
where calm begins
arrive. relax. recharge.
experience our Livingroom Spa
VOSHÖVEL
LANDHOTEL

Status June 2026

Do they go together?

# Livingroom and wellness

Absolutely! Everyone relaxes differently, but one thing unites us all: letting go and taking a deep breath on the couch at home. That's exactly the feeling we offer you at the Livingroom SPA with its various living room atmospheres.

Whether in our library with Chesterfield sofas, a crackling fire, and a good book—paired with a glass of wine or wheat beer—or on the large, cozy designer couch overlooking the garden. A cup of herbal tea, a good friend and the world stays outside.

But our Livingroom SPA offers even more:
Experience steam treatments that invigorate rather than tire you out, and let our trained and professional SPA team pamper you with high-quality products.

Best of all: You don't even have to leave the SPA. Explore all the areas at your own pace and let your mind naturally unwind. Here, only the essentials matter: peace, time, and togetherness.

Welcome to the Livingroom SPA.

The Klump Family
and the entire Voshövel team

**We offer you a sense of comfort.**

A feeling of peace, privacy and restful tranquility.







## Livingroom Spa

Enjoy your time off with five different saunas, three pools, spacious relaxation areas and cozy treatment rooms for a relaxing wellness treatment.

# Our Livingroom SPA

What to expect from your visit

### Upper Floor

- SPA Cinema with daily shows (in the afternoon)
- Waterbeds
- Quiet Zone

### Ground Floor

- SPA Reception
- Waiting Area
- Relaxation Rooms
- Drink Station
- Indoor- & Outdoorpool and Hot Tub
- Showers
- Wellness Garden

### Basement

- Saunas & Steam Rooms
- Sauna garden with an natural plunge pool and natural pool
- Infrared cabin & Hydrojet
- “Light” forest bathing
- Relaxation Room
- Journaling Room
- Library
- Drink Station
- Changing rooms & Restrooms

### Sauna Area

- **Finnish Kelo Log Sauna** // in the sauna garden // 90°C / ca. 15% humidity
- **Panorama Sauna** // in the sauna garden // 80°C / ca. 15% humidity
- **Earth Salt Sauna** // in the sauna garden // 70°C / ca. 20% humidity
- **Herbal Sauna** // 65 °C / ca. 35 % humidity
- **Bio Sauna** // 55 °C / ca. 50 % humidity
- **Salt Steam Bath** // 45°C / ca. 90 % humidity
- **Aroma Steam Bath** // 45°C / ca. 80 % humidity
- **Infrared Cabin** // soothing heat at up to 37°C
- **Heated Natural Pool** in the sauna garden measuring 10 m x 4 m

**What else you can expect:**

An experience shower, a Kneipp hose, a foot bath, an organic plunge pool, a drinking fountain, stylishly furnished relaxation rooms and a sunbathing lawn in the sauna garden.

# Day SPA in the Livingroom

Enjoy a relaxing day

Book our Day Spa offer (subject to availability) and enjoy our Livingroom SPA.

- **Admission to the Livingroom SPA, including our sauna area**
- **Wellness rental bag for your stay** – equipped with a sauna towel and a soft bathrobe.
- **Culinary Delights**
  - Complimentary nuts and fresh fruit, specialty coffees, tea, water and a selection of flavored syrups
  - Light Lunch served in your bathrobe in our restaurant from 1:00 p.m. to 4:30 p.m.
- **Fitness Room**
  Enjoy our modern fitness room featuring high-quality exercise equipment.

*For current prices and direct booking, please visit our website.*



## Day SPA 10:00 a.m. – 8:00 p.m.

Day Spa places are limited – please book in advance and don't forget to bring your swimwear and slippers!

