

EN

SO/BERLIN *Das Stue*

BOUTIQUE SPA
BY SUSANNE KAUFMANN

SPA MENU

**WELCOME TO
THE SUSANNE KAUFMANN
BOUTIQUE SPA BERLIN**

The SUSANNE KAUFMANN Boutique SPA in SO/ Berlin Das Stue Hotel is a place of beauty, relaxation, and holistic comfort. We offer a varied selection of treatments, massages and rituals that are rooted in traditional Chinese medicine and natural anti-aging science. You will be pampered by our highly qualified therapists and beauticians. Take time to restore your health and beauty with a few hours, a relaxing day, or an accompanying program to pair with your stay. We would be pleased to give you a personal consultation before your visit.

**You can reach the SPA directly under
the telephone number +49 (0)30 311 722 160
or via email to spa@das-stue.com.**

RELAX, LET GO, AND ENJOY:
RITUALS TO NURTURE AND
PAMPER ARE COMBINED WITH
SIMPLE, UNOSTENTATIOUS
ARCHITECTURE TO CREATE A
HARMONIOUS EXPERIENCE
AT THE **SUSANNE KAUFMANN
BOUTIQUE SPA** AT SO/ BERLIN
DAS STUE HOTEL.



SUSANNE KAUFMANN NATURAL ANTI AGING

Through her years of experience, Susanne Kaufmann has carefully developed the range of natural anti-aging products used in our spa. With a focus on holistic care, the treatments offered aim to refresh and to rejuvenate. As our skin begins to age in our early twenties, developing awareness of skin care and rituals is key to stave off the damage we so often see. Through early and consistent care, the skin remains soft and subtle for longer.

Preventive care, such as our anti-aging treatments, assist in protecting and strengthening against the first signs of aging. In the later years of life, our repairing treatments hone in on the needs of mature skin helping it to stay healthy, beautiful and youthful.



BESPOKE REJUVENATING FACIAL TREATMENT

The Bespoke Rejuvenating Facial spans over 15 years of beauty and spa experience. It combines the best products with effective massage techniques and methods to improve the skin significantly. An additional skin analysis provides information on the current condition, thus creating the basis for a holistic care system recommended by the expert.

BESPOKE REJUVENATING FACIAL

The treatment counteracts the signs of aging, reduces the effects of harmful environmental influences and relieves deep tension in the facial muscles. Fascia techniques, a lymphatic drainage and a deep tissue massage stimulate the skin's metabolism and transform its structure. The result is radiant, relaxed and youthful skin that can adapt to today's environmental influences. With selected serums and massage techniques, the skin is brought into its ideal condition. This application does not include skin cleansing.

100 MIN 220 EUR



ANTI AGING SIGNATURE TREATMENT

Our natural anti-aging treatments, which improve the first signs of aging sustainably, are based on highly effective products from the Preventive Care Line by SUSANNE KAUFMANN. Ultrasound deeply transports active ingredients deeper into the skin while stimulating the skin's detox-ification process and collagen synthesis. Stimulating fascia deep tissue techniques and a facial massage support lymphatic drainage and micro-circulation to maintain the firmness of the facial connective tissue.

ANTI AGING SIGNATURE FACIAL TREATMENT PREMIUM

The Anti Aging Signature Facial Treatment Premium is specifically designed for the needs of demanding skin. It gently purifies hands, feet, face, neck and décolleté with targeted movements and fine peelings. After the dead skin cells have been removed, active ingredients are infiltrated deep into the skin by means of ultrasound treatment. The blood circulation is stimulated and cell renewal is promoted. The antioxidant power ingredients as well as highly concentrated care products restore the skin's radiance. Meanwhile, the detoxing back and arm massages relax the muscles while tightening the connective tissue, allowing the skin to gain elasticity.

120 MIN 245 EUR

ANTI AGING SIGNATURE FACIAL TREATMENT

The Anti Aging Signature Facial Treatment relaxes facial features and ensures a youthful complexion. Targeted movement sequences, in combination with highly effective antioxidant care products, counteract the aging process of the skin. The treatment can therefore also be used preventively. The intensive cleansing of the face, neck and décolleté makes the skin receptive to the various care products. With the help of ultrasound, the special masks and power ingredients are then worked deep into the skin. The skin regains its radiance and elasticity.

