



MERIDIAN

FACE & BODY

BEAUTIFUL
LIFE

à la carte

DAY SPA MENU

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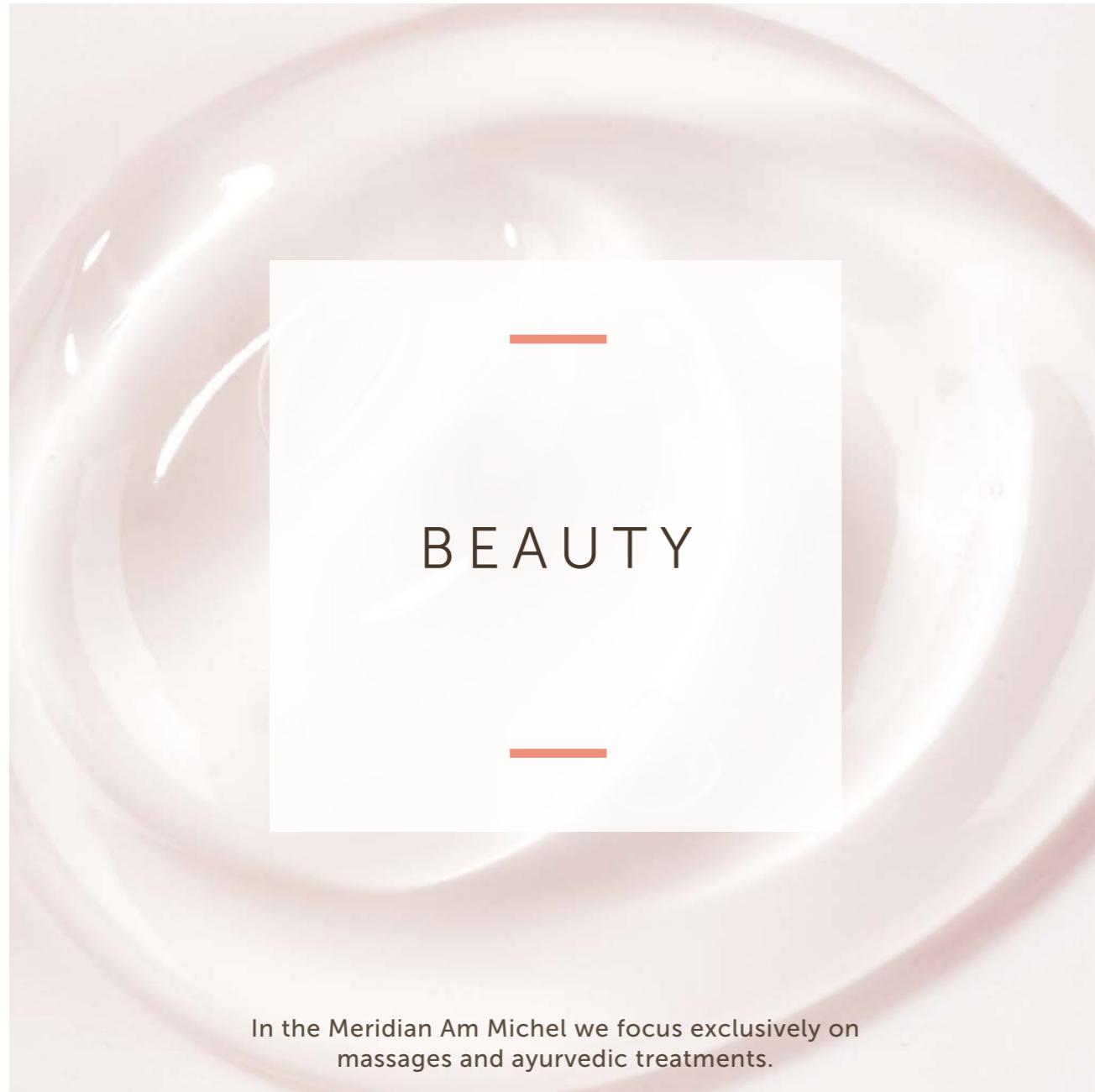
INFORMATION

22 – 23

Experience the value of the moment in the
Meridian Face & Body Day Spa.

