

# WELLNESSPARK BAD ORB

TREATMENTS  
AND PROGRAMS

**toskanaworld**  
health and happiness

RELAX  
ENJOY  
HEAL

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**A warm welcome to the Wellnesspark of the Toskana Therme**  
Our health is our most precious resource. Combining your stay with an individual treatment is a lasting investment in health and well-being. Relax body and mind, enjoy wonderful nature and take the time to find your own pace. Happiness is so easy to experience: enchanting scents, pleasant touches and smooth textures. It is our goal to create a space for deep relaxation and tranquility. We use our knowledge and skills to turn your wellness treatment into a special and sustainable experience.  
**The Wellnesspark team wishes you health and happiness.**

TOSKANA  
THERME  
BAD ORB

HOTEL  
AN DER THERME  
BAD ORB ★★★★★





## WELLNESS PROGRAMS

### TOSKANA DAY

Breakfast with sparkling wine in "Il Ristorante", day ticket to the Toskana Therme, full body peeling and gentle massage with nourishing lotion, wellness plate with refreshing drink, feet and leg massage, tea or coffee with pastry

We are happy to provide you with bathrobes and towels.

SUN-FRI €156 | SAT €172

### TOSKANA GREETING

Breakfast with sparkling wine in "Il Ristorante", day ticket for the Toskana Therme, wellness plate with refreshing drink, full body aromatic oil massage, tea or coffee with pastry

We are happy to provide you with bathrobes and towels.

SUN-FRI €111 | SAT €122

### AFTER WORK RELAXING

Bookable Monday - Friday (except on holidays)

Three hours' admission to the Toskana Therme, wellness massage, small wellness plate with refreshing juice from our "Il Ristorante"

€57

**Time - this all-encompassing notion which offers food for thought for philosophers and others can often cause stress and pressure in these modern times as every minute, even every second is so valuable.**

### TIME FOR INDULGENCE

Book your individual wellness time. At the beginning of your treatment, we advise you which relaxing treatments of our Spa menu "here and now" match your individual needs.

1,5 h

SUN-FRI €111 | SAT €122

2 h

SUN-FRI €141 | SAT €155

### TIME FOR LIGHTNESS

Now is your time - time for yourself - time for lightness. Delightful full body massage with enchanting fragrances, gourmet facial, small manicure for beautiful hands.

Incl. one glass of sparkling wine and small wellness product | approx. 2 h 20 min

SUN-FRI €150 | SAT €165

### MAMMA MIA

Completely relax prior to and after giving birth! At the beginning of your treatment, you and your cosmetician arrange the components (scents, lotions or oils) according to your individual needs.

Relaxing shoulder-neck massage that gently loosens tensions, pampering wellness pedicure and beauty facial

Incl. a refreshing cocktail and small wellness product | approx. 2 h 20 min

SUN-FRI €142 | SAT €157





## DEEP RELAXATION

### PHARMOS NATUR® BODY

#### EXPERIENCE PURE NATURE ON YOUR SKIN!

**Precious healing, rejuvenating and restorative plants**

**Pure plant intelligence, high vibrations, intensive light energy**

**100% Aloe Vera organic fresh plant juice instead of water.**

**No preservatives and alcohol.**

The highlight of your PHARMOS NATUR treatment is the application of a very special Aloe Vera fresh plant leaf. Your skin fully absorbs the moisturizing gel. A wide variety of components feed your cells, repair and regenerate.

100% natural cosmetic components and unique treatments.

#### DETOX BODY

Full body detox treatment with precious healing plants combined with pure organic Aloe Vera.

This treatment cleans and decongests via the lymph, strengthens and tightens the connective tissue, activates the metabolism, eases cellulite

80 min

SUN-FRI €95 | SAT €105

110 min

SUN-FRI €125 | SAT €138

#### LOVE YOUR AGE BODY

Intense nurturing and rejuvenating massage with pure plant power.

An innovative combination of lipids, vitamins and antioxidants efficiently tightens the skin and reactivates the skin renewal.

