

BRENNERS

Spa & Wellbeing



- ENGLISH -

The Path to Wellbeing

Nestled within the lush parkland of Baden-Baden, Brenners Spa & Wellbeing is a sanctuary where nature's calm meets advanced wellbeing. Entirely devoted to rejuvenation, this standalone spa house and its surroundings at Brenners Park-Hotel offer a seamless journey for body, mind, and spirit, uniting bespoke detox programs, holistic therapies, state-of-the-art beauty, as well as treatments closely connected to the healing power of the Black Forest.

Rooted in Europe's legendary spa traditions, Brenners was instrumental in elevating *Salus per Aquam* - health through water - into a modern art. Today, that heritage is reimagined through a philosophy that pairs scientific innovation with the indulgent ease of a grand hotel, ensuring every guest feels cared for and transformed.

Here, the atmosphere flows effortlessly between the serene rustle of parkland trees and interiors of understated sophistication. Wellbeing is not a fleeting indulgence but a lifestyle: tailor-made rituals, high-performance skincare, and gentle innovations reveal beauty as a holistic, enduring state of being.





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SUMMARY





Spa Check-In

Includes

- Body composition analysis
- Creation of an individual treatment program
- Smoothie of the day
- Culinary menu creation on request



Wellness Retreat Package

Beauty

- Body composition analysis | 30 Min.
- Accu Flex foot massage | 30 Min.
- Brenners individual Face & Neck & Decolette Treatment | 60 Min.
- Brenners time-out for body and mind Treatments | 90 Min.
- Mindfulness Massage | 90 Min.

Food & Drinks

- Breakfast
- 3-course dinner in Wintergarten restaurant

Minimum stay: 2 nights

Holistic Health Package

Beauty

- Body composition analysis | 30 Min.
- JetPeel meets Feather Touch | 90 Min.

Therapy

- Accu-Flex Foot massage | 30 Min.
- Balancing wellness treatment | 60 Min.
- Abyanga treatment | 60 Min.
- Mindfulness massage | 90 Min.

Sport & Fitness

- Creation of a bespoke exercise plan | 30 Min.
- Personal training | 60 Min.
- Yoga | 60 Min.
- Meditation | 60 Min.
- Brenners lifestyle activites | 60 Min.
- Individual hiking/biking tour | 120 Min.

Food & Drinks

- Full board (including water & tea)

Minimum stay: 5 nights

Massages & Body Treatments

Brenners Full Body Massage

Take a deep breath and experience a new body sensation with this treatment. Our unique relaxation routine provides relaxation and serenity, while the natural aromatherapy from wild flowers, plants, roots, and leaves deeply pampers and soothes.

Options: classic wellness massage | aroma massage | sports massage

60 Min. / 90 Min.





Brenners Time-out for Body and Mind Treatments

Vitalizing

By activating the lymphatic flow with a herbal blend of rosemary and refreshing menthol, brought together with earthy minerals, this treatment is designed to promote balance, strengthen the immune system and restore vitality. Warm soap stones stimulate the flow of energy, and a massage brings relaxation, resulting in a lighter body and mind.

90 Min.

Clarifying

A mineral salt and eucalyptus peeling to stimulate circulation and flush out toxins, followed by a massage to relax the muscles, rounded off by a facial ritual as a mini-facial, transforms this treatment into a unique time-out for body and mind.

90 Min.

Pampering

Feel the healing and moisturizing properties of aloe vera, jojoba, refreshing rosemary and Black Forest fir. Enjoy pure pampering from head to toe. A mini-facial, a scalp treatment with acupressure as well as a relaxing full body massage including a foot massage, transform this treatment into a unique time-out for body and soul.

90 Min.

Detox Body Firming Ceremony

Firms body contours and promotes detoxification. A special dry brushing technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation and promote the absorption of clinically tested active slimming ingredients. An exclusive slimming massage and a serum stimulate blood circulation and activate lipolysis through ginger and caffeine. Cool, mineral enriched compresses provide an additional therapeutic effect.

