



# *Le* SPA

& SKIN TREATMENTS

## WELCOME TO LE SPA STUTTGART



*“The moments in which we are there for ourselves and perceive how beautiful life is are invaluable. With my team, I invite you to take some time out with us.”*

*Sandra Schoell, Spa Manager*



*„Skin health is important to me and I am happy to be there for your beauty, health and care.“*

*Silke Bildstein, Day Spa Institut Bildstein*

## LET GO + BE

Le SPA – a great place to recuperate after a long day. At 850m<sup>2</sup>, the wellness and fitness center at Le SPA is the largest Spa in downtown Stuttgart. We invite you to enjoy hours of relaxation and regeneration within a unique atmosphere. Step away from your daily routine and treat yourself. We are pleased to welcome you!



- Full body treatments + skin treatments
- Sauna area with 70° up to 90° saunas (158F-194F)
- Steam bath, infrared cabin + ice fountain
- Swimming Pool + whirlpool
- Fitness Center
- Snacks + Salads
- Drinks + shakes
- Outdoor area

### CLASSIC MASSAGE

Our classic massage limbers tense body areas and ensures soothing relaxation.

|                          |               |
|--------------------------|---------------|
| Partial body             | 25 min. € 40  |
| Full body                | 50 min. € 75  |
| Full body + foot massage | 80 min. € 110 |

### OIL MASSAGE

Relaxing and regenerating full body massage with essential oils. Gentle and harmonious massage grips give peace and well-being.

|              |              |
|--------------|--------------|
| Partial body | 25 min. € 50 |
| Full body    | 50 min. € 85 |

### CHOOSE YOUR ESSENTIAL OIL

Lemon, wild orange, lavender, peppermint

### BALINESE

These far eastern massage technique from Bali will enchant you! This massage reactivates and harmonizes the essential energy channels of your body with warm aromatic oils and by applying long rhythmic movements.

|                          |                |
|--------------------------|----------------|
| Partial body             | 25 min. € 50   |
| Back + arms or legs      | 50 min. € 85   |
| Full body                | 80 min. € 115  |
| Full body + foot massage | 110 min. € 155 |

### HOT STONE

Let the energy of the hot stones combined with the powers of the therapist become a special experience for you.

|                     |               |
|---------------------|---------------|
| Back + arms or legs | 50 min. € 85  |
| Full body           | 80 min. € 115 |

### dōTERRA®

#### HIGHLY EFFECTIVE NATURE

With the pure essential oils from DoTerra, we use the most powerful elements of nature in our cosmetic and body treatments for your well-being.



#### OIL PEELING

With a sea salt peeling and various essential oils, which you can choose personally, your senses are stimulated, your body relaxes, and a smooth skin is created.

|           |              |
|-----------|--------------|
| Back      | 20 min. € 25 |
| Full body | 40 min. € 45 |

#### FOOT ZONE MASSAGE

Our foot zone massage is a relaxing wellness massage which improves your general well-being. We prepare you for the experience with a pleasant foot bath.

45 min. € 55

#### CHOOSE YOUR ESSENTIAL OIL

Lemon, wild orange, lavender, peppermint



### FOUNTAIN OF YOUTH

30 min. full body peeling  
30 min. classical full body massage  
or 50 min. classical full body massage

60 min. € 85

80 min. € 105

### ENERGETIC

30 min. full body peeling with substances from the sea  
50 min. Hot Stone back massage + arms or legs  
Light lunch or dinner at Le SPA

80 min. € 125

### SHORT VACATION

Welcome drink  
80min. Balinese full body massage and  
light lunch or dinner at Le SPA

€ 169

WELCOME  
AT SILKE BILDSTEIN  
DAY SPA INSTITUT

*„With my fine selection of facial treatments, based on a physiological concept, I bring your skin into harmony with your well-being. Promised!“* - Silke Bildstein -



MY QUALIFICATIONS

- Over 35 years of experience
- Competent and solution-oriented advice
- Constant development
- In-depth knowledge of the causes of skin problems and the relationships on, in and under the skin.

