

*Dollenberg*

SCHWARZWALD

BEAUTY.  
WELLBEING.  
HEALTH.

DOLLINA

SPA & HEALTH

# CONTENTS

Opening hours	3
Overview DOLLINA Spa & Health	4
Ladies spa – look and feel fabulous	6
Holistic wellbeing	7
MARIA GALLAND PARIS facial treatments	8
LIGNE ST BARTH facial treatments	12
Beautiful hands and feet	13
Extras and hair removal	13
Body treatments	14
Body packs on the soft-pack waterbed	15
Classic massages	16
Massages from around the world	18
Ayurveda – the science of life	20
Baths	24
Perfect for two	25
Men's day – especially for him	26
Treatments for our younger guests	27
Private doctors' practice Schindler Privé	28
DOLLINA Yoga	30
Spa etiquette	31



# OPENING HOURS

## Pools

7am – 7pm

## Saunas and steam rooms

1 sauna and 1 steam room from  
8am – 7pm, all other saunas and steam  
rooms from 3pm

## Relaxation zones

7am – 7pm

## Gym

6am – 8pm

## DOLLINA Spa & Health

8am – 7pm

Appointments available

8.30am – 7pm

Tel +49 7806 78143 or +49 7806 780

spa@dollenberg.de

## Hair salon

Appointments by arrangement

Tel +49 7806 78143 or +49 7806 780

## Private doctors' practice Schindler Privé

Appointments by arrangement

Tel +49 7806 78143 or +49 7806 780

# LUXURY AND IT'S ALL MINE!

in one of Germany's top 3 spas

- 5,000sqm DOLLINA Spa & Health
- Pools and baths:
  - Connected indoor and outdoor pools 27°
  - Mineral water bath 32°
  - Saline bath with high salt content 33°
  - Jacuzzi 34°
  - Indoor and outdoor Kneipp baths
  - Mountain lake for cooling off
  - Vichy shower
- Sauna area:
  - Reclaimed wood sauna 90 – 95°
  - Swiss pine sauna 80 – 85°
  - Bio sauna 50 – 60°
  - Dry salt sauna 50° (to clear the airways)
- Steam rooms:
  - Herbal steam room 50°
  - Saline steam room 60°
  - Hammam with serail 60°
- Indoor and outdoor luxury relaxation zones:
  - Swiss pine relaxation room with fireplace and waterbeds
  - Blue salt lounge
  - Fireside lounge with library
  - Outdoor relaxation area under the palms
- A wide range of wellness, beauty and health treatments
- Eastern healing treatments with Ayurveda, hot stones, singing bowl massages, meditation and much more
- Private practice for superior integrative medicine
- Hair salon
- Yoga – Eastern fitness in the Black Forest
- Gym for cardio and strength training
- Personal training

## The perfect gift DOLLINA DAY SPA

Spend the day experiencing all that our DOLLINA Spa & Health has to offer! Day guests are welcome from 10am to 7pm (on request and subject to availability)

### Optional bookings:

Breakfast  
Sunday brunch  
3-course menu  
6-course menu

## Cocooning in our private spa suites

Unique spa experiences in our private 'Cleopatra' and 'Romance' suites with a bathtub for two, steam bath or sauna, and waterbed or canopy bed.



## LADIES SPA

Look and feel fabulous!

- Anti-stress facial treatment 50 min.
  - Spa manicure or spa pedicure with polish 45 min.
  - Sea salt exfoliating treatment 25 min.
  - Full-body oil massage 50 min.
- 170 min. ∞ €269

# HOLISTIC WELLBEING

It's time to switch off. Immerse yourself in a feast for all of the senses. Let the feelings of peace, serenity and inner harmony warm your soul. You have arrived. At the foot of the Dollenberg. Breathe deeply. Absorb the power of the elements and the beautiful scenery. Connect with your body. Rejuvenate your mind and soul at DOLLINA Spa & Health.

Experience exclusive treatments. Beauty that radiates from within. See and feel the difference.

Highly effective body packs with Black Forest honey. Massage rituals from all over the world. Soft fragrances conjure up a touch of exoticism.

Ayurveda. The science of life. Holistic and effective. Restores equilibrium. Detoxifies. Physically and mentally.

Superior integrative medicine and health care. Scientific findings and conventional medical methods join forces. Complemented by manual regulatory medicine.

