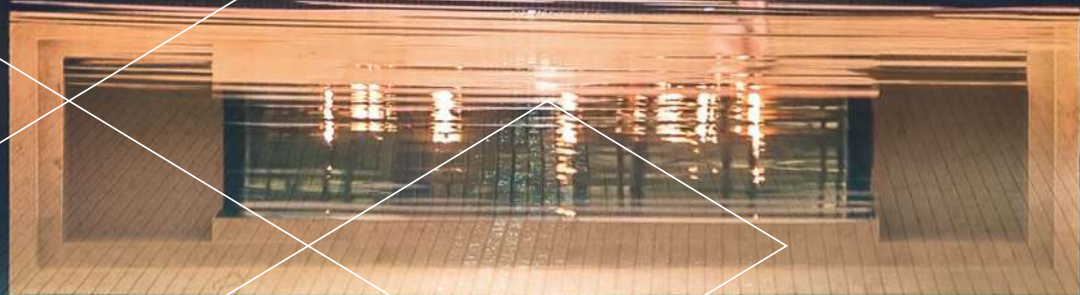




# SEVERIN'S

RESORT & SPA



SPA

SEVERIN'S SPA

OUR KIND THANKS GO TO OUR PARTNERS



PERRIS  
SWISS LABORATORY



PHARMOS  
NATUR



HOUBIGANT  
PARIS



LA BIOSTHETIQUE®  
PARIS

DORISSIMA



## YOUR SPA EXPERTS

*Dear guests,*

*it is our great pleasure to welcome you to the Severin\*s Spa.*

Rest, relax and recharge your batteries in our idyllic and spacious spa. We would like to invite you on a truly special journey with us – transform your visit here into a unique spa experience.

With all the important things we have to take care of day in, day out, we often forget the most important one of all: ourselves. Take time out to enjoy the peace and tranquillity in spacious surroundings as you reconnect with yourself. Embrace the feeling of pure happiness and internalise it.

With the aid of the Sylt Power Compass, we explore your personal orientation and lead you gently by the hand into the realm of renewed vitality.

Together with our entire team and Germany's top spa experts, we have designed the Severin\*s Spa in such a way that your visit is guaranteed to be both fulfilling and unforgettable.

Place your trust in our capable hands, savour the luxurious atmosphere and feel inspired by our authentic spa programme.

We are looking forward to welcoming you here.

Your Severin\*s Spa team

## SPA ETIQUETTE

### BOOKING APPOINTMENTS

You can book appointments for your pampering experiences at the Severin\*s Spa by telephone or via e-mail as you prefer: **TEL.: +49 4651 460 66 522 | E-MAIL: SPA@SEVERINS-SYLT.DE**

We recommend booking your appointments as far in advance as possible. You will receive your booking confirmation at the hotel reception upon your arrival. Naturally, there is also always a chance that appointments will be or become available at short notice. We will be happy to provide you with further information when you arrive.

### ARRIVAL TIME / DELAYS / CANCELLATIONS

We recommend arriving at the spa reception approximately 10–15 minutes before your appointment. Doing so gives you plenty of time to enjoy a cup of freshly brewed tea and prepare for your treatment. Thank you for understanding that arriving late for your appointment will result in shortening of your session out of consideration for the following guests.

Should you be unable to keep your appointment, kindly inform us to such effect at least 24 hours in advance – cancellation or rescheduling is then free of charge. If appointments are not cancelled appropriately in advance or not attended, we shall bill 80% of the treatment costs. The same conditions also apply for the cancellation or rescheduling of appointments paid for in advance in the form of a gift voucher, i.e., the voucher amount is reduced accordingly.

### MAKING WISHES COME TRUE

We aim to customise our treatments to suit your personal wishes, which is why we discuss what is most important to you before the treatment. A professional consultation is part of the treatment and a matter very close to our hearts. Please also inform us of any health complaints you have, as some treatments may not be suitable for you.

### CHILDREN

Children are welcome in the Kids Club and swimming pool. Please show other guests due consideration and do not leave your children unsupervised. Children under the age of 10 must be accompanied by an adult at all times. Babies wearing swim nappies are welcome in the pool area. Kids Club age 3 and above, Fitness Club age 16 and above, sauna access age 18 and above.

## PEACE AND TRANQUILLITY ...

... are the foundations for deep relaxation. For your own well-being and out of consideration for other guests, we kindly ask you to switch your mobile phone off while visiting the spa. In addition, please refrain from taking photographs and videos on the premises. Please keep conversations quiet and discreet in all areas of the spa out of consideration for other guests.

