



SCHINDELBRUCH

WELLNESS & SPA





DEAR GUESTS,

Find rest, seek relaxation and allow in new energy. There is no better place to recuperate than in the forest, surrounded by nature: The Schindelbruch Spa here on the Großer Auerberg hill has been awarded three lilies by the Relax Guide and offers you time and space to recharge in an isolated, relaxed setting. Our spa team are experts in feeling good. They will accompany you throughout your voyage of indulgence, help give you a radiant complexion and bring a sparkle to your eyes.

Be drawn in by our 2,500 m² Schindelbruch Spa with its pools, saunas and charming, nature-inspired relaxation rooms. This is the place to regain strength and effortlessly top up your internal reserves for new flights of fancy. Set up your cosy base camp for restful days in the blissfully warm heart of the resort and relax with views across the treetops.

You can chill out and immerse yourself in the lights and sounds of our indoor pool, with its warm 30 °C water that soothes the senses. Or rest in the snuggle alcoves, on the sun terrace, on the silky soft water beds or on the gently swaying hanging chaise loungers.

There is a really snug feel in our rustic sauna village, especially in the evenings when the flames dance around in the fire-pit. Choose between the Finnish sauna, herbal sauna, mild sanarium and steam bath, and draw up your very own wellness programme tailored to your needs.

Welcome to Südharz, with love from your spa team





BEAUTY

enjoy it the natural way

Rediscover the strength and charisma of your personality with our pampering treatments. In the nurturing hands of our beauty specialists, you can enjoy the time, fall into a state of deep relaxation or gently drift through the day with casual chit-chat.



EXERCISE

discover the sensual side of it

Our restorative treatments are the welcome wake-up call for your body. Under the expert care of our physiotherapists and fitness trainers, you can effortlessly rub away the marks left by the daily grind and gain new strength for your plans in life.



RELAXATION

experience it to the full

Our balancing programmes have a holistic focus on your mental, organic and physical equilibrium. As you fall into full relaxation and experience a renewed sense of well-being, our treatments provide a thorough cleanse, balancing alignment, deep muscle-relaxation and a fresh desire to exercise.



RECUPERATION

do it mindfully

The long-lasting effect of our spa services is a secret we are happy to share with you. Not only do you end up taking the effect of your treatments home with you, but you will also have the tools to protect and preserve the new-found balance in your daily life.





Beauty

BEAUTY – ENJOY IT THE NATURAL WAY

FEEL THE POWER OF THE GRAPE

The team at Schindelbruch Spa relies on the power of the grape. The majority of our treatments use Vinoble Cosmetics, a sustainable skin-care range made of natural, highly effective ingredients. The products are all purely plant-based, not tested on animals (of course!) and made by hand in a factory in South Styria in Austria. They do not contain harmful ingredients.

OUR MISSION

Skin that feels good and looks fresh. Regardless of age or gender. Vinoble calls it 'skin happiness'. This is a good fit for us, as we want to make our guests happy by pampering them with the fine textures and delicate scents of these products.

WE RELY ON NATURAL EFFECTIVENESS

Environmental factors, such as stress, UV radiation, air pollution or an imbalanced diet, can contribute to skin ageing on a daily basis. Free radicals are responsible for this. They cause cell damage, which accelerates the ageing process. The active ingredients in grapes can counteract this process, as their antioxidant properties make them effective radical scavengers. This is therefore a natural way to protect the skin against early ageing.



Beauty for your face

INTENSIVE EYE TREATMENT

High doses of active ingredients extracted from grapes provide your eyes with moisture and elasticity. The Vinoble eye mask energises and relaxes the eyes.

Caring and smoothing.

20 minutes

€ 42

BEAUTY SERVICES

Mini beauty refresher: tailored and professional.

Eyeblink correction 10 minutes | € 10

Eyeblink tinting 10 minutes | € 12

Eyeblink tinting 20 minutes | € 18

Eyeblink & eyeblink tinting 25 minutes | € 20

Upper lip hair removal 10 minutes | € 10

PRO-YOUTH MICRONEEDLING

This minimally invasive specialised treatment rejuvenates the skin, while the highly effective dermaroller improves the skin structure. Fine microneedles (0.3 mm) penetrate the surface of the skin here to stimulate collagen and elastin regeneration. The skin gains elasticity and firmness, which can prevent wrinkles.

