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Der Krallerhof
The best side of life

Beauty and Body




Refugium.



An emotional sense of well-being and contentedness is very closely linked to experiencing, assessing and caring for one's body. Because your well-being is very important to us, skin and body care play an important role at the Krallerhof.

The perfect alliance between beauty and science, indulgence and care, offers almost unlimited possibilities to pamper the body and the soul at the Refugium. By the way: it is also pure joy! Whatever your wishes may be, our well-trained beauty team looks after you with forward-looking expertise and continuative advice. Thanks to our specialization in innovative treatment methods, you can rest assured that you are in the best of hands. It goes without saying that our advice will be such that you can continue building on what you have achieved once you return home.

Welcome to the wonderful world
of well-being!

Facial treatment

Ligne St. Barth

St. Barthélemy, probably one of the most beautiful islands of the Caribbean, is the home of the renowned Labors Ligne St. Barth. This cosmetic line combines local indigenous naturopathy with the most up-to-date technology, to the highest quality standards. These high-carat care products contain all the active ingredients of the plants, fruit and flowers from which they are extracted.

Freshness

Enjoy an intensive, relaxing and rejuvenating treatment of the face, neck, cleavage and hands. The effects of the high-grade herbal care products with natural vitamins and minerals assist the special mask, which is made from fresh fruit. Your skin becomes visibly clearer, more even and radiant.

Duration 1.5 hours € 110.00

Pureness

Experience this extraordinary treatment of the face, neck and cleavage. The fresh scent of the natural elixirs calls to mind a colourful Caribbean fruit basket. The high-grade herbal care products have a profoundly clarifying effect and stimulate the skin's own activity.

Duration 1.5 hours € 95.00

Papaya sensation

Relaxing facial treatment with fresh papaya mousse.

Duration 1 hour € 75.00



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Fuhlendorf

To Fuhlendorf, modern cosmetics means short but intensive application with instantly visible results. Treatments that efficiently combine apparatus-based cosmetics and skin care are the key.

Beauty X

This completely painless, risk-free and cost-efficient face lift begins with a micro-dermabrasion. It removes dead cells and, at the same time, activates cell growth. The subsequent cupping massage frees the tissues of waste materials and toxins. Via ultrasound, special active ingredients are then sent through the epidermis into the subcutaneous tissue. Blood circulation and musculature are stimulated, and the skin is visibly more taut.

Duration 1 hour € 125.00

Special price from 3 treatments.



!QMS

The term !QMS is a synonym for reliable quality of the highest standard. Selected CIDESCO specialists regularly and thoroughly test the application, product properties, and effects. The !QMS anti-aging treatment system still counts as unique in its results for maintaining health as well as regeneration of the skin. Its basis, which is identical to the skin, enables this treatment to yield particularly intensive, long-lasting results.



Classic treatment

Prepare to slip into a new skin! This treatment stimulates cell formation. Natural, highly-concentrated collagens are sent deep into the skin from the outside. Your skin gains smoothness, vitality and elasticity. The results of this exclusive treatment are visible immediately: you will look years younger and more vital.

Duration 2 hours € 138.00

Neo Tissudermie

The highlight of the “!QMS” treatments is an absolutely luxurious face-lift treatment. It provides your skin with energy and firmness from the inside and stabilizes it. The result is firm, silky skin that is soft as a peach.

Duration 2 hours € 138.00

SK-Alpha

The ideal deep treatment for sallow skin with bad blood circulation: skin that is damaged by nicotine, sun and other environmental factors responds particularly well to this treatment.

Duration 2 hours € 138.00

Relax o Firm

“Relax o Firm” removes excessive cornifications of the skin gently but thoroughly. The skin is cleansed and the metabolism improved. A concluding mask calms, regenerates and provides lots of moisture.

Duration 1 hour € 82.00

Champagne treatment

This exclusive facial treatment has revitalizing, invigorating and relaxing effects. A special foam mask is absorbed into the skin with a tingling sensation. A massage rounds off the treatment.

Duration 1 hour € 90.00

Classic facial treatment

with facial massage

Duration 1.5 hours € 95.00

Classic facial treatment

without facial massage

Duration 1 hour € 72.00

Silk treatment

This luxurious treatment gently fills wrinkles with silk proteins that are identical to the skin's. The light-reflecting silken shimmer provides the skin with a gentle, even appearance.