90 MIN 185 EUR

ANTI AGING SIGNATURE FACIAL TREATMENT EXPRESS

The Anti Aging Signature Facial Treatment Express is suited as a build-up treatment. Demanding skin gets a radiant appearance in no time. The treatment cleanses and relaxes the face, neck and décolleté. Special massage techniques and ultrasound promote blood circulation and the skin's ability to absorb nutrients. Through this technique, the antioxidant rich ingredients and intensive care products get deeper into the skin's layers. The complexion immediately appears radiant and rejuvenated.

60 MIN 135 EUR

BOOSTING HYDRATION FACIAL TREATMENT

Visibly plump, brighten and revitalise your skin with our Boosting Hydrating Treatment. This highly effective facial combines potent botanical concentrates with targeted massage techniques and modern technology to nourish, firm and plump the skin. The facial begins with a deep and refreshing double cleanse and gentle exfoliation using our award-winning Enzyme Exfoliator to perfectly prime the skin. While the mask treats the skin, a soothing head massage will help you to escape the chaos and unwind, promoting a deep sense of relaxation. This is followed by a specialised ultrasound application of our Boosting Liquid Mask, an intensive, cooling mask treatment developed to instantly infuse the skin with moisture and revitalise the complexion, while delivering long-lasting age-defying benefits. Skin feels firmer, revitalised and more resilient for both immediate and long-lasting results.

50 MIN 110 EUR

GLOW SIGNATURE FACIAL TREATMENT

The Glow Treatment makes the face and complexion glow with radiance: Tailor-made treatment techniques and highly effective care products ensure a better blood circulation. The deep cleansing of the face, neck and décolleté prepares the skin to absorb the nourishing ingredients. While the glow mask takes effect, a head and neck massage provide additional relaxation. A special serum provides targeted moisture. It is worked into the skin structure with a short fascia massage. The elasticity of the skin increases with the highly concentrated Power Mask, which provides additional tightening. The SPA team applies the final care with the SUSANNE KAUFMANN™ facial roller.

60 MIN 120 EUR

BEAUTY TREATMENTS

The professional knowledge and empathy of certified spa therapists bring your outer and inner beauty into balance. To achieve an optimal result and the desired sustainability, treatments and products are perfectly adapted to the needs of your individual skin. With our selected aftercare products, you are able to take the SUSANNE KAUFMANN Boutique SPA home and to achieve quicker results.

ALKALINE DETOX SIGNATURE FACIAL TREATMENT

An effective treatment designed to cleanse and detoxify the skin. The SUSANNE KAUFMANN Alkaline Detox Signature Facial Treatment begins with a deacidifying foot bath and an anamnesis of the facial skin. It further includes deep cleansing, a peeling adapted to the skin's condition, a lymphatic drainage as well as a purifying mask. The regeneration process of the skin is supported and the natural balance is restored. The skin appears harmonized and radiant. The aim of the treatment is to cleanse deep into the pores, to inhibit inflammation and to achieve a clear, fresh feeling.

60 MIN 115 EUR

TRANSFORMATIVE SIGNATURE FACIAL TREATMENT

An individual, tailored treatment that can transform the skin. After a thorough anamnesis, selected products and coordinated massage techniques are used to achieve an improvement of the skin condition. This treatment alleviates issues such as dry skin, blemished skin or couperose. The treatment helps to regain its natural balance. A clear, radiant complexion returns, enriched with energy and a harmonious feeling.

90 MIN 165 EUR

TRANSFORMATIVE SIGNATURE FACIAL TREATMENT MEN

Men's skin requires intensive care and special protection. This enriching treatment, specifically tailored to the needs of gentlemen, uses massage techniques to apply products that visibly improve the skin's texture. With this regimen, issues such as dry, sensitive or blemished skin are addressed and effectively improved. Your complexion appears clearer, harmonized and radiant.