After treatment, your skin will be pampered with a highly concentrated anti-ageing mask.

Particularly good for sun-damaged skin, wrinkles, scars, acne scars, burn scars and hyperpigmentation.

70 minutes

including a dermaroller to take home

€ 175



Beauty for your hands and feet

HAND TAMER

The secret to beautiful hands is an extra helping of skin care. After a scrub and hand bath, your nails will be shaped, the cuticles treated, and you will be pampered with a soothing hand massage.

Pleasant and intense.

50 minutes

€ 73

Deluxe

Nail polish including polish to take home

15 minutes

€ 20

FOOTLOOSE

A warm foot bath and a relaxing scrub prepare your skin for a pedicure. Enjoy the foot and nail care and the soothing foot massage that follows.

Gentle and nurturing.

50 minutes

€ 75

Deluxe

Nail polish including polish to take home

15 minutes

€ 20



Beauty



MINI SILK & SATIN

Treat your skin to indulgent moments with a revitalising mask rich in active ingredients. A cleanse, scrub, massage of the face, neck and upper chest, and skin care improve the complexion.

Gentle and refreshing.

30 minutes

€ 58



CLASSIC SILK & SATIN

After the cleanse and scrub, we will pamper your face with eye care, a concentrate cocktail and a peel-off mask. You can then enjoy a hand massage and skin-care treatment.

Pampering and energising.

60 minutes

€ 115



Beauty

SILK & SATIN SELECTION

This treatment gives you youthfully firm skin thanks to its nourishing, highly concentrated active ingredients. With refreshing eye care, a tightening mask and exclusive skin care.

Firming and regenerating.

90 minutes

€ 172

BEAUTY DAY

The exclusive pampering programme that works wonders: After a grape seed and sea salt scrub in the private steam room, you can relax with a 'Balance' full-body massage with warming grape seed compresses.

The 'Classic silk & satin' facial, the 'Hand tamer' spa manicure and the 'Footloose' spa pedicure will round off your 4.5-hour feel-good beauty day.

You can also enjoy a smoothie and a revitalising meal between treatments.

Soothing and balancing.

5 hours

€ 444





Relaxation

RELAXATION – EXPERIENCE IT TO THE FULL

THE PAMPERING PROGRAMME

Naturresort Schindelbruch offers space to relax and moments to slow down. Enjoy your time off and the wonderful feeling of finally enjoying a well-earned break from everyday life. Our pampering skin-care treatments will be the icing on the cake during your relaxing holiday.

SIMPLY SWITCH OFF

Whether you want a gentle scrub with grape seeds or a full-body massage with warm beeswax and essential oils, find yourself a treatment that best helps you to let go. Our professional and certified physiotherapists and trained massage therapists will ensure that your treatment becomes a blessing for the senses.

THE POWER OF LETTING GO

Discover how good it feels when body and mind are in harmony. Summon your strength, take in the calming atmosphere and refill your inner reserves. This is about feeling good, feeling better, letting go and collecting happy memories. This is about you.



Body wraps in the Rasul steam room

DYAD

Make time for this lovely and sensual couple's spa experience – with a foot bath as part of a mini tea ceremony and our 'Earth colours' Rasul treatment. Finish it off feeling relaxed with a snack in the spa bistro.

Pampering and romantic.

50 minutes

€ 82

CHALK TIME

Strengthen your immune system and circulation with a steam bath using healing chalk from Rügen. This gentle natural remedy stimulates the circulation and the lymphatic system.

Purifying and detoxifying.

30 minutes

A third and fourth person pays € 20 each.

for 2 people **€ 65**

EARTH COLOURS

Discover the Eastern Rasul skin-care ceremony with mineral muds in three different colours in the steam bath. Your body will be detoxified, your skin firmed, and your immune system stimulated.

Clarifying and soothing.

30 minutes

A third and fourth person pays €20 each.

for 2 people **€ 66**

DETOX SCRUB

A gentle scrub from Vinoble Cosmetics made of grape seeds, sea salt and grape seed oil nurtures your skin by improving circulation and detoxifying your body. Highly recommended before cellulite treatments.

