

# beauty 2010



## *LaBiocomme Meso/beauty lift*

The new natural method for him and her which makes you look years younger. The modern anti-aging treatment without an injection or a scalpel. The secret is cosmetic porotation: the skin is padded with highly active bio-molecules with the help of a roll-on.

*Highly effective and with lasting effects.*

**Case history, cleansing, tonic, active substance ampoules (hyaluronan and vitamin C), deep moistener, Aloe Vera avocado oil, day cream, daytime make up.**

**Price per treatment (60 min.)**

**€ 140,-**

**First treatment – bio-face + meso / beauty life**

**€ 175,- per treatment (90 min.)**

## *Piroche Method by Henri Chenot*

### **A new body feeling with the wisdom of the Chinese**

This method does not only work with cellulites, it tautens skin and tissue so that your body is slimmer and firmer. Piroche works with sub-pressure which arises under the cupping glass, a method which has proved successful for the relaxation of the muscles, against tenseness and in reducing scarring.

**Spinal unblocking**

**Bath and package (105 min.) € 119,-**

## *Reviderm - Care with a System*

The most modern peeling method whereby horny skin and upper cell layers are removed professionally. Regeneration processes in the skin are activated with this treatment. The soothing and regeneration substances penetrate deep into the skin and thus unfold their effect more intensively.

**Cleansing, toning, REVIDERM-micro skin abrasion, ampoules, masks, skin care products (75 min.) € 99,-**

## *Talcumi - Whole body treatment*

### **Detoxing and tautening with pure, natural products**

Cleansed and strengthened from top to toe as well as losing surplus kilos – with hand-picked natural products.

### **First detoxification and flushing your body through**

Whole body wrap, peelings and packages detoxify the body, helped by healing earth, salt and precious stones or acid/alkaline balance baths.

### **Then tautening and strengthening**

The body treatments follow. These shape you, reduce cellulites and stabilize connective tissue: with algae aroma and ying-yang packages stress is reduced, your immune system and metabolism stimulated

**Talcumi whole body peeling, soapstone massage with hemp and linseed oil from inspected organic farms, Talcumi pack (90 min.) € 99,-**

## Ladies' Week

Forget about everything for a while and spoil yourself. Why not take time off for yourself and lose a few kilos at the same time? The WARBADERHOF offers *A whole week just for me* – relaxation and revitalisation for body and soul.

With a programme especially planned for you, the day begins with morning gymnastics followed by breakfast from the buffet. You have time during the morning for your individual beauty programme, or you can relax in the spa. After a light lunch in the bistro of the Vital centre you can learn the technique of Nordic walking, Pilates, Qi gong, or you can live it up in the fitness room. Later you can enjoy your evening meal – a sophisticated gourmet diet – in the company of kindred spirits.

**Included in the week's all-inclusive price are:**

- 7 nights with full board on the basis of a 1000 calorie gourmet diet
- 5 day beauty and Thalasso programme (massages, Piroche method, cosmetics ...)
- Fitness plan
- Nordic walking

€ 1.064,- per person in a double room

€ 1.127,- per person in a single room

**Arrival on Sunday!**

**Christmas season and New Year excluded.**

## Men's Health - specially for men

Men also allow themselves the luxury of a relaxing, refreshing and rejuvenating treatment with lasting effects. We collect you directly from your day to day life with an invigorating program.

### *1<sup>st</sup> day Relaxation treatment*

Piroche spinal unblocking, massage bath with coloured light, algae aroma pack

### *2<sup>nd</sup> day Regeneration treatment*

An invigorating facial treatment, extravagant soft lifting and Aloe Vera sport cream

### *3<sup>rd</sup> day Revitalising treatment*

Piroche spinal unblocking, energy bath, ying yang whole body treatment

**3 day package € 379,-**

## Ladies' Days

Abandon your old "ego" and discover new youthful freshness for face and body.

### *1<sup>st</sup> day Relaxation treatment*

1 whole body whiting peeling  
Himalaya salt and organically cultivated linseed oil, 1 hot stone massage

### *2<sup>nd</sup> day Regeneration treatment*

1 bio face lifting, 1 feel good hand massage

**2 day package € 180,-**