## ATTIRE

To ensure your visit to our spa is as comfortable as possible, we recommend wearing a bathrobe and spa slippers (provided in your hotel room) to the treatments. Your spa therapist will be happy to provide you with disposable underwear for each individual body treatment. Please use swimwear in the pool. When visiting the sauna, please sit or lie on a towel to protect the wood from sweat and comply with the applicable hygiene regulations – please note that clothing is not permitted in the mixed sauna area.

## VALUABLES

We recommend leaving your valuables in the hotel room safe.

## YOUR WELL-BEING IS OUR PRIORITY

We do our utmost to satisfy your expectations and requirements, being well aware that every treatment is a personal experience. We are always happy to receive feedback.

PLEASE NOTE: SMOKING IS NOT PERMITTED ANYWHERE IN OUR SPA!

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*Get away*  
FOR  
*a while*

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## OUR PHILOSOPHY

*Get away for a while* – open your mind to the elements of the island of Sylt at the Severin's Resort & Spa and satisfy your longing for health, freedom and serenity. Take time out to experience peace, tranquillity and nature as you enjoy moments of security and comfort enabling you to develop a new, positive attitude towards life and strengthen your inner balance. Sylt's unique natural backdrop with its breathtaking contrasts between seemingly endless dune and heath landscapes, radiant sunshine and the vast open sea served as the inspiration for our comprehensive range of treatments offering a unique depth of relaxation and rejuvenation.





## PERSONAL ATTENTION

*“Attention is limitless, without the frontiers of knowledge.”*

*Jiddu Krishnamurti*

Book your personal appointment and determine the right orientation, intensity and pressure of the treatment for you together with your spa therapist and the special Sylt Power Compass within the session. Our Personal Attention offering is ideal for guests seeking treatments with a special health orientation.

SESSION: 25 MINS	PRICE: € 75
SESSION: 50 MINS	PRICE: € 135
SESSION: 80 MINS	PRICE: € 195



With the aid of our specially developed Silt Power Compass, we explore your current physical and mental needs and help you chart the ideal course for your treatment.

*360° attention!*



### THE POWER OF BEAUTY – SYLT DUNE LANDSCAPE

Our face and body care treatment for evenness, natural radiance and purity in the spirit of sustainable products.

*Effect: Clarifying, refining*



### THE POWER OF NATURE – SYLT HEATH LANDSCAPE

Our diverse treatment designed to meet the physical need for a balance between exertion and relaxation, boost the immune system and stimulate the body's innate self-healing powers.

*Effect: Invigorating, balancing*



### THE POWER OF THE SUN – SYLT BEACH LANDSCAPE

Our rituals accompanying your body on the journey to new lightness, providing warmth and brightness and promoting a positive attitude to life.

