



# *Bülow Palais*

Treasures for wellness gourmets

PRICE LIST – SPA BROCHURE

ENGLISH



## A WARMLY WELCOME

Dear guest,  
between our daily appointments and commitments we often forget the most important thing: to take a break and relax.

In our Palais SPA on the 4th floor of the Relais & Châteaux Hotel Bülow Palais, you can enjoy a sauna area with two daylight saunas and a steam bath, experience showers with an ice fountain, a fitness area with modern cardio equipment, exclusive treatments and comfortable massages and facial treatments.

Our aim is, to take you away from your day-to-day life and to give you a space where you come first and you can let yourself go and give in to pure relaxation.

We are looking forward to welcome you at our Palais SPA.

*Yours sincerely,  
your Palais SPA team*

## Opening hours

Treatment area	Tue – Sat	10 am – 9 am
Sauna (October-February)	Daily	12 am – 9 am
Sauna (March-September)	Daily	4 pm – 9 am
Fitness area	Daily	7 am – 9 am

We kindly ask you to make a request for the use of the Palais SPA, prior to your planned visit since our berths in the sauna area are limited. For appointments, please contact our SPA team or our hotel reception directly. Thank you very much! For the duration of your stay in our Palais SPA, a bathrobe, slippers, towels, tea and water are included.

When you book a treatment from € 67.00 or higher, the daily entrance fee does not apply!

## Welcome to Dresden

Day ticket	€ 29.00
2 h sauna and fitness	€ 19.00
10 times card	€ 250.00

## Hotel guests

Sauna	€ 9.00
Fitness area	free

## Club Membership

6 months	incl. 3 applications à 25 min	€ 520.00
Annual membership	incl. 3 applications à 50 min	€ 960.00

10% discount on all treatments in the Palais SPA and Bülow's Bistro.

# MASSAGES

Each on their own but together at the same time - of course you can also enjoy our massages for two in our Couples Suite.

## Part & full body massages

---

Classic partial body massage	approx. 25 min	€ 41.00
Classic full body massage	approx. 50 min	€ 74.00
	approx. 75 min	€ 109.00
as pair treatment	approx. 50 min	€ 140.00
	approx. 75 min	€ 208.00

Trained movements and the empathy of our therapists promote blood circulation in the tissue, loosen the muscles, relieve tension and thus ensure a pleasant feeling of well-being.

---

PalaisDeluxe	approx. 50 min	€ 78.00
as pair treatment	approx. 50 min	€ 148.00

Relax during a gentle body massage and enjoy our luxurious care products. Our therapists adjust their use individually to your needs.

---

PalaisMassage	approx. 50 min	€ 85.00
as pair treatment	approx. 50 min	€ 154.00

This massage is a very special experience: hot and cold stones promise relaxation for the muscles and stimulation for the senses. Due to the different temperatures, even the smallest muscles can contract or stretch, so that tension can be relieved. Precious oils caress your body and increase the effect and pleasure of the treatment.

---

RelaxCombi	approx. 50 min	€ 78.00
------------	----------------	---------

Experience the soothing effect of the combination of partial body massage and foot reflexology treatment or activating foot massage.

---

EnergieKick	approx. 25 min	€ 37.00
-------------	----------------	---------

The treatment combines massages for the face, head and neck. It relaxes your facial features, relieves the tension in your shoulders and frees your head from everyday stress.

---

Pregnancy Massage „Mama SPA“	approx. 25 min	€ 43.00
	approx. 50 min	€ 78.00

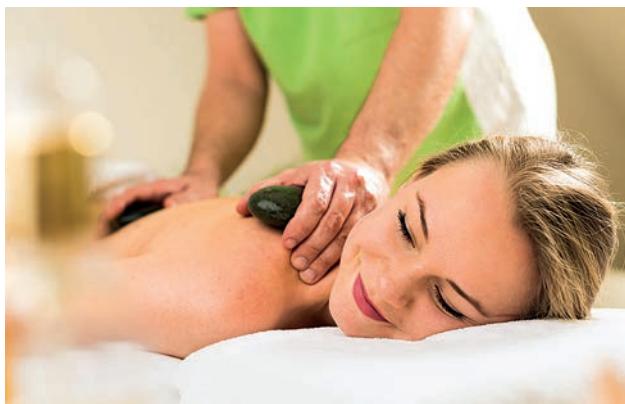
A pleasant and gentle massage that welcomes physical changes and alleviates possible pregnancy problems. Concentrate on the happy time of pregnancy and experience a blessing for body and soul for you and your baby.

