



MASSAGES



MASSAGES CLASSIC

PARTIAL BODY MASSAGE (approx. 25 minutes)

This classical massage for your back or legs reduces muscular tension and promotes blood circulation.

FULL BODY MASSAGE (approx. 40/55 minutes)

Intensive massage techniques promote muscle relaxation and make you feel at ease. Discuss your individual focus with your therapist.

SPORTS MASSAGE (approx. 25 minutes)

This intensive deep massage supports quick and long-term muscle regeneration.





MASSAGES

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FACE AND HEAD MASSAGE (approx. 25 minutes)

This all-rounder in terms of improved well-being removes daily stress and reduces muscular tension.

FOOT REFLEXOLOGY (approx. 40 minutes)

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

MASSAGE FOR EXPECTANT MOTHERS (approx. 25/40/55 minutes)

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

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.



MASSAGES

MASSAGE-SPECIALS

HOT STONE MASSAGE (approx. 75 minutes)

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!

LOMI LOMI MASSAGE (approx. 80 minutes)

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.

MERIDIAN RECOVERY MASSAGE (approx. 55/80 minutes)

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.

AMAYĀNA MASSAGE (approx. 50/80 minutes)

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.



MASSAGES

MASSAGE-SPECIALS

CALIFORNIAN MASSAGE (approx. 80 minutes & upon request)

This Californian full body massage gives you inner calmness and physical and mental balance. The combination between traditional and holistic massage is applied and matched to your breathing. Slow strokes, passive joint movements as well as intensive techniques based on connective tissue massage and soft acupressure reduce stress hormones.

SHIATSU (approx. 60/80 minutes)

This whole body treatment is based on Japanese and traditional Chinese medicine. It is recommended in cases of pain and emotional imbalance. Body, mind and soul are balanced to establish a general sense of well-being. The Shiatsu massage is carried out on a training mat; a comfortable pair of pants and a long-sleeved shirt are the recommended clothing.

THAI MASSAGE (approx. 80 minutes)

The Thai massage is designed to loosen and remove blockages. Gentle stretches and intensive, rhythmical pressure are applied using the ball of the hand, the thumbs, knees, elbows and feet to work on specific energy paths of the body. Your qi (life energy) is activated and strengthened, yin and yang are balanced and your self-healing powers are stimulated. The Thai massage is carried out on a training mat; a comfortable pair of pants and a long-sleeved shirt are the recommended clothing.

HAMAM (approx. 30/40 minutes)

This oriental cleansing ritual allows you to find inner calmness and physical relaxation. The ceremony begins with a body peeling on the warm belly stone made of marble and it is completed with the traditional olive oil soap massage. Relax with a cup of herbal tea in the wellness area.

THERAPEUTICAL TREATMENTS



TREATMENTS

BREUSS SPINAL MASSAGE (approx. 40 minutes)

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.

CRANIO SACRAL THERAPY (approx. 55/80 minutes)

This gentle manual full body therapy requires soft pressure to be applied carefully, particularly to the skull, spine and sacrum. This enables the localization and correction of blockages and functional disorders. It is particularly recommended for headaches, chronic fatigue, tinnitus, as well as neck and back pain. Please make sure to wear comfortable clothing for this treatment.

MANUALLY LYMPHATIC DRAINAGE (approx. 55 minutes)

This very soft wellness method is used to remove unwanted fluid retention in the body. The manual lymph drainage supports a reactivation of the bodily system. At the same time, special massage techniques stimulate the purification of the body.

PACKAGES

PACKAGES



DOUBLE TREATMENTS

SPENDING TIME TOGETHER/SKYLINE RELAX (approx. 70 minutes)

Miteinander Entspannung zu genießen, ist doppelt so schön. Die Zeremonie mit Fußbad und Tee lädt ein, in Ruhe anzukommen und stimmt Sie auf die gemeinsame Entspannungsreise ein. Die anschließende Ganzkörpermassage bei Wohlfühl-Klängen lässt Sie dem Alltag entfliehen.

ROSE DREAM /SKYLINE DREAM (approx. 70 minutes)

Bei einem Glas Prosecco laden wir Sie zum Träumen ein. Parallel genießen Sie ein verführerisch duftendes Ganzkörperpeeling aus Zuckerkrystallen und Rosenöl. Im Anschluss entspannen Sie gemeinsam bei einer nach Rosen duftenden Aromaöl-Körpermassage.

SKYLINE ENERGY (approx. 70 minutes)

Time to relax together for more energy. You will experience the art of conscious touch through our special AMAYĀNA massage. Your treatment experience is rounded off with a glass of prosecco in the Face & Body relaxation room.

