



4 elements spa

by Althoff

Althoff Grandhotel Schloss Bensberg

schlossbensberg.com



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CLASSIC FACIALS | CLARINS

These bespoke facials are tailored to your personal wishes and refined with our expert recommendations, ensuring a truly unique treatment perfectly attuned to your skin's needs.

EXPRESS

Cleaning | Skin analysis | Exfoliating | Massage | Final care 35 Min. | EUR 95

TRADITIONAL

Cleaning | Skin analysis | Exfoliating | optional eye- brow correction |
Deep cleansing | Mask | Final care 50 Min. | EUR 125

INDULGENT

Cleaning | Skin analysis | Exfoliating | optional eye- brow correction |
Massage | Mask | Final care 65 Min. | EUR 150

LUXURIOUS

Cleaning | Skin analysis | Exfoliating | optional eye- brow correction |
Deep cleansing | Massage | Mask | Final care 80 Min. | EUR 175

ADDITIONALLY BOOKABLE

Eyebrow tinting	EUR 20
Eyelash tinting	EUR 20
Active ingredient mask face	EUR 25
Active ingredient mask eyes or décolleté	EUR 15
Paraffin mask for hands or feet	EUR 35
Paraffin mask for hands and feet	EUR 65

EXCLUSIVE FACIALS | CLARINS SKIN EXPERT FACIALS

These treatments are tailored to the specific needs of your skin, combining exclusive CLARINS massage techniques with innovative, highly concentrated product formulas. We invite you to book a "Clarins Skin Expert Facial" and allow our skincare expert to select the facial treatment best suited to your skin's individual needs.

CLEAN SKIN REFINER PRO

Cleaning | Skin analysis | Exfoliating | lymph stimulating massage | Special
mask | Eye mask | Hand massage | Final care 65 Min. | EUR 175

HYDRA SENSITIVE PRO

Cleaning | Skin analysis | Exfoliating | lymph stimulating massage | Special
mask | Eye mask | Hand massage | Final care 65 Min. | EUR 175

GLOW BOOSTER PRO

Cleaning | Skin analysis | Exfoliating | lymph stimulating massage | Special
mask | Eye mask | Hand massage | Final care 65 Min. | EUR 175

MEN SKIN PERFECTOR

Cleaning | Skin analysis | Exfoliating | lymph stimulating massage | Special
mask | Eye mask | Hand massage | Final care 65 Min. | EUR 175

AGE EXPERT PRO

Cleaning | Skin analysis | Exfoliating | lymph stimulating massage | Special
mask | Eye mask | Hand massage | Final care 65 Min. | EUR 175

+ additionally

Hand wrap | Foot wrap and -massage | Head massage 95 Min. | EUR 215

BOOK YOUR SPA EXPERIENCE

Monday to sunday: 10.00 a.m. to 7.00 p.m. - Reservations on request and subject to availability
beauty-spa@schlossbensberg.com or +49(0) 22 04/42-19 71 (Monday to friday 11.00 a.m. to 5.00 p.m.)



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4 ELEMENTS SPA SIGNATURE TREATMENT & MASSAGE

Which element are **YOU** feeling today?

4 ELEMENTS SPA SIGNATURE MASSAGE

Inspired by the philosophy of the four elements, this treatment is tailored to your individual needs using selected 4 Elements oils.

35 Min. | EUR 110

50 Min. | EUR 135

65 Min. | EUR 155

4 ELEMENTS SPA SIGNATURE TREATMENT

Pure relaxation - including a full body scrub, -massage, -wrap and scalp massage

110 Min. | EUR 270



Relax Emotion – Fire | cooling, calming



Relax Emotion – Earth | improves mood



Relax Emotion – Water | infuses vitality



Relax Emotion – Air | keeps grounded

MASSAGES & BODY TREATMENTS

CLASSIC MASSAGE

Individual full or partial body massage according to your needs - with neutral massage oil - also suitable for allergy sufferers or very sensitive skin