90 MIN 165 EUR

TEENAGER SIGNATURE FACIAL TREATMENT

Designed specifically to meet the needs of youthful skin (age 12-16), this treatment is developed with matching products which nurture young skin and which help to eliminate potential irritations. Like the rest of the body, facial skin alters during puberty. The velvety skin surface becomes noticeably thicker and eventually more oily - especially for boys. During this phase, facial skin is highly susceptible to environmental toxins, bacteria and other stress factors. The SUSANNE KAUFMANN Teenager Signature Facial Treatment, strengthens and regulates youthful skin providing lasting protection against damaging influences. After a cleanse, oily and combination skin are balanced, dry skin is moisturized, and sensitive skin is gently cared for.

60 MIN 95 EUR

COLLAGEN RENEWAL FACE & BODY TREATMENT

Rejuvenate and repair from head to toe. Our Collagen Renewal Treatment showcases the restorative benefits of our Age Restorative Skincare range and contains a unique complex of minerals, precious rock crystal and amethyst gemstone essences, specialised waters and the nutrient-rich power of tree bud extracts to restore the natural skin health of damaged skin. The use of individual body and facial massage techniques, paired with our high-performance body and skincare, are designed to rejuvenate, repair and encourage lymphatic drainage while boosting collagen in the skin for a youthful, renewed complexion.

60 MIN 150 EUR

BEAUTY ADD ON'S FACE

SUSANNE KAUFMANN offers effective additional applications which improve the effect of a treatments, leading to even faster and more beneficial results.

ADD ON FACE TREATMENT

Tinting and setting eyelashes and eyebrows	40 EUR
Eyelash tinting	25 EUR
Eyelash tinting (combination with other treatments)	15 EUR
Eyebrow tinting	25 EUR
Eyebrow tinting (combination with other treatments)	15 EUR
Eyebrow shaping	25 EUR
Eyebrow tweezing (combination with other treatments)	10 EUR

ULTRASOUND TREATMENT INDIVIDUAL FOR FACIAL TREATMENT

This treatment combines the vibrations of ultrasound and intensive active ingredient serums to reach the deeper levels of the skin, optimizing the success of the treatment. The applications lead to an activation of the skin tissue and a significant improvement of various skin problems such as dryness, acne, coupe rose or scars.

20 MIN 45 EUR

EYELASH LIFTING

With this special treatment your eyelashes will naturally look longer and fuller, for a perfect look in the early morning. The treatment will finished with the special eye care tailored to your skin type. The result lasts up to 6 weeks.

60 MIN 70 EUR

In combination with other treatments 50 EUR

SUGARING

SUGARING WITH EPILADERM FOR WOMEN

Professional hair growth reduction with expert sugaring and enzymes.

	SUGARING	SUGARING WITH ENZYM KOMPLEX
Upper lip		20 EUR
Chin		20 EUR
Lower leg (up to the knee)	45 EUR	60 EUR
Whole leg	70 EUR	95 EUR
Armpits		40 EUR
Arms	45 EUR	60 EUR

SUGARING WITH EPILADERM FOR MEN

Professional hair growth reduction with expert sugaring and enzymes.

	SUGARING	SUGARING WITH ENZYM KOMPLEX
Whole leg	75 EUR	100 EUR
Back	55 EUR	80 EUR
Abdomen	45 EUR	55 EUR
Chest	45 EUR	55 EUR
Shoulders	35 EUR	45 EUR

MANICURE

CLASSIC MANICURE WITH HAND MASSAGE **50 MIN** 60 EUR

MANICURE DELUXE

- Classic manicure with hand massage
- Hand scrub
- Nourishing intensive care pack

70 MIN 90 EUR

PEDICURES

CLASSIC MEDICAL PEDICURE WITH FOOT MASSAGE

60 MIN 70 EUR

DELUXE PEDICURE

- Classic medical pedicure with foot massage
- Foot peeling
- Nourishing intensive care pack

85 MIN 100 EUR

ALKALINE LEG WRAP

Acids and toxins are excreted through the skin of the legs and feet. The application increases the detoxification process and is recommended especially at the beginning of a detox cure, diet or fasting.