Yoga and meditation. Holistic Eastern fitness philosophy in the heart of the Black Forest's breathtaking landscape.

## MARIA GALLAND PARIS

Created by an extraordinary woman more than 50 years ago, MARIA GALLAND PARIS sets new beauty standards every day. Unique. Sophisticated. Precious. That is our skin. It is a mosaic of diverse needs. At the core of the brand are its exclusive methods, remarkable modelling techniques and professional products, delivering exceptional results!





## FACIAL TREATMENTS

### Classic facial

Tailored to the individual needs of your skin. Cleanse, exfoliation, deep cleanse with Vapozone, eyebrow shape, ampoule, massage, mask and day care.

**75 min. ∞ €105**

### Anti-stress facial

Mini facial treatment: Cleanse, exfoliation, eyebrow shape, ampoule, massage, mask and day care.

**50 min. ∞ €85**

### SOIN MILLE LUMIÈRE luxury treatment

SOIN MILLE LUMIÈRE is MARIA GALLAND's 'Ferrari' treatment. This luxury facial provides optimum radiance and has an anti-ageing effect. Two masks, a massage and the most superior products contribute significantly to reducing wrinkles and regenerating and firming the skin. This exclusive 1000 CRÈME MILLE and 1010 SÉRUM MILLE treatment is ideal for age 40+ skin that requires the highest standards of care.

**80 min. ∞ €149**

## MARIA GALLAND PARIS

### HYDRA GLOBAL facial treatment

HYDRA GLOBAL provides the skin with a hydration boost. The synergy of highly effective moisturising ingredients and anti-ageing complexes ensures intensive, deep hydration that stimulates cell activity, retains moisture and strengthens the skin's defences. Experience a unique feeling of invigorating freshness and maximum care. The perfect short break for your skin!

**75 min. ∞ €105**

### SOIN CRÈME ROUGE anti-ageing facial

SOIN CRÈME ROUGE is an innovative and cell-protecting facial. It defends skin cells against free radicals, stress and premature ageing. The skin's natural barrier is strengthened and hydrated.

**75 min. ∞ €105**

### SOIN MASQUE MODELANT YEUX modelling mask eye treatment

SOIN MASQUE MODELANT YEUX is a cooling eye mask. It hydrates the eye area, making it appear more radiant. It also helps to smooth fine lines and wrinkles.

**20 min. ∞ €34**

## DERMATOLOGICAL TREATMENTS SOIN DERMATOLOGIQUE

### Restore beautiful skin

Highly efficient and luxurious dermatological treatments target pigmentation, redness and dryness problems. Soothing and caring ingredients are the key to balanced skin. The exquisite products are based on the latest scientific findings and a complex blend of ingredients. An exclusive journey to beautiful skin.

### Restore stability

For visibly reducing skin redness  
**75 min. ∞ €105**

### Restore smoothness

Facial for extremely dry skin (neurodermatitis)  
**75 min. ∞ €105**

### Restore harmony

Facial for an even complexion (for pigmentation marks)  
**75 min. ∞ €105**

## FACIAL TREATMENTS

The first step in artistic creation – observing nature – inspired LIGNE ST BARTH to produce a skincare range which perfectly balances your skin and senses. The secret lies in the use of natural ingredients with Caribbean floral overtones to generate harmony and excellence. Unique expertise combined with the latest technology. Guided by a unique sense of lifestyle, LIGNE ST BARTH conveys values of authenticity. Its comprehensive product range takes you on a journey to a place where all is order, beauty, splendour, peace, and pleasure.

### ST BARTH Pureness

Enjoy the fresh fragrances of natural elixirs in an extraordinarily gentle treatment of your face, neck, neckline and hands. The high-quality, botanical based products with natural vitamins and minerals have an intensive cleansing effect and stimulate the skin's natural activity. The gentle treatment is completed with a nourishing hand massage.

**60 min. ∞ €109**

### ST BARTH Freshness

Face and neckline treatment with hand massage and fresh papaya or cucumber mousse. While the cucumber or papaya mousse mask takes effect, enjoy a relaxing hand massage. The effect of high-quality plant-based skincare products with natural vitamins and minerals is enhanced by freshly prepared fruits. For a visibly clearer, smoother and fresher complexion.