*Effect: Stimulating, fortifying*

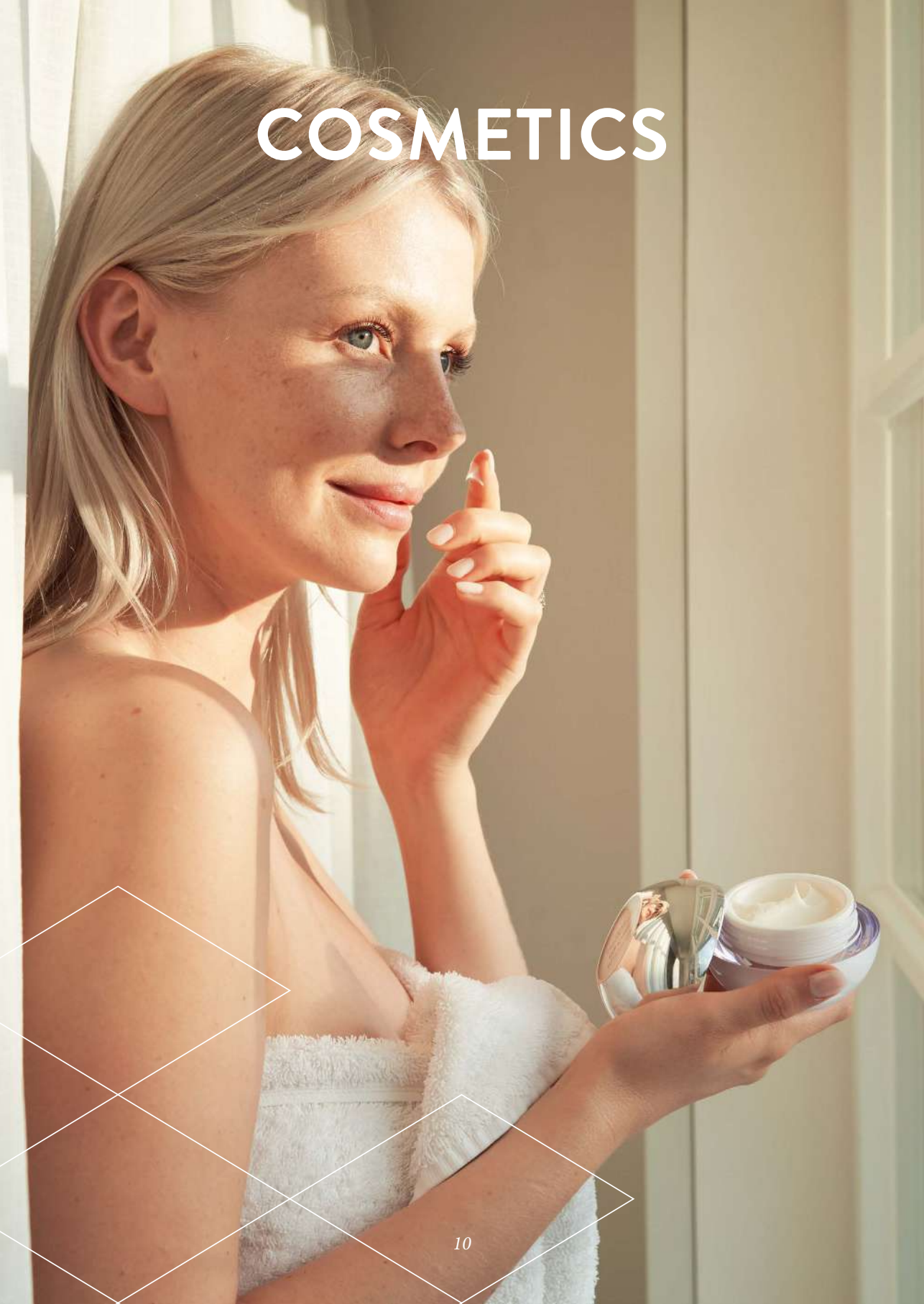


### THE POWER OF WATER – SYLT WATER LANDSCAPE

Body sculpting and contouring – the first step towards inner and outer cleansing, accompanied by intensive care, toning and body contouring.

*Effect: Draining, detoxifying*

# COSMETICS



## PERRIS SWISS LABORATORY

### *Skin Fitness*

Skin Fitness by Perris Swiss Laboratory is a range of innovative and highly effective anti-ageing cosmetics. The vegan products originating from a pharmaceutical laboratory in Switzerland are 100% free from ingredients that damage the skin. Each of the products contains at least 95% natural ingredients and is also suitable for sensitive skin.

SESSION: 25 MINS | PRICE: € 68  
SESSION: 50 MINS | PRICE: € 135

SESSION: 80 MINS | PRICE: € 198

## BODY

### LA BIOSTHÉTIQUE

#### *Pampering care for your skin and hair*



Experience pure relaxation with the exclusive spa treatments by La Biosthétique. High-quality, plant-based active ingredients and gentle, prebiotic care compounds restore the natural balance to your skin and hair, moisturise and promote a natural feeling of well-being.

From wellness massages to exfoliation treatments and body wraps, each application becomes a holistic spa experience that awakens your senses and nourishes your soul.

Treat yourself to a little me time and enjoy luxurious care of the highest quality.

#### LA BIOSTHÉTIQUE WELLNESS MASSAGE

Full-body massage

SESSION: 50 MINS | PRICE: € 125  
SESSION: 80 MINS | PRICE: € 185

#### LA BIOSTHÉTIQUE BODY WRAP

Full-body treatment

SESSION: 50 MINS | PRICE: € 125

## PHARMOS NATUR

*Freshness and vitality*



Experience the unique, regenerative effect of specially selected and adaptogenic medicinal and rejuvenative plants with Pharmos Natur. Their rich ingredients, intense light energy and high vibrations are contained:

- in high-quality care products – with pure aloe vera instead of water – containing no alcohol or standard preservatives;
- in Lebensgesundmittel\* (holistic foods) for beauty care from within.

The highlight of your PHARMOS NATUR treatment is the use of our very special fresh aloe vera leaf. Glowing, wonderful skin. Freshness and vitality.

**SESSION: 25 MINS | PRICE: € 65**

**SESSION: 50 MINS | PRICE: € 125**

**SESSION: 80 MINS | PRICE: € 185**

### EXPERIENCE *rohini*

Adaptogenic medicinal and rejuvenative plants, intense light energy

**SESSION: 80 MINS | PRICE: € 198**



## MANICURES & PEDICURES

*Pampering time for the stressed parts of the body*



### SPA MANICURE

Harsh climates require intensive care. Treat your two calling cards to a special care experience comprising a hand soak followed by gentle exfoliation and rounded off by moisturising finger and hand care.