---

Deep Tissue Massage	approx. 25 min	€ 47.00
	approx. 50 min	€ 85.00

A vibrant massage with strong pressure. Using various techniques, stretching and joint mobilisation, your deep tissue is reached and relaxed. Chronic muscle tension can be released and overstrained muscles can be compensated.





## Leg & foot massages

---

Coffee to go approx. 35 min € 47.00

The intensely fragrant coffee bean oil promotes the blood circulation in your legs, drains and decongests them. Antioxidants provide a natural balance, so that nothing stands in the way of regeneration after a great deal of strain, for example after a long flight.

---

Lomi Lomi approx. 75 min € 118.00

The Hawaiian pampering massage lets you drift off into the distance. Hawaiian sounds and widespread massage movements with warm coconut oil accompany this deep ritual, which originally served as preparation for important events. Muscles and joints are included in this massage. The free energy flow - created by releasing blockages - leads to balance and satisfaction.

---

Abyanga approx. 75 min € 118.00

This soothing and gentle full-body oil massage has a strengthening and relaxing effect. Warm sesame oil and a sequence of massage strokes, which are handed down over thousands of years, will relax you deeply.

---

Hot Stone Back Massage approx. 30 min € 54.00

Hot Stone Massage approx. 75 min € 118.00

The use of hot stones relaxes and calms the body from day-to-day stress. Blood circulation is increased, tensions are loosened and the inner mobility of your body is stimulated by the heat-storing stones. The treatment ensures a general feeling of well-being.

---

Foot reflex zone treatment approx. 50 min € 67.00

Through gentle pressure and stroking, this stimulating foot treatment has a holistic effect on the organs, joints and spine, the nervous system and hormones. A classic among massages!

## Individual

---

Individual treatment approx. 50 min € 85.00

approx. 80 min € 108.00

approx. 110 min € 130.00

Coordinate your treatment together with your therapist and enjoy a unique and individual treatment. Our knowledge and the effect of the exquisite active ingredients of our care products, form the basis of your very personal pampering time.

*You have a very special wish?  
We would be happy to advice you and  
adjust our treatments to your desires.*

## BODY TREATMENTS

---

### Rasul – Oriental steam bath ritual

1 person approx. 35 min € 48.00

2 people approx. 35 min € 68.00

In this traditional oriental care ceremony, you will apply various healing muds to your skin yourself. After they have slightly dried, the sediments are softened again in a steam bath, so that they can unfold their effect. Afterwards, you rub your body with sea salt. Old skin scales are removed, the subcutaneous tissue is strengthened and the metabolism is stimulated.

---

Hydrojet approx. 20 min € 14.00

Forget your everyday stress! Lie weightlessly on our waterbed and feel how your tensions slowly dissolve during the gentle massage by the hydrojet and the pleasant warmth.

### Body scrubs

---

Salt and oil peeling approx. 20 min € 39.00

The peeling made of biodegradable sea salt frees your skin from horny scales and stimulates your microcirculation. You will get a smooth, beautifully cared for skin.



---

Coffee or chocolate peeling approx. 30 min € 49.00

Chocolate makes you happy. This also applies to the body peeling with real cocoa – it has a mood-lifting and harmonising effect. The invigorating coffee body peeling with ground coffee beans stimulates your blood circulation and tightens your skin. Choose one of the two body peeling massages and enjoy the pleasantly scented application.

### Body packs

---

Moor pack for the back approx. 20 min € 28.00

The warm moor pack stimulates blood circulation, loosens your back muscles and at the same time, serves as a perfect preparation for a massage.