**75 min. ∞ €119**



### Manicure

With exfoliation and massage

**40 min. ∞ €59**

Polish

**15 min. ∞ €15**



### Pedicure

With exfoliation, massage and polish

**45 min. ∞ €69**

### Luxury spa pedicure

Luxury foot treatment in an aromatic footbath, with scented exfoliation. Includes toenail trim, file, care and polish, dead skin removal, foot pack and extended foot massage.

**55 min. ∞ €75**

### ST BARTH Slimness leg massage

For rapid relief and relaxation of heavy swollen legs, after extended periods of sitting, standing or following a long flight, or simply for beautiful, slim legs. Ivy gel removes blockages and drains excess water while strengthening the veins and stimulating the lymphatic system. Menthol and camphor promote circulation, refresh and revitalise.

**30 min. ∞ €55**

## BEAUTIFUL HANDS AND FEET

### EXTRAS

Eyes

Eyelash tinting  
**25 min. €14**

Eyebrow tinting  
**25 min. €10**

Eyebrow shaping  
**20 min. €14**

Eyebrow shaping and tinting  
**30 min. €25**

Hair removal

Upper lip  
**10 min. €10**

Face  
**20 min. €20**

Underarm  
**10 min. €20**

Arms  
**20 min. €38**

Bikini  
**20 min. €19**

Full leg  
**45 min. €45**

Half leg  
**20 min. €35**

Back  
**30 min. €35**

## BODY TREATMENTS

### DOLLINA thalassotherapy

A full-body scrub with sea salt in our hammam. After a refreshing shower, a full-body algae pack is applied and left to absorb into the skin in our private hammam steam bath. Enjoy a back massage and unwind in our relaxation zones to complete your treatment.

**60 min. ∞ €95 per person**

**>> TIP:** also bookable as a treatment for couples!

### Black Forest honey special

This body treatment starts with the application of pure honey to the body, which removes calluses and flakes from the skin. This is followed by a 'Cleopatra-style' bath in milk and honey. Then a honey cream pack is applied to the body and left to absorb as you lie on the soft-pack lounger. The result is silky smooth and nourished skin.

**60 min. ∞ €89**

### ST BARTH Softness

Relaxing and exfoliating massage for velvety smooth and even skin. Fresh papaya mousse and a special sea sand complex remove dead skin cells, coconut oil nourishes the skin and treats it to valuable nutrients.

**30 min. ∞ €65**

### Full-body sea salt scrub

Sea salt and oils remove dead skin cells from the body.  
**20 min. ∞ €35**

**>> TIP:** this scrub is ideal before a body pack!

## BODY PACKS

### ST BARTH Sensation body mask

Select your favourite scent: bourbon vanilla, delicate tiaré flowers or exotic lily. A creamy, silky mask is gently applied to your entire body to provide your skin with intensive nutrients and lipids from high-quality plant oils. The absorption of the mask is intensified by a relaxing aroma massage to finish. Your skin is visibly silky and smooth.

**60 min. ∞ €94**

### ST BARTH Elasticity body mask

Body mask with clay and cucumber mousse. Ivy, menthol and camphor activate and strengthen body tissue while cold-pressed avocado oil supplies important nutrients. The skin is visibly refined and firmer.

**45 min. ∞ €65**

Sink down. Weightlessly. Into the soft-pack waterbed. Perfect harmony and relaxation for body, mind and soul. After the body pack has been applied, lie down on a heated floating lounger. This helps the ingredients penetrate through the skin into the body, where they can be fully effective. Perfect relaxation for your body!

### Body pack with 'Peach Dream' body butter

Velvety soft peach scented body butter gives the skin and senses a break from everyday life.

**30 min. ∞ €45**

### Body pack with 'Honey Dream' body butter

The scent of real Black Forest honey is incredibly relaxing. Its nutrients offer truly powerful nourishment for dry and stressed skin.

**30 min. ∞ €45**

### MARIA GALLAND PARIS Thalasso algae pack

Nutrients and minerals from the depths of the sea in highly-concentrated form. Experience the spectacular effect of an algae pack.

**30 min. ∞ €45**





## CLASSIC MASSAGES

All of the massage times listed include a relaxation period at the end.

### Partial-body massage

A massage focused on a certain area, e.g. neck and shoulders, back or legs.

**25 min. ∞ €54**

### Full-body massage

Treat all of your senses to a full-body massage and recharge your batteries with positive energy and comfort. Let yourself be pampered from head to toe, relax your muscles and ease your connective tissue.