80 min

SUN-FRI €95 | SAT €105

110 min

SUN-FRI €125 | SAT €138

#### RELAX & MOVE

This warming detox massage relieves tension and stimulates the muscles and joints as well as the blood circulation. Particularly suitable for athletes, people with an active lifestyle and people suffering from muscle pains or disorders of the joints.

80 min

SUN-FRI €95 | SAT €105

110 min

SUN-FRI €125 | SAT €138

#### GOODBYE STRESS

The perfect treatment to relieve stress, avoid overload and recharge your batteries. Inner tension and the nervous system are relieved. Simultaneously the skin is intensively regenerated and nourished.

80 min

SUN-FRI €95 | SAT €105

110 min

SUN-FRI €125 | SAT €138



## WELLNESS EXCLUSIVE

**These treatments are only bookable if available.**

### CRANIOSACRAL THERAPY

Tension in the connective tissue and the entire aponeurotic system can be detected and treated allowing for a deep relaxation. each treatment includes consultation before and after the session

90 min	SUN-FRI €106   SAT €117
Introduction to Cranio   60 min	SUN-FRI €76   SAT €84

### SINGING BOWL MASSAGE

By applying the singing bowls directly to the body and striking them, sound waves can flow through the body, regaining its natural harmonic frequency.

75 min	SUN-FRI €80   SAT €88
Introductory treatment   45 min	SUN-FRI €56   SAT €62

### TAI CHI MASSAGE – *created by Sifu Monjama for Toskanaworld*

This massage method which incorporates the structure of Tai Chi has a long-lasting effect, reduces stress and permeates the body tissues.

80 min	SUN-FRI €96   SAT €106
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### LOMI LOMI NUI MASSAGE

long, flowing massage strokes with joint loosening; your bodyworker's special breath and dancing technique will support the flow of energy.

80 min	SUN-FRI €96   SAT €106
Introductory treatment – back   50 min	SUN-FRI €66   SAT €73

## SPECIALTIES

### EAR CANDLE CEREMONY

The magic of energizing, warming fire is still alive in this centuries-old Indian ritual. Ideal for people suffering from migraine, colds, insomnia or exhaustion.

Including face and head massage with lymphatic drainage   40 min	SUN-FRI €50   SAT €55
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### EAR CANDLE TREATMENT

20 min	SUN-FRI €36   SAT €40
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### CELESTIAL STAMP MASSAGE

The mineral body treatment with warm massage stamps utilizes the power of mud and salt, nourish the skin and muscles are loosened.

**Choose from:**

- **Salt stamp** relaxes the muscles, re-mineralizing
- **Mud stamp** effective against muscle pains, detoxifying

Full body   75 min	SUN-FRI €96   SAT €106
Back   45 min	SUN-FRI €66   SAT €73





## BATH, PEELING & BODYWRAP

**Baths are integral treatments. They soothe heart and circulatory system and also benefit the nerves. Warm water loosens the muscles and ensures a deeper breathing – the body is in his element, causing deep relaxation.**

### HERBAL BATH

Choose from:

- **Only relaxation:** harmonizing, balancing, soothing
- **Mental power:** mood-lifting, redeeming, refreshing, cooling
- **In balance:** redeeming, reassuring, moisturizing

### ALKALINE BATH

“My alkali” enables pleasant cleaning and lubrication of the skin for a supple feeling. Experience the special quality of the fine gems like agate, carnelian, yellow quartz, chrysoprase, chalcedony, sapphire, quartz and onyx.

20 min each

SUN-FRI €27 | SAT €30

*HINT: Combine your peeling or mudpack with a massage.*

### FULL BODY PEELING “TOSKANA”

With fine grained sea salt and lemon oil for a supple skin.

20 min

SUN-FRI €31 | SAT €34

### MUDPACK FOR THE BACK

Applying warm mud improves the blood circulation, has an antibacterial and anti-inflammatory effect, relaxes the muscles and can erase pain. Ideal for persons suffering from rheumatism and back pain.

