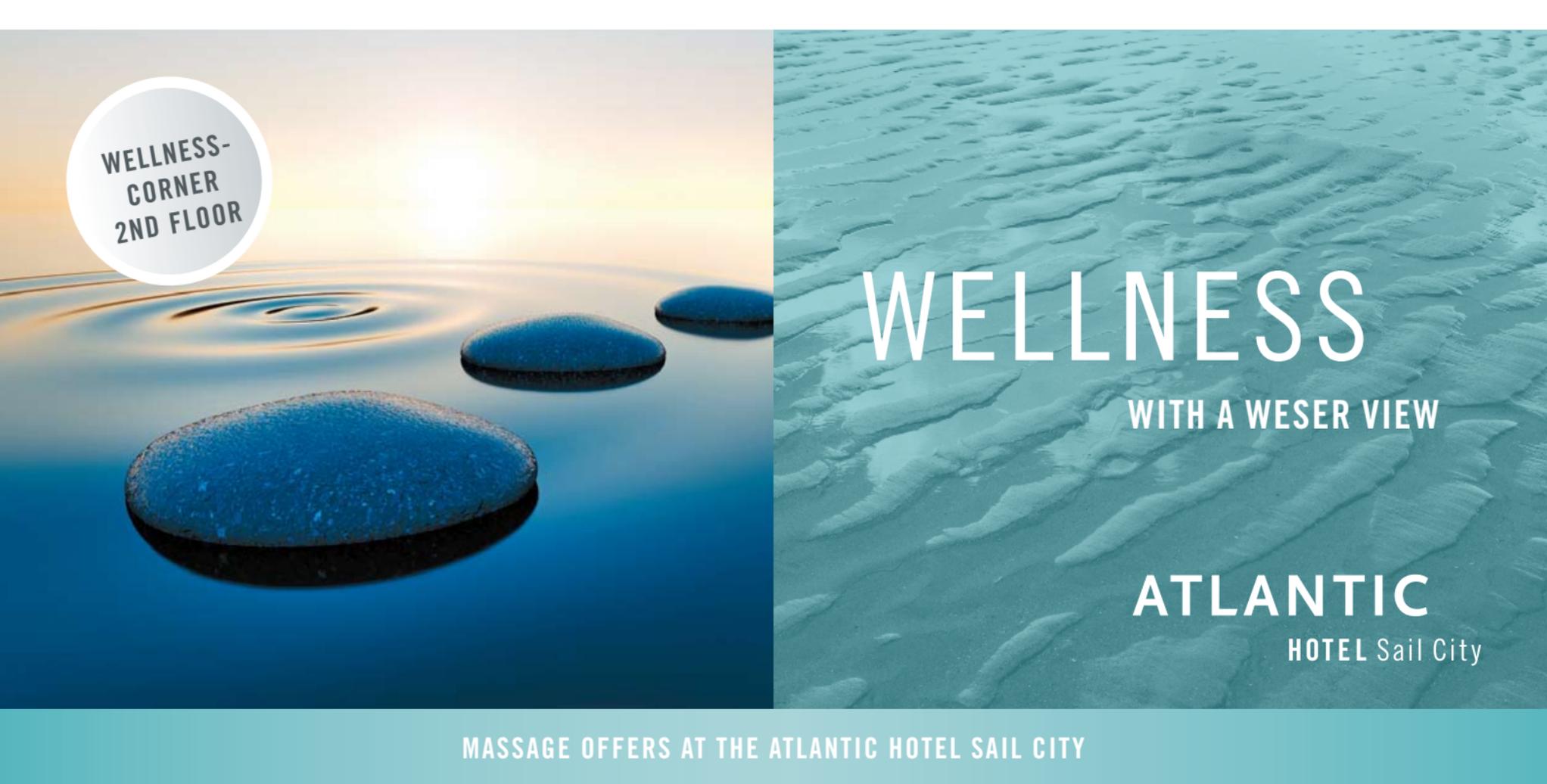




WELLNESS-
CORNER
2ND FLOOR



WELLNESS

WITH A WESER VIEW

ATLANTIC

HOTEL Sail City

MASSAGE OFFERS AT THE ATLANTIC HOTEL SAIL CITY

You will find a very special offer in the Wellness Corner of the ATLANTIC Hotel Sail City. Treat yourself to a little break and let yourself be pampered by our wellness therapist Katharina Borowski!

Worth knowing about wellness treatments

A **classic back massage** means simply relaxing and leaving the stress behind you. Physical tension, anxiety and energetic blockages can be released with a **Breuss massage**. The spine is stretched and thus the undersupply of the intervertebral discs is regenerated. **Thai Yoga massage** consists of passive extension poses and stretching movements, joint mobilizations and pressure point massages based upon classic yoga. In **aroma massage**, warm essential oils are used for a regulating and supporting effect on the metabolism. **Hot Stone massage** involves the application of and massage with warm stones to stimulate the entire inner mobility.



ENJOY WITH ALL YOUR SENSES

BACK MASSAGES

Classic back massage (30 Min.)

€ 33.00

Breuss massage (30 Min.)

€ 32.00

ASIAN MASSAGES

Thai Yoga massage

Please wear light, comfortable clothing for the treatment.

Head, neck, back (30 Min.)

€ 32.00

Full body (60 Min.)

€ 55.00

Aroma massage (40 Min.)

€ 42.00

Aroma massage (60 Min.)

€ 60.00

MY TIME
OUT!



HOT STONE MASSAGES

Hot Stone massage

(30 Min.)

(60 Min.)

(90 Min.)

€ 60.00

€ 72.00

€ 100.00

PURE
RELAXATION



DATES / OPENING HOURS

Our team at the hotel reception
will be happy to arrange an appointment.

Provider of the service:

Raum für Yoga, Katharina Borowski, Loxstedt

in the ATLANTIC Hotel Sail City / Am Strom 1 / 27568 Bremerhaven

Tel. (+49) 0471 / 30 990-0 / rezeption.ahs@atlantic-hotels.de

www.atlantic-hotels.de

Cancellations of booked treatments are possible free of charge up to 24 hours before the agreed date.
For later cancellations, we charge 40% of the cost of the treatment you have booked.

TERMINVEREINBARUNG DIREKT AN DER REZEPTION