35 Min. | EUR 95

50 Min. | EUR 120

65 Min. | EUR 140

- Classic Massage **'INTENSIVE'** + EUR 30

REBALANCING MASSAGE BY CLARINS

Extraordinary massage with highly nourishing essential oils

65 Min. | EUR 170

ABHYANGA

Relaxing ayurvedic full body massage with warm sesame oil

65 Min. | EUR 160

- with head- and facial massage

80 Min. | EUR 210

PRISTABHYANGA

Relaxing ayurvedic back massage, including head - with sesame oil

35 Min. | EUR 105

WEIGHTLESS

Soothing underleg and foot massage

20 Min. | EUR 70

ADDITIONALLY BOOKABLE

Salt-Oil-Scrub

20 Min. | EUR 60

ST BARTH SPA

ST BARTH SMOOTHING SCRUB

Full body scrub with coconut powder and body lotion vanille

50 Min. | EUR 105

ST BARTH BLISS

Intuitive full body massage with coconut or avocado oil and fragrances of tiaré flower or vanille

50 Min. | EUR 120

65 Min. | EUR 140

ST BARTH INTENSENESS

Energizing full body massage with camphor & menthol oil

50 Min. | EUR 150

65 Min. | EUR 170

ST BARTH CHILL OUT

Full body massage with warm shells and avocado oil

80 Min. | EUR 175

ST BARTH PAMPERING

Intensive nourishing body wrap with relaxing massage

80 Min. | EUR 185

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MANICURE & PEDICURE

EXPRESS MANICURE

Nail care | Hand cream

35 Min. | EUR 60

ROYAL MANICURE

Hand scrub | Nail care | Hand cream and -massage

50 Min. | EUR 75

EXPRESS PEDICURE

Nail care | Foot cream

35 Min. | EUR 65

ROYAL PEDICURE

Foot bath | Foot scrub | Nail care | Foot cream and -massage

50 Min. | EUR 80

CLASSIC VARNISH

incl. miniature bottle of varnish to take home

additional to manicure or pedicure

additional to manicure and pedicure with the same varnish

+10 Min. | EUR 25

+20 Min. | EUR 45

MAKE UP

DAYTIME MAKE UP

20 Min. | EUR 60

EVENING MAKE UP

35 Min. | EUR 75

BRIDAL MAKE UP

A detailed trial and consultation appointment

- including two glasses of champagne
- lipstick, powder & fixing spray in the original to take it with you – even to the trial appointment, or provided by us on the wedding day
- Make up on the wedding day possible at our spa or 'en suite'

EUR 299

Optional: glue eyelashes

+EUR 30

ARE YOU DREAMING OF A FAIRY-TALE WEDDING?

Get in touch with our Wedding Team: event@schlossbensberg.com

GIVE AWAY MOMENTS | VOUCHERS



Special experiences are among the most important things in life. What we experience becomes a part of us – it shapes and changes us. When we give an experience as a gift experience, we are always giving ourselves a great gift: the joy and enthusiasm of the other person that we receive in return. And what could be better than seeing a loved one happy?

Give away special moments - with our vouchers for the Althoff Grandhotel Schloss Bensberg and the 4elements spa by Althoff – available online in our voucher store: gutscheinshop.althoffcollection.com

Here you will also find individual value vouchers that you can redeem for all our offers. No cash payment.

SHIPPING OPTIONS

print@home

Standard

Exklusiv



METHODS OF PAYMENT: Creditcard and PayPal

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PERSONAL TRAINING

Invest in your well-being with individual personal training. Our experienced trainer is at your side to help you achieve your health and fitness goals – for an all-round vital lifestyle.

CLASSIC FIT

Individual fitness or strength training ideal for beginners and fitness enthusiasts

60 Min. | EUR 140

BALANCE & VITALITY

Holistic combination of fitness and relaxation training with a 20-minute massage for optimum recovery

90 Min. | EUR 210

ENDURANCE INTENSIVE

Cardiovascular training with a special focus on endurance and fat burning – for an increased fitness level

45 Min. | EUR 110

DUO POWER

Intensive partner training for two people, ideal for couples or friends, who want to get fit together

60 Min. | EUR 260

INTENSIVE WEEK

Five days of personalized training with daily support and progress analysis, for lasting success