In combination with other treatments 40 EUR
Single application **30 MIN** 45 EUR

BOOKABLE IN ADDITION TO MANICURE / PEDICURE

A PHENOMENAL NAIL POLISH INNOVATION
„IT'S FAST, IT LASTS, AND IT SHINES.“

Phenom is a revolutionary UV-free nail polish system. In just 3 simple steps, Phenom creates a perfect gel-like manicure that dries extremely quickly in natural light, lasts up to 10 days and is as easy to remove as regular nail polish

Nail polish 15 EUR
Nail polish French 25 EUR

VARNISH ONLY

Nail polish 25 EUR
Nail polish French 35 EUR

THERAPEUTIC MASSAGES

We offer a wide range of massages and additional treatments to correct malfunctions of the musculoskeletal system including classic massages, Asian inspired techniques, and reflexology.

CLASSIC MASSAGE

Back massage	30 MIN	70 EUR
Full body massage	60 MIN	105 EUR
Full body massage extended	90 MIN	160 EUR
Surcharge for aromatic oil massage		5 EUR

ADD ON face masks for more radiance and intense moisture, pamper your skin during your massage.

Moisturizing mask	15 EUR
Glow mask	20 EUR
Power Mask Anti Aging	25 EUR

THERAPEUTICAL DEEP TISSUE MASSAGE WITH INDIVIDUAL FOCUS

A targeted massage that is customized to your individual needs. Through deep tissue techniques and stretching the complete musculoskeletal system, the muscles are mobilized. This massage revitalizes the body and is particularly effective for tension, joint and muscle pain.

Back massage	30 MIN	75 EUR
Full body massage	60 MIN	120 EUR
Full body massage extended	90 MIN	175 EUR

FOOT REFLEX ZONE MASSAGE WITH FOOT BATH

A detoxifying alkali foot bath, followed by a foot reflex zone massage. Each part of the body is connected to corresponding energy zones in the soles of the feet. A targeted massage of these zones improves the flow of energy throughout the entire body.

45 MIN 90EUR

SUSANNE KAUFMANN RELAX TREATMENT HEAD

This massage of the back, head and neck relieves tension, headaches and blockages. Warm sesame oil is applied on the scalp and massaged in. A warm aroma turban harmonizes the energy centers.

50 MIN 110 EUR

SUSANNE KAUFMANN RELAX TREATMENT FACE

This holistic treatment of face, head, neck and hands promotes blood circulation helping to relax the body and clear the mind. New energies are released to regain strength and vitality.

50 MIN 110 EUR

CUPPING AND CUPPING MASSAGE

This deeply effective treatment originates from traditional Chinese medicine. Used selectively, it dissolves deep blockages and tension, improves circulation and assists in the detoxification process. Additional effects from this technique include an improved immune system, strengthened self-healing process, easing of headaches and migraines, in addition to asthmatic and bronchial ailments.

Cupping massage with individual focus	45 MIN	75 EUR
In combination with other massages	30 MIN	55 EUR

TREATMENTS BODY

Beauty is the expression of holistic well-being. Give yourself time to nurture, strengthen and regenerate your body, mind and senses. Our body treatments support the excretion of toxins and improve the overall energy flow. Some of the techniques have close, regional affiliations, such as body packs, wraps and baths. We also integrate traditional, natural forms of therapy from other cultures.

SUSANNE KAUFMANN DEEP BALANCING SIGNATURE TREATMENT

Pure beauty, intensive care, wonderful deep relaxation from head to toe. Let your soul, your skin and your whole body be revived and pampered for 120 minutes.

- Alkali foot bath for relaxation
- Careful cleansing of face, neck and décolleté
- Intensive moisturizing mask for the face
- Detox oil exfoliation to remove dead skin cells
- Nourishing body wrap of choice:
 - sports wrap with essential rosemary oil
 - detox wrap with essential ginger oil
 - relaxing wrap with essential lavender oil
- Relaxing full body massage to activate the energy flow
- Individualised day care
- A cup of detox tea to finish

120 MIN 250 EUR

BODY SCRUB

Luxurious body scrub with ingredients made from coneflower and St. John's Wort.