20 min

SUN-FRI €21 | SAT €23

## SOFTPACK

### BODYWRAP ON THE SOFT PACK LOUNGER

Easy floating, while being completely surrounded by the pleasant warmth of the “waterfloater” – there is no better way of forgetting time and space. Back and joints are relieved, the muscles loosen up and caring crème-pack can unfold its full potential. The smooth vibrations of the water ensure deep relaxation.

Choose from:

- **Sea weed:** remineralizing, detoxifying and skin tightening effect
- **Goat’s butter:** crème intensive, moisturizing

20 min each

SUN-FRI €40 | SAT €44

### NATURAL MUD PACK FOR THE BACK ON THE SOFT PACK LOUNGER

The mud pack for the back improves the blood circulation, has an antibacterial and anti-inflammatory effect and loosens the muscles. Lying on the soft pack lounger, you experience a pleasant relieve of the spine and the joints combined with a pleasant warming sensation of your body.

20 min each

SUN-FRI €31 | SAT €34







#### **FULL BODY MASSAGE**

Loosens the muscles, relieves tensions and improves the general well-being. The classic head-to-toe treatment

#### **FULL BODY MASSAGE WITH WARM OILS**

Sensually flowing massage techniques and the soothing effect of warm aromatic oils. Calm down and relax from head to toe

#### **ASIAN FOOT PRESSURE POINT MASSAGE**

Dissolves energetic blockades by applying gentle pressure, activates the body's defenses and promotes self-healing.

#### **INDIAN HEAD MASSAGE "TOSKANA"**

Loosens tensions in the head, face, neck and shoulder area. Alternating strong and gentle massage techniques are applied while you sit and lie down – for harmony and well-being

45 min each

SUN-FRI €55 | SAT €61

#### **WELLNESS FOR CHILDREN** (6–12 years of age)

##### **According to child's request:**

- Gentle **Warm oil massage for children**
- Relaxing **Face massage for children**
- gentle stroking **Foot massage for children**

We use a nourishing organic oil

choose from: fragrant coconut oil or mild olive oil

20 min

SUN-FRI €28 | SAT €31

*Of course, the child may be accompanied by his parents or another accompanying person.*

#### **WELLNESS FOR TWO**

##### **Relaxation for two people in one room**

#### **HAPPY PEELING TOUR**

A nurturing body peeling with sea salt prepares your skin for a subsequent full body massage with citrus oil

For 2 persons: 75 min

SUN-FRI €164 | SAT €181

#### **HAPPY WELLNESS**

A soothing "full body massage" loosens the muscles, relieves tensions and improves the general well-being. The classic head-to-toe treatment – with nourishing lotion.

For 2 persons: 45 min

SUN-FRI €110 | SAT €121

#### **HAPPY FEET**

An "Asian foot pressure point massage" dissolves energetic blockades by applying gentle pressure, activates the body's defenses and promotes self-healing.

For 2 persons: 45 min

SUN-FRI €110 | SAT €121





# BEAUTY

## PHARMOS NATUR® GREEN LUXURY

**The highlight of your PHARMOS NATUR treatment is the application of a very special Aloe Vera fresh plant leaf.**

A wide variety of components feed your cells, repair and regenerate. 100% natural cosmetic components and unique treatments.

**LOVE YOUR AGE - POWER TREATMENT**

Rejuvenating components tighten the skin, reactivate the skin renewal and strengthen your charisma. Collagen suppliers like avellana, cranberry, moringa and African black bean improve the density of the skin.

80 min	SUN-FRI €105   SAT €116
110 min	SUN-FRI €135   SAT €149

**DETOX FACE**

Tissue cleansing detox treatment that activates the entire metabolism of the skin, strengthens the connective tissue and has an intense detoxifying effect via the lymph. Perfect against rosacea, blemished skin, tear sacs and to support fasting and cleansing programs.

