

# SPA MENU





## SEAGULL SPA

### THE SEAGULL SPA AT THE SOFITEL HAMBURG ALTER WALL

Ancient traditions from around the world meet the refinement and skill of the latest in French cosmetology to create Seagull SPA: an exhilarating and rejuvenating experience.

Awaken your senses and feel re-energized. Explore a new kind of spa experience with a wide range of surprisingly poetic treatments. Discover the ingredients that enhance your natural glow. Make the stress and strain of daily life fade away with our menu inspired by gastronomy.

#### **Wellbeing and SPA**

Exotic stone and vibrant tiles embrace this vast, luxury Hamburg hotel spa, with a heated pool and waterfall, sauna, hammam, and tranquil treatment rooms. Relax in the quiet space or indulge in a traditional or custom massage treatment.

Refresh with a vigorous workout in our Hamburg fitness center. Sleek décor, spacious wall mirrors and entertainment monitors are found in this modern studio, along with the latest cardio equipment and weights.



The Seagull SPA welcomes you  
from 6.30 am to 10.00 pm on weekdays  
and 7.30 am to 10.00 pm on weekends  
and bank holidays





## SEAGULL SPA

### À LA CARTE

#### STARTERS

45 minutes

€ 70

##### **Partial body massage**

An express massage which is specialized on tense muscles and muscular pains, which concentrates on neck-, shoulder- and back area.  
(Individual partial body massage upon request)

##### **Sports Massage**

The sports massage is applied to release the muscle fibres from toxins, to increase the blood circulation and to guarantee thereby a better care of the musculature.

##### **Deep Tissue Massage**

The Deep Tissue massage is one of the most profound massages. This powerful and at the same time skilful technique helps the deep layers of muscles to switch from a tense state to a smooth one.

#### MAINCOURSE

60 minutes – 90 minutes

€ 90 - € 130

##### **Classic Swedish Massage**

A massage technique designed to disperse physical tension from the body in a gentle way by loosening tight muscles and reducing stiffness, removing blockades within the body and increasing blood circulation. The aim of this massage is to bring the body back into a balanced and relaxed state.

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## SEAGULL SPA

### À LA CARTE

FOR BODY  
AND MIND  
30 minutes  
€ 50

#### Sea Salt Exfoliation

The natural salt crystals thoroughly remove callused skin and impurities. The body scrub simultaneously activates the metabolism, drains and contributes towards the removal of waste products from the tissue. The skin appears refreshed, smooth & soft.

#### Rose Petal Milk Bath

Enjoy a relaxing bath with wonderfully fragrant rose petals. That is pure luxury and relaxation.

For an additional person we allow ourselves to charge € 15 extra.



WORLD`S BEST  
60 minutes – 90 minutes  
€ 100 - € 140

#### Traditional Hawaiian Massage

This type of massage involves flowing strokes using the hands and forearms of the therapists. A deeply relaxing journey that will leave your mind, body and spirit in total harmony.

#### Shiatsu

This treatment is a pressure point massage developed in Japan. It brings body, mind and soul in harmony, loosens muscles and improves joint condition.

#### Hot Stone Massage

Indulge in the warming benefit of our Hot Stone Massage. Heated Basalt stones relax specifically tense muscles and tension. Physical stress is relieved.





## SEAGULL SPA

### À LA CARTE

#### DESSERTS

##### Classic Facial

All facial treatments are especially developed for your skin type and provide you with those products that suit you best! Deep cleansing, skin analysis, intensive peeling, tranquillizing eye compress are included in both facial treatments. Depending on the duration of your treatment face & décolleté massage are included as well.

60 minutes € 90  
90 minutes € 110

##### Facial Anti-Aging

Classic Facial under use of products for mature skin. Depending on the duration of your treatment face & décolleté massage are included as well.

60 minutes € 110  
90 minutes € 130

##### Treatment & Massage

With our service of manicure and massage products tired hands and feet feel refreshed again in no time, clean and wonderfully pampered.

