



MERIDIAN

FACE & BODY

BEAUTIFUL  
LIFE

— à la carte

DAY SPA MENU

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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.

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## 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 €





## BEAUTY



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-Esthétique 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 €



## BEAUTY



### 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

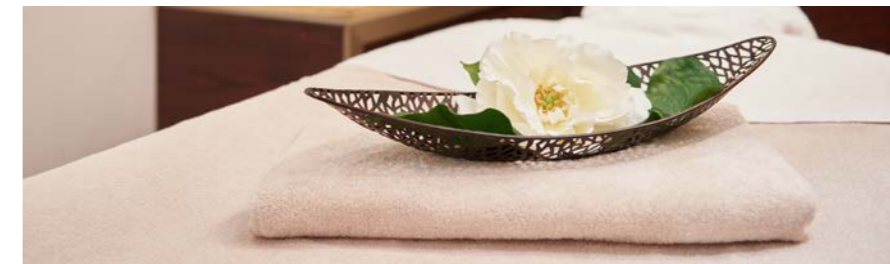
**Strengthening & regeneration of the skin** – like BEAUTIFUL, additionally with cleansing and an extensive massage for face, neck and décolleté.

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.

<b>approx. 40 minutes</b>	<b>members</b>	<b>39 €</b>	<b>day guests</b>	<b>42 €</b>
<b>approx. 55 minutes</b> (including nail polish)	<b>members</b>	<b>52 €</b>	<b>day guests</b>	<b>55 €</b>

#### 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.

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

#### DEPILATION WITH WARM WAX

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

#### COLOURING AS PART OF FACIAL TREATMENT

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



MASSAGES

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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.

<b>approx. 25 minutes</b>	<b>members 33 €</b>	<b>day guests 36 €</b>
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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.

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

**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.

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

**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.

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









## AYURVEDIC MESSAGES

## 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	110 €	day guests	113 €
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## INFORMATION

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### 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 12,50 euros per hour or parts thereof, for a maximum of 25 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

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### 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](http://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.

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#### 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](http://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](http://www.meridianspa.de).



## FACE & BODY DAY SPA

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### opening hours

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

Saturday, Sunday & public holidays: 10.00 a.m – 08.00 p.m

**Meridian Spa & Fitness Sophienhof | Sophienblatt 20 | 24103 Kiel | 040/65 89-0 | [www.meridianspa.de](http://www.meridianspa.de)**  
registered office: Meridian Spa & Fitness Kiel GmbH | Wandsbeker Zollstraße 87-89 | 22041 Hamburg

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