**SESSION: 50 MINS | PRICE: € 98**

**WITH NAIL VARNISH: 60 MINS | PRICE: € 108**



### SPA PEDICURE

Treat your feet to undivided attention. This pampering session for your feet comprises a revitalising foot bath followed by gentle exfoliation to remove dead skin cells and rounded off by moisturising foot care.

**SESSION: 50 MINS | PRICE: € 98**

**WITH NAIL VARNISH: 60 MINS | PRICE: € 108**



### SPA MANICURE OR PEDICURE WITH SHELLAC

The gentle alternative to acrylic nails. A special varnish cured with UV light prevents flaking, retains its shine and strengthens the natural nail.

**SESSION: 60 MINS | PRICE: € 108**

**SHELLAC REMOVAL: 25 MINS | PRICE: € 25**



## SPECIAL BEAUTY



## OPTIONALLY AVAILABLE DURING FACIAL TREATMENTS

Hair removal with hot wax or sugaring

HAIR REMOVAL FROM UPPER LIP	10 MINS   PRICE: € 15
HAIR REMOVAL FROM UPPER LIP AND CHIN	20 MINS   PRICE: € 25
HAIR REMOVAL FROM LOWER LEGS	25+ MINS   PRICE: € 45
HAIR REMOVAL FROM WHOLE LEG	45 MINS   PRICE: € 75
HAIR REMOVAL FROM BACK	30+ MINS   PRICE: € 55
EYEBROW SHAPING	10+ MINS   PRICE: € 15
EYEBROW TINTING	10 MINS   PRICE: € 20
EYEBROW SHAPING AND TINTING	20 MINS   PRICE: € 30
EYELASH TINTING	10 MINS   PRICE: € 20
EYELASH AND EYEBROW TINTING	20 MINS   PRICE: € 35

## MAKE-UP

The perfect make-up – personalised for your type

DAY MAKE-UP	35 MINS   PRICE: € 75
EVENING MAKE-UP	50 MINS   PRICE: € 110
BRIDAL MAKE-UP	50 MINS   PRICE: € 110
BRIDAL MAKE-UP TRIAL	up to 80 MINS   PRICE: € 110



**JETPEEL™***Effective treatment. Natural skin rejuvenation.***JETPEEL™ – FACIAL TREATMENT**

A scientifically proven treatment method based on clinical trials and suitable for all skin types. With the elements air and water along with additional, highly-effective active serums, our JetPeel™ treatments leave your skin looking radiant and promote the growth of new tissue. A JetPeel™ treatment feels like a gentle sea breeze caressing your skin. Once you've experienced it, you'll never want to miss it again.

60 MINS (10 MINS CONSULTATION & 50 MINS TREATMENT)  
AS AN INTENSIVE TREATMENT: 3 X JETPEEL™ FACIAL

50 MINS | PRICE: € 229–249  
3 X 50 MINS | PRICE: € 627–689

**STEP 1** Lymphatic drainage | **STEP 2** Deep-pore cleansing | **STEP 3** Fascia training, face gym – special relaxation massage for the face muscles | **STEP 4** Exfoliation | **STEP 5** Power treatment with JetPeel™ active serums

**UPGRADE YOUR JETPEEL™ TREATMENT**

JETPEEL™ EXPRESSION LINES TREATMENT	10 MINS   + € 39
JETPEEL™ EYE TREATMENT	10 MINS   + € 39
JETPEEL™ LIPS TREATMENT – AN EXTRA DOSE OF HYALURONIC ACID	10 MINS   + € 39
JETPEEL™ POWERFUL REGENERATION TREATMENT	10 MINS   + € 39
JETPEEL™ NECK POWER LIFTING TREATMENT	10–15 MINS   + € 79
JETPEEL™ DÉCOLLETÉ POWER TREATMENT	10–15 MINS   + € 79
JETPEEL™ HAND TREATMENT – ANTI-AGEING & AGAINST PIGMENTATION	15–20 MINS   + € 79



## LA BIOSTHÉTIQUE HAIR SPA

We offer you everything you need for a comprehensive pampering session. Alongside exclusive beauty treatments, our offering is rounded off by the latest hair styling techniques, professional colouring procedures and customised scalp and hair care treatments. La Biosthétique Paris combines the latest scientific findings in the fields of biochemistry and dermatology to offer targeted care for every hair and scalp situation. All the products are perfectly coordinated to each other via their synergistic effects.