### PREMIUM PARTNER

## dermalogica

### PROFESSIONAL SKIN CARE FOR A WHOLE LIFE

Get to know dermalogica and experience how your skin changes forever! We get optimal results through innovation and real research, real active ingredients and its diverse peelings.

### FACE FIT

Individual short treatment tailored to the skin type. Double cleaning, short skin check and final care.

30 min. € 39

### ULTRA CALMING (FOR THE SENSITIVE SKIN)

Gentle cleansing, gentle peeling, soothing serums, ultrasound with bio resonance and colored light, colloidal mask, final care and primer.

60 min. € 98

### AGE SMART (ANTI AGING)

Intensive cleaning with hydro-acid, enzyme peeling, multi face power serum, face, neck and décolleté massage, power mask, conclusion with eye serum and special lip care and primer.

90 min. € 145



### CHRIS FARRELL COSMETICS

"Experience-based cosmetics" based on the physiological concept:

*Everyone will eventually recognize the difference between quality and mass, expectation and reality, claim and reality, consequence and compromise, between a fact and a deception, between quality cosmetics with effect and an illusion...*

*Therefore, make no compromises on the purchase of your cosmetics! - Chris Farrell -*

Chris Farrell ...is a holistic experience-based cosmetics, according to the physiological concept of Chris Farrell.

#### SKIN BASE 1

Intensive cleaning, enzyme peeling, vapozone, cleansing, serums, special mask and final care.

60 min. € 79

#### SKIN BASE 2

Intensive cleaning, enzyme peeling, vapozone, cleansing, serums, special mask, ultrasound and final care.

75 min. € 109

#### ADD ONs

|                    |      |
|--------------------|------|
| Eye brow - Styling | € 10 |
| Pill Gaze Mask     | € 15 |



### POWER FACE 1

Cleansing, enzyme peeling, serums, face, neck and décolleté massage, skin-specific mask and final care.

75 min. € 89

### POWER FACE 2

Cleansing, enzyme peeling, vapozone, intensive cleansing, serums, face, neck and décolleté massage, skin-specific mask and final care.

90 min. € 105

### POWER FACE 3

Cleansing, enzyme peeling, vapozone, intensive cleansing, serums, massage with essential oil face, neck and décolleté, skin-specific mask and final care.

90 min. € 119

### KLEANTHOUS

**science of beauty**

Dr. Kleanthous applications with sono resonance therapy

The Dr. Kleanthous principle is based on the constant improvement of the house structure with molecules that support the skin. These cell molecules help to regenerate skin functions reliably and in the long term - the basis for real anti-aging.

#### SKINJECTION FACE PATCH

Lifting patch with cell molecules and hyaluron. For immediate smoothing and stabilizing skin moisture. Cleaning, intensive peeling, ultrasound matrix massage with active ingredient care.

60 min. € 129

#### 24/7 SONO SOLUTION

Cleaning, intensive peeling, vitamin C clearing mask, individual intensive serum according to skin type, ultrasound with bio resonance and colored light, acupuncture massage, final care. Hand peeling and hand-arm massage.

90 min. € 149

#### SKIN SONO BEAUTY LIFTING

Intensive skin regeneration to rejuvenate the face, neck, décolleté and hands. Ultrasound matrix therapy optimizes the skin's energy balance. Cell molecules and highly concentrated active ingredients activate and firm the skin. Red veins fade. The ultimate luxury for your skin.

90 min. € 249

HANDS ARE OUR BUSINESS CARD,  
BEAUTIFUL FEET ARE THE FIRST STEP  
FOR WELL BEING.

LET US TAKE CARE OF YOUR HANDS AND FEET!

### MANICURE

Shortening nails, removing unwanted cuticles, polishing the nails, applying skin and nail care, hand massage.

€ 40

- + Varnish + € 10
- + Shellac CND Original + € 25
- + Remove + Shellac + € 35

### MEDICAL FOOT CARE

Foot bath, shortening the nails, removing calluses, removing unwanted cuticles, polishing the nails, applying skin and nail care, foot massage.