DAY SPA PACKAGES

WELL-BEING (approx. 40 minutes)

Full body massage, including the use of the wellness area

TIME FOR MYSELF (approx. 85 minutes)

Partial body massage, facial treatment Classic Clean including the use of the wellness area

PRICES

PRICES

Type of treatment	Duration in minutes	Alstertal (Hamburg)	Am Michel (Hamburg)	Barmbek (Hamburg)	Eppendorf (Hamburg)	Wandsbek (Hamburg)	Spandau Arcaden (Berlin)	Skyline Plaza (Frankfurt)	Sophienhof (Kiel)
Classic Massages									
Partial Body Massage	25	32 €	32 €	32 €	32 €	32 €	32 €	35 €	30 €
Full Body Massage	40	45 €	45 €	45 €	45 €	45 €	45 €	48 €	45 €
Full Body Massage	55	59 €	59 €	59 €	59 €	59 €	57 €	65 €	59 €
Sports Massage	25	32 €	32 €	32 €	32 €	32 €	32 €	35 €	30 €
Face and Head Massage	25	30 €	30 €	30 €	30 €	30 €	30 €	32 €	30 €
Foot Massage/Reflexology	40	45 €	45 €	45 €	45 €	45 €	45 €	48 €	45 €
Massage for expectant Mothers	25	32 €	32 €	32 €	32 €	32 €	32 €	35 €	30 €
Massage for expectant Mothers	40	45 €	45 €	45 €	45 €	45 €	45 €	48 €	45 €
Massage for expectant Mothers	55	59 €	59 €	59 €	59 €	59 €	57 €	65 €	59 €
Massage Specials									
Hot Stone Massage	75	85 €	85 €	85 €	85 €	85 €	85 €	89 €	85 €
Lomi Lomi Massage	80	92 €	92 €	92 €	92 €	92 €	92 €	95 €	92 €
Meridian Recovery Massage	55	65 €	65 €	65 €	65 €	65 €	59 €	69 €	65 €
Meridian Recovery Massage	80	89 €	89 €	89 €	89 €	89 €	83 €	93 €	89 €
AMAYÄNA Massage	50	65 €	65 €	65 €	65 €	65 €	65 €	69 €	65 €
AMAYÄNA Massage	80	89 €	89 €	89 €	89 €	89 €	89 €	95 €	89 €
Californische Massage (upon request)	80	92 €	92 €	92 €	92 €	92 €	92 €	-	92 €
Shiatsu	60	69 €	-	-	69 €	-	69 €	-	69 €
Shiatsu	80	89 €	-	-	89 €	-	89 €	-	89 €
Thai Massage	80	89 €	-	-	89 €	-	-	-	89 €
Hamam	30	-	-	-	-	-	-	-	45 €
Hamam (with back massage)	40	-	-	-	-	-	-	-	59 €

Hinweis: Tagesgäste zahlen zusätzlich eine Servicepauschale in Höhe von 3 Euro je Behandlung.

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treatments									
Breuss spinal Massage	40	48€	48€	48€	48€	48€	48€	51€	-
Cranio Sacral Therapie	55	69€	69€	69€	69€	69€	69€	75€	-
Cranio Sacral Therapie	80	89€	89€	89€	89€	89€	89€	95€	-
Manually Lymphatic Drainage	55	59€	59€	59€	59€	59€	59€	62€	59€
Packages									
Spending Time together/Skyline Relax	70	73€ p. P.	-	-	-	-	-	85€ p. P.	73€ p. P.
Rose dream/Skyline Dream	70	75€ p. P.	-	-	-	-	-	89€ p. P.	-
Skyline Energy	80	-	-	-	-	-	-	99€ p. P.	-
Well-being	40	59€*	59€*	59€*	59€*	59€*	59€*	62€*	57€*
Time vor myself	85	123€*	-	123€*	123€*	123€*	123€*	126€*	120€*

Hinweis: Tagesgäste zahlen zusätzlich eine Servicepauschale in Höhe von 3 Euro je Behandlung (gilt nicht für „Färben im Rahmen einer Gesichtsbehandlung“ und die „Day Spa Packages“)

*Für Nicht-Mitglieder Montag – Donnerstag von 9 bis 17 Uhr (ausgenommen feiertags). Bei Check-out nach 17 Uhr berechnen wir zusätzlich einen Aufpreis von 10 Euro.



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.

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 Ayurveda 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 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.