## Day SPA Bundles

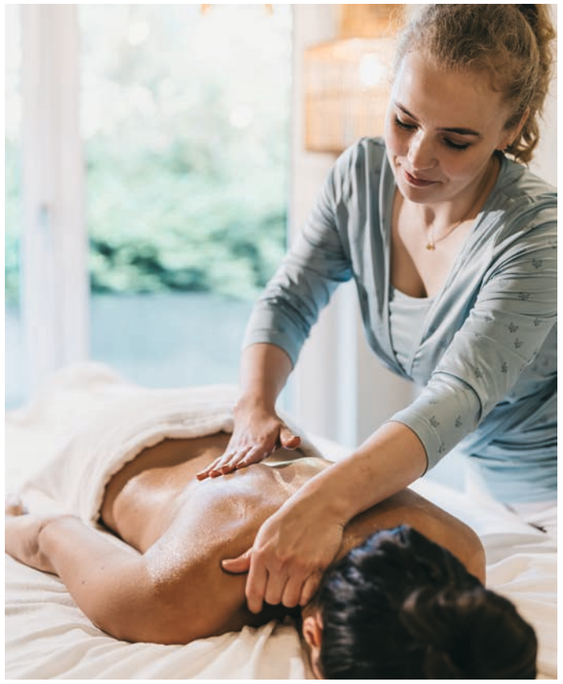
- **Day Spa & Breakfast**
  Breakfast buffet from 8:00 a.m. to 11:30 a.m.
- **Day SPA & Dinner**
  Dinner from 6:30 p.m.
- **Day SPA Premium**
  Breakfast buffet and dinner

All culinary packages include the full range of regular Day Spa benefits, including our Light Lunch.

## Livingroom SPA Opening Hours

Access for guests aged 16 and over

| | |
|---|---|
| SPA Reception | 10:00 a.m. – 7:00 p.m. |
| Relaxation Areas | 7:00 a.m. – 10:00 p.m. |
| Pool Area | 7:00 a.m. – 10:00 p.m. |
| Sauna | 10:00 a.m. – 8:00 p.m. |
| Light Lunch | 1:00 p.m. – 4:30 p.m. |





# Relaxing Massages

Enjoy one of our soothing massages

Our massages are performed using classic massage techniques and are tailored to your individual needs. Our spa team will be happy to advise you.

## Full Body Massage*

Our classic full body massage, individually tailored to your needs, using soothing massage techniques and gentle, relaxing strokes.

Full Body // approx. 45 Minutes
Full Body including Head, Hands & Feet // ca. 60 minutes

## Head Massage*

A soothing head massage that helps relieve tension while deeply relaxing the muscles of the face, scalp and neck.
Face, Scalp & Neck // approx. 30 minutes

## Back Massage*

Enjoy a relaxing massage designed to release tension in your back and neck muscles.

Back & Neck // approx. 30 minutes

## Foot Massage*

This revitalising massage uses gentle strokes and targeted pressure techniques to stimulate key areas of the feet and lower legs.

Feet & Calves // approx. 30 minutes

* = Available individually or as a couples treatment (subject to availability)

= Suitable for expectant mothers







*The best of the best*

Our own massage, created for complete relaxation in a peaceful and soothing atmosphere.

# Voshövel Treatment

Our own treatment, thoughtfully created for you.

Our signature massage treatment combines invigorating massage techniques with soothing, gentle strokes.

A natural body oil with conifer and citrus notes enhances relaxation while nourishing the skin.

The Voshövel Treatment M and XL are enhanced with warm lava stones, creating an even deeper sense of relaxation and long-lasting well-being. The perfect escape to restore lightness, balance and renewed vitality.