Duration 1 hour € 90.00



Dr. Spiller Biocosmetics

This highly effective cosmetic line combines valuable natural active ingredients of the highest quality and scientific innovation. Special formulas ensure particularly long-lasting miniaturization of the skin and they maintain its moisture levels. Dr. Spiller Biocosmetics are the natural path to beautiful, healthy skin.



Nail care

Manicure	€ 47.00
Pedicure	€ 47.00
Varnish	€ 5.00
French manicure	€ 5.00
French pedicure	€ 57.00
Deluxe pedicure with peeling, wet pack and nail varnish	€ 92.00

Extras

Facial vial single	€ 12.00
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Eyebrows & eyelashes dyeing and shaping	€ 28.00
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Eyebrows dyeing and shaping	€ 16.00
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Eyebrows shaping	€ 7.00
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Eyelashes dyeing	€ 12.00
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Waxing ladies

Bikini line	€ 25.00
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Lower leg	€ 39.00
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Whole leg	€ 58.00
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Armpits	€ 25.00
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Upper lip	€ 15.00
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Waxing men

Back	€ 52.00
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Chest	€ 32.00
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Hair Essentials



What could be more pleasant after a relaxing body treatment than to have one's hair done?

Do you appreciate Mademoiselle Chanel, prefer to abstain from purely decorative elements, and manifest your unique personality through classic elegance? Our hair salon in the Refugium will gladly fulfil your wishes. Or are you planning a glittering appearance at an elegant evening meal? Then you are in the best of hands with us: in addition to classic hairstyling, we also offer hair extensions. These are done with Racoon. Awarded the ISO 9001 seal of quality, these extensions, unlike many competitors, guarantee the use of 100% European real hair of the highest quality.



Body

Biosel

Instant cellulite

The cellulite wrap treatment with instant results: metabolite wastes are removed, blood circulation is increased and lipid metabolism is activated.

An energizing lymph drainage, thermo-algae for problem areas, a "Biosel" special wrap, as well as an effective massage, bring about taut body contours and a feeling of lightness in the legs.

Duration 1 hour	€ 89.00
from three wraps each	€ 80.00

Body treatments

Dr. Spiller Biocosmetics

Special full-body exfoliation

This application is the ideal preparation for body treatments. The complexion is refined. Rough, dull skin becomes rosy and fresh.

Duration 30 minutes € 39.00

Fuhlendorf

Perfect Body

The cupping massage using small cupping glasses makes the skin more taut. At the same time, wastes and toxins are removed. Via ultrasound, highly-concentrated special active ingredients are then sent into the skin in a targeted manner. You will notice the difference after just one treatment: contours are sharper, the skin is tauter, and even small fat deposits can disappear through this treatment.

Single treatment

Back, thighs, bum

Duration 1 hour € 105.00

Single treatment

Back and front

Thighs, bum

Duration 1.5 hours € 157.00

Single treatment

Back and front

Thighs, bum and belly

Duration 2 hours € 209.00

Special price from 3 treatments

Ligne St.Barth

Softness

Relaxing papaya seed exfoliation massage for soft, silky and even skin: the fruit enzymes of fresh papayas, coconut and avocado oil and a special sea sand complex remove flakes of dead skin.

Duration 30 minutes € 45.00

Sensation

After a relaxing papaya seed exfoliation, pamper yourself with an avocado pack. This particularly moisturizing pack provides a visibly refined and silky complexion of the whole body.

Duration 1 hour € 80.00

Harmony

After the papaya sea sand exfoliation, treat yourself to a little "time-out": the very gentle and relaxing "Harmony" full-body massage with ivy gel finds its conclusion with some tautening menthol oil and a rich body lotion of your choice.

Duration 1.5 hours € 110.00



Baths

Enjoy fabulous bathing pleasure: surrounded by gently-bubbling scented aromatic oils, it is easy to switch off and give yourself over to the pleasurable experience. Be it “Biosel” sea salt, rose or aromatic oils – our bubble baths provide relaxation that strengthens body and soul.