Cleansing and invigorating.

30 minutes

A third and fourth person pays € 20 each.

for 2 people **€ 62**



Softpack body wraps

MOOR LIGHT

Enjoy the caressing warmth of a Softpack moor mud full-body wrap. It relaxes your muscles, while the natural moor mud has a calming and anti-inflammatory effect.

Warms and loosens muscles.

40 minutes

€ 59

EVENING PRIMROSE

Pamper your sensitive, dry skin with an intensively nurturing Softpack full-body cream mask. With extract of evening primrose for optimum skin balance.

Calming and moisturising.

30 minutes

€ 54

DETOX BODY WRAP

This detoxifying and purifying full-body wrap is a great addition to a massage or lymphatic drainage. It moisturises and leaves you with firm, even skin.

Strengthening and deep action.

30 minutes

€ 59

An extra helping of heat

INFRARED SAUNA

The popular alternative to the traditional sauna. Infrared rays penetrate deeply into the skin while also protecting the circulation.

Healthy and protecting.

20 minutes

€ 16





Massages

FOOT RITUAL

The Vinoble 'Foot ritual' is the perfect way to start all massages. We pamper your feet with a scrub made of salt and pure grape seed oil, followed by a contrast shower for the feet.

Refreshing and grounding.

20 minutes

€ 38

BALANCE

With nourishing grape seed oil, warm grape seed compresses and relaxing strokes, your body will be pampered along its meridians. The head-to-toe treatment allows you to regain your strength.

Gentle and relaxing.

90 minutes

€ 175

DELUXE SILHOUETTE

After a revitalising massage using exfoliating gloves, a detox body wrap stimulates fat loss. Cellulite is alleviated and your skin is left looking visibly firmer.

Detoxifying and purifying.

70 minutes

€ 135

FACIAL MASSAGE WITH SERUM

Treat yourself to some relaxation and enjoy a massage with the Vinoble regenerating oil serum. High-quality active ingredients nourish your skin, which will be left looking fresher and more radiant.

Regenerating and rich.

20 minutes

€ 44



Massages

VITALITY PACKAGE

Reach a state of deep relaxation with a soothing partial- or full-body massage. Individual strokes relieve tension.

Harmonising and stress-relieving.

25 minutes

50 minutes

Partial-body massage € 48

Full-body massage € 92

AROMATHERAPY CANDLE

Enjoy this soothing full-body massage with warm beeswax and essential oils. It has a harmonising effect, loosens muscles, deeply nourishes your skin and promotes the circulation.

Balancing and relaxing.

50 minutes

€ 96

BASALT STONE MASSAGE

Find deep calm and relaxation with this full-body massage that clears energy blocks in the body using pleasantly warm basalt stones and flowing massage strokes.

Calming, stimulates the lymphatic system.

30 minutes

50 minutes

€ 58

€ 96

EAR CANDLING

Our stress-reducing ear candling treatment has an effect on the mind and body and gently leaves you feeling deeply relaxed. Has a positive impact on the immune system.

Calms and relieves stress.

25 minutes

€ 46





Massages

UPRIGHT

Relieve your back and joints with a gentle spinal treatment using the Dorn method with Breuss massage. It mobilises, relieves and releases tensions and blocks in the body.

Invigorating and relieving.

50 minutes

Please wear swimwear.

€ 96

ACUPRESSURE

The traditional Chinese pressure-point massage releases blocks and allows the life force qi to flow. It relieves stress and can alleviate pain.

Regenerating and relaxing.

25 minutes

50 minutes

€ 51

€ 96

FASCIA MASSAGE

Do something good for your body with fascial cupping. It relieves tensions, alleviates niggles, strengthens the connective tissue and promotes the circulation.

Mobilising and stimulating.

25 minutes

50 minutes

€ 51

€ 96

ENERGY IMPULSE

This relaxing reflexology massage stimulates the energy flow throughout your body and acts as a power source for your immune system. It makes you feel balanced again.

Activating and strengthening.

40 minutes

€ 77



Massages



THE FLOW OF LIFE

The massage strokes in the manual lymphatic drainage treatment activate your body's metabolic system. You can sense the detoxifying, unblocking effect and feel lighter afterwards.