## Voshövel Treatment // S *

back of the body – back and legs
approx. 30 minutes

## Voshövel Treatment // M *

with warm lava stones
back of the body – back and legs
approx. 45 minutes

## Voshövel Treatment // L *

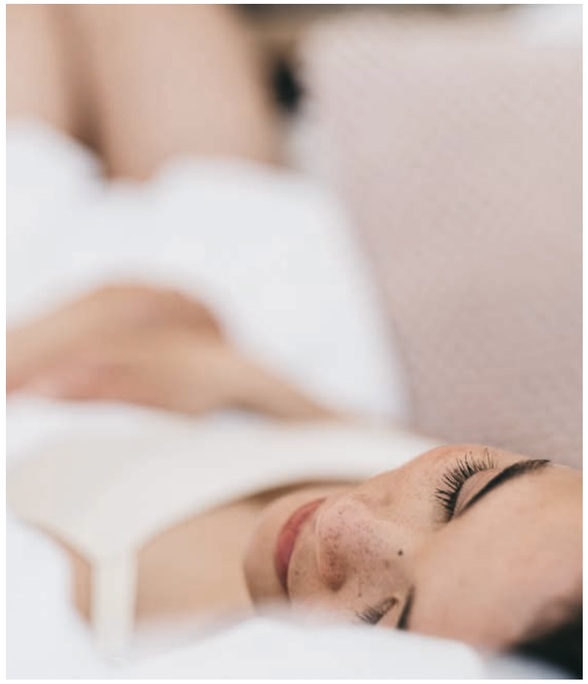
full body – including head, hands and feet
approx. 60 minutes

## Voshövel Treatment // XL *

with warm lava stones
full body – including head, hands and feet
approx. 90 minutes

* 👤/👥 = available as an individual or couples treatment.





# Wellness Highlights

Indulgence at its finest

## Deep Cleansing Back Treatment

Our gentle back exfoliation combines deep cleansing with revitalising skincare. After an intensive deep cleanse, the skin appears visibly clearer, toned and refined. While the nourishing products take effect, a soothing hand and arm massage provides deep relaxation and leaves your skin feeling beautifully balanced.

approx. 45 minutes

## Body Scrub & Nourishing Care

Experience a gentle full-body exfoliation with fine salt crystals, applied using raw silk gloves to leave your skin feeling smooth, refreshed and revitalised. The treatment concludes with a nourishing body lotion that deeply hydrates and cares for your skin.

approx. 60 minutes

## Abhyanga for Women

One of the most cherished Ayurvedic massage treatments. Gentle, flowing strokes stimulate the lymphatic system and promote deep relaxation. By activating the body's energy points, the treatment helps release inner tension and restore balance to body and mind. The experience concludes with a gentle forehead oil ritual, inspired by the traditional Shirodhara treatment.

Available for women only.

approx. 90 minutes

## Land-Laune Herb Stamp Massage

An invigorating massage using warm, aromatic herbal stamps to promote deep relaxation. The treatment stimulates circulation, metabolism and the body's natural energy flow, leaving you feeling refreshed and revitalised.

Full Body // approx. 60 minutes

# TEAM DR. JOSEPH

certified natural skincare

TEAM DR. JOSEPH has stood for **effective, natural and sustainable skincare** since 1986. Its **certified organic products** are based on a holistic philosophy and highly refined botanical active ingredients.

The facial and body treatments combine **fascial massage techniques** with specialised tools such as **herbal stamp compresses and hand-blown cupping glasses** to enhance their effectiveness.

As a **climate-neutral and plastic-neutral family-owned company**, TEAM DR. JOSEPH is committed to the **responsible use of nature and its resources**.




*certified — natural — effective*




## Benefits

- Visible Instant Results
- Award-winning high-tech natural skincare
- 100% vegan & cruelty-free
- Holistic treatments
- Climate-neutral & plastic-neutral
- Handmade in Italy








# Feel-good cosmetics

Facial treatments by Team Dr. Joseph

## Intensive Cleansing Facial Treatment

Ideal for all skin types, especially combination, oily, and blemish-prone skin.

Certified organic natural products are used for a thorough deep cleansing: a gentle, lymph-stimulating massage, cleansing, exfoliation, and deep cleansing with cupping glasses. This is followed by a peel-off mask, accompanied by a hand and arm massage. The treatment concludes with eye and lip care, as well as a cream tailored to your skin type.

approx. 60 minutes

## Tiefenwirksame Schönheitspflege

Customizable for every skin type. A pampering treatment for discerning skin:

Natural active ingredients provide immediate results and deep relaxation. A gentle, lymph-stimulating massage, cleansing, exfoliation, and deep cleansing with cupping glasses optimally prepare the skin for the special serum. A modulating facial massage and an intensive mask with certified organic active ingredients ensure well-nourished skin. While the mask is taking effect, a hand and arm massage helps you relax. The treatment concludes with eye and lip care, followed by a cream tailored to your skin type.

approx. 90 minutes

### Cosmetic Extras

Can only be booked in combination with a cosmetic treatment.