Individual beauty treatments for timeless beauty.
Massages that make you follow your dreams.
Ayurvedic treatments – traditional and contemporary.

Find your favorite treatments in our day spa menu.



In the Meridian Am Michel we focus exclusively on massages and ayurvedic treatments.



FACIAL TREATMENTS "CLASSIC"

CLASSIC CLEAN

This cleansing treatment is especially for impure skin: purification, peeling, intensive cleansing, eyebrow correction, anti-inflammatory mask, short neck relaxation, eye and finishing care, natural finish.

approx. 60 minutes

members 79 €

day guests 82 €

CLASSIC FRESH

This classic facial treatment gives your skin a fresh kick with hyaluron and refills the moisture depot: purification, peeling, cleansing, eyebrow correction, skin mask, hand massage, massage for the face, neck and décolleté, eye and finishing care, natural finish.

approx. 75 minutes

members 89 €

day guests 92 €





Named after the Egyptian goddess of beauty, this international prestige brand from Paris has combined the highest standards in innovative and highly effective cosmetics in accordance with French tradition and most modern perfection for over 70 years. The exclusive beauty concepts showcase patented formulas and convincing treatment results. The core of each Sothys treatment is the Digi-Esthétique massage, combining eastern and western techniques, to improve the absorption of ingredients. Experience your skin in a new way!

HYDRA INTENSE

Moisture & Freshness – the selected products with triple hyaluronic acid improve the moisture-binding capacity of your skin: cleansing, double-effect peeling, Digi-Esthetique massage, eyebrow correction, Hydra Intense mask, short massage, hyaluronic serum, eye and finishing care, natural finish.

approx. 60 minutes members 82 € day guests 85 €

SENSITIVE

Balance & Care – the award-winning products of the Spa™ Thermal line have a balancing and calming effect: cleansing, double-effect peeling, Digi-Esthétique massage, eyebrow correction, SOS mask, short massage, SOS serum, eye and finishing care, natural finish.

approx. 60 minutes members 82 € day guests 85 €

DETOX ENERGY

Protection & Energy – the best of research and nature against environmental pollution and for more cell energy: cleansing, double-effect peeling, Digi-Esthétique massage, eyebrow correction, energy serum, massage for face, neck and décolleté, eye and finishing care, protective concentrate, natural finish.

approx. 60 minutes members 82 € day guests 85 €



BEAUTIFUL

Strengthening & regeneration of the skin – the innovative anti aging ingredients of the Jeunesse line are the key to a youthful appearance of your skin: purification, double-effect peeling, Digi-Esthétique massage, eyebrow correction, skin mask, hand massage, massage for the face, neck and décolleté, anti aging serum, eye and finishing care, natural finish.

approx. 75 minutes members 93 € day guests 96 €

BEAUTIFUL DE LUXE

Strengthening & regeneration of the skin – like BEAUTIFUL, additionally with cleansing and an extensive massage for face, neck and décolleté.

approx. 90 minutes members 109 € day guests 112 €

GENTLEMEN

Skin moisture & energy – the high proportion of minerals from volcanic rock and hyaluronic acid create an irresistible Sothys men's line: cleansing foam application including peeling, Digi-Esthétique massage, eyebrow correction, cleansing, skin mask, neck and head massage, anti aging serum, eye and finishing care.

approx. 60 minutes members 82 € day guests 85 €





LIFTING TO GO

With innovative know-how against the signs of time! The beauty treatment persuades through immediate and long-lasting results. With a combination of ultra-sound and highly concentrated ingredient boosters, fine lines are smoothed and facial contours are more clearly defined. You will experience a visibly younger look. The regenerative skin depot continues to increase the absorption of ingredients even days after the treatment.