40 MIN 65 EUR

In combination with other treatments

30 MIN 55 EUR

NOURISHING BODY WRAP

The body wrap is selectable with the following aromatic oils:
Lavender - calming/balancing
Ginger - detox/detoxifying
Rosemary - relaxes muscles

40 MIN 65 EUR

In combination with other body treatments

30 MIN 55 EUR

SUSANNE KAUFMANN DETOX OIL PEEL

The refining Scalp and Body Scrub opens the channels of the dermis, from which the pollutants can flow. Special diversion points are stimulated to promote tissue circulation and the removal of slag.

Individual treatment

60 MIN 110 EUR

In combination with other body treatments and massages

30 MIN 55 EUR

SUSANNE KAUFMANN DETOX MASSAGE

This diverting massage stimulates the deep tissue to eliminate released pollutants. The flow of energy is improved and a positive effect of the metabolism is achieved.

60 MIN 120 EUR



SUSANNE KAUFMANN SIGNATURE TREATMENT DETOX

The Detox Signature Treatment is the perfect treatment to liberate the entire organism of acidity and toxins.

- Alkali foot bath for a relaxing soak
- Refining Scalp and Body Scrub massage
- Stimulating detox deep tissue massage

100 MIN 190 EUR

ABHYANGA

Abhyanga is a relaxing and at the same time harmonizing, Ayurvedic full body massage. Skin and muscles are warmed up and relaxed for more power and energy. The massage treatment ensures fast, effective regeneration of body and mind and helps with acute stress symptoms.

60 MIN 120 EUR

SHIROBHYANGA – INDIAN HEAD MASSAGE

An ayurvedic head massage that helps promote circulation in the head as well as relaxation of nerves and muscles. Tensions are released, head and skin are invigorated and fatigue vanishes. This treatment is highly recommended when suffering from headaches.

45 MIN 90 EUR

LOMI-LOMI-NUI MASSAGE RITUAL

This traditional Hawaiian massage ritual stimulates the deep tissue, where physical and mental tensions reside. Long, gliding massage strokes connect all body regions, release blockages and bring back positive energies. Muscle tissue loosens up, the mind and spirit begin to relax and emotional health is being supported.

90 MIN 180 EUR



»BEAUTY AWAKENS
THE SOUL TO ACT.«

Dante Alighieri

BODY SHAPE TREATMENT

The Body Shape treatment stimulates fat burning, skin tightening and body contouring. Highly effective ingredients sustainably support the efforts to achieve firm and beautiful skin.

SUSANNE KAUFMANN SIGNATURE BODY SHAPE TREATMENT

A deeply effective treatment for a soft silhouette. Starting with a smoothing body scrub to optimally prepare the skin for the absorption of the active ingredients and to activate the lymph. Followed by a foil wrap that compresses the fat cells to aid in the detoxification process. Therefore cells release water and toxins, which are drained by pump handles. Finally, the metabolism is stimulated with a cupping massage of the affected part of the body.

Legs and buttocks

90 MIN 190 EUR

Legs, buttocks, belly and arms

115 MIN 220 EUR



RITUALES FOR TWO

Special applications in our couple treatment room with whirl-bath and two SPA beds. The treatments are conducted by two therapists.

DUO REGENERATION

- Welcome tea
- Relaxing back massage with aromatic oil of your choice
- Moisturizing full body scrub to remove dead skin cells, vitalizes and promotes blood circulation
- Soothing St. Johns Wort Bath for two in our whirlpool

90 MIN DUO 320 EUR

DUO DESTRESS

- Welcome tea
- Herbal whey-bath for velvety soft skin for two in our whirlpool opens the pores
- Nourishing lavender body wrap
- Classic full body massage with lavender oil

120 MIN DUO 380 EUR

DUO DETOX

- Welcome tea
- Refining Scalp and Body Scrub - opens the channels of the dermis from which the pollutants can drain
- Alkaline bath - helps to deacidify the skin
- Detox massage with ginger oil - this treatment stimulates the lymphatic system which helps to release pollutants excrete and which has a positive effect on the energy flow and metabolism.