60 Min.

Mindfulness Massage

A deep full body massage, in which classic massage techniques are enhanced by incorporating natural aromatherapy from wild flowers and plants. This is supported by the stimulating effect of menthol cream.

60 Min. / 90 Min.

Lomi Lomi Nui

Lomi Lomi is a massage that energizes the body and mind through a traditional Hawaiian massage technique, reminiscent of the movement of ocean waves. The therapist uses forearms and elbows to penetrate deep into the muscles with long, rocking and rhythmic movements.

60 Min. / 90 Min.

Abhyanga

A traditional Indian massage technique, that gently harmonizes your body. This full body massage activates the metabolism by means of strokes and stimulation of the Marma points.

60 Min. / 90 Min.





Mineral Wellness Cure

This three-part deluxe treatment is based on the centuries-old European tradition of using healing mud, healing water and light massage therapy, for a detoxifying and completely relaxing effect. It begins with a body application of 100% organic peat mud, followed by a nourishing bath with mineral wellness soak crystals. A luxurious full body treatment with a cream rich in thermal minerals and Black Forest body oil rounds off this deeply relaxing and rejuvenating treatment.

90 Min.

Recovery Massage Cure

Helps with targeted muscle relaxation, especially after sport or exertion. This treatment applies heat to tense muscles and uses the powerful properties of magnesium to support the body's detoxification process. In addition, cooling menthol is applied to the lower body to promote drainage and circulation. Different massage techniques are used depending on individual needs.

90 Min.

Brenners Wellness Trip by Augustinus Bader

The treatment begins with a gentle exfoliation using Augustinus Bader oil and sea salt. The subsequent fascial massage activates tissue metabolism and stimulates cell communication and repair. Finally, the luxurious "The Body Cream" by Augustinus Bader is generously applied, which has been clinically proven to reduce the appearance of cellulite and achieve visibly softer, smoother and firmer skin in just one session.

90 Min.



Facial Treatments

Brenners Customized Facial

Manual microdermabrasion with a patented Glowstick or AHA peeling.

This facial treatment combines a deeply effective acupressure massage with our exclusive cosmetic line, developed for the highest standards of skin health and care. Depending on the skin's needs, either the diamond glowstick is used as a tool for manual microdermabrasion or the AHA exfoliants are used to improve skin structure and health. Highly concentrated active ingredients regenerate, strengthen, and visibly refine the skin's appearance. An experience that harmoniously combines effect and well-being. Complemented by a specially developed facial and scalp massage, this treatment gives a feeling of healthy regeneration.

60 Min. Face & Neck / 90 Min. Face, Neck & Decolleté

Brenners Jet Lag Treatment by Augustinus Bader

Carefully designed to recover or prepare your skin, this treatment leverages the award-winning TFC8® cell renewing complex to boost resilience and radiance. Incorporating the hydrogel mask, it delivers an immediate surge of hydration and radiance within the complexion.

60 Min.

JetPeel First Class Treatment

Our exclusive treatment with Landsberg Ästhetik's patented JetPeel technology uses the highest concentration of active ingredients for maximum effectiveness.

Step 1 - Lymphatic drainage

With organic aloe vera and hyaluronic acid, the skin's microcirculation is stimulated and toxins are drained.

Step 2 - Exfoliation

JetPeel nozzles gently remove dead skin cells and leave your skin radiant.

Step 3 - Hydroporation

At 720 km/h, selected active ingredients are infused deep into the skin. Choose from vitamins, hyaluronic acid, antioxidants and more to hydrate, soothe and strengthen your skin.

Face & Neck | 60 Min.

Face, Neck & Decolleté | 90 Min.

Variants

JetPeel meets Feather Touch | 90 Min.

JetPeel meets Exosome | 90 Min.

JetPeel X The Skin Infusion by Augustinus Bader

The combination of JetPeel and Skin Infusion unites the expertise of modern JetPeel jet propulsion technology with the standards of the latest generation of skin care. Combined with Augustinus Bader skincare, the facial provides optimum care to refine and strengthen the skin.