50 min. € 69

- + Varnish 75 min. € 77

GIVE YOUR FULL ATTENTION TO SMALL THINGS, TOO. BEAUTIFULLY CARED MAKES THE DIFFERENCE!

### EYEBROWS

|                    |      |      |           |
|--------------------|------|------|-----------|
| Eyebrow correction |      | .    | i. treat. |
| with tweezers      |      | € 10 |           |
| with thread        | € 17 | € 15 |           |
| with wax           | € 18 | € 16 |           |
| Dye eyebrows       | € 14 | € 12 |           |

### EYEBROWS - LIFTING

Full, natural, well-shaped eyebrows that stay in shape without microblading and expensive products.

60 min. € 89

### EYELASHES

|               |      |                   |
|---------------|------|-------------------|
| Dye eyelashes | € 17 | i. treat.<br>€ 15 |
|---------------|------|-------------------|

### EYELASHES - LIFTING

Start every morning with a perfect look - with eyelashes that look as if they have been inked up.

60 min. € 89

### DEAR MEN,

Give it a try and treat yourself and your skin to a premium treatment!

By the way - all our facials for women can also be perfectly adapted to men's skin!

### HAND CARE

Shortening the nails, removing the cuticles,  
Massage and care.

30 min. € 35

### FOOT CARE

Shortening the nails, removing the cuticles,  
Massage and care.

30 min. € 39

### BOX STOP

Cleaning, peeling, Xtreme Anti Age Serum and  
ultrasound, power mask, facial massage and final care.

50 min. € 69

with hand care

+ 15 min. € 15

### CHILL OUT

Cleansing, intensive peeling, instant hydro lifting patch,  
ultrasound with bio-resonance and colored light, facial massage  
and final care.