**50 min. ∞ €89**

### Reflexology foot massage

This special foot massage relaxes and strengthens the immune system. Applying gentle pressure on the reflex zones positively impacts the associated organs and areas of the body.

**25 min. ∞ €59**

**55 min. ∞ €98**

### Lymphatic drainage

A gentle, harmonising form of massage to stimulate lymphatic flow and strengthen immune defence. Purifying, detoxifying and effective against water retention.

**30 min. ∞ €59**

**50 min. ∞ €84**

### Head massage

Particularly effective in relaxing the neck and shoulder region of people with high stress levels. Great for migraines and headaches.

**20 min. ∞ €35**

### Lymphatic drainage facial

The manual facial lymphatic massage is a relaxing and soothing massage with gentle, effective stroking motions to eliminate swelling around the eyes, throat and face. Soothing and calming.

**25 min. ∞ €59**

# MASSAGES

## FROM AROUND THE WORLD

All of the massage times listed include a relaxation period at the end.

### Thai massage

The traditional Thai massage – with or without oil – is based on the teachings of Ayurveda, Yoga and acupressure. It releases tension, relaxes the mind and improves mobility. The massage uses fingers, hands, elbows, knees and even the whole body to activate the energy meridians, stretching and lengthening the body for ultimate relaxation.

**60 min. ∞ €98**

### Hot stone full-body massage

Energetic full-body treatment with deep relaxation. The use of warm basalt stones and premium oils stimulates blood flow, releases tension and regenerates the body.

**75 min. ∞ €119 per person**

>> **TIP:** also bookable as a treatment for couples!

### Hot stone back massage

Energetic back treatment to relax the muscles. Warm basalt stones glide over the back with premium oils, restoring the body's functions to flowing equilibrium.

**45 min. ∞ €76 per person**

>> **TIP:** also bookable as a treatment for couples!

### Lomi Lomi Nui full-body massage

The Hawaiian temple massage is known as the 'Queen of Massage'. 'Lomi' means 'press, knead and rub' and 'Nui' stands for 'something extraordinary and very special'. Lomi Lomi Nui is a combination of ritual and bodywork, which has a revitalising effect and brings you into harmony with yourself and your environment. Lomi strengthens and energises, releasing physical and mental blockages.

**50 min. ∞ €109**

**90 min. ∞ €150**

### Lomi Lomi Nui back massage

Warm fragrant oil, flowing motions, mindful stretches and Hawaiian sounds make this bodywork an experience to remember. Body and soul find their natural balance and the senses are awakened.

**45 min. ∞ €75**

### Vichy shower – hydromassage

A stimulating and invigorating water massage with multiple horizontal shower jets on a light to powerful setting. Originating from the French spa resort of Vichy, this technique is pure bliss for anyone who trusts in the power of water.

**30 min. ∞ €45**



### ST BARTH Harmony full-body massage

Choose from pure, warm coconut oil to intensively nourish dry skin, cold-pressed avocado oil to support fine skin, or ivy gel and menthol oil to strengthen the connective tissue and skin. For a special finish, choose your favourite body lotion: bourbon vanilla, delicate tiaré flowers or exotic lily.

**50 min. ∞ €95**

### ST BARTH Chill Out full-body massage

Intensely relaxing treatment using warm clam shells and nourishing avocado or coconut oil. The gentle massage releases deep-rooted tension, relieves stress, stimulates the tissue metabolism and leaves the skin feeling firm and healthy thanks to the calcium content in the clams.

**80 min. ∞ €154**

### Hamмам soap lather massage

A body scrub with a special glove is an integral part of every visit to the hammam. It removes the upper layers of skin and enhances blood flow to connective tissue. The cleanse is followed by a hard soap massage. Warm steam releases tension and opens up the pores. The aim of this wash is to free the body of waste products and toxins.

**60 min. ∞ €105 per person**

>> **TIP:** also bookable as a treatment for couples!

### Hamмам deluxe soap lather massage

The hammam soap lather massage is followed by a relaxing oil massage.

**90 min. ∞ €149 per person**

>> **TIP:** also bookable as a treatment for couples!

Ayurveda – the ‘science of life’ from India – is a holistic knowledge system focused on the connections between body, mind and soul, and represents the oldest form of conventional medicine in the world. The balance of all of the forces residing in the body is the basis for a healthy and fulfilled life.