90 Min



Hand & Feet Treatments

Hand Rejuvenation Ceremony

This luxurious ritual is suitable for everyone and begins with a soothing hand bath, nail filing and polishing, and gentle cuticle care. Enjoy an energising exfoliation, which frees the hands from dry skin and revitalises them, followed by a nourishing and rejuvenating mask. The final hand massage stimulates blood circulation and leaves the hands feeling renewed.

60 Min

Foot Rejuvenation Ceremony

A rejuvenating experience that softens the skin, refreshes the senses and provides long-lasting beauty. The ritual begins with a gentle cleansing, followed by a soothing exfoliation, enriched with volcanic sand and lactic acid for a gentle but effective exfoliating effect.

90 Min

Wellness Upgrades

Accu-Flex Foot Massage

Immerse in a world of relaxation, where every pressure point on the feet opens a door to inner balance. Targeted stimulation alleviates tension.

30 Min

Foot & Leg Massage

Precise massage techniques not only relieve superficial tension, but also improve circulation and reduce lymph congestion. The gentle touches release cramped or stiff leg muscles and noticeably reduce tension.

30 Min







Face, Head & Neck Massage

The treatment begins with an aromatherapy sensory journey, which includes an acupressure scalp exercise that clears the mind, promotes relaxation and relieves stiffness and pain. A pampering massage with our signature oil and a cooling balm of pine and menthol promotes relaxation and relieves tension in the head, neck and shoulders.

40 Min.

Back & Neck Massage

Targeted hand movements not only relieve superficial tension in the shoulders and back, but also gently treat deep myogelosis. The relaxed muscles have a positive effect on posture, mobility, and general wellbeing.

40 Min.

Holistic Bodywork

Lymphatic Drainage Massage

Lymphatic drainage massage is a gentle treatment that mainly serves to decongest the tissue and relieve pain. Gentle, rhythmic movements ensure pleasant relaxation and increased wellbeing.

60 Min

Balancing Wellness Treatment

Experience a balancing treatment that promotes inner balance through stress management with the help of acupressure. This includes a body scrub with camomile and a herbal wrap with natural aloe vera and essential minerals. While the body relaxes, a refreshing facial treatment with red algae glow drops completes the holistic approach. Ideal for those experiencing hormonal changes in life.

60 Min

Accu-Flex Foot Massage

An eucalyptus-infused foot cleansing ritual combined with an Accu-Flex massage clears the mind and relaxes tired feet and legs while nourishing the skin with minerals and foot balm. The treatment begins with a revitalising foot scrub with invigorating salt and eucalyptus oil, followed by a refreshing wrap. This is followed by an extensive foot and leg massage that integrates reflexology, acupressure and warm stones to promote circulation and relaxation. The result is light, refreshed legs and silky-smooth feet.

60 Min

Private Fitness & Classes

Private Consultations & Training

- Body analysis with training and nutritional advice | 60 Min.
- Body analysis retest | 45 Min.
- Personal training | 60 Min.

Fitness Classes

From 2 to 5 people or private

- Brenners lifestyle activities | 60 Min.
- Water aerobics | 30 Min. | 60 Min.
- Bike tour including bike and guide | 60 Min. | 120 Min.
- Mindfulness hike / walk | 60 Min. | 120 Min.





Day Spa

Morning Spa & Afterwork Spa

Morning - daily from 07.00 to 11.00

After Work - Monday to Friday from 18.00

- Use of the pools, fitness studios and saunas
- Bathrobe, bath towels, and amenities

Me Time

- Full day use of the pools, fitness studios, and saunas
- Bathrobe, bath towels, and amenities
- 10 per cent off treatments

Renew & Relax

- Full day use of the pools, fitness studios, and saunas
- Bathrobe, bath towels, and amenities
- Breakfast
- 50 minute wellbeing massage
- 10 per cent off additional treatments
- Light spa snack in Villa Stéphanie

Brenners Wellness Journey

- Full day use of the pools, fitness studios, and saunas
- Bathrobe, bath towels, and amenities
- Body composition analysis | 30 Min.
- JetPeel facial | 60 Min.

