

# EAST

## BODY & SOUL SPA MENU

ENGLISH  
VERSION



### east Body & Soul Spa menu

Escape the hustle and bustle of the city and enter east Body & Soul – a unique spa created for your ultimate relaxation, right in the heart of Hamburg. Awaken your senses with a range of treatments and massages tailored to your preferences and experience revitalisation - the east way. Foot massage to facial, head to toe pampering guarantees you will be floating on cloud nine!

east Body & Soul Sauna, an oasis of bliss, is open daily from 12:00pm to 10:00pm for your enjoyment.

Treatments available upon request, please do not hesitate to contact us on **+49 (0) 40 30 99 32 22** or **bodyandsoul@east-hamburg.de**

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### east Body & Soul – Day Spa

#### **Wellness Day**

Physical and mental rebirth perfect for an indulgent day of self-care. Revel body scrub, Body & Soul massage (45 min), signature Beauty Freshness Boost facial (30 min), relaxation tea and sauna access. 110 minutes / EUR 125,00

#### **Detox Day**

Start your day with neutralising foot bath with high-quality Rayosole®, followed by purifying sea salt oil scrub for the whole body, a detoxifying massage (45 min), special detox tea and sauna access. 90 minutes / EUR 99,00

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### east Body & Soul - Bodycare

#### **Body scrubs - perfect before a massage**

Algae scrub (enriching and moisturising) or Sea salt oil scrub (cleansing and purifying) 30 minutes each / EUR 30,00

### east Body & Soul – Massages

Bookable individually or as a Couple Treatment\*

#### **Classic Relaxation Massage**

Release the muscle tension with this classic massage and walk away with a relaxed body and mind.

30 minutes / EUR 40,00

45 minutes / EUR 60,00

60 minutes / EUR 75,00

75 minutes / EUR 90,00

90 minutes / EUR 105,00

Massages can be performed in east Body & Soul spa or in-room (in-room massages are subject to availability and EUR 15,00 additional charge; male therapists only)

#### **Have a Break**

A quick and intense neck and head massage eases muscles with a long-lasting effect.

15 minutes / EUR 20,00

30 minutes / EUR 40,00

#### **Hot Stone Massage**

The blissful combination of hot stones pleasantly warming up your skin and a calming massage will soothe your body and soul.

60 minutes / EUR 85,00

#### **Lomi Lomi Nui**

Wave-like smooth movements make this massage a unique ancient experience. Negative energy vanishes and opens up space for new beginnings. Get carried away and experience your body and soul unite as one.

60 minutes / EUR 85,00

90 minutes / EUR 115,00

\*the treatments will be performed simultaneously.

## east Body & Soul – Massages

### **The Best of Massages**

A blend of our most popular massages such as *Ayurvedic*, *Lomi Lomi Nui* and *Classic* performed with rich and nourishing sesame oil.

60 minutes / EUR 85,00

90 minutes / EUR 115,00

### **Abhyanga Massage**

Smoothing full body Ayurvedic massage with heated precious oils massaged gently into the skin for those who crave more tender care. Soft pressure efficiently relaxes the muscles, stimulates the metabolism, calms the mind and cleanses the skin. For a natural glow inside out.

60 minutes / EUR 85,00

90 minutes / EUR 115,00

### **Happy Feet**

Excellent way to spoil your feet after a tiring day of exploring. Delightful foot bath, hot wrap and a foot massage are bound to leave your feet happy.

30 minutes / EUR 40,00

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## east Body & Soul – Couple Treatments

### **Holiday Together**

Enter the oasis of leisure and enjoy a vitamin-packed welcome drink, followed by scented foot bath, Lomi Lomi Nui massage (60 min), refreshing facial and a deep cleanse, finished with skincare application.

100 minutes / EUR 249,00 for two persons\*

100 minutes / EUR 125,00 for one person

### **Relax Together**

Start off your relaxation journey with vitamin welcome drink and scented foot bath, followed by Body & Soul massage (60 min). Complete the paradise feeling with face and scalp massage.

100 minutes / EUR 249,00 for two persons\*

100 minutes / EUR 125,00 for one person

## east Body & Soul - hyapur

### **Vegan Facial with Natural Hyapur Cosmetics**

Refreshing facial targeting multiple epidermic layers for the radiant complexion of your dreams. This luxurious treatment includes skin analysis, deep cleansing, exfoliation, eyebrow shaping, personalised mask, face & décolletage massage followed by the finishing skincare application.

60 minutes / EUR 80,00

### **Vegan Facial with Natural Hyapur Cosmetics**

This facial brings you to glowing skin in a few easy steps, including skin analysis, deep cleansing, exfoliation, eyebrow shaping, personalised mask and finishing skincare application.

45 minutes / EUR 60,00

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## east Body & Soul - THALGO

### **Thalgo Deeply Enriching Facial**

Thalgo deluxe line enhanced with active ingredients is brought to you for the ultimate pampering of delicate face and neck skin. The facial treatment includes deep cleansing, exfoliation, personalised mask and skincare targeting your individual needs, followed by face and décolletage massage, eyebrow shaping as well as eyelash and brow tinting.

75 minutes / EUR 95,00

### **Thalgo Beauty Express**

Perfect facial on the go – matched to your skin type, includes deep cleansing, exfoliation, face mask and eyebrow shaping.

45 minutes / EUR 55,00

## east Body & Soul – Beauty

### **Summer in the City**

For that bright summer day feeling, enjoy the trademarks of Beauty Freshness Boost treatment combined with Manicure or Pedicure. Luminous complexion and beautiful nails in one.

60 minutes / EUR 70,00

### **Beauty Freshness Boost**

Hyaluronic acid boost, celebrated for its extraordinary refreshing properties, delivered to you through steps of deep cleansing, hyaluronic serum, a mask, acupressure massage and finishing skincare application.

30 minutes / EUR 45,00

### **Mandelic Acid Treatment**

Mandelic Acid offers a gentler exfoliation than other acids and therefore is the perfect match for a sensitive skin. Superficial wrinkles are efficiently softened and a calming mask unveils a silky smooth skin. The treatment finishes with a thorough invigorating facial massage.

45 minutes / EUR 60,00

### **Manicure or Pedicure**

45 minutes / EUR 45,00 per treatment

O.P.I nail polish / EUR 5,00 surcharge

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## east Body & Soul - Sauna

### **Finnish Sauna**

Relax in the soothing 85°C heat of the classic Finnish Sauna.

Complimentary use with any 60-minute east Body & Soul treatment.

Day pass / EUR 15,00