LIFT EXPRESS

Skin moisture & smoothing: purification, double-effect peeling, Digi-Estétique massage, moisturizing serum with triple strength hyaluron, soft ultrasound for deep-acting moisture and metabolic activation, hyaluron booster, eye and finishing care, natural finish.

approx. 60 minutes

members 89 €

day guests 92 €

LIFT AGE PERFECT

Tightening & strengthening of the skin at the highest level of perfection: purification, double-effect peeling, Digi-Esthétique massage, power booster, ultrasound application to activate the synthesis of collagen and elastin and to tighten the skin contours including neck and décolleté, facial expression exclusive program, skin mask, hand massage, eye and finishing care, natural finish.

approx. 90 minutes

members 114 €

day guests 117 €



Experience the unique effect of precious medicinal herbs. The core of the "Pharmos Natur" treatment is the use of an aloe vera leaf. It accommodates a "treasure" of ingredients, the leaf is freshly cut for you. The moisture depots deep inside your skin are filled, irritations are smoothed out and cell regeneration is activated. Your skin is visible revitalized!



HYDRA BALANCE

The facial treatment has a balancing and refreshing effect at the same time: warm foot compresses, purification, peeling, cleansing, eyebrow correction, skin mask, arm massage, freshly-cut aloe vera leaf, brief massage for the face, neck and décolleté, eye and finishing care, natural finish.

approx. 60 minutes

members 85 €

day guests 88 €



BEAUTY



PHARMOS NATUR®

GREEN LUXURY

LOVE YOUR AGE

This regenerative facial treatment provides you with a youthful appearance: a brief back relaxation, warm foot compresses, purification, peeling, cleansing, eyebrow correction, freshly-cut aloe vera leaf, skin mask, arm massage, massage for the face, neck and décolleté, serum, eye and finishing care, natural finish.

approx. 90 minutes members 106 € day guests 109 €

MEN'S CARE

This application includes everything that men need – vitalizing and moisturizing: warm foot compresses, foam application with brush, peeling, cleansing, eyebrow correction, skin mask, arm massage, freshly-cut aloe vera leaf, brief neck and head massage, eye and finishing care.

approx. 60 minutes members 85 € day guests 88 €



BEAUTY

BEAUTY-EXTRAS

SPA MANICURE

The hand and nail care for perfectly groomed hands with exclusive products of OPI: finger bath, nail shaping, cuticle correction, and hand massage.

approx. 40 minutes members 45 € day guests 48 €
approx. 55 minutes (including nail polish) members 58 € day guests 61 €

SPA PEDICURE

Cosmetic foot care for a great appearance with exclusive care products of OPI: foot bath, nail shaping, milling of nail surface, cuticle correction, loosening of calluses, and foot massage.

approx. 40 minutes members 49 € day guests 52 €
approx. 55 minutes (including nail polish) members 62 € day guests 65 €

DEPILATION WITH WARM WAX

Upper lip or face <small>only as part of facial treatment</small>	appx. 15 Minuten	members 15 €	day guests 18 €
Lower legs, arms or back	appx. 25 Minuten	members 35 €	day guests 38 €
Legs complete	appx. 50 Minuten	members 62 €	day guests 65 €

COLOURING AS PART OF FACIAL TREATMENT

Lashes	appx. 15 Minuten	members 15 €	day guests 18 €
Eyebrows	appx. 10 Minuten	members 12 €	day guests 15 €
Lashes & eyebrows	appx. 25 Minuten	members 22 €	day guests 25 €



MASSAGES



MASSAGES CLASSIC

PARTIAL BODY MASSAGE

This classical massage for your back or legs reduces muscular tension and promotes blood circulation. Choose between different oils and gladly coordinate your personal focus with the therapist.

approx. 25 minutes	members 35 €	day guests 38 €
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FULL BODY MASSAGE

Intensive massage techniques promote muscle relaxation and make you feel at ease. Choose between different oils and gladly coordinate your personal focus with the therapist.