# ayurveda

## the science of life

### Doshas – Ayurvedic Typology

The relationship between the three Doshas (Vata, Pitta and Kapha) is not only crucial for our overall health, it also shapes our individual physical, mental and emotional characteristics.

**Vata types** are light and slim in build, sensitive to the cold, flexible and constantly on the go. They are quick, creative thinkers with a nervous and anxious manner. If the relationship between their physical forces is disturbed, Vatas tend to suffer with sleeping issues, digestive problems and lower back pain. Their skin is generally dry.

The **Pitta type** has an athletic build, a reddish complexion, light-coloured hair and sensitivity to the heat. They enjoy being leaders and are determined, intelligent and fearless, but lose their composure quickly,

are egocentric, often quick-tempered and (too) focused on work. If their Dosha relationship is disturbed, the Pitta type is susceptible to gastric and intestinal ulcers, cardiovascular diseases, infections and inflammations.

People belonging to the **Kapha type** have a heavier build with light-coloured, smooth skin, thick hair and a lot of fatty tissue. They are patient, cautious and tolerant. Kapha people remain level-headed even in stressful situations. If their Dosha relationship is thrown out of sync, Kaphas are likely to suffer excess weight, water retention, digestive problems, diabetes and respiratory diseases.



# AYURVEDA MASSAGES AND SPECIALS

## Ayurveda Abhyanga Kerala massage

The most famous of all Ayurvedic massages brings harmony and relaxation. For this gentle full-body massage, warm oil is poured over every inch of skin and sensitively massaged in with soft hands – an extraordinary feeling of completeness.

**50 min. ∞ €95**

**80 min. ∞ €139**

## Garshan massage

For this traditional Ayurvedic treatment, gloves made from raw silk are used to vigorously massage the whole body in slow and even motions without the use of oil. The massage removes dead skin cells and stimulates the metabolism and the lymphatic and connective tissues.

**25 min. ∞ €54**

## Padabhyanga

This deeply relaxing Ayurvedic foot and leg massage stimulates all of the organs, strengthens the nerves and leads to a complete sense of wellbeing.

**40 min. ∞ €74**

## Mukabhyanga

Most people are completely unaware of how much tension they hold in their face. If the face is relaxed, this affects the whole body. The Ayurvedic face and head massage involves stimulating and harmonising certain energy points and Chakras. Mukabhyanga can be very effective for treating headaches, tension and sleep disorders.

**25 min. ∞ €54**

## Ayurveda Marma massage

A Marma massage is an Ayurvedic treatment during which vital energy points are stimulated. This allows Prana – life energy – to flow, eliminating energy blockages, strengthening healing powers and helping to prevent ill health.

**60 min. ∞ €98**

## Marma Abhyanga

Gentle massage to activate the energy points for harmonious energy flow. Marma Abhyanga releases physical and emotional blockages, reduces sensitivity to pain and eliminates stress, back and cervical pain, nervousness and anxiety.

**85 min. ∞ €139**

## Upanahasveda

This Ayurvedic back massage focuses on the spine. It relieves and strengthens the back and shoulder muscles.

**45 min. ∞ €79**

## Ayurveda Relaxation Special I

### Ayurveda Vata

Promotes arterial blood flow, releases tension and contractions, improves circulation, strengthens the mind and helps with joint flexibility and regeneration. **50 min.**

### Padabhyanga

This deeply relaxing Ayurvedic foot and leg massage stimulates all of the organs, strengthens the nerves and leads to a complete sense of wellbeing. **40 min.**

### Garshan massage

For this traditional Ayurvedic treatment, gloves made from raw silk are used to vigorously massage the whole body in slow and even motions without the use of oil. The massage removes dead skin cells and stimulates the metabolism and the lymphatic and connective tissues. **25 min.**

**115 min. ∞ €205**

## Ayurveda Relaxation Special II

### Ayurveda Pitta

Improves digestion, eliminates skin irritation and tightness, has a calming effect, reduces stress, headaches and muscle blockages. **50 min.**

### Mukabhyanga

Most people are completely unaware of how much tension they hold in their face. If the face is relaxed, this affects the whole body. The Ayurvedic face and head massage involves stimulating and harmonising certain energy points and Chakras. Mukabhyanga can be very effective for treating headaches, tension and sleep disorders. **25 min.**

### ST BARTH Softness

Relaxing and exfoliating massage for velvety smooth and even skin. Fresh papaya mousse and a special sea sand complex remove dead skin cells, coconut oil nourishes the skin and treats it to valuable nutrients. **35 min.**