Eyelash tinting
Eyebrow tinting
Eyebrow shaping

## Intensive Treatment with Biodynamic Lifting

Customizable for every skin type.

Our holistic premium program: An intensive treatment featuring a biodynamic lifting massage, tailored to your skin's needs. A gentle, lymph-stimulating massage, cleansing, exfoliation, and deep cleansing with cupping glasses optimally prepare the skin for the special serum.

The bioenergetic pistil lifting massage and the intensive mask refine the skin's texture. While the mask is taking effect, you'll relax with a hand and arm massage. The treatment concludes with eye and lip care, as well as a cream tailored to your skin type. High-tech nature for visible, long-lasting results.

approx. 120 minutes



# Especially for Men

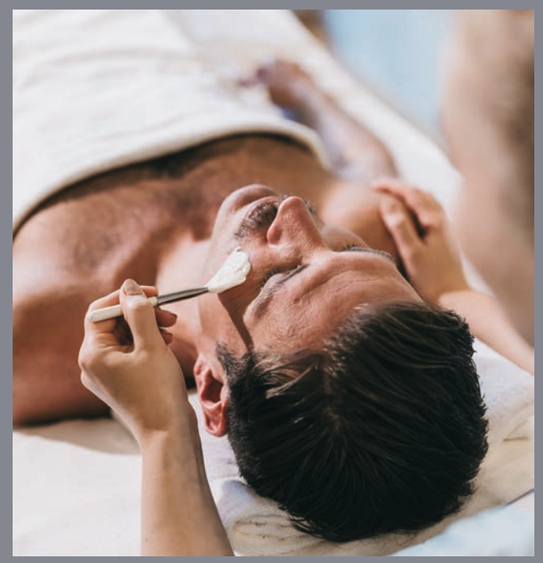
For healthy facial skin

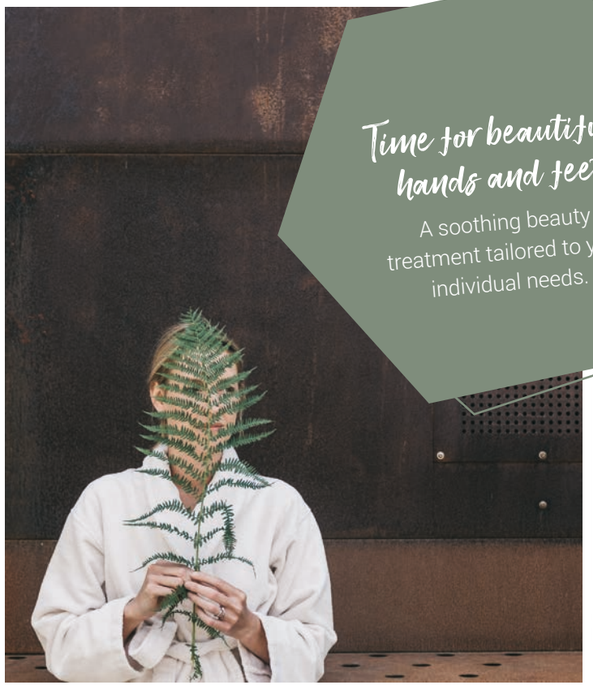
## Express Power Lifting

Customizable for every skin type.

Powerful, natural, and effective: A gentle, lymph-stimulating massage, cleansing, exfoliation, and deep cleansing optimally prepare your skin for the subsequent serum and the appropriate mask. While the products are taking effect, enjoy a relaxing hand and arm massage. The treatment concludes with eye and lip care, followed by a cream tailored to your skin type.

approx. 60 minutes





*Time for beautiful-hands and feet*

A soothing beauty treatment tailored to your individual needs.



