



PALAIS
DRESDEN

*T*reats for Wellness Gourmets

PRICE LIST

MASSAGES

Pampered Moments – Classic & Luxurious

Classic partial massage	approx. 25 mins	€ 37.00
Classic full-body massage	approx. 50 mins	€ 67.00

Trained hands and sensitive therapists improve your blood circulation, loosen the muscles, release tensions and enhance the well-being.

Foot Reflexology	approx. 50 mins	€ 67.00
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Our feet reflect our entire body. The result of gentle pressure, stimulation and massage of the feet has a truly holistic effect – to all organs and joints, the spine, the nervous system and the hormonal balance.
A true classic amongst massages!

RelaxingCombination	approx. 50 mins	€ 67.00
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Experience the soothing effect of a partial body massage and a foot reflexology treatment or a stimulating footmassage

Manual Lymphdrainage

Face	approx. 25 mins	€ 37.00
Whole Body	approx. 50 mins	€ 67.00

To let go – the best discription for this truly wonderful treatment. Gentle massage strokes are designed to stimulate the lymphatic system, dispose of accumulated fluids thereby dissolving congestion of the meridians and to free the body from metabolic complaints.

PalaisMassage	approx. 50 mins	€ 78.00
for two people within the same period in the same room	approx. 50 mins	€ 140.00

We promise a memorable experience with this massage which has been created to relax muscles and mind. Precious oils nurture the body to maximise the benefit for your entire body.

Hot Stone Therapy	approx. 75 mins	€ 108.00
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For millions of years stones have been moved & formed which is why they have a relaxing & calming effect. This calmness leads to a certain wisdom which can be transmitted to the human being. The Hot Stone Therapy goes straight to your heart, body and soul. Nothing like our Hot Stone Therapy it is a real wonderful experience.

Hot Stone ‘temperature experience’	approx. 30 mins	€ 49.00
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Short treatment for a strained back – or just a taster of the Hot Stone ‘temperature experience’.

(Dorn) Breuss Therapy	approx. 50 mins	€ 78.00
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This therapy is ideal for tuning the spinal column and undertaking some corrections. Muscles are eased to improve circulation and release the tension of the entire back.

EnergyBoost (for face, head & neck)	approx. 25 mins	€ 37.00
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Frees the head, relaxes all facial muscles and eases the neck.
Goodbye to stress.

Individual Therapy	approx. 50 mins	€ 78.00
(the length of the treatment may be amended on request)	approx. 80 mins	€ 98.00
	approx. 110 mins	€ 118.00

Tailor-made just for you. Discuss your wishes and priorities with your therapist and decide what's best for your muscles and your mind. We offer our knowledge and our excellent products for a very personalised experience.

Hydrojet	approx. 20 min	€ 12.50
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Forget the everyday stress! Lying weightless on the waterbed you will feel the relaxation when tensions dissolve while being massaged by the hydrojet .

St Barth Slimness	approx. 35 mins	€ 47.00
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The perfect treat for fast relief and pure relaxation of tired legs after prolonged sitting or standing, following long flights or just simply for beautiful and slim legs.

St Barth Harmony	approx. 50 mins	€ 70.00
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Enjoy a relaxing, gentle body massage – tailored to your needs and wishes with intensive care products.

Abyanga	approx. 75 min	€ 118.00
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This relaxing, gentle and health supporting fullbody-massage enhanced with warm sesame oil and a sequence of massage-grips, is known for over thousands of years. A treatment which is invigorating as well as relaxing.

Lomi Lomi	approx. 75 min	€ 118.00
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This original hawaiian massage takes you far away. Hawaiian sounds, special moves and grips with a warm combination of coconut and avodaco oil make this treatment so special. These are the reason why it was originally used as a preparation for special events. Muscles and joints are treated by this massage to allow a free energyflow, balance and utter satisfaction.

Each one can enjoy the experience by themselves but yet together – you may savor many of our massages for two in our special Couples Suite.

EXTRAS

PalaisManicure – deluxe	approx. 50 mins	€ 62.00
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Includes a hand peeling, a classic manicure, nail polish or a hand massage.

PalaisPedicure – deluxe	approx. 50 mins	€ 62.00
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Includes a foot scrub, a refreshing foot bath, a pedicure with nail polish or a foot massage.

Supplement for classic nail polish	€ 8.00
Supplement for French nail polish	from € 15.00

FREE OF UNWANTED HAIR ...

Face waxing	approx. 10 mins	from € 8.00
Half-leg waxing	approx. 20 mins	from € 30.00
Whole-leg waxing	approx. 40 mins	from € 48.00
Armpit or bikini zone waxing	approx. 10 mins	from € 20.00

BODY SCRUB – Sparkling moments for tender skin

St Barth Softness --- approx. 30 mins € 49.00

A relaxing peeling massage for velvety soft and smooth skin. Fruit enzymes of fresh papaya and special mineralised sea sand work their magic and remove dead skin cells gently and thoroughly. Coconut oil nourishes the skin and gives it valuable nutrients.