60 min. € 95

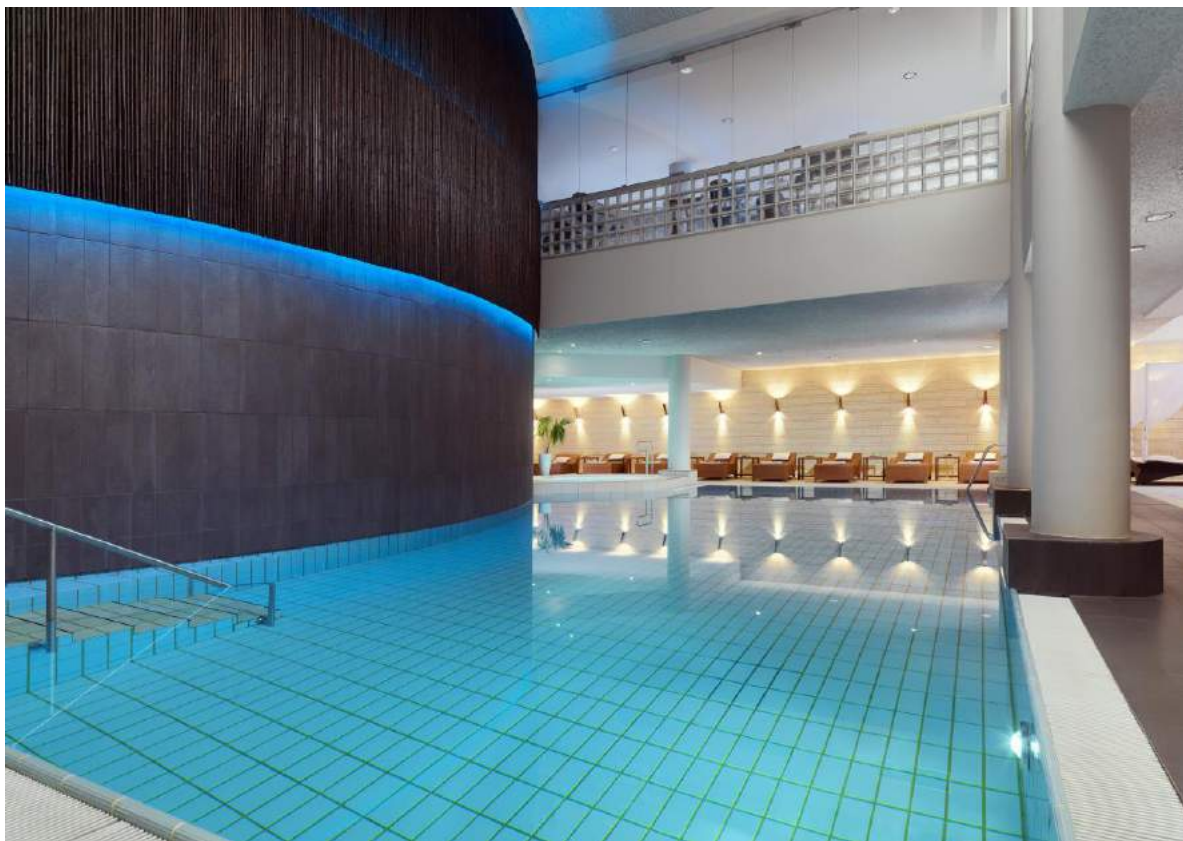
with hand care

+ 15 min. € 15

### AFTER SHAVE TREATMENT

Cleaning, vapozone, peeling, cleansing, mask and final care.

60 min. € 98



### STANDARD

€ 29

Day Ticket

(by booking a treatment,  
get a reduced entrance  
fee of € 19)

### AFTER WORK

€ 59

available from mon to fri

Spa entrance from 5pm

One juice of your choice

25 min. classical partial body  
massage



### EXKLUSIV

€ **89**

Spa entrance from 1pm

Fruit salad + yogurt, juice

Light 2-course menu at  
6.30pm in our Bar/Restaurant

Free parking in our garage

### DELUXE

€ **149** available from mon to fri

Spa entrance

Small breakfast in our Le SPA

Fruit salad + yogurt, juice  
Healthy lunch

1 full body peeling + 1 full body  
massage

Free parking in our garage



|   |
|---|
| <b>ANNUAL MEMBERSHIP</b>  |
| € <b>140</b> / month  |
| Spa entrance  |
| 10% reduction on the entire treatment offer except facial treatments, manicure and pedicure |
| 10% reduction on the entire food + beverage offer in all areas of the hotel                 |
| Free use of our garage during your stay at Le SPA   |

|   |
|---|
| <b>PARTNER CARD FOR ANNUAL MEMBERSHIP</b>   |
| € <b>100</b> / month  |
| Spa entrance  |
| 10% reduction on the entire treatment offer except facial treatments, manicure and pedicure |
| 10% reduction on the entire food + beverage offer in all areas of the hotel                 |
| Free use of our garage during your stay at Le SPA   |

|   |
|---|
| <b>SMALL ANNUAL MEMBERSHIP</b>  |
| € <b>100</b> / month  |
| Spa entrance mon-fri, 10am-6pm  |
| 10% reduction on the entire treatment offer except facial treatments, manicure and pedicure |
| 10% reduction on the entire food + beverage offer in all areas of the hotel                 |
| Free use of our garage during your stay at Le SPA   |

Use of the entire infrastructure of the Le SPA (plus treatment costs). Bathrobe + towel are provided.

### LARGE SEASON PASS

€ **145** / month (valid for 8 months)

Spa entrance

10% reduction on the entire treatment offer except facial treatments, manicure and pedicure

10% reduction on the entire food + beverage offer in all areas of the hotel

Free use of our garage during your stay at Le SPA

### SMALL SEASON PASS

€ **150** / month (valid for 6 month)