# Manicures and Pedicures

For smooth skin and beautiful nails

## Wellness Manicure or Pedicure

Treat yourself to an extra dose of care, tailored to the individual needs of your nails. Nail filing / cuticle removal / nail care / hand or foot scrub / cream treatment with massage.

approx. 50 minutes

## Add a polish?

We're happy to apply your chosen nail polish after your classic wellness manicure or pedicure. As a little gift, you'll receive the nail polish to take home with you.

approx. 10 minutes

*Give your hands and feet the care they deserve!*



# Hydrojet

Relaxation at the touch of a button

## Hydrojet – innovative dry water massage

The Hydrojet massage combines soothing warmth and the power of water to deliver a deeply relaxing, contact-free massage experience. Gentle water jets massage your body while you relax fully clothed on a dry, comfortable treatment bed. The smooth, rhythmic movements help release muscle tension, stimulate circulation and reduce stress – leaving you feeling refreshed, re-energised and deeply relaxed.

This treatment is completely contact-free and is enjoyed in comfortable clothing, ensuring your privacy at all times.

approx. 25 minutes




# Journaling

Space for Reflection & Writing

## Journaling & Ritual Room

Take a moment to slow down in our Journaling Room – a peaceful retreat created for quiet reflection. Journaling is more than simply keeping a diary; it helps you organise your thoughts, gain clarity and connect more deeply with your feelings. In this cosy, private space, you can unwind, light a candle, wrap yourself in a blanket and simply enjoy a few mindful moments to yourself. The Journaling & Ritual Room is located on the lower ground floor and is open to all guests.

*Allow yourself to be immersed in moments of deep relaxation and gentle tranquillity.*









# Ceremonies

Your Private Escape

## Rhassoul (Self-Guided Ritual)

Experience a traditional oriental cleansing ritual in which mineral-rich healing clay and warm steam work together to purify and revitalise the skin.
Apply the healing clay to your skin in the Rhassoul chamber before relaxing in the gentle steam. The warmth and humidity help open the pores, allowing the clay to cleanse, stimulate and detoxify the skin.
A warm rainfall shower then rinses away the clay while providing a gentle exfoliating effect.
To complete the ritual, nourish your skin with a luxurious body oil for a soft and silky finish.

For up to 2 guests // approx. 30 minutes*

* For your well-being, we recommend that pregnant guests with circulatory concerns avoid this treatment due to the high humidity.

*Look forward to hours of deep relaxation and soothing tranquillity.*

## Hamam Care Ritual

A nourishing sugar body scrub followed by a deeply hydrating body treatment in the Hamam.

For up to 2 guests // approx. 45 minutes*

## Classic Hamam

Experience the traditional oriental cleansing ritual that combines a full-body wash with a relaxing massage. After a warm shower, you will settle onto the heated marble stone at the heart of the Hamam. Warm water is gently poured over your body to begin the 60-minute cleansing ritual. Your skin is first exfoliated with a traditional silk glove to cleanse clogged pores and remove dead skin cells. You are then enveloped in a soft blanket of fragrant soap foam while soothing massage techniques help you relax completely. The experience concludes with a cup of tea, allowing you to savour the moment in peace.

90 minutes of pure well-being /
Including 60 minutes of Hamam cleansing ritual and 30 minutes of private relaxation

For up to 2 guests*





# Rituals

small moments, lasting impact

Sometimes, it doesn't take much to make a lasting difference.

Our rituals invite you to slow down and create space for connection, stillness and the simple feeling of being fully present.

Enjoy these special moments in a private setting for two or three guests – perfect for sisters, friends or couples looking to share a mindful escape together.

Our SPA reception team will be delighted to help you choose the ritual that's right for you.



## Private Yoga Session

A gentle, personalised yoga session tailored to your individual needs – helping you restore inner balance and reconnect with yourself.

## Women's Circle

A welcoming and supportive space for meaningful conversations, mindful rituals and shared reflection. A beautiful opportunity to connect, recharge and enjoy a special moment together with other women.