Salt and oil peeling --- approx. 20 mins € 39.00

This peeling frees from hard skin, giving you a smooth, cared-for appearance.

BODY PACKS – Moments of true enjoyment

St Barth Sensation --- approx. 50 mins € 70.00

This soothing body pack provides intensive moisture and is an absolute delight for all senses. Once the skin has absorbed the nutrients and lipids from the pack's rare oils, you relax with a divine aromatic massage – resulting in a smooth, velvety skin. One hour in paradise.

St Barth Elasticity --- approx. 35 mins € 47.00

This is the embodiment of intensive body care to improve skin texture with precious minerals and vitamin. The natural ingredients are derived from alumina, fresh pineapple and cucumber mousse. Mint and camphor purify and stimulate whilst cold-pressed avocado oil provides important nutrients. The result is visibly smoother and firmer skin.

Mud pack for your back --- approx. 20 mins € 28.00

'A dream for the muscles' – to relax back muscles and as an ideal preparation for a massage.

Palais SPA Signature Ritual – 5 Stars for 5 Senses

1 therapist – 1 person	approx. 100 min	€ 149.00
2 therapists synchron – 1 person	approx. 75 min	€ 149.00
as a couple treatment	approx. 100 min	€ 289.00

Experience caribbean holiday-feeling in the middle of Dresden with our unique Palais SPA Signature Ritual. This is a very special combination of a pleasant cleaning ritual, massage grips to dream of with pure and warm coconut- or avocado oil and the cosmetics of your choice. The treatments is combined with caribbean music in an exclusive environment and is completed by a caribbean cocktail.

For RADIANT MOMENTS

Eyebrow correction	approx. 10 mins	from € 8.00
Eyebrow tint	approx. 10 mins	€ 8.00
Eyelash tint	approx. 10 mins	€ 12.00
Eyelash & eyebrow tint	approx. 20 mins	€ 18.00

MEN ONLY Glorious World in our Palais SPA

Relax in our Palais SPA.

A good, neat appearance is increasingly important for men – at the Palais SPA we offer individual treatments specially targeted at the sophisticated gentleman. Pure enjoyment, not to be missed.

Manicure	approx. 35 mins	€ 39.00
Pedicure with revitalizing foot bath	approx. 35 mins	€ 39.00
Waxing back / chest ...	approx. 20 mins	€ 30.00

Gentleman's Fresh Up	approx. 40 mins	€ 48.00
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A freshness boost for a well groomed appearance.

Gentleman's Time Out Delight	approx. 80 mins	€ 85.00
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Intensive but gentle care with visible effects for the special needs of male skin.

Wellness Dinner FOR TWO

'Togetherness' can be lost in the pressure of everyday life. Here at the Palais SPA you can enjoy time-out together and savour moments of harmony and bliss. Let us spoil you and help you enjoy the beauty of togetherness in an environment of enchanting elegance.

Caribbean Idyll	approx. 120 mins	for 2 persons	€ 238.00
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Live the mood of the St Barth Softness – a gentle peeling massage with the scent of coconut, to prepare the skin for the pure natural ingredients to follow. Our St Barth Harmony massage relaxes muscles and soul simultaneously. A facial massage completes this pampering ritual. Finally we serve a fresh cocktail in the peaceful relaxation area of our Caribbean Palais SPA.

Perfect Romance	approx. 90 mins	for 2 persons	€ 198.00
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Feel like a royal! Start your 'time for two' with a steam bath ritual and let your mind drift away with the flow of warm water. As an intermediate we serve a glass of champagne and some delicious chocolates in the relaxation area of the Palais SPA. The Perfect Romance continues with an exclusive Palais massage in our Couples Suite.

OUR HIGHLIGHTS

Facials

CareBasic approx. 50 mins € 60.00

This treatment is based on microdermabrasion, where the skin is gently freed of its top layers. New cells get a rapid energy push and skin looks polished and feels amazingly clean. A relaxing facial massage is the soothing final to this treatment.

CareClassic approx. 70 mins € 78.00

A balancing and simultaneously stimulating care treatment giving freshness and radiance for all skin types. Experience the effect of the dermo cosmetic products 'pure'.

Individual Therapy approx. 50 mins € 78.00
(the length of the treatment approx. 80 mins € 98.00
may be amended on request) approx. 110 mins € 118.00

Tailor-made just for you – this is to make you feel special and precious. Discuss your wishes and priorities with your cosmetician and decide what's best for your skin and your mind. We offer our knowledge and our excellent products for a very personalised experience.