Spa entrance

Free use of our garage during your stay at Le SPA

### NON-MEMBERS

Monthly ticket € **210**

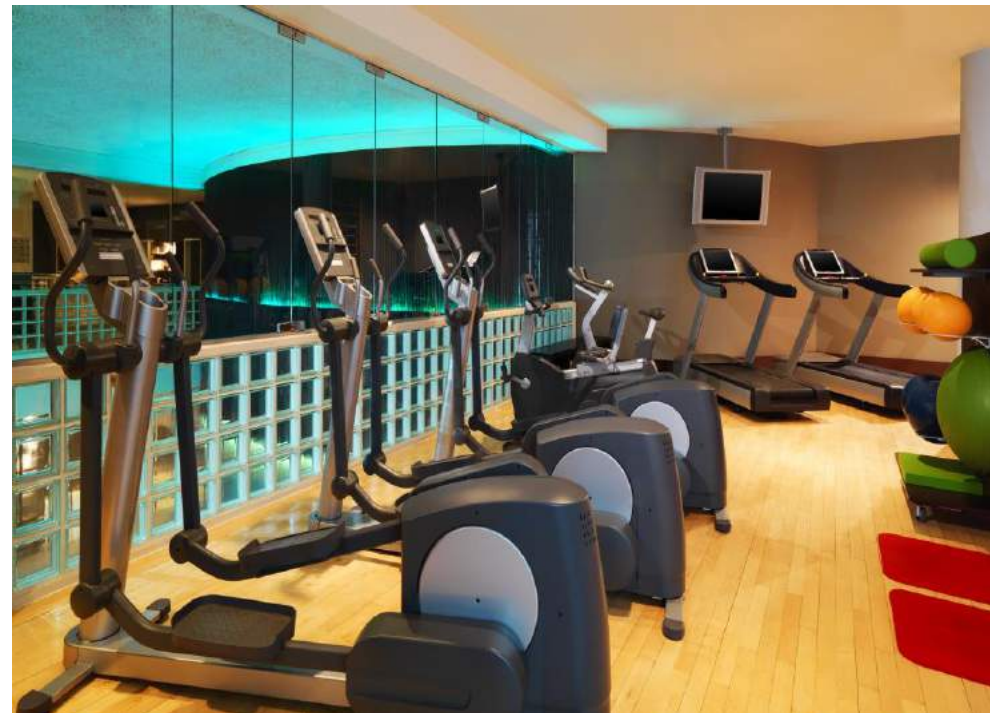
10-visit-card € **250**

Towels + slippers are provided

To ensure the exclusivity of our members, we would like to point out that the number of members is limited.

### FIT AND VITAL THROUGH THE DAY IN OUR FITNESS CENTER

Our fitness center at Le SPA is the ideal place to treat yourself and your body to a pleasantly therapeutic exercise program. Our high quality equipment includes treadmills, elliptical machines, bicycles, free weights, a multi-power station and a rowing machine and abdominal trainer bench. A special highlight for workout planning includes our Arke wall for exercises with your own body weight.



### TAKE A BREAK AND REFUEL WITH REFRESHING BEVERAGES AND SNACKS

In our bar area, Le SPA team welcomes you with selected, freshly prepared food and drinks. Whether it's light breakfast, colorful salads, delicious pasta dishes or freshly squeezed juices and milkshakes – in our bar you can enjoy replenishing your energy reserves.



A GIVING HEART  
KEEPS THE  
FRIENDSHIP

Whether it's a birthday, wedding or Christmas – we have the right gift for every occasion. We gladly personalize our vouchers according to your wishes.

Can be conveniently booked online at any time at

[www.hotel-gutscheine.shop](http://www.hotel-gutscheine.shop)



### PREPERATION

Please appear in the bathrobe you receive in your room for a treatment. Day Spa guests receive bathrobes for a fee at Le SPA reception.

During the treatment, all intimate parts of the body are covered by towels. We are happy to offer you disposable panties. We recommend you do not shave immediately before a body treatment or exfoliation to avoid redness and irritation. For men, however, we recommend shaving on the day of facial care for best results.

Please inform Le Spa staff if you are pregnant or have recently undergone surgery.

To safely store your valuables, we are happy to provide lockers for deposit, or for hotel guests for a fee and subject to availability.

### CANCELLATION POLICY

You can cancel for free up to 24 hours before your treatment. Please understand that after such time there will be a cancellation fee of 90%.

All prices are in euros including legally required VAT.



## CONTACT

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W: [lespa-stuttgart.de](http://lespa-stuttgart.de)

## OPENING HOURS

Le SPA

Monday to Friday

Saturday + Sunday

10am – 9pm

9am – 9pm