### WOMEN

WASH/CUT/BLOW-DRY	from € 80
LONG HAIR	+ € 15
WASH/BLOW-DRY	from € 55
LONG HAIR	+ € 15

### STYLING

BRIDAL TRIAL UP TO 60 MINS	from € 110
BRIDAL HAIR & SERVICE UP TO 60 MINS	from € 110
UPDO	from € 60

### COLOURING

COLOURING	from € 65
T-SECTION HIGHLIGHTS	from € 80
FULL-HEAD HIGHLIGHTS, BALAYAGE	from € 110
COLOUR ACCENTS, GLOSSING, HIGHLIGHTS	from € 40
INTENSIVE COLOUR TREATMENT	from € 65

### PAMPERING

10-MINUTE HEAD MASSAGE	from € 15
DEEP CONDITIONING TREATMENT	from € 15
SCALP CARE INCL. 15-MINUTE MASSAGE	from € 20
HEAD SPA INCL. CARE	from € 50

# MEN'S SPA



## MEN'S SPA



## MEN'S HAIR

WASH/CUT/BLOW-DRY

from € 45

## FACIALS FOR MEN

Session	PERRIS	PHARMOS NATUR
25 MINS	€ 68	€ 65
50 MINS	€ 135	€ 125
80 MINS	€ 198	€ 185

## PAMPERING

MEN'S HAND CARE OR FOOT CARE

50 MINS | € 98

HEAD, SHOULDER AND NECK MASSAGE

25 MINS | € 65

## PERSONAL TRAINING &amp; DEEP TISSUE MASSAGE

Find out more about this treatment on page 30

SESSION: 80 MINS | € 185



# BODY





## EFFECT TREATMENTS

### EXFOLIATING MASSAGE – LA BIOSTHÉTIQUE EXFOLIATING MASSAGE

The Refreshing Body Peeling combines gentle massage with effective skin regeneration. Natural bamboo fibres remove dead skin cells, promote cell production and leave the skin silky smooth to the touch. Moisturising active ingredients prevent dry skin while plant-based pre-biotic compounds preserve the natural skin balance – for a refreshing wellness experience.

**SESSION: 50 MINS | PRICE: € 125**



### LUXURY LIFT ACTIVE – FULL-BODY EXFOLIATION AND MASSAGE

Enjoy a luxurious, holistic care experience combining deep cleansing right down to the pores and body contouring with an anti-ageing effect. The Lift Active exfoliants remove dead skin cells from the whole body, regenerating the skin at the same time to leave it ideally prepared for the subsequent massage with a moisturiser containing hyaluronic acid.

**SESSION: 80 MINS | PRICE: € 185**



### TRUE FREEDOM – DETOXIFYING BODY TREATMENT

This intensive detox treatment acts as an energy boost for your metabolism. This treatment combining a drainage massage and an intensive, nourishing body wrap will leave you with noticeably improved circulation in the skin, firmer connective tissue and feeling as light as a feather.

**SESSION: 80 MINS | PRICE: € 178**



### INNOVATIVE – CELLULITE TREATMENT

For long-lasting smoothing of the skin with a direct, positive effect on the connective tissue, this body contouring offer revolves around a cupping massage treatment in combination with a beauty mud containing valuable minerals and trace elements.

**SESSION: 50 MINS | PRICE: € 116**



### SYLT NATURE – SEA SALT EXFOLIATION

This invigorating body exfoliation treatment is a wellness experience combining a massage with revitalising skin care. There are four natural exfoliants available for the desired intensity. Let your circulation be actively promoted and cell production effectively stimulated as your mind drifts away into peaceful relaxation.

**SESSION: 25 MINS | PRICE: € 58**



## WELLNESS MESSAGES



### PAMPERING – LA BIOSTHÉTIQUE WELLNESS MASSAGE

This pampering treatment nourishes the skin with valuable plant oils. The gentle massage relaxes the muscles, supplies dry skin with essential nutrients and promotes an improved feeling of well-being with its pleasant scents.

SESSION: 50 MINS | PRICE: € 125

SESSION: 80 MINS | PRICE: € 185



### FRAGRANT BREEZE – PHARMOS NATUR AROMATHERAPY OIL MASSAGE

Following the application of refreshing and cleansing foot compresses, the whole body is massaged carefully and energetically to help you emerge from the relaxation phase feeling deeply relaxed, free from tension and revitalised. This gentle awakening is ritualistically accompanied by a fresh leaf.

SESSION: 50 MINS | PRICE: € 125

SESSION: 80 MINS | PRICE: € 185



### NEW ARRIVAL – CLASSIC MASSAGE

Intensive massaging of the deep muscles and connective tissue structures releases tension and dissolves blockages as your stress simply melts away.

SESSION: 25 MINS | PRICE: € 75

SESSION: 50 MINS | PRICE: € 130



## PHARMOS NATUR STRESS RELEASE

A liberating head and face massage will allow your mind to find peace. Enjoy deep relaxation and gentle deceleration in the subsequent full-body massage with gentle, tension-releasing hand motions. Intense feelings of well-being and balance on every level.