Ausava Membership

Classic

- Access Monday to Thursday (excluding public holidays)
- Year-round use of the temperature-controlled swimming pool
- Fitness and sauna access including bathrobe, towels, and amenities
- Selected drinks and snacks from the Le Salon buffet
- €60 per visit for accompanying persons aged 12 and over
- Personal membership card and chip for easy access
- Annual membership

Premium

- Access Monday to Sunday (public holidays included)
- 40% discount on all spa treatments every Tuesday and Thursday from 09.00 to 11.00
- Year-round use of the swimming pool
- Fitness and sauna access, including bathrobe, towels, and amenities as well as drinks and snacks
- One personal training session per quarter (not cumulative) or a 50-minute holistic bodywork session with Lilianne Goschy at Haus Julius
- A voucher for afternoon tea for two people
- Ten day tickets for family members or friends
- A personalised bathrobe in the first year and from the second year on a gift of your choice
- Complimentary use of Le Salon in Brenners Spa & Wellbeing
- Selected drinks and snacks from the Le Salon buffet
- Personalised membership card and chip for easy access
- €60 per visit for accompanying persons aged 12 and over
- Annual membership



130m 16.5°C





Spa Etiquette & Information

Your Appointment

In order to best meet your desired days and times, we kindly ask you to book your treatment as early as possible in advance. For easy booking from your room, please dial 601 or contact us on +49 (0) 7221 900 601. Alternatively, you can reach us by email at spa.brenners@oetkerhotels.com

External Guests

For external guests, each treatment reservation requires a credit card authorisation for confirmation.

Cancellation Policy

Please notify us at least 24 hours prior to your scheduled appointment, should you need to make a change or cancel the booking. Failure to do so will result in a full charge of the scheduled treatment cost.

Gift Vouchers

Give your loved ones a unique wellness experience in our spa. Our personalised gift vouchers allow recipients to choose the right treatment from our extensive spa menu.



Arrival and Relaxation

We recommend that you arrive at least 15 minutes before your treatment appointment. This ensures a smooth registration process, enough time to get changed and the chance to relax in our sauna or steam room beforehand.

Late Arrivals

Please bear in mind that late arrivals usually shorten the duration of your treatment so that we can start the following appointments on time. We ask for your understanding that we will charge the full price even if the duration of your treatment is shortened.

Clothing

Please note that special clothing is not required. Everything you need will be provided in your treatment room, including disposable underwear for massages and treatments.

Hygiene

Your safety is our priority at all times. That's why all our equipment is carefully sterilised and disinfected after every treatment.

A Peaceful Sanctuary

In order to maintain a harmonious atmosphere, smoking and the consumption of alcoholic beverages are not permitted in the spa. Please switch off your mobile phones and lock your valuables safely away.