5 x 60 Min. | EUR 650

AQUA FIT

We offer you the perfect mix of fitness fun, the royal ambience of the Grandhotel Schloss Bensberg and pure relaxation! What to expect:

FIRST-CLASS ENVIRONMENT

Work out in the stylish pool area of our 4 elements spa under a starry sky

EFFECTIVE TRAINING

Aqua Fitness is intense for the whole body, yet gentle on the joints

PROFESSIONAL GUIDANCE

Our experienced trainer designs the water workout to suit all fitness levels and needs

EXCLUSIVE ENJOYMENT

Experience fitness in a small, exclusive group and benefit from personal attention

RELAXATION

After the class, use the entire ALL BALANCE SPA, including the sauna and fitness area, for a further two hours

Wednesday at 10.30 a.m.

Thursday at 5.00 p.m.

Single hour

Single hour for SPA CLUB Members

EUR 39

EUR 29

by subscription:

- 10x AQUA FIT
- 10x AQUA FIT for SPA CLUB Members
- Flexibly redeemable within 12 months

EUR 350

EUR 250



BOOK YOUR AQUA FIT EXPERIENCE ONLINE

Treatment times according to agreement and availability.
beauty-spa@schlossbensberg.com or

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DAY SPA 4 ELEMENTS

for external guests

Which element are **YOU** feeling today?



DAY SPA 'AIR'

- Entry of 4 hours between 7.00 a.m. and 9.00 p.m.
- Spa lounge with water and tea station

EUR 49

Additional bookable: 'Spa package' including bathrobe, towels and slippers

+EUR 12

by subscription:

- 12x Day Spa 'AIR'
- Flexibly redeemable within 12 months

EUR 490



DAY SPA 'WATER'

- Entry from 10.00 a.m. to 9.00 p.m.
- Spa lounge with water and tea station
- Smoothie
- 'Spa package' including bathrobe, towels and slippers
- Complimentary underground parking during your stay

EUR 79



DAY SPA 'EARTH'

- Day Spa 'WATER'
- + Spa Lunch including one drink in our spa Lounge
- + Sauna salt scrub for self-use

EUR 99



DAY SPA 'FIRE'

- Day Spa 'EARTH'
- + 50 minutes ,4 elements spa signature massage'

EUR 219

4 ELEMENTS SPA CLUB

for external guests

Become a member and enjoy exclusive benefits!

SPA CLUB Monthly - basic membership with flexible monthly payments

- Day Spa 'WATER' as often as you wish (Sunday to Friday 10.00 a.m. to 9.00 p.m.)
- + Special price for our exclusive AQUA FIT Training
- + 20% discount on retail products
- + One complimentary guest visit per month
- + Personalized membership card
- + Welcome gift
- + 'Pre' event updates

per month EUR 208 | with green promise* EUR 187

SPA CLUB Quarterly - prepaid 3-month membership aligned with the seasons

Including all benefits from the SPA CLUB Monthly membership

- | | | |
|----------|-----------------------------|---|
| • WINTER | January to March | per quarter EUR 560 with Green Promise* EUR 505 |
| • SPRING | April to June | per quarter EUR 560 with Green Promise* EUR 505 |
| • SUMMER | July to September (SPECIAL) | per quarter EUR 530 with Green Promise* EUR 475 |
| • AUTUMN | October to December | per quarter EUR 560 with Green Promise* EUR 505 |

SPA CLUB Annual - prepaid 12-month membership

Including all benefits from the SPA CLUB monthly membership

per annual EUR 2.080 | with Green Promise* EUR 1.870



BOOK YOUR DAY SPA EXPERIENCE OR YOUR SPA CLUB PACKAGE ONLINE

Treatment times according to agreement and availability.

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+49(0) 22 04/42-19 71 (Monday to Friday (11.00 a.m to 5.00 p.m.)

*Green Promise

Bring your own bathrobe, slippers, and towels and receive a discount



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WELLNESS ARRANGEMENTS 4 ELEMENTS

with overnight stay

Which element are **YOU** feeling today?

Whether you seek to let go, cleanse, ground yourself, or recharge your energy – our wellness offerings restore balance to body and mind. Inspired by the four elements AIR, WATER, EARTH, and FIRE, our 4 elements spa creates unique sensory experiences: from gentle self-guided rituals to signature treatments and active movement.