Relieving and unblocking.

50 minutes

€ 96



Spa etiquette

SPA ETIQUETTE

BOOKING TREATMENTS

To secure your treatment of choice, we recommend booking before you travel. We are happy to offer advice on treatments, if you need it. You can call our spa reception any day between 10am and 7pm on +49 (0)34654 8081450 or via e-mail at wellness@schindelbruch.de. You will be given your exact appointment times when you arrive at our resort. The treatment times stated on the spa menu include the total time of the treatment, from when the employee greets you until they show you out.

ARRIVAL

Please make your way to the spa reception around 5 minutes before your treatment is due to begin. Please be aware that, out of respect for guests with appointments booked after you, if you are late, your treatment time will be reduced accordingly.

HEALTH

Our treatments have various effects. To ensure the effect on your body is always positive and supportive, please let us know of any current complaints or major health issues before the treatment begins. You need to be aged 14 or over to book a treatment.



Spa etiquette

HYGIENE

Please do not paint your nails, shave, or remove calluses in the swimming pool or sauna area.

CLOTHING

Our spa area is a sensitive hygiene area. We therefore ask that you only wear swimwear and a spa robe here. Your spa bag with a spa robe, towels and slippers will be waiting for you in your room when you arrive. To protect your modesty during our spa treatments, please wear the disposable underwear we provide throughout the treatment. Our sauna village is a naked zone. Please wear appropriate sportswear and shoes in our sports facilities and gym.

REQUESTS

When booking your appointments, please let us know if you want your therapist to be a person of a specific gender. Before each treatment, we will ask you if you have any requests or anything you want to get out of the treatment. This helps us to offer you competent advice and cater for your needs during the treatment.

CANCELLATIONS

If you are unable to make your treatment date or time, please cancel it at least 24 hours in advance. If you contact us any later than this, we will unfortunately have to charge you the full price.

QUIET ZONES

The spa area is a quiet zone, please take this into consideration when visiting. Please also note that children under the age of 14 are not allowed here, with the exception of specially designated areas, such as the 'Wild water' family and exercise pool.





Exercise

EXERCISE – DISCOVER THE SENSUAL SIDE OF

SWAP STRESS FOR SATISFACTION

It's no secret that exercise makes people happier. Nevertheless, in our daily lives we often find it difficult to pull ourselves together and be active. Here at Naturresort Schindelbruch, the focus of our wellness facilities is not just on chilling out, but also on getting moving. After all, it's not a matter of counting steps or kilometres, but breaking down stress hormones and activating happy hormones.

DARING TO TRY SOMETHING NEW

Do something good for your body and try something new. With fascia training, for example, the exercises are specifically designed to activate the connective tissue, release tensions or niggles and promote agility.

TRAINING AND BURNING OFF ENERGY

Our gym is open to all our athletic guests aged 14 and over who want to add something extra to the classes we offer. They can sweat it out to their heart's content on the treadmill and cross trainer or train various areas of the body on specialised gym equipment. Access is open to all, but leave your weaker self at home.



Exercise

STABILITY & BALANCE

Bring your body into balance with exercises that promote coordination and stability.

45 minutes

€ 58

PILATES

Challenge your body and mind by strengthening your core, boosting your concentration and training your agility and coordination.

60 minutes

€ 77

VITALTRAINING

Awaken your cardiovascular system with challenging exercises and feel the power of your heart.

45 minutes

€ 58

VITALITY

Strengthen your muscles and challenge your willpower with intense strength exercises.

45 minutes

€ 58

FASCIA TRAINING

Grease up your sticky connective tissue structures by rolling out and loosening your fascia with a fascia roller.

60 minutes

€ 77







Recuperation

RECUPERATION – DO IT MINDFULLY

BE YOUR TRUE SELF ONCE AGAIN

Whether you want an easygoing family stroll or challenging hike, Südharz has routes with mesmerising views suitable for all fitness levels. This is not just a way of getting from A to B. It's the perfect opportunity to use your eyes, nose, ears and fingertips to take in the gift that nature bestows upon us.