Your Health

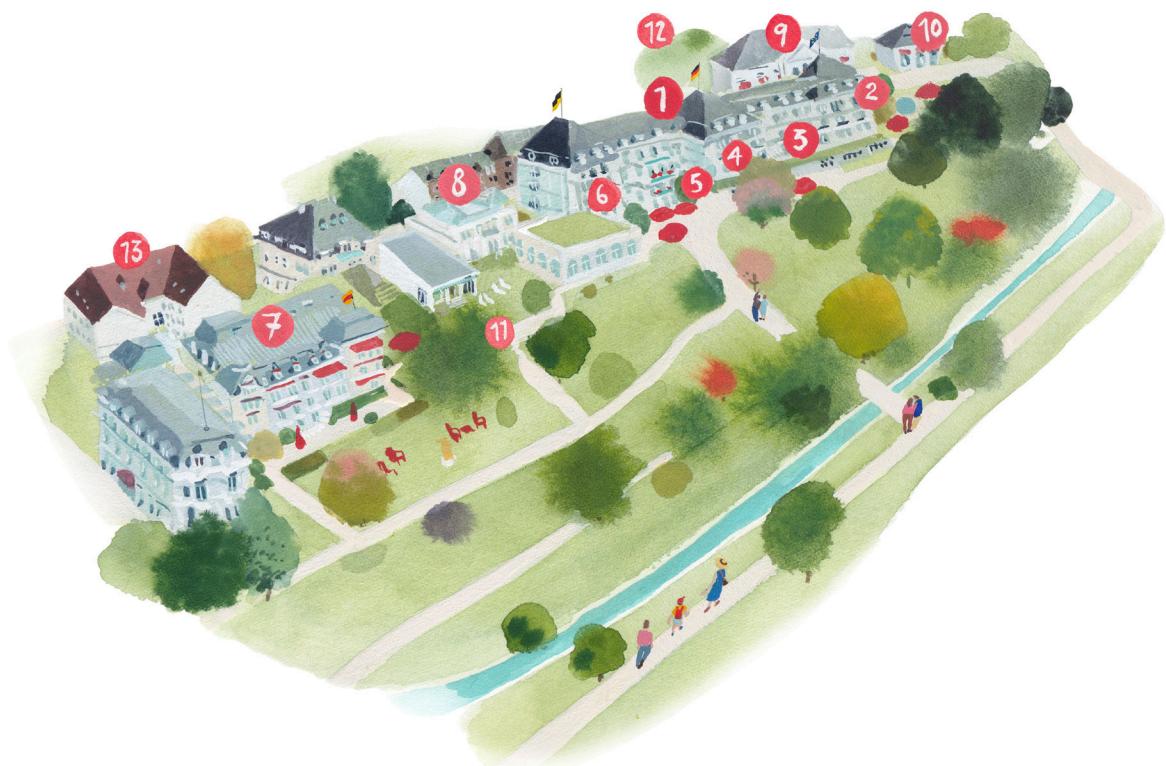
Please inform us of any health restrictions such as high blood pressure, heart disease or allergies when booking your appointment. We ask for your understanding that we do not offer massages to pregnant women.

Age Requirements

Guests under the age of 18 require a declaration of consent from a parent or legal guardian. Minors are not permitted in the sauna and steam bath. Children are only permitted access to the main pool of the hotel when accompanied by a parent or guardian. Parents are responsible for their children.

An Overview

- 1. Main building
- 2. Fritz & Felix Bar and Restaurant
- 3. Restaurant Wintergarten
- 4. Kaminhalle / Oleander Bar / Cigar Lounge
- 5. Minerva Terrace
- 6. Brenners Boutique
- 7. Brenners Spa & Wellbeing
- 8. Parkvilla
- 9. Residence Turgenjew
- 10. Alois' Nest Kids Club
- 11. Sunbathing Lawn / Pool / Gym
- 12. Underground Car Park
- 13. Brenners Medical Care







BRENNERS Spa & Wellbeing

Opening Hours

Spa reception: daily from 10.00 to 19.00

Saunas: 9.00 to 22.00

Fitness & pool: 7.00 to 22.00

For all treatments before 9.00 and after 19.00

there is a surcharge of 50 percent.

*For treatments in your hotel room,
a surcharge of 100 percent is applied.*

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Subject to change

Prices

Wellness Retreat Package

- €985

Holistic Health Package

- €3.480

All individual Treatments

Our prices are based on the duration of each treatment.

- 30 Min. | €90
- 40 Min. | €110
- 60 Min. | €190
- 90 Min. | €250

JetPeel

- 60 Min. | €350
- 90 Min. | €450

JetPeel meets The Skin Infusion by Augustinus Bader

- 90 Min. | €450
- optional: The Skin Infusion Cur + €350

Hand & Foot Treatments

- Manicure | €110
- Pedicure | €150

Day Spa

- Afterwork or Morning Spa | €80
- Me Time | €180
- Renew & Relax | €350
- Wellness Journey | €450

Fitness

- 60 Min. Activities | €150
- Biking 60 Min. | €180 or 120 Min. | €220
- Hiking 60 Min. | € 160 or 120 Min. | €200

OETKER HOTELS
Masterpiece Collection