**110 min. ∞ €202**

## Ayurveda Relaxation Special III

### Ayurveda Kapha

Dynamic and stimulating drainage massage, which is effective against cellulite and excess water retention, detoxifies, calms and regenerates the connective tissue. It improves joint mobility, eases rheumatic pain, provides resistance against stress and helps with insomnia. **50 min.**

### Lymphatic drainage

A gentle, harmonising form of massage to stimulate lymphatic flow and strengthen immune defence. Purifying, detoxifying and effective against water retention. **50 min.**

### Full-body sea salt scrub

Sea salt and oils remove dead skin cells from the body. **20 min.**

**120 min. ∞ €225**

## BATHS

Water – the source of life. Enjoy the exclusive ambience of our 5-star facilities and bathe on cloud nine!

### Cleopatra bath

With honey and milk  
**30 min. ∞ €45**

### ST BARTH Dream

A Caribbean fragrance experience  
**30 min. ∞ €45**

### Aromatic baths

For your wellbeing  
Choose from Thalasso algae, hay flower extract, lavender, rose, honey, eucalyptus, thyme, balm, orange and rose.  
**20 min. ∞ €35**

## PERFECT FOR TWO

### A joy shared is a joy doubled

Treat yourselves to something special to celebrate your anniversary or birthday – or just enjoy a break from daily life together. Indulge in some completely private pampering time in our 'Cleopatra' and 'Romance' spa suites. With private steam bath or Finnish sauna. With a luxurious relaxation zone including canopy bed or waterbed. With TV, sound system and much more. Turn your time in our spa suite into an unforgettable experience. Includes pamper specials for just the two of you...

### Pure romance

Spend a few hours in a completely private world. The relaxation begins with a parallel hot stone back massage (45 min.). Afterwards, unwind in the Finnish sauna, treat yourselves to a relaxing bath together and indulge in a bottle of Champagne, delicate chocolate truffles and a fruit medley. Gaze over the Black Forest as you take time to wind down and reflect. Pure delight for the senses.  
**120 min. ∞ €340 for 2**  
**180 min. ∞ €430 for 2**



### Moments for two

Let yourselves be carried into a fascinating world of breathtaking luxury. Enjoy a full-body aromatic massage (60 min.). Warm up in the Finnish sauna, treat yourselves to a relaxing bath together. Pop the cork and raise a glass of Champagne as you indulge in some delicate chocolate truffles and a fruit medley. A blissful paradise in the heart of the Black Forest.  
**120 min. ∞ €340 for 2**  
**180 min. ∞ €430 for 2**



## MEN'S DAY ESPECIALLY FOR HIM

A well-earned break for very special men

- Full-body relaxation massage including head massage 50 min.
- Anti-stress facial treatment 50 min.
- Nurturing hand massage including mini manicure 30 min.

**130 min. ∞ €209**

## TREATMENTS FOR OUR YOUNGER GUESTS

A big hit with children and teens! Why should the luxury spa experience be reserved for adults? Young skin deserves special treatment too – and we are delighted to oblige. We look forward to welcoming younger guests and treating them to some blissful relaxation.

### Chocolate massage

Especially for guests of all ages with a sweet tooth, this pampering massage relaxes you from top to toe. It is finished off with a delicious mug of hot chocolate!

**30 min. ∞ €45**

### Relaxation massage

A gentle, child-friendly aromatic full-body massage.

**30 min. ∞ €35**



### Manicures and pedicures for kids

Caring treatments for children's feet and hands – with or without colourful nail polish.

without polish

**20 min. ∞ €27**

with polish

**25 min. ∞ €32**



## Spectrum of medical services:

- Integrative consultation
- Causal self-regulation therapy
- Chirotherapy/osteopathy
- Arlen's Atlas Therapy
- Neural therapy according to Dr Huneke
- Neurotaping/meditaping
- Psychosocial screening
- Integrative health care
- Post-inpatient care after a stay in hospital or a rehabilitation clinic
- Personal health-care coaching
- Business vital screening
- Nutritional coaching
- Sports medicine examinations
- Infiltration therapies
- Orthomolecular therapies
- Colon hydrotherapy
- Anti-ageing therapies
- Echocardiography/  
carotid duplex sonography

At the core of our philosophy is treating each human being in their entirety and unlocking the full potential of their physical and/or mental health. Although this takes time, the results are long-lasting and worthwhile. We aim not only to treat the symptoms, but to get down to the root causes and find specific, gentle remedies as long-term solutions.