approx. 40 minutes	members 49 €	day guests 52 €
approx. 55 minutes	members 64 €	day guests 67 €
approx. 80 minutes	members 92 €	day guests 95 €

RELAXING MASSAGE WITH COCONUT OIL

Individual massage techniques for muscle relaxation and the dreamlike scent of coconut oil increase your well-being and simply make you feel good. Plus your skin receives wonderful care. You are welcome to coordinate your personal focus with the therapists.

approx. 40 minutes	members 49 €	day guests 52 €
approx. 55 minutes	members 64 €	day guests 67 €
approx. 80 minutes	members 92 €	day guests 95 €

RELAXING MASSAGE WITH LAVENDER OIL

The relaxing aromatic oil with the scent of lavender has a calming and relaxing effect. Loosening massage techniques work against muscular tensions. You are welcome to coordinate your personal focus with the therapists.

approx. 40 minutes	members 49 €	day guests 52 €
approx. 55 minutes	members 64 €	day guests 67 €
approx. 80 minutes	members 92 €	day guests 95 €



MASSAGES

MASSAGES CLASSIC

„OFFICE“-MASSAGE

Due to the daily office work in front of the computer, the shoulder-neck area and the „mouse arm“ are often overburdened. Targeted massage techniques in these areas in combination with invigorating mint oil promote muscle relaxation and increase blood circulation.

approx. 25 minutes members 35 € day guests 38 €

SPORTS MASSAGE

This powerful deep massage especially for athletes is designed for fast and lasting muscle regeneration – before or after your training regimen. It is applied locally and target-oriented.

approx. 25 minutes members 38 € day guests 41 €

„BETTER DRIVE“-MASSAGE

This partial body massage loosens the tense muscles in the back, shoulders and arms. The St. John's wort oil also has a calming effect on stressed joints. You get a whole new swing – in golf and otherwise!

approx. 25 minutes members 38 € day guests 41 €

„BOX CHAMPION“-MASSAGE

Gain new power with this partial body massage against heavy arms, strained shoulders and a tense back. The invigorating mint oil additionally promotes blood circulation.

approx. 25 minutes members 38 € day guests 41 €



MASSAGES

MASSAGES CLASSIC

FACE AND HEAD MASSAGE

This all-rounder in terms of improved well-being removes daily stress and reduces muscular tension. Your facial expressions will be visibly relaxed.

approx. 25 minutes members 35 € day guests 38 €

FOOT REFLEXOLOGY

Each of our organs corresponds to a particular foot zone. Pressure movements alleviate disharmony in the body and rebalance the organism.

approx. 40 minutes members 52 € day guests 55 €

MASSAGE FOR EXPECTANT MOTHERS

Equally therapeutic for mother and child. Fluid retention and pregnancy-related pain in back, joints and legs can be reduced.

approx. 25 minutes members 35 € day guests 38 €
approx. 40 minutes members 49 € day guests 52 €
approx. 55 minutes members 64 € day guests 67 €

APPLICATIONS DURING PREGNANCY

For most women pregnancy is a wonderful time while the body has a special need for relaxation and well-being. Please ask your gynecologist in advance if a massage is advisable for you. Massages are generally possible starting at the 14th week of pregnancy. **During pregnancy, please book only the massage for expectant mothers.**



MASSAGES

MASSAGE SPECIALS

HOT STONE MASSAGE

Warm lava stones and nicely smelling aroma oil combined with classic massage techniques provide you with a deep sense of relaxation. Bodily resources are replenished to kick up your spirits: a holistic massage for all people who would like to recover new energy!

approx. 75 minutes members 92 € day guests 95 €

LOMI LOMI MASSAGE

The Hawaiian massage loosens tension on a physical and mental level. Through the application of flowing movements, your body is massaged with plenty of orange blossom oil using hands and forearms. The Lomi Lomi massage stimulates the energy flow, supports self-regulating forces and gives you entirely new body awareness.

