



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 €









### 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 €





## 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 35 €</b>	<b>day guests 38 €</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 62 €</b>	<b>day guests 65 €</b>
<b>approx. 80 minutes</b>	<b>members 89 €</b>	<b>day guests 92 €</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 62 €</b>	<b>day guests 65 €</b>
<b>approx. 80 minutes</b>	<b>members 89 €</b>	<b>day guests 92 €</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 62 €</b>	<b>day guests 65 €</b>
<b>approx. 80 minutes</b>	<b>members 89 €</b>	<b>day guests 92 €</b>







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 65 € day guests 68 €  
approx. 80 minutes members 89 € day guests 92 €

**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 €



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 67 € day guests 70 €  
approx. 80 minutes members 92 € day guests 95 €





## 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	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 acupuncture, 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



### 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

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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 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

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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 Sunday: 10.00 a.m – 09.00 p.m

**Meridian Spa & Fitness Spandau Arcaden | Klosterstr. 3 | 13581 Berlin | 040/65 89-0 | [www.meridianspa.de](http://www.meridianspa.de)**  
registered office: Meridian Spa & Fitness Berlin GmbH | Wandsbeker Zollstraße 87-89 | 22041 Hamburg

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