## Private Cacao Ceremony

A calming ritual centred around ceremonial cacao, designed to open the senses and encourage mindfulness. Enjoy a peaceful setting with guided breathing, intention-setting and gentle meditation.

## Guided Meditation

A soothing guided journey into deep relaxation, helping you let go of stress and find inner peace.







# Blooming Cycle

Find your natural rhythm

Just as a flower unfolds, blossoms and gathers new strength, we too move through different phases in our own natural rhythm. Each phase has its own beauty and unique needs.

At Voshövel, delicate floral symbols gently guide you towards the experiences that may support you best in each moment – whether wellness, movement or nutrition. Gently. Naturally. At your own pace.

## The Female Cycle

The female cycle is a natural rhythm made up of different phases, each with its own needs, sensations and energy levels. By understanding and embracing this rhythm, you can support your body and overall well-being more consciously.

## The four phases:

**Menstruation – Retreat & Regeneration**

A time to slow down. Warmth, rest and gentle self-care help restore your energy.

**Follicular Phase – Bloom & New Energy**

Energy and motivation begin to rise, making movement and activity feel lighter.

**Ovulation – Vitality & Radiance**

Many people feel energised, confident and more connected with those around them.

**Luteal Phase – Grounding & Balance**

A time to slow the pace, listen to your body's needs and restore inner balance.

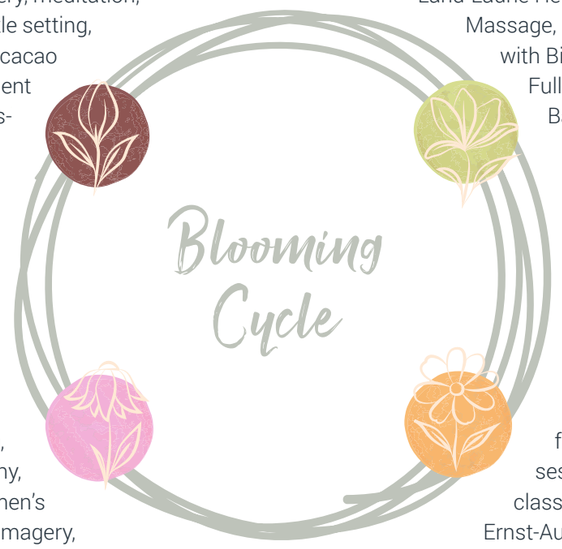



# Our Offers

Tailored to every phase

**Menstruation:**
Guided imagery, meditation, hydrojet on a gentle setting, mindfulness exercises, cacao ceremony, Voshövel treatment with warm stones, gentle massages, body scrub, Abhyanga, Hatha yoga, hot water bottle in the room, infrared sauna

**Follicular Phase:**
Land-Laune Herbal Stamp Massage, Intensive Treatment with Biodynamic Lifting, Full-Body Massage, Facials, Back Fitness, Balance, Foot Exercises, Vinyasa Yoga, Journaling, Hammam, Rhassoul




**Luteal Phase:**
Forest bathing, gentle stretching, full-body massage, Abhyanga, journaling, cacao ceremony, mindfulness exercises, women's circle, Yin Yoga, guided imagery, meditations, infrared sauna, deep-acting beauty treatments, manicure, pedicure

**Ovulation:**
HIIT, gym, fitness classes, music sessions, bread-baking classes, tastings at the Ernst-August Hütte, outdoor activities, biking, power yoga, rhassoul for two




# SPA Etiquette

## Recommendations for your relaxing stay

### Treatment Appointments

**We recommend that you book your treatment appointments directly when making your room reservation by phone or email through our Livingroom SPA reception desk.** Please keep in mind that treatment appointments are in high demand. Therefore, please book as early as possible so that we can accommodate your preferences.