# PRIVATE DOCTORS' PRACTICE SCHINDLER PRIVÉ

## SUPERIOR INTEGRATIVE MEDICINE

Purely conventional methods are complemented by manual regulation medicine to achieve the best possible results. The special focus here is on alternative pain therapy for a noticeable improvement in wellbeing. With the help of osteopathy and neural therapy according to Dr Huneke, it is possible to achieve surprisingly sustainable and side-effect-free results – usually without the need for additional chemical medication. This results in an improved quality of life and holistic health.

**>> Tip:** try anti-ageing therapies with Botox and hyaluronic acid!

Osteopathic treatments	from €120
Neural therapeutic treatments	from €80
Wrinkle therapy with botulinum	from €250
Wrinkle therapy with hyaluronic acid	from €400

Appointments by arrangement  
Appointments can be made through the spa reception:  
Tel +49 7806 78143 or +49 7806 780



**PRIVÉ**  
DRES. SCHINDLER  
INTEGRALE PREMIUM MEDIZIN



## EASTERN FITNESS

### DOLLINA Yoga in the Black Forest

Stretch and lengthen the body as you breathe slowly in and out: Yoga strengthens the body, calms the mind and brings us into harmony with ourselves. Daily Yoga classes are held Monday to Friday – provided the weather is nice, these take place in our beautiful park with far-reaching views.



## SPA ETIQUETTE

### What to wear

Please arrive for your treatment in your underwear or swimwear and bathrobe. Most treatments take place unclothed, however during massage we use covering techniques to ensure your privacy. We can also provide disposable briefs.

As you arrive at the DOLLINA Spa & Health, we will provide you with a bag filled with towels, including one for you to lie on. For environmental reasons, no other towels are allowed in the sauna area.

### Sauna etiquette

Sauna etiquette differs throughout Europe; in our saunas, guests may be naked or in a swimsuit – it is entirely up to them. Whatever you decide, please place a towel underneath you during your sauna.

### Booking spa appointments

During your treatments the focus is solely on you. You will have the full attention of our spa therapists from start to finish. To guarantee the availability of your preferred appointment, we recommend booking your treatments early – ideally at the same time as your room reservation.

### A treatment tailored to your needs

Speak to our trained therapists about what you would like from your treatment and let them know of any health issues. Being aware of any possible health impairments, allergies, medications or pregnancy allows us to devise perfect programme for you.

### Totally undisturbed

You are here to rest your body, mind and soul. It's vital that the peaceful and relaxing atmosphere is not disturbed by loud conversations or mobile phones. We therefore ask that guests do not use mobile phones in our DOLLINA Spa & Health.

### Ease yourself in

Get yourself in the mood for your treatment: a warm shower or visit to the sauna is a great way to prepare. Please arrive at the spa reception around 5 minutes before your treatment appointment. Please bear in mind that if you arrive late your treatment time may be shortened in consideration of the next guests.

### If you need to cancel

Please note that late cancellations will incur a charge of 80% of the treatment price. Cancellations made with at least 24 hours' notice will not be charged.

### Plenty to go around

We have made sure there are enough loungers and resting spots available for our guests. So we ask that you do not reserve loungers – even if you don't secure your lounger in advance, there will always be one free for you to use!

### For our younger guests

Your children are welcome to use the swimming pool, but we politely ask you to keep in mind that children under 14 are not permitted to access our sauna area and relaxation zones.



# Dollenberg

SCHWARZWALD

## DOLLINA

SPA & HEALTH

Meinrad Schmiederer e. K. | Hotel Dollenberg  
Dollenberg 3 | 77740 Bad Peterstal-Griesbach | Germany  
Tel +49 7806 780 | Fax +49 7806 1272  
info@dollenberg.de  
www.dollenberg.de

© www.marketing-deluxe.at • Photographs: Hotel Dollenberg, Karl Hoffmann Fotografie und mehr,  
Privé Dres. Schindler, Mike Huber Photography, unsplash.com, istockphoto.com, MARIA GALLAND PARIS, LIGNE ST BARTH.  
This price list replaces all previous editions. Misprints and printing errors reserved. May be subject to change without prior notice.