



MASSAGES & TREATMENTS

***BODY, MIND
AND SOUL
IN HARMONY***

ATLANTIC
GRAND HOTEL Bremen



Escape the stressful everyday life and recharge your batteries. Whether in the form of a full body massage or facial treatment - experience our regenerating massages, let our facial treatments revitalize you and enjoy your time out.

BACK MASSAGE

30 / 45 min.

Relieves tension in all back muscles, relaxes and enhances your general feeling of well-being.

CLASSIC FACIAL TREATMENT

60 min.

Cleansing, peeling, manual cleansing, facial massage, facial mask and final day care ensure a radiant complexion. High-quality care products pamper your skin and let you shine!

FULL-BODY MASSAGE

45 / 60 / 90 min.

Relieves stress and tension and gives your skin a velvety feeling of well-being through a massage ritual with precious essential oils.

HOT STONE MASSAGE

90 min.

Warm volcanic stones specifically release tension, a deep relaxing time out for body, mind and soul.

PARTIAL-BODY MASSAGE

30 min.

Enjoy 30 minutes of individual massage. Choose legs and feet or face and head.

DEEP TISSUE MASSAGE

60 / 90 min.

This massage is ideal for athletes as the slow, firm massage technique and deep-acting pressure is highly effective at treating and relieving muscular pain and tension.

LOMI LOMI NUI MASSAGE

60 / 90 min.

Traditional Hawaiian massage, dissolves physical and emotional blockages and harmonises body, mind and soul.

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available; bookings can be made prior to your arrival. For an individual consultation and information about our other treatments, please dial 100 for the reception desk.





PRICES

	30 min.	45 min.	60 min.	90 min.
<i>Back massage</i>	€ 50.00	€ 65.00	–	–
<i>Facial treatment</i>	–	–	€ 90.00	–
<i>Full-body massage</i>	–	€ 65.00	€ 80.00	€ 110.00
<i>Hot stone massage</i>	–	–	–	€ 140.00
<i>Partial-body massage</i>	€ 50.00	–	–	–
<i>Deep tissue massage</i>	–	–	€ 80.00	€ 110.00
<i>Lomi Lomi Nui</i>	–	–	€ 90.00	€ 120.00



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