---

Cream pack approx. 50 min € 70.00

The nourishing and moisturising cream pack gives you the feeling of velvety soft skin back. Afterwards, enjoy the relaxing massage where the pack is massaged into your skin. To achieve optimal success, we recommend you enjoy this treatment after a peeling.



## Day SPA

Skin like velvet & silk approx. 50 min € 67.00  
 Skin like velvet & silk Deluxe approx. 100 min € 130.00

This treatment takes care of your body from head to toe. After an invigorating coffee or chocolate peeling, relax with a balm pack in the fragrance of your choice. The result is a skin that feels like velvet and silk.

VitalCombi approx. 95 min € 105.00

Enjoy an invigorating coffee-body peeling and relax with a hot stone massage lasting about 30 minutes. Afterwards, you will experience an energy kick for your face, head and neck.

Rebalance Beauty approx. 110 min € 140.00

Bring your beauty back into balance and let us pamper you with our regenerating beauty program. A manicure will get your nails in shape, our Short Beauty Break facial will make your skin shine and a classic full body massage will relax you from head to toe.

## Day SPA for couples

Romance in perfection approx. 90 min € 209.00  
 for 2 people

Feel royal! With a steam bath ritual, you start your "time for two". As an intermediate course we will serve you a glass of champagne and homemade pralines in our relaxation area of the Palais SPA. Afterwards, we will pamper you with our exclusive PalaisMassage in the Couples Suite.

Pure relaxation approx. 120 min € 249.00  
 for 2 people

Experience our intensely fragrant coffee or chocolate peeling. The PalaisDeluxe massage will relax your muscles and soul at the same time, before a facial massage rounds off the pampering ritual. To round off the day, enjoy a glass of champagne in the relaxation area of our Palais SPA!

*We would be pleased to create a SPA visit  
 with treatments that meet your wishes.  
 Feel free to contact us with your ideas.*



## Women Care

---

### Short Beauty Break approx. 35 min € 45.00

Whether it is just during lunch break, quickly before an important meeting or to freshen up in between, this treatment compresses a short but intensive cleansing ritual with a care that is tailored to your skin, in order to quickly regain a vitalised skin texture. The quick beautifier!

### Palais Basic Care approx. 50 min € 78.00

In order to do justice to the uniqueness of your skin, preparative and apparative applications are combined according to the condition of your skin and your wishes. You are welcome to have a look at our upgrades.

Our cleansing ritual creates deep-pore purity and pleasant freshness for your skin. A facial massage paired with an active ingredient mask and a special serum followed by a final treatment, forms this nurturing experience.



### Palais Mikrodermabrasion Care approx. 80 min € 99.00

The basis of this treatment is microdermabrasion. In this process the skin is freed from cornification. Subsequent active ingredients can now penetrate particularly deeply into your skin. Fine lines and wrinkles are reduced and their structure is optimized. The grand finale is an intensively caring active ingredient mask, a special serum, as well as a care product tailored to your skin type.

### Palais Couperose Care approx. 80 min € 99.00 „Anti redness“

This facial treatment is tailored to the needs of skin that is vascular unstable. The special care products are particularly skin-friendly and designed to rebuild the disturbed protective function of the skin barrier. Skin moisture is increased, the metabolism is regulated and the vessels are strengthened.

### Palais Deluxe Care approx. 110 min € 129.00

This treatment leaves nothing to be desired. You and your skin will be pampered according to all rules of cosmetics. An integral part of this facial treatment is our cleansing ritual, a microdermabrasion, two special serums, an active ingredient mask, shaping of the eyebrows if desired, an extensive facial massage, a hand or head massage, as well as a final treatment tailored to your skin type.

### Palais Hydration Care approx. 110 min € 139.00

This hydrating facial treatment is specially designed for dehydrated skin. The innovative care gives your skin an immediate feeling of freshness and firmness. After comprehensive cleansing, special active ingredients with moisturising components ensure immediate hydration. Your water depots are replenished and the skin is purified.