approx. 80 minutes members 96 € day guests 99 €

MERIDIAN RECOVERY MASSAGE

This treatment combines various massage techniques to reduce stress and creates an inner balance. The massage has a relaxing effect on the entire body and activates the regeneration capacity through the special combination of traditional massage, acupressure and foot reflexology. An intensive head massage with pure coconut oil helps to remove daily stress.

approx. 50 minutes members 69 € day guests 72 €
approx. 80 minutes members 95 € day guests 98 €

BREUSS SPINAL MASSAGE

This treatment involves a soft massage along the vertebral column for a careful stretching of the spine. The valuable ingredients of St. John's wort oil relax the vertebral discs and support their regeneration. Discomfort at the spine and sacrum is alleviated through the deep effect of the treatment.

approx. 40 minutes members 52 € day guests 55 €



MASSAGES

MASSAGE SPECIALS

AMAYĀNA MASSAGE

This full body massage was developed based on years of practical experience and in-depth knowledge of our experts, a massage exclusively designed for MERIDIAN. It effectively combines the elements of ayurveda, acupressure and meridian massages and the elements of crystal healing. The AMAYĀNA massage has a relaxing effect on body and mind; it strengthens the immune system and balances the energy centres. Your body is brought back into balance. The exclusive AMAYĀNA oil smells wonderfully fruity.

approx. 50 minutes members 69 € day guests 72 €
approx. 80 minutes members 95 € day guests 98 €





AYURVEDIC MESSAGES



TRADITIONAL AND CONTEMPORARY



AYURVEDA is one of the world's oldest healing systems. The aim of the Indian "life science" is to reactivate the flow of energy through the body, to mobilize self-healing powers and to reach one's personal inner balance.

ABHYANGA – AYURVEDIC FULL BODY MASSAGE

With this full body treatment, you will be massaged from head to toe using plenty of warm oil. The massage is carried out partially in a strong form to remove toxins from the tissue and in a softer form to harmonize the nervous system. Abhyanga strengthens the immune system and supports the energy flow through your body.

approx. 50 minutes
approx. 80 minutes

members	69 €	day guests	72 €
members	95 €	day guests	98 €

ABHYANGA WITH SHIRODARA – AYURVEDIC FULL BODY MASSAGE WITH FOREHEAD OIL SHOWER

The forehead oil shower following Abhyanga is a well-known ayurvedic treatment causing deep relaxation. A fine and continuously flowing stream of warm oil is initially directed over your forehead. A head massage rounds off the treatment. The nervous system is brought into a state of relaxation and you will experience a sense of balance within yourself.

approx. 75 minutes

members	109 €	day guests	112 €
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AYURVEDIC MESSAGES

TRADITIONAL AND CONTEMPORARY

AYURVEDIC BACK MASSAGE

For centuries this regenerating massage has been used with great results in India. Muscle tension in the back as well as in the neck and shoulder area is resolved through special herbal oil and massage techniques that have deep-reaching effects. After the massage, you will experience a smooth and relaxed feeling in these areas.

approx. 40 minutes members 52 € day guests 55 €

MUKABHYANGA – AYURVEDIC FACE AND HEAD MASSAGE

This gentle face, head and neck massage also cares for the skin and has a calming effect. This level of relaxation removes signs of stress, both physically and mentally.

approx. 40 minutes members 52 € day guests 55 €

PADABHYANGA – AYURVEDIC FOOT MASSAGE

A dream for your feet: with this treatment your feet are massaged up to the knees using warm oil. Very similar to the process of acupressure, the organs are stimulated to enable healthy functioning. The energy flow in your body is mobilized through specific points, and your self-healing powers are activated.

approx. 40 minutes members 52 € day guests 55 €



PACKAGES

DOUBLE TREATMENT (only available in Alstertal)

DREAM OF ROSES

Together you will enjoy a dreamlike smelling full body peeling made of sugar crystals and rose oil. Afterwards you relax with a rose-scented aromatic oil body massage. And we hand you a glass of Prosecco.