120 MIN DUO 420 EUR

DAY PROGRAMS

An entire day at the SUSANNE KAUFMANN Boutique SPA with a themed focus of your choice: Treat yourself to a day of pampering as a break from everyday routines. We are happy to customize a tailored SPA package for your individual needs. Our offer includes a welcome aperitif, the all-day use of the SPA area and a light lunch in the SO/ Berlin Das Stue "The Casual" restaurant.

1 DAY ALL-ROUND HEALTHY 100 MIN OF RELAXATION TIME IN TREATMENT

- Alkali foot bath with foot massage
 - Classic back massage with an aroma of choice
 - SUSANNE KAUFMANN Relax Treatment Face
- *220 EUR | 260 EUR

1 DAY ACTIVE REGENERATION 145 MIN OF RELAXATION TIME IN TREATMENT

- Gentle, regenerating and pore-refining body peel
 - Classic part-body massage with an aroma oil of your choice
 - Foot bath with foot massage
 - SUSANNE KAUFMANN Relax Treatment Head
- *290 EUR | 330 EUR

1 DAY PURE BEAUTY 180 MIN OF RELAXATION TIME IN TREATMENT

- Gentle, regenerating and pore-refining body peeling
 - Classic manicure with hand massage, nourishing intensive care pack and varnish
 - Glow Facial Treatment
- *270 EUR | 310 EUR

1 DAY GENTLEMEN ONLY 140 MIN OF RELAXATION TIME IN TREATMENT

- Classic full-body massage with an aroma oil of your choice
 - Transformive Signature Facial Treatment Men
- *280 EUR | 320 EUR

* For hotel guests, excluding welcome aperitif and lunch. Elements of the treatment package are not exchangeable.

PERSONAL TRAINING

We offer you a holistic personalized training in our gym, and seasonally in Tiergarten. Training sessions are followed by extensive stretching and relaxation. Sessions can also be booked as yoga or pilates. Please book well in advance.

PERSONAL TRAINING

60 MIN	140 EUR
75 MIN	170 EUR
90 MIN	190 EUR

GROUP TRAINING FROM 2 PERSONS

60 MIN	200 EUR
75 MIN	230 EUR
90 MIN	250 EUR

TRAINING PLAN, 6 WEEKS

90 MIN	190 EUR
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PRODUCTS

SUSANNE KAUFMANN organic treats

The ingredients for our applications originate from plants in the Bregenz Forest. Their natural powers have been built into an innovative, highly effective care system for the face, the body and the overall well-being. The proportion of energy-rich active ingredients is particularly high in all SUSANNE KAUFMANN™ products. The strictest ecological principles form the basis of everything we do:

- All products are manufactured with the utmost care in a small factory in the Bregenz Forest.
- The plant ingredients used come from our own ecological herb cultivation and wild collections.
- Each product batch is personally vetted by SUSANNE KAUFMANN before being bottled by hand.
- Instead of the paraben-based products normally found in industrially manufactured cosmetics, we use local oils, herbal extracts and flower essences.
- Our products do not contain any chemical preservatives, colourings or PEG compounds. We disapprove the use of animal testing.





SPA ETIKETTE

ARRIVAL

Please arrive 15 minutes before your scheduled appointment in order to sign in. Late arrivals result in shortened treatment time in consideration for the next guest.

HEALTH CONDITIONS

Upon scheduling your appointment, please advise on any health conditions or medications you may take. For certain conditions, a written authorization from your physician may be required.

PREGNANCY

We are proud to offer maternity treatments. Inform your therapist if you are pregnant so we can customize your experience. Please follow our pregnancy and safety guidelines: No treatments can be performed during the first 12 weeks of pregnancy.

AGE POLICY

At SUSANNE KAUFMANN™ Boutique SPA, we do not perform treatments on children under the age of 14. Our applications are specifically designed for adults. Children above the age of 14 and under 18 years require parental consent in order to book an appointment.

CANCELLATION POLICY

Cancel your scheduled appointment at least 24 hours in advance, in order to avoid a late cancellation fee of 100%.

PRIVACY

In order to protect privacy and maintain the atmosphere of relaxation for our SPA guests, it is not permitted to use cell phones and other mobile devices in our areas. Photography is only permitted upon consent and agreement.

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