St Barth Freshness approx. 90 mins € 125.00

Enjoy an intensively relaxing and restful treatment for face, neck and hands. The effect of high-quality-plant-extracts with natural vitamins and minerals is intensified by freshly-prepared fruits. A soothing hand massage with the delicious scent of bourbon vanilla completes this revitalising experience.

St Barth Pureness approx. 60 mins € 78.00

Experience an exceptionally gentle treatment for face, neck and décolleté – the fresh scents will remind you of a colourful Caribbean fruit basket. This treatment stimulates the intrinsic skin activity and results in a clear and fresh complexion.

REVIDERM
skintelligence



MAKE UP Bride & GalaSTYLING

Day make-up	approx. 25 mins	€ 19.00
Evening make-up including serum	approx. 40 mins	€ 39.00
Make-up advice with tips from specialists	approx. 50 mins	€ 58.00

No matter which look is required – a simple and classic day make-up, a modern, stylish make-up for the evening or an elegant one for a special event – a glamorous entry is guaranteed.

BrideSpecial € 80.00

Test bridal make-up and bridal make-up

An appointment with a hairdresser can be arranged upon request.

Day SPA

Energy Day Special 95 mins € 99.00

Energy kick for face, head and neck, Hot Stone 'temperature experience,' relaxation training

Beauty Day Special 120 mins € 129.00

Classic manicure, classic pedicure. Personal beauty treatment.

Mens Day Special 65 mins € 69.00

Back massage and gentleman's freshening-up.
(Personal training – upon agreement and with supplement payment)

Guests from Dresden WELCOME

Our Palais SPA is also open for non-hotel guests.
The following conditions apply:

Day Ticket*	€ 29.00
After Work for sauna and fitness (7pm to 9pm)	€ 19.00
Ticket for 10 visits	€ 250.00

Bathrobes, bathing shoes, hand towels, coffee, tea and water are always included for the time of your stay in our Palais SPA.

In case of booking a treatment with a value of more than € 67.00 the entrance fee is included.

Club membership

Bathrobes, bathing shoes, hand towels, coffee, tea and water are always included for the time of your stay in our Palais SPA. You also receive a 10% discount on all our facilities in the Palais SPA and in the Bülow's Bistro.

6 months incl. 3 treatments of 30 minutes each	€ 520.00
Annual membership incl. 3 treatments of 50 minutes each	€ 960.00

Opening times

Treatments	Daily	10am to 8pm
Sauna	Daily	5pm to 9pm
Fitness	Daily	7am to 9pm

Other appointment times can be arranged

→ We recommend that appointments are arranged in advance when you wish to use our Palais SPA – Tel.: +49 (0)351 – 8003145

SPA Etiquette

Make time and take time for yourself

Give yourself the gift of time prior to your appointments. Enjoy the sauna and relaxation area, have a soothing cup of tea to warm your body and soothe your mind before the treatments begins. Please allow yourself to be ready 5 minutes prior to your appointment. Your therapist will meet you in our Palais SPA so that your relaxation experience can begin smoothly and so that you will receive maximum benefits from the treatment.

Questionnaire

You will receive a short list of questions prior to your first appointment in our Palais SPA. Please take a minute to complete these. It is designed to help us help you and make the most of your visit as well as to inform us about specific needs and health requirements. Your data and comments will be treated with utmost confidence. Thank you.

Shower

A soothing shower is the ideal basis for a relaxing massage. It cleans and prepares the skin for one of our wonderful massage oils. We use only the highest-quality products for our treatments to enhance your wellbeing and your skin.

Clothing

We recommend that you undress completely for massages and body treatments – except for a slip and your bathrobe. We shall ensure that you are always partly covered during the massage to protect your privacy. On request we supply one-use slips for ladies and gentlemen.

Consultation

To ensure that you receive maximum benefits of your chosen treatment, our therapist will briefly talk you through the practise – to ensure that

all your needs and expectations will be met. Communication is key – please let us know during the treatment if you wish for us to take care of specific areas and zones.

Relaxation

Please allow your mind and body to rest and relax, close your eyes and just let go. Concentrate on your feelings and experiences, breathe deeply, let stress and tension drift away – this is entirely your time!

Bring-alongs

Please note that you cannot bring your own drinks or food into our Palais SPA.

Smoking

For the benefit of your own health and out of respect for others, our entire Palais SPA area is a designated non-smoking area.

Children

Our Palais SPA area is a place of peace and quiet. Therefore we would be thankful for your cooperation in this matter. Children under the age of 14 years must be accompanied by an adult.

Nudism

The entire sauna section is a textile-free zone.

Fitness

The use of the fitness area is at your own risk. Suitable sport clothing must be worn.

We thank you for your understanding and are happy to help should you require any advice regarding our fitness equipment.

Thank you for your cooperation.