Foot Reflexology massage	45 minutes	€ 80
SPA manicure	60 minutes	€ 70
SPA pedicure	60 minutes	€ 80

#### FOR HIM

Perfectly matched to the needs of every man.

Facial	60 minutes	€ 80
SPA manicure	45 minutes	€ 55
SPA pedicure	45 minutes	€ 65





## SEAGULL SPA

### MENU - SUGGESTIONS

90 minutes & more

#### Short break

Indulge in your personal time.

Escape the everyday stress with a traditional Hawaiian massage. Refresh your skin afterwards with a fragrant coconut scrub and round your short break off with a relaxing Südseetraumbad.

120 minutes € 190

#### Makeover

Select the complete anti - aging package and allow yourself to be pampered from head to toe.

After a relaxing seaweed bath followed by a body wrap, complete your personal treatment with a soothing leg massage.

Treat yourself to this experience.

90 minutes € 170

#### Life is Magnifique

Life is wonderful. In this package we followed exactly this principle. The Life is Magnifique package includes a wonderfully fragrant raspberry peeling. Finish off with a classic Swedish full body massage.

A manicure or pedicure with a special SPA Drink completes the offer. Enjoy our complete three-course menu!

150 minutes € 240





# SEAGULL SPA

## MEMBERSHIP & DAY SPA

### Day SPA

#### Seagull SPA - The place to forget time!

Enjoy a soothing atmosphere relaxing tranquility and pure smoothness. Our hot water canyon leads you to the large pool and waterfall. Get away from it all and let this time renew body and soul. Spend one day in our Seagull SPA and enjoy the relaxation during the days to come.

Day SPA € 25  
(Use of the pool, sauna and fitness area in the hours from 07:00 am until 10 pm)

Day SPA Early Bird € 19  
(Use of the pool, sauna and fitness area in the hours from 07:00 am until 11.00 am)

Bathrobe, slippers and towels are available for you for the duration of your visit.

### Conditions for membership

**Day SPA Relax** € 110 for 12 months € 130 for 6 months

**Day SPA Relax Partner** € 200 for 12 months € 240 for 6 months

**Daylight** € 80 for 12 months € 90 for 6 months  
(Use of the pool, sauna and fitness area in the hours from 10:00 am until 5 pm)

Admission Fee - One time payment at the beginning of your membership Day  
SPA Relax € 230  
Day SPA Relax for two € 400  
Daylight € 120

### Benefits of Membership

- Daily use of the 490m<sup>2</sup> large spa area and fitness area
- 10% discount on all massages and beauty treatments
- Monthly VIP ticket for a companion of your choice
- Bathrobe, slippers and towels are available for you for the duration of your visit





## **SEAGULL SPA**

### **SPA Time**

Book SPA-time and prepare your own spa journey and selection of treatments with our Spa team.

### **Gift voucher**

A chic and refined gift that suits every occasion. Offer from one hour to an entire day of wellbeing.

The So SPA team is at your disposal for any information or purchase.

### **Cancellation Policy**

Cancellation is free of charge if made 2 hours in advance. Hotel guests must give four hours notice, after which the full cost of the treatments will be charged.

### **Opening hours for children**

We are happy to welcome children under 12 years of age accompanied by a parent or guardian until 5 pm. For the purpose of relaxation and wellness, we kindly ask for calmness in the Seagull SPA after 5 pm. Thank you for your understanding.

### **Reservations**

Bookings made by hotel guests directly with the Seagull SPA are guaranteed by the signing of a reservation. Bookings made by external guests directly with Seagull SPA may be secured by a credit card or cash payment..

### **Arrival at the Seagull SPA**

To enhance your spa experience, we encourage you to arrive 10 minutes prior to your treatment. Throw off your shoes and indulge yourself with our luxurious robes and slippers, leave your cares at the door and unwind in our calming, therapeutic and relaxed environment. Give yourself time prior to your treatment to optimise the overall effects, and completely re-balance your mind, body and spirit.

### **Treatment at the Seagull SPA**

Reservations of 30, 60, 90 or more minutes have an effective treatment time of 20, 50, 80 or more minutes.

