to your appointment.



Give the gift of vitality

Surprise loved ones with a relaxing visit to the Franken-Therme Bad Windsheim! All of our wellness treatments and packages are available as gift certificates.

A selection of care products that we use for our treatments is available for purchase at our wellness reception.





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We look forward
to your visit!

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E-mail: info@franken-therme.net
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Opening hours:

Thermal pool facilities: daily 9:00 to 22:00
Sauna world & wellness area:
daily 10:00 to 22:00