approx. 70 minutes members (per person) 87 € day guests (per person) 90 €

DAY SPA PACKAGES

For non-members Monday – Thursday to 5 p.m. (excluding public holidays)

WELL-BEING

Full body massage, including the use of the wellness area

Treatment time approx. 40 minutes: 64 €*

IN TOUCH

Facial treatment for her/him: Sothys Hydra Intense/
Sensitive/Detox Energy/Gentlemen including use of the wellness area

Treatment time approx. 60 minutes: 95 €*

CLOSE TO NATURE

Facial treatment for her/him: Phamos Natur Hydra Balance/Men's Care
including use of the wellness area

Treatment time approx. 60 minutes: 98 €*

*We will calculate an additional cost of 10 euros if you check out after 5 p.m.



INFORMATION

DATES & REGISTRATION

APPOINTMENTS

Choose your favorite treatments. Conveniently book via our website, the Meridian app or register by phone by calling 040/65 89-0 or directly at the reception desk. In case you are unable to keep an appointment, you may postpone or cancel the appointment up to 24 hours in advance at no extra cost. The full treatment price will be charged for last-minute cancellations and rescheduling, unless the appointment can't be assigned otherwise.

Note: Please note that you can only enjoy massages without the company of an adult when you are 18 years or older.

THE VALUE OF YOUR TIME

Please arrive at the Meridian 15 minutes prior to the start of your treatment session and be in the Face & Body area at least 5 minutes prior to your appointment in order to experience a relaxed start of your treatment. Unfortunately, your treatment time will be shortened if you arrive late. After every massage preceding the checkout, you may rest for 30 minutes in the wellness area including the showers and dressing rooms. A rest period of 45 minutes applies after all ayurvedic treatments, the Meridian Recovery and the Lomi Lomi massage. If you exceed this time limit, we will charge 18 euros per hour or parts thereof, for a maximum of 36 euros or the valid Wellness day ticket. Please bring a shower towel, a bathrobe and a pair of bath sandals with you. You are welcome to rent a bathrobe and shower towel for a small fee at the reception. We offer bath sandals for sale.



INFORMATION

ADDITIONAL INFORMATION

VOUCHERS

Would you like to do your loved ones a favour and grant them some hours of relaxation? You may consider giving away a voucher from our range of offers. They are available at the reception of every Meridian facility and at www.meridianspa.de/eshop, including postage to your desired address or for self-printing.

SUBSCRIPTIONS

For all treatments make use of the price advantage of our "10 plus 1" subscriptions. Additional information is available at the reception desk.

COMPREHENSIVE FEEL-GOOD PROGRAMME

Allow yourself the experience of an entire day of relaxation and well-being in its purest form and combine your Face & Body appointment with a day ticket for the wellness area. The use of the wellness area is free of charge if you book treatments exceeding the value of 120 euros per person.

MERIDINI CHILDCARE

During the opening hours of the Meridini childcare, our employees take care of the kids so that you can enjoy your wellness time without stress and hassle. This service is free of charge for the children of members, and non-members only pay a flat fee of 2 euros per visit. For details regarding our care services, please obtain the desired information by calling 040/65 89-0 or check our website www.meridianspa.de.

DAY GUESTS

The price for day guests includes a flat service fee of 3 euros for each treatment. Parking spaces are disposable. Our terms and conditions are available at www.meridianspa.de.



FACE & BODY DAY SPA

opening hours

Monday to Sunday: 10.00 a.m – 09.00 p.m

5 x in Hamburg: Alstertal, Am Michel, Barmbek, Eppendorf, Wandsbek | 040/65 89-0 | www.meridianspa.de
registered office: Meridian Spa & Fitness Hamburg GmbH | Wandsbeker Zollstraße 87-89 | 22041 Hamburg

All prices stated in the brochure refer to the Hamburg Meridian facilities. As of April 2020, the current price list applies.