Discover your personal ritual – and feel how deep relaxation opens new pathways.

All wellness offers include:

- Hearty breakfast buffet and a three-course dinner each day (drinks not included)
- Use of the entire 4 elements spa, also on the departure day until 9.00 p.m.
- Spa lounge with water and tea station
- 10% discount on care products, including non-binding consultation
- free WLAN and minibar



WELLNESS Package 'EARTH'

Stability, Grounding & Regeneration

- Two nights in an elegant castle room
- Gentle 80-minutes ayurvedic 'Abhyanga' massage, including head and facial massage with warm sesame oil



WELLNESS Package 'FIRE'

Strength, Energy & Renewal

- Two nights in an elegant castle room
- 50-minutes '4 elements signature massage'



WELLNESS Package 'AIR'

Letting Go, Spaciousness & Refreshment

- One night in an elegant castle room
- Sauna Set for Self-Treatment (Sauna Salt Scrub & Sauna Honey) per person
- Sauna Menthol Crystals for Self-Treatment



WELLNESS Package 'WATER'

Movement, Lightness & Vitality

- One night in an elegant castle room
- Participation in our exclusive AQUA Fit class (Thursday at 5.00 p.m.)



BOOK YOUR WELLNESS PACKAGE ONLINE

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EXPERIENCE 100 % SPA INDULGENCE

Early booking

We recommend that you book your beauty and wellness treatments in good time, as we cannot guarantee spontaneous availability.

Preparation

So that you can get in the mood for your feel-good time, we ask you to arrive at the reception of our BEAUTY & BODY SPA in your bathrobe 10 minutes before your agreed appointment. Alternatively, you can bring bathrobes & slippers from your room and use our changing rooms. Unfortunately, missed time cannot be "appended".

Health

We ask for your understanding that we cannot carry out all treatments in the case of certain pre-existing conditions. Please inform us of any medical specialties when you book your appointment.

Cancellation policy

We take great care in the preparation of your wellness sessions, so we ask you to contact us at least 24 hours beforehand if you need to change an appointment. In case of a shorter notice period, we reserve the right to charge 80 % of the treatment price.

OPENING HOURS BEAUTY & BODY SPA

Monday to Sunday: 10.00 a.m. to 7.00 p.m.
Bookings on request and depending on availability
beauty-spa@schlossbensberg.com or
+49 (0)2204 421 971 (Monday to Friday from 11 a.m. to 5 p.m.)

ALL BALANCE SPA – SAUNA & SPA RULES

Sauna | Fitness | Relaxation rooms

Saunas & steam bath may be used without swimwear - please use a towel as a base at all times. The use of the sauna area, the relaxation rooms and the fitness area is not permitted to children under 16 years of age.

Pool | Hottub

Access to the pool and sauna area is permitted only in swimwear or a bathrobe. The pool and hottub must always be used in swimwear. Please shower thoroughly before using.

'Kids' Splash Time'

Daily from 7 a.m. to 10 a.m. and 3 p.m. to 5 p.m. our little guests are welcome to splash and play joyfully (only under adult supervision – parents are responsible for their children). Outside of these times, we kindly ask for consideration of our guests seeking relaxation and adherence to our:

'Adults-only Time'

Daily from 10 a.m. to 3 p.m. and from 5 p.m. onwards. We thank you in advance for your understanding and support in creating a pleasant atmosphere for everyone.

Silence & calm

To protect the peace and privacy of other guests, we thank you for turning off your mobile phones during your visit to ALL BALANCE SPA and to avoid using cameras and laptops. We also ask you to keep conversations quiet and reserved.

Valuables

Please leave all valuables in your room safe or the lockers in our changing rooms.

OPENING HOURS ALL BALANCE SPA

POOL | GYM

Monday to Sunday: 7 a.m. to 9 p.m.
Sunday to Friday: 10 a.m. to 9 p.m.

SAUNA

Monday to Sunday: 10 a.m. to 9 p.m. (for hotel guests)
Sunday to Friday: 10 a.m. to 9 p.m. (for day guests)