SESSION: 80 MINS | PRICE: €185



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## PREGNANCY MASSAGE

Tender touches are like balm for the soul for you and your growing baby, which is why we offer gentle massages lying on your side, on your back with upper body elevation or in a sitting position from week 12 to week 32 of your pregnancy.

SESSION: 50 MINS | PRICE: €120



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## EBB AND FLOW – WELLNESS MASSAGE FOR THE FEET AND LEGS

Boost your well-being with a stimulating foot and leg massage. Feel as light as a feather and free with new energy and vitality in perfect harmony with yourself.

SESSION: 50 MINS | PRICE: €120



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## FOOT REFLEXOLOGY

Intensive massaging of the pressure points of the feet stimulates specific organs and areas of the body, restoring your inner balance.

SESSION: 50 MINS | PRICE: €120



## EXPERIENCE TREATMENTS



### GO WITH THE FLOW – HOT STONE MASSAGE

Feel the energy flow! This massage with hot stones provides deep relaxation and dissolves blockages throughout the body. The energy of the hot stones generates an unforgettable feeling of safety and serenity. A massage ritual for the body, mind and soul that you will never forget.

**SESSION: 80 MINS | PRICE: € 185**



### 360° BALANCE – LOMILOMI

The traditional full-body oil massage originating in Hawaii is like the undulating dance of the sea, enhancing your perception of your own body and boosting your natural joie de vivre. Lomilomi aims to have a profound effect on both your body and mind. Mindful, respectful hand motions let your body energy flow, gently releasing tension and dissolving blockages. Balletic, graceful and light.

**SESSION: 80 MINS | PRICE: € 185**

**SESSION: 110 MINS | PRICE: € 250**



### PHARMOS NATUR LOVE YOUR AGE – LOVE YOURSELF

This holistic body and face ritual is like a fountain of youth for the skin and soul. Mindful hands ensure perfect regeneration.

**SESSION: 110 MINS | PRICE: € 250**



## AYURVEDA

*The knowledge of life*



### ABHYANGA – FULL-BODY OIL MASSAGE

Experience something new. In this traditional ayurvedic massage, your whole body is empathically massaged with warm Dosha-specific oil. Flowing motions and strokes promote inner warmth and create the perfect atmosphere for you to let go completely. This holistic treatment has a regenerating effect and restores emotional balance. Feeling strengthened within – ready to take on new challenges.

**SESSION: 80 MINS | PRICE: €185**



### LET GO – SHIRODHARA / THIRD EYE TREATMENT

Flowing oil promotes deep relaxation. A stream of oil at the perfect temperature is guided evenly across your forehead, allowing you to let go of everyday thoughts and worries in the blink of an eye. The body, mind and soul are cleansed to allow new joie de vivre to flourish. Bringing the energy of the third eye into new harmony creates inner balance. We recommend booking the shirodhara treatment only in combination with a massage.

**SESSION: 25 MINS | PRICE: €68**



### SEVERIN'S SPA RECOMMENDATION:

Enjoy the ayurvedic full-body massage in combination with shirodhara.

**ABHYANGA & SHIRODHARA | SESSION: 100 MINS | €250**



## DORISSIMA

*SIDDHARTHA – Immerse yourself in the essence of India*



A holistic beauty range based on oriental recipes passed down through generations – a mixture of ancient ayurvedic wisdom and modern, scientific expertise.

SIDDHARTHA TREATMENTS don't just pamper you with their wonderful scents but also have extraordinarily positive effects on the human immune system and support rejuvenation throughout the body.

### SIDDHARTHA BODY & MASSAGE OIL (ORGANIC & VEGAN)

The aphrodisiac beauty oil based on tradition and ancient oriental recipes that draw on the primal forces of human seduction. The mysterious mixture of ancient wisdom and modern scientific knowledge. Based on jojoba oil, vanilla, grapefruit and tonka bean.



### SIDDHARTHA – NO. 1

- Foot bath with Siddhartha Essentials and rose quartz
- Full-body exfoliation treatment with Siddhartha Honey Salt Oil Scrub
- Full-body massage with Siddhartha oil
- Closing ritual

SESSION: 80 MINS | PRICE: € 185



### SIDDHARTHA – NO. 2

- All the steps of SIDDHARTHA No. 1
- Siddhartha Beauty Pack & face or head massage with Siddhartha Holistic Cream

SESSION: 110 MINS | PRICE: € 250





## RITUALS ON THE QUARTZ SAND TABLE

*Wonderful warmth and well-being*

The benefits of treatment with warm sand have been known for millennia: this soothing and relaxing form of therapy was already valued in Ancient Egypt. Quartz sand is characterised by its special ability to retain heat intensely and release it gently.