Or you can treat yourself to a beneficial bath of your choice with your significant other or a friend. In our partner coloured-light tub, you can relax by candlelight in a milk and honey bath, a champagne bath or a Dream beauty bath.



Rose oil bath
Aromatic oil bath of your choice
“Biosel” sea salt bath

Duration 30 minutes each € 30.00

St. John’s wort oil bath

A nerve strengthening bath that grants you inner calm.

Duration 30 minutes € 30.00

Alkaline bath

Purification for all skin types: this treatment gently expands the pores and supports the natural function of releasing acids and toxins. Chapped skin becomes smooth again; greasy skin is calmed and regulated. Even in cases of neurodermatitis and psoriasis the skin benefits from the effects of alkaline baths.

Duration 1 hour € 40.00

Milk and honey bath

Long ago, the legendary queen Cleopatra – the personification of beauty and grace – swore by the wonderful effects of milk and honey baths.

Duration 30 minutes

1 person € 30.00

2 people € 50.00

Dream beauty bath
“Ligne St. Barth”

Enjoy an exotic and very relaxing beauty bath!

This Caribbean aromatic experience provides your skin with valuable vitamins.

Duration 30 minutes

1 person € 35.00

2 people € 55.00

Champagne bath

Exclusive romance: enjoy your wellness bath with a glass of champagne.

Duration 30 minutes

1 person € 45.00

2 people € 60.00

Soft pack recliner

Is the feeling of lying on air, floating above the Earth, only familiar to you from dreams? Then you should definitely relax in the soft pack recliner. This treatment ensures a maximum of relaxation! Valuable essences are applied to your body. Then we “lower” you into the floating recliner. Gently swaying, you can feel the water of about 38°C without it touching your skin.



Fango packs

These release tensions and are hence especially suitable as preparation for massages.

Duration 30 minutes € 25.00

“Haslau” algae pack including exfoliation

Highly purifying and cleansing seaweed has a positive effect on the metabolism. It makes the skin soft and smooth. At the same time it has a detoxifying effect.

Duration 1 hour € 78.00

Evening primrose oil cream pack including exfoliation

After a full-body exfoliation, the creamy essence is applied to your body. You are wrapped into a soft fleece and “lowered”. At a temperature of approximately 38°C, you can have a relaxed doze while the precious oil mixed with high-grade creams unfolds its effects. Recommended especially for dry skin.

Duration 1 hour € 75.00

Milk and honey pack including salt exfoliation

Both milk and honey contain the vitamins A and E, which have a positive effect on the condition of the skin. In addition, the fatty acids contained in the milk have a calming and smoothing effect on the skin and are hence especially suitable for dry skin.

Duration 1 hour € 75.00



Biosel body packs

To start off with, a wonderfully relaxing “Biosel” massage prepares your skin for the high-grade care products; the essence of your choice is then applied to your body. Wrapped in a soft fleece, you will experience total relaxation and regeneration.

Choose from:

Softpack Detox – purification and detoxification

Softpack Regeneration – blood circulation and freshness

Duration 1 hour each € 80.00

Alkaline wraps

Choose from:

Alkaline honey wrap – valuable minerals and micronutrients calm and nourish. The skin is left feeling especially soft and smooth.

Alkaline Thalasso wrap – this treatment provides the skin with lots of moisture, has a purifying effect, calms and regulates the sebaceous glands.

Herbal wrap – this application calms the skin, assists healing and ensures healthy blood circulation of the skin.

Duration 40 minutes each € 46.00

Opening Times

Indoor pool	7 am – 9 pm
Family sauna	10 am – 7 pm
Fitness world	7 am – 9 pm
Refugium	9 am – 7 pm
Sauna world	3 pm – 8 pm
Relax room	9 am – 8 pm

We ask you to ensure that you inform us of your concrete desired appointments before your arrival. Otherwise we cannot guarantee that you will get the appointments and treatments you want, due to the high demand. Appointment cancellations up to 24 hours prior are free of charge. After this, we will have to charge 50% of the treatment costs.

The Refugium is a place of calmness and relaxation. We hope you understand that mobile phones have no place here. Generally, the sauna area is a no-clothing area. In order to protect your privacy you do, of course, have the option to cover yourself with a towel. Children are only admitted from the age of 14 (with the exception of the swimming pool and family sauna).