---

Individual treatment	approx. 50 min	€ 85.00
	approx. 80 min	€ 108.00
	approx. 110 min	€ 130.00

Just as individual and special as every human being, is our skin and our own demands on it.

You choose your desired time and the further course of treatment is determined in a personal conversation with our therapists, according to your wishes.

#### Upgrades – Your facial treatment can be supplemented with the following treatments

Mikrodermabrasion	approx. 20 min	€ 22.00
Ultrasound	approx. 10 min	€ 10.00
Rebalance „Detox“ Massage	approx. 15 min	€ 18.00
Collagen fleece	approx. 20 min	€ 25.00
Circulation phase	approx. 15 min	€ 13.00
Vitalizing eye pack	approx. 10 min	€ 12.00
Eye brow correction	approx. 10 min from	€ 10.00
Eye brow tinting	approx. 10 min	€ 10.00
Eye lash tinting	approx. 10 min	€ 12.00
Eye lash and eye brow tinting	approx. 20 min	€ 18.00

---

#### Depilation

Depilation face	approx. 10 min	from € 10.00
Depilation armpits or bikini zone	approx. 15 min	from € 20.00
Depilation ankle to knee	approx. 20 min	from € 30.00
Depilation whole leg	approx. 40 min	from € 48.00
Depilation back or breast	approx. 25 min	€ 30.00

*Is there not the right cosmetics treatment for you or do you have questions? We would love to help you.*



## MAKE-UP

---

Day make-up	approx. 25 min	€ 21.00
Evening make-up including serum	approx. 40 min	€ 42.00
Gala make-up	approx. 45 min	€ 51.00
Make-up + consultation	approx. 50 min	€ 58.00

#### with tips from the professional

No matter which make-up you choose - whether classic for the day, stylish for the evening or elegant for an event ... a glamorous appearance is guaranteed.

---

#### Bridal special | € 88.00

Coordinate the make-up for your big day individually with us in advance. You can lean back and relax on your wedding day and glamorously start into a new phase of life.

If you wish, we can also organise a hair appointment for your special day!

# KNOWLEDGE

## Take time for yourself

Give yourself time before you come to your appointment. Enjoy the sauna area and/or a soothing cup of tea to warm up your body, mind and soul. Please arrive at least 10 minutes before your appointment. This way you can get the maximum benefit from our treatments.

Our Palais SPA area is a place of peace and strength. We ask you to take this into account. *Children up to 14 years old are allowed when accompanied by an adult.* Our SPA is a non-smoking area.

## Consultation

Before each treatment, our therapists will ask you what is particularly important to you within the scope of the booked treatment, in order to adjust your valuable treatment time as ideally as possible to your needs and requirements. Communication is the key for us to ensure that you receive the treatment as it is ideal for you.

## Fitness

The use of the fitness area is at your own risk and only with sportswear. We are of course at your disposal for advice on how to operate the equipment.

## Health

*Your health is important for us. Please inform our therapists in case of pregnancy, high blood pressure, heart problems, diabetes or the like.* At your first visit to our Palais SPA you will receive a questionnaire to tick off. Since we want to make all treatments and products a maximum-effect experience, please help us by providing us with some information about your special wishes, goals or any special health issues. Of course, we will treat your data with the utmost confidentiality.

## Delays & Cancellation Conditions

Out of consideration for the following guests, we ask for your understanding that the treatment time will be shortened if you are late. We accept the cancellation of a booked treatment up to 24 hours in advance. After that, we will charge the amount of the treatment.

## Clothing

You can enjoy the entire sauna level as a nude area.

## Catering

Own drinks and food are not allowed in our Palais SPA. For the duration of your stay, tea and water are included. On request, we serve small dishes from our bistro kitchen.

We wish you a restful and  
vitalizing time!



Hotel Bülow Palais Dresden  
Königstraße 14 | D-01097 Dresden | Phone SPA: +49 (0)351 – 8003145  
E-Mail: [palais.spa@buelow-palais.de](mailto:palais.spa@buelow-palais.de) | [www.buelow-palais.de/spa-fitness](http://www.buelow-palais.de/spa-fitness)