### BEACH AND SEA – QUARTZ SAND TABLE

The dry, mild warmth of the quartz sand envelops your nestled body and ensures quick and intense deep relaxation for a harmonious balance between body and soul.

**SESSION: 25 MINS | PRICE: € 58**

### DEEP RELAXATION – CHAKRA STONE TREATMENT

Energy from stones brings harmony for the body and soul. Seven special chakra oils stimulate the body's energy centres gently and efficiently to release new strength and energy. Physical and emotional tension simply melts away.

**SESSION: 60 MINS | PRICE: € 125**



### NOURISHING BODY WRAP BY LA BIOSTHÉTIQUE

The body wrap with high-quality oil and shea butter nourishes and relaxes the skin to leave a long-lasting feeling of care thanks to the rich shea butter. The invigorating fragrance combining freshness and delicate floral notes lingers on the skin as a subtle whisper.

**SESSION: 50 MINS | PRICE: € 125**



### SEVERIN'S SPA RECOMMENDATION:

Prepare your skin for the body wrap with our full-body exfoliation treatment.

**PURE REFINEMENT – FEELING OF CLEAR SKIN – BOOSTED EFFECTIVENESS**



# SELF-CARE



## YOGA

*“If you can breathe, you can do yoga.”*

*Tirumalai Krishnamacharya*



Yoga is physical exercise in which we practise postures (asanas), breathing activities (pranayama), meditation and relaxation techniques. It promotes awareness of one's own body, strengthens and stretches the muscles, boosts the cardiovascular system, promotes mindfulness and has a stress-relieving effect.

### YOGA COURSES

Our qualified yoga instructors guide you mindfully through varied yoga courses. Movements and breathing merge into a fluid experience in dynamic vinyasa flow sequences. The alternation of powerful asanas and conscious relaxation will help you find balance in your inner centre. Go with the flow in long-held yin yoga sequences and enjoy the peace and serenity of the meditation. Start the day with renewed strength and energy.

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### PERSONAL TRAINING

Every body is unique. In the personal training yoga session, we can tailor the exercises specifically to your personal requirements and wishes. Please let us know in advance what is important to you in your yoga practice.

**50 MINS | PRICE: € 110**

**80 MINS | PRICE: € 176**

## PERSONAL TRAINING

*Just for you*



### PURE LIMIT – PERSONAL TRAINING

One-on-one training: your personal trainer is there for you and you alone throughout the training session, teaching you exercises and how to perform them correctly as well as offering motivation. All of the courses we offer can also be booked as personal training sessions.

**SINGLE SESSION: 50 MINS | PRICE: € 110**

**3 SESSIONS | PRICE: € 300**

**5 SESSIONS | PRICE: € 500**

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### PURE FITNESS – PERSONAL TRAINING AND DEEP TISSUE MASSAGE

Guided one-on-one training combined with a relaxing deep tissue massage is a true highlight of our treatment programme. Put your trust in the capable hands of our qualified personal trainers, as only by working together can we boost and optimise your body's full potential.

**80 MINS | PRICE: € 185**

## OUR COURSES

### *Succeeding together*

Take advantage of your holiday to participate in our varied activity programme.

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#### POWER

**CIRCUIT TRAINING:** A full-body session with different functional exercises to train strength, endurance, speed and mobility.

**HIIT:** High-intensity interval training for the whole body that is exciting, fun and makes you work up a sweat. Strength and endurance exercises alternate at intervals. For strong muscles and increased energy.

**TOTAL TUMMY:** Exercises targeting the abdominal muscles strengthen your core and ensure good posture.

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#### POSTURE / GENERAL FITNESS

**STABILITY:** Exercises for healthy posture. Training your deep muscles will help you to improve your balance and stability.

**CORE FLOW / STRONG BACK:** The foundation for stable and healthy posture. Exercises targeting the abdominal muscles and back strengthen your core preventatively “from the inside out”, ensuring balanced body awareness. Fluid movements help you cultivate a strong and beautiful core!

**MOBILITY:** Holistic training to strengthen and improve your mobility. Gentle exercises suitable for all abilities.

**PHYSICAL STRENGTH:** Two birds with one stone – a workout that utilises your own body weight to build and strengthen muscles, while the fresh air revitalises you.

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#### RELAXATION / LOOSENING UP

**FASCIA STRETCH:** Gentle mobilisation and stretching along with the targeted use of fascia tools relieves tension and dissolves adhesions.

**RECHARGE:** Relax your body and mind with soothing movements. Recharge your batteries through meditative stretches and breathing exercises.

**STRETCH & RELAX:** Give your muscles an active break. Prevent muscle aches with a variety of gentle stretching exercises.

