

*Le* SPA

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& TREATMENTS



## WARM WELCOME TO LE SPA HAMBURG

Experience pure relaxation at Le SPA Hamburg and explore a selection of treatments, soothing massages, and fragrant peels. Relaxing body wraps, as well as individual and innovative facial treatments, help you unwind and relax. Each treatment is tailored to your personal needs so you can feel as special as you are.



## LET GO, DIVE IN + BE.

- Holistic treatments from head to toe
- Sauna and steam bath
- 450 m<sup>2</sup> indoor pool
- 24-hour fitness area with cardio and strength equipment
- Complimentary beverage station with detox water and tea

### RELAXATION FOR BODY AND SOUL



#### BACK-NECK-SHOULDER MASSAGE

This massage releases tension and promotes muscle regeneration, activation, and circulation. Warm and nourishing oils harmonize and enhance well-being.

35 min. € 50

#### LOMI LOMI MASSAGE

Experience a Hawaiian massage with flowing movements for your entire body.

80 min. € 120

#### FULL-BODY HONEY MASSAGE

During this massage, your body detoxifies through the use of honey, oil, and salt.

45 min. € 70

80 min. € 140

### FULL BODY AROMA OIL MASSAGE

Our Damask Rose Massage with shea butter and rose oil offers you a calming experience.

45 min. € 60

65 min. € 80

### SOOTHING EAR CANDLE MASSAGE

Relax and recharge with a traditional ear candle ceremony. This massage revitalizes the entire body and provides support for congestion, headaches, and more.

35 min. € 45

### CANDLE MASSAGE

This massage indulges both body and mind alike. It utilizes a specially formulated massage candle made from a blend of skin-friendly wax, precious oils, and fragrant essences.

35 min. € 50

### HOT-STONE THERAPY

Enjoy a full-body massage with relaxing and revitalizing warmth through the application of massage stones. Black basalt stones of volcanic origin are heated to 50-60°C and placed on the body. Subsequently, the body areas are uncovered and gently rubbed and massaged with warm oil.

65 min. € 90

95 min. € 120

### AYURVEDIC MASSAGE / ABHUANGA

Experience a full-body massage with warm oils to detoxify your body.

65 min. € 85

85 min. € 120

### A JOURNEY OF RELAXATION

#### BODY WRAPS

Gently enveloped and wrapped in nourishing creams and oils - a body wrap is among the most popular wellness treatments. The effects vary depending on the products and ingredients used in each package:

Honey Mask	40 min. € 59
Rassoul Rose an Geranium	40 min. € 59
Exfoliating Salts	40 min. € 59
Moor	40 min. € 59

#### THE AYURVEDIC SCRUB

Body Scrub with argan oil, apricot, and ginger

35 min. € 60

#### RELAXING HAMMAM RITUAL

Steam bath / Sauna followed by a body scrub with black olives, eucalyptus, and traditional Hammam Kessa Glove

35 min. € 60

#### THE DARJEELING DETOX SCRUB

Detox Body Scrub with Green Tea and Ginger

35 min. € 60

### PERSONAL TIMEOUT

#### LE MERIDIEN „ANCESTRAL GOLDEN FACE TREATMENT“

The session starts with a facial and neck exfoliation using pearl extract and 23 karat gold, shielding the skin against free radicals. Next, a facial mask crafted from 23 karat gold, caviar, and hyaluronic acid is applied. To conclude, a gold cream is gently massaged into the skin, followed by a soothing facial and neck massage.

50 min. € 120

#### MUST HAVE - HYDRO PEEL

An intense procedure for smoothing and renewing the skin. Removes impurities and unwanted pigmentation. For a firmer, radiant, and flawless complexion. Includes hydro peel, ultrasound with premium active ingredients, and massage.

90 min. € 93

#### MEDICAL MICRO NEEDLING / HYALURON BOOSTER

The intensely effective hyaluronic acids counteract the aging process holistically. Combined with premium active ingredients, fine lines are plumped and the skin is tightened. Includes micro needling, mask, and massage.

90 min. € 150

#### FACIAL TREATMENT DELUXE

3-phase treatment for face, neck, and décolletage. Includes massage, ultrasound, hydro peel, and medical micro needling.

90 min. € 245

#### FARMOCETIC ACID

This acid treatment opens the pores and intercellular spaces of the uppermost layer of the skin, facilitating the absorption of active ingredients.

€ 60



### FIT AND VITAL THROUGHOUT THE DAY IN OUR FITNESS CENTER.

Our high-quality facilities include treadmills, cross-trainers, bikes, free weights, and a weight bench, among others.

Open 24 hours daily.





REFRESH YOURSELF  
AT OUR BEVERAGE  
STATION WITH  
REFRESHING  
DETOX WATER  
AND A SELECTION OF  
HIGH-QUALITY TEAS.

### PREPARATION

Please arrive for your treatment wearing a bathrobe, which you can obtain from your room or at the Le SPA reception.

During the treatment, all intimate body parts are covered with towels. We are also happy to provide disposable underwear. We recommend refraining from shaving immediately before a body treatment or peel to avoid redness and irritation. However, for men, we recommend shaving on the day of a facial treatment to achieve the best results.

Please inform the Le SPA staff when booking if you are pregnant or have recently had surgery.

The last treatment is possible an hour before the end of the opening hours.

### CANCELLATION POLICY

You can cancel free of charge up to 24 hours before the treatment. Please note that cancellation fees of 90% apply thereafter.

All prices are in Euros and include VAT.



### IN THE HEART OF THE CITY

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### CONTACT PERSON FOR TREATMENTS

Tasia Schmitt-Kast

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### OPENING HOURS

#### SAUNA

Monday to Friday: 7 am - 10 am, 5 pm - 10 pm  
Saturday and Sunday: 7 am - 9 pm

#### POOL

Monday to Friday: 7 am - 10 pm  
Saturday and Sunday: 7 am - 9 pm

Family Time: Daily, 8 am - 6 pm

Fitness Studio: Daily, 24 hours

Treatments: Daily, 10 am - 9 pm