NATURE DOES US GOOD

If you want to take it at a more leisurely pace, you can stop off at the forest pool. Reaching your destination is secondary here: the focus is on using all your senses to experience nature and summon strength. By immersing yourself in the forest, you are doing something good for your health. Because being in the great outdoors has been proven to have a positive impact on our physical and mental well-being.

OUR HEALTH CLASSES WITH LONG-TERM BENEFITS

Take advantage of the Schindelbruch classes and work with our experts to develop your tailored vitality programme. Enjoy the nice feeling of healthy agility and take your new-found knowledge home with you – it will be a reliable companion in your daily life and provide long-term benefits.



Shake up your life force

FOREST POOLS

Lap up the melody of nature – the birds tweeting and the trees rustling – and watch as the sun’s rays blaze their way through the treetops.

90 minutes

€ 115

WALKING

A variety of cardiovascular training options in the outdoors, to the Joseph Cross observation tower or along the fitness trail.

60 minutes

€ 77

GELÄNDELAUF (Fortgeschrittene)

Discover the unexplored paths around Naturresort Schindelbruch and enjoy the refreshing effect of the great outdoors.

75 minutes

€ 96

AQUAFIT

Train your muscles and your heart using the resistance of water in a beautiful setting.

30 minutes

€ 39

BARFUSS-TRAINING

Mobilising, lightly strengthening exercises to maintain the tactile sense and flexibility in your feet.

45 minutes

€ 58



Find tranquillity

IN YOUR DREAMS

Follow along with a fantasy story that will leave you in a state of deep tranquillity and calm.

50 minutes

€ 64

MINDFUL EXPLORATION

By consciously steering your thoughts and mindfully scanning your body, you can achieve a new level of self-perception.

50 minutes

€ 64

PROGRESSIVE MUSCLE RELAXATION

Enter into a state of deep relaxation by consciously tensing and releasing certain muscle groups.

50 minutes

€ 64

STRETCH & RELAX

Gentle stretching and soothing resting positions are designed to gradually ease tensions.

30 minutes

€ 39

YOGA

Arouse your inner strength, optimism and mental clarity and use physical exercises, breathing techniques and meditation to bring harmony to your body and mind.

90 minutes

€ 115



Shake up your life force

HAPPY AND HEALTHY

How can you successfully lead a healthy, relaxed and happy life? To answer this question, we will look at your lifestyle and dietary habits within the 'Happy & healthy' holistic programme. We will find out what stresses the body and mind, then demonstrate ways to achieve a better sense of well-being and improved quality of life.

My starting point, my goal

We will work with you to formulate your personal goal. You will learn about the Five Tibetan Rites: simple exercises that activate the life force and have a positive influence on the body and mind.

My inner peace

We will use a questionnaire to analyse your stress levels and strength reserves. You will try out Jacobson's progressive muscle relaxation, which can help to bring more balance to your daily life.

My active metabolism

The focus of the third part of the programme is on the correlation between a healthy diet and a positive, balanced attitude towards life. We will discuss various aspects of the diet and give you ideas on how to make changes. In keeping with the theme, you can also enjoy a smoothie and a healthy dish.

120 minutes

€ 190





Active & vital



TENNIS, VOLLEYBALL AND CO.

Take advantage of your newly gained strength and play a game of volleyball or a match on our tennis courts. You can hire the equipment from the reception.

The tennis and volleyball courts are free to use.

Tennis racket and ball hire costs € 15



BIKE HIRE

If you like to be active, you can explore the many faces of the Harz highlands on two wheels. You can also hire e-bikes from our resort, but they must be booked in advance.

E-tourer: per day € 35.00

E-mountain bike: per day € 35.00



OPENING HOURS

Treatment rooms	10am to 7pm
Swimming pool	7am to 10pm
All saunas	11am to 10pm
Family pool	7am to 9pm
Gym	7am to 9pm
Spa bistro	10am to 6pm
Last entry to the swimming pool and sauna village: 9pm	

ENQUIRY | BOOKING

Phone: +49 (0) 34 654 808 1450
E-mail: spa_rezeption@schindelbruch.de

Reservations and booking: +49 (0) 34 654 808 1457
E-mail: reservierung@schindelbruch.de

Book online: <https://spa.schindelbruch.de>



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