## HAMMAM

*A body-cleansing celebration of the highest calibre*



Experience cleanliness and clarity in a whole new way. Oriental bathing culture brought up to date and presented in a way that is both pure and authentic. Step into a truly extraordinary place – our hammam oasis.

### CLASSIC HAMMAM EXPERIENCE

- Water pours
- Breathing skin – Exfoliating massage
- Clouds of bubbles – Soap foam massage
- Oriental mint tea and an oriental delicacy

SESSION: 60 MINS

PRICE: 1 PERSON €160 | 2 PEOPLE € 325



### PAMPERING HAMMAM EXPERIENCE

- Water pours
- Mental clarity – Head and foot massage
- Breathing skin – Exfoliating massage
- Clouds of bubbles – Soap foam massage
- Symphony of the senses – Full-body massage with oils
- Oriental mint tea and an oriental delicacy

SESSION: 90 MINS

PRICE: 1 PERSON €220 | 2 PEOPLE € 425





## SYLTER SWIM ACADEMY

*Making swimming fun*



Pure passion for swimming is what drives us. Our trainers always derive great pleasure from teaching others to swim safely and helping you and your children master every stroke.

From intensive courses to regular lessons – we have tips and tricks for all ages and abilities, offering private swimming lessons for babies, children, young people, adults and even triathletes.

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### SEVERIN'S SPA RECOMMENDATION:

You can book the time of your choice easily and conveniently online.

[WWW.SYLTER-SWIM-ACADEMY.DE](http://WWW.SYLTER-SWIM-ACADEMY.DE)

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# DAY SPA



## DAY SPA

*for day guests*



Our day spa offers grant you access to our spacious and elegant wellness oasis subject to prior reservation and availability.

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### ALL DAY SPA OFFERS INCLUDE THE FOLLOWING SERVICES:

- Relaxation in the Severin\*s Spa incl. the pool, sauna and fitness areas
- Bathrobe, fresh towels and slippers
- Tea bar with hot tea & iced tea as well as fruit

### SHORT TOERN – HALF-DAY PASS

Optionally in the morning or afternoon

PRICE FOR 4.5 HOURS: €79 | PRICE FOR 10 SESSIONS: € 710

### LONG TOERN – DAY PASS

PRICE FOR 8 HOURS: €129 | PRICE FOR 10 SESSIONS: € 1,150

### TRIAL TICKET

In conjunction with a treatment session lasting at least 50 minutes and subject to availability, you are also welcome to book access to our spa by the hour.

PRICE PER HOUR: € 20

## PRIVATE SPA SUITE

*Relax together*



Exclusive retreat – the Severin's Spa also has a Day Spa Suite that can be booked in combination with treatments to satisfy your personal requirements on privacy and service.

- Lounge area
- Finnish or bio sauna for 2 people
- Cascade shower and rain shower
- Smart TV
- Fruit platter
- Selection of non-alcoholic beverages

### PRIVATE SPA SUITE – PAMPERING TIME FOR TWO

50-minute treatment of your choice  
+ 3 hours in the Day Spa Suite

**PRICE FOR 2 PEOPLE: € 435**

### PRIVATE SPA SUITE – DELUXE PAMPERING TIME FOR TWO

80-minute treatment of your choice  
+ 3 hours in the Day Spa Suite

**PRICE FOR 2 PEOPLE: € 590**

### OPTIONAL EXTRAS – FOR YOUR RELAXING BREAK FOR TWO

1 BOTTLE OF PERRIER JOUËT CHAMPAGNE	€ 139
1 ÉTAGÈRE OF HOMEMADE PRALINES	€ 19
1 ÉTAGÈRE OF HOMEMADE CANAPÉS	€ 33
1 ÉTAGÈRE OF SPECIALITY PASTRIES FROM OUR OWN PÂTISSERIE	€ 14
PERSONALISED FLOWER ARRANGEMENT, CANDLE ARRANGEMENT	€ 30 each





## YOUR RELAXING BREAK AWAY AT HOME

*Our Severin's signature products*



Forget the hustle and bustle of everyday life and immerse yourself in an exclusive atmosphere of space and serenity. Enjoy luxury treatments and massages, let yourself be pampered and recharge your batteries. You can also enjoy a relaxing break in your own home with our Severin's signature products. Our body oils, inspired by the natural forces of Sylt, evoke fond memories of a soothing massage.



Our sleep masks, made of organic cotton or peace silk, ensure you have a good night's sleep at home and our grape seed neck pillows gently relieve tension in your shoulders and neck.

Arrive, take a deep breath and feel good at the Severin's Spa.





The Severin's Spa team is looking forward  
to accompanying you on your spa journey.

**THANK YOU FOR YOUR  
TRUST IN US.**

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**S E V E R I N ' S**

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