80 min	SUN-FRI €95   SAT €105
110 min	SUN-FRI €130   SAT €143

**GOODBYE STRESS**

A completely relaxing treatment for skin, body and soul. The intense nurturing relax serum increase the mind. Simultaneously the skin is reduces stress and intensively regenerated. Particularly suitable for stressed out minds, languid and irritably skin.

80 min	SUN-FRI €95   SAT €105
110 min	SUN-FRI €130   SAT €143

**BALANCED SKIN**

Balancing and regenerative treatment for blemished, large-pored skin. Sustainable plant extracts purify and refine the skin.

50 min	SUN-FRI €69   SAT €76
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**INTESIVE MOISTURE**

Moisturing and refreshing treatment  
The treatment focuses on a moisturizing massage and the application of an Aloe Vera plant gel. Particularly suitable for dry skin and as an after sun treatment.

50 min	SUN-FRI €69   SAT €76
80 min	SUN-FRI €95   SAT €105

**NATURE OF MEN**

This treatments focuses on the needs of the male skin. An energizing treatment of face, head, shoulders and neck that relieves tension and stress. Deep relaxation followed by a power boost.

50 min	SUN-FRI €69   SAT €76
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## COSMETICS - EXTRAS

### EYEBROWS

Shaping and dyeing	SUN-FRI €23   SAT €25
Dyeing as part of a cosmetic treatment	SUN-FRI €13   SAT €14

### EYELASHES

Dyeing	SUN-FRI €17   SAT €19
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## LOVELY HANDS AND FEET

### SPLENDID HANDS

Odorant hand bath, peeling, classic hand and nail care, poultice, hand massage, hand lotion

Choose from: paraffin bath or polish   50 min	SUN-FRI €54   SAT €59
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### BLESSED FEET

Soothing foot bath, peeling, classic feet and nail care, poultice and foot massage, foot lotion

Choose from: paraffin bath or polish   50 min	SUN-FRI €54   SAT €59
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### LEGS - LIGHT & FIT

Are you tired of swollen and heavy legs after a long day in the office or on especially hot days? Discover this decongestant treatment with a special drainage technique and wraps soaked in ice lotion. A true blessing!

25 min	SUN-FRI €36   SAT €40
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## LIQUID BODYWORK®

**Liquid Sound® Temple** - An exclusive individual session in the special atmosphere of the Liquid Sound® pool - a delightful and wonderful adventure. You will be carried on the hands of a bodyworker; floating weightlessly in the warm water, your body will be playfully moved, massaged, stretched, rocked, and cradled in a completely new way.

### AQUA WELLNESS - INDIVIDUAL SESSION

Individual session - you are at the center of the bodyworker's attention

approx. 1 h 30 min (exclusive session)	SUN-FRI €119   SAT €131
approx. 1 h 30 min (during opening hours)	SUN-FRI €95   SAT €104

### AQUA WELLNESS - SESSION FOR TWO

One bodyworker offers consecutive short sessions to two people booking together. You will be carried, massaged and moved - a unique experience.

approx. 1 h 40 min (exclusive session)	SUN-FRI €159   SAT €175
approx. 1 h 40 min (during opening hours)	SUN-FRI €139   SAT €153

### AQUA WELLNESS - SIMULTANEOUS SESSION FOR COUPLES

Two bodyworkers lead this session simultaneously and harmoniously

approx. 1 h 30 min (exclusive session)	SUN-FRI €210   SAT €231
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### AQUA WELLNESS - DREAM TIME

While floating weightlessly in the warm water of the Liquid Sound® temple, surrounded by sound and colors, you experience a gentle massage. Supported by soft, comfortable cushions while being guided and touched by skilled hands.

approx. 1 h for one person (exclusive session)	SUN-FRI €79   SAT €87
approx. 1 h for two persons (exclusive session)	SUN-FRI €99   SAT €109





## ROADMAP TO WELLNESS

### **MAKING AN APPOINTMENT**

We recommend booking your treatment 14 days prior to your arrival in order to get your desired time slot. The staff of our Wellness park reception will be glad to assist you. The Wellnesspark can be visited without a ticket to the Toskana Therme. You find our contact details on the back of this brochure.