### Wellness Treatments (bookable for guests 18 and older)

To help you relax before your treatment, we ask that you arrive at the Livingroom SPA reception desk five minutes before your appointment begins. Our staff will meet you in the lounge area. Please understand that if you are late, we cannot extend your treatment time. Please arrive freshly showered, wearing a bathrobe and slippers. During the treatment, you will be well covered with sheets and towels. You must wear the disposable underwear we provide during the treatment. Our treatments are professional wellness services. Sexual innuendos, comments, gestures, or touching are not permitted. Inappropriate behavior will result in the immediate termination of the treatment.

### Your Well-being

To ensure we can tailor your treatment to your individual needs, please let us know about any preferences, health concerns or medical conditions before your appointment. We are unable to treat certain skin conditions, such as eczema or other skin irritations. If you are pregnant, please inform us in advance.

### Cancellation Policy

You may cancel your treatment free of charge up to 24 hours before your appointment. For cancellations made at shorter notice, 80% of the treatment price will be charged.

### The Livingroom SPA Wellness Equipment

Upon arrival or in your room, you will find a soft bathrobe and a complimentary Livingroom SPA bag for your use during your stay.

### Clothing

The sauna area and sauna garden are textile-free. Swimwear is required in the pool, and we kindly ask you to wear your bathrobe when visiting the restaurant. Bathrobes in sizes S to 3XL are available at our SPA reception. To help you easily identify your bathrobe after using the pool or sauna, we provide wooden bathrobe tags. **Please bring your own swimwear and slippers.**

### Hygiene

Out of consideration for other guests, we kindly ask you to follow our sauna guidelines. Swimwear is not permitted in the saunas. Please always use a towel to sit or lie on, and shower before entering the pool.

### Towels

Sauna towels are available at the SPA reception, while bath towels can be found throughout the sauna and pool areas. We kindly ask you to use towels responsibly.

### Loungers

There are plenty of loungers available in the spa area. However, we ask that you refrain from reserving them. We reserve the right to clear off any unoccupied loungers and store your belongings at the spa reception desk.

### Drinks and Food

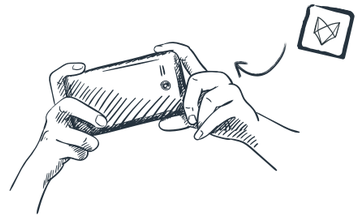
Complimentary coffee, tea and Grander water with a selection of flavoured syrups are available throughout the day. Additional alcoholic and non-alcoholic beverages can be purchased from the self-service bar on the lower ground floor using your consumption card. Food may only be enjoyed in the restaurant during the Light Lunch. Please note that tableware (except plastic cups), as well as outside food and drinks, are not permitted in the SPA.

### Children at the Livingroom SPA

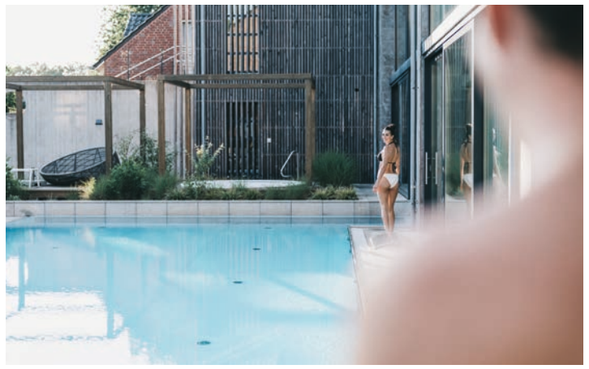
The Livingroom SPA is a place of peace and relaxation. For this reason, access is reserved for guests aged 16 and over.

### Smartphones & Cameras

Mobile phones may only be used in the Livingroom SPA textile area and only when fitted with a privacy sticker. We kindly ask you not to use your phone in the sauna area, the Garden Room or the Quiet Room. Please be considerate of other guests, keep conversations quiet and refrain from photographing other people. We appreciate your discretion.











TIME TO ENJOY

–

CARE

–

ATMOSPHERE

–

PROFESSIONALISM

–

CREATIVITY

–

EXPERIENCE

–

AMBIENCE

–

TASTE

*We look forward*

to pampering you.

VOSHÖVEL

LANDHOTEL

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