### **CANCELLING AN APPOINTMENT**

In the event that you cannot keep your appointment, we kindly ask you to cancel it in good time – other guests are glad to receive the vacant slot. We charge no fees for cancellations made up to 24 hours prior to the treatment. After that, we charge you with the full price for the booked treatment.

### **WELLNESS TIME**

We kindly ask you to turn up for your treatment on time. Should you be late for your appointment, the time of the treatment will be reduced. We recommend signing in at the Wellnesspark reception 5-10 min. prior to the beginning of the treatment. After your treatment, we recommend taking a short rest. You will find refreshing water at our Wellnesspark reception desk.

### **CLOTHING**

For the time of your treatment, we gladly provide you with bath towels – and if desired, also slippers and disposable briefs – free of charge. You can change your cloths in the treatment room.

### **IMPORTANT**

Wellness treatments cannot replace medical treatments. Please inform us about medical conditions, allergies or pregnancy – possibly at the time you make your appointment. The more information we have, the better you will be pampered. It is our aim for you to have a perfect wellness time. Please inform your wellness worker about your desires at the beginning of the session: massage intensity, music volume, light and room temperature.

### **AREA OF TRANQUILITY - WELLNESSPARK**

Shhhhh... In order to guarantee our guests a relaxing time of wellness, we kindly ask you to reduce all sound sources to a minimum. Please switch off your mobile phone. Children and adolescence under the age of 16 are welcome if they are accompanied by an adult.

### **PROLONGING YOUR WELLNESS FEELING**

Fall under the spell of enchanting scents, sensual recipes and extraordinary and relaxing ceremonies. The exclusive wellness and care products offered in our shop will effectively prolong your wellness time. We are happy to advise you.

We work with renowned cosmetic suppliers:

PHARMOS NATUR®  
KURLAND®

**From the bottom of our hearts, we wish you health and happiness!**

**Gifts that stir emotions  
and inspire**

Available at all ticket offices  
and reception desks of  
Toskanaworld as well as in  
our online shop.

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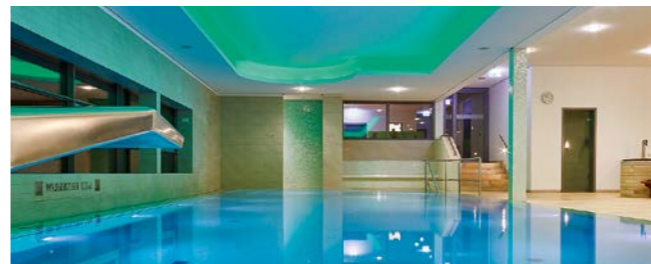
# VOUCHERS FOR MAGICAL PLACES

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Publisher: Toskanaworld GmbH  
Company:  
Hotel an der Therme Bad Orb GmbH  
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Ollertz&Ollertz, Christian Häcker,  
Bernhard Strauss, Martin Maiwald  
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Guido Werner, Hessischer Heilbäderverband  
Design: gudman.de

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## WELLNESSPARK TOSKANA THERME BAD SULZA

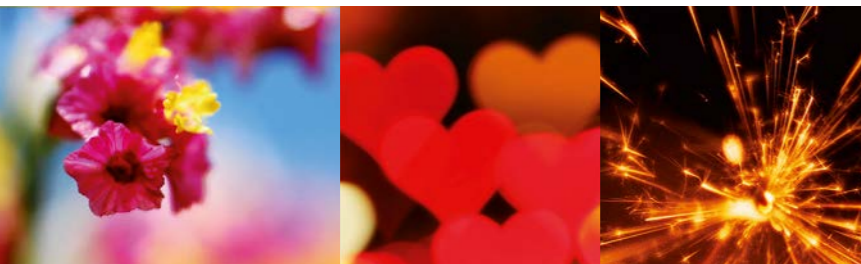
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