

SKODSBORG SPA



A PLACE TO RELAX, REFLECT, REVITALIZE AND REJOICE

Sanus per aquam – health through water

In ancient Rome the Romans used thermal baths, and they believed that everyone should be able to enjoy these and cleanse their bodies. That is why they constructed spa cities around Europe. At Skodsborg Kurhotel & Spa the spa is today a modern wellness experience, where your soul and body will be stimulated through relaxing treatments, refreshing activities, wonderful surroundings and culinary experiences. In Skodsborg Spa you will be in a dream world with essential oils and aromatic scents, and you will be offered cleansing baths, relaxing massage and other treatments that are like balms for the soul.

You can also combine your spa experience with an overnight stay in Skodsborg Kurhotel & Spa or just enjoy a delicious culinary journey in our restaurant Frederik & Louise. For more information go to www.skodsborg.dk.

The culinary spa visit

With every spa treatment we serve you a fresh fruit smoothie from restaurant Frederik & Louise. If you want to spoil yourself, Café Skodsborg is well worth a visit. Underneath the palm trees in the café or at Orangerie, selections of the spa kitchen's delicacies are served every day. Small dishes, salads, sandwiches, fresh fruits and a great selection of refreshing drinks, coffee, tea and cakes are served from Skodsborgs' own Conditorie. In restaurant Frederik & Louise on the 3rd floor we serve our famous lunch buffet every day. And at dinner time a variety of spa menus can be enjoyed.

Spa day at Skodsborg

Start your day at Skodsborgs' "Vigør Centre" with a wellness experience to remember. Use the pools, the gym facilities or go to one for the many different classes. (class schedule at www.skodsborg.dk)

kr. 1.195,- / 1.475,-

Enjoy the wonderful lunch buffet with a view over Øresund. End the day with a relaxing spa treatment at Skodsborg Spa, where you can also have a wellness massage.

Choose between the following treatments: The Fairytale treatment, Chamomile treatment, or for couples, the Aloe Vera dream and the Edelweiss treatment.



Traditional Facial Treatments

Refreshing Treatment for the Face and Décolletage – 35 mins.

Cleansing, skin analysis, exfoliation, face, neck and décolletage massage, mask.

DKK. 475,- / 535,-

Purifying Facial Treatment – 50 mins.

Skin analysis. Hereafter focusing on a deep cleanse and purification of the skin. Concluding with a facial mask to suit your particular skin type.

DKK. 625,- / 695,-

Skodsborg's Luxury Facial Treatment – 1 hour 30 mins.

A luxury facial treatment. Deep cleanse, face, neck and décolletage massage, followed by an exclusive mask. During this treatment you also receive a light manicure.

DKK. 895,- / 1.025,-

Carita Anti-Age Treatments

Lifting and Firming Renovator – 1 hour 45 mins.

An effective and complete anti-age treatment that reduces fine lines and wrinkles, as well as giving a lifting and firming effect on the whole face.

DKK. 1.395,- / 1.495,-

Extreme Softness Renovator – 1 hour 30 mins.

Alleviating and softening anti-age treatment that calms the most sensitive skin. This treatment suits all types of sensitive or irritated skin. The skin is calmed and can withstand irritation more easily. It also protects the skin against dryness and signs of ageing.

DKK. 925,- / 1.055,-

Just For Men

Purifying Facial Treatment – 50 mins.

Skin analysis, cleanse, exfoliation and steam followed by a deep cleanse with extraction (if necessary), and a mask.

DKK. 625,- / 695,-

Skodsborg's Luxury Treatment for Men – 2 hours 50 mins.

Turkish full body scrub to polish, rejuvenate, and re-texture the skin. Followed by a light manicure to include a cut and file of the nail, with a cuticle tidy, and a polish to the nail plate. Then a refreshing facial treatment and a relaxing scalp massage. And to finish; A 50 minute classical body massage to ease away tensions.

DKK. 2.195,- / 2.395,-



Couple Treatments

This treatment is for mother/daughter, couples, friends etc.

Price per person

Aloe Vera Dream – 1 hour 30 mins.

DKK. 795,- / 895,-

A naturally re-hydrating and replenishing treatment to pamper body and soul. Awaken your senses as skin is smoothed and softened with a full body scrub and spa bath of natural mineral salts. Be wrapped in a warm body veil of Aloe Vera as caring hands then apply an Aloe Vera mask to the face. Refresh the feet with a zesty foot balm to put the skip back in your stride.

Edelweiss Wonderland for two – 1 hour 30 mins.

DKK. 795,- / 895,-

Plunge tired feet into a footbath of oils of your choice as you enjoy a warm cup of tea and roasted nuts from our spa kitchen. Indulge in a mineral salt body scrub to give your skin renewed radiance and softness. Relax and drift off as loving hands massage you with edelweiss oils and hot stones. Then experience the sensation of warm weightlessness as you are cocooned and massaged in the sanotherm soft pack whilst enjoying facial moisture mask to give you back your glow.

Both of the above treatments for couples take place in the same room with one therapist. Therefore please be aware that the therapist will be working back and forth between you both.

Spa and Wellness Massage – 1 hour 15 mins.

DKK. 895,- / 995,-

Enjoy a treatment together where you both receive a full body scrub removing dead skin cells and stimulates the circulation. Then step into an aromatic spa bath of essential oils and jet massage that relieves muscular aches and pains. The treatment finishes with a 25 minute massage to put the glow back into your body and soul.

Duo de Lux – 2 hours

DKK. 1.295,- / 1.395,-

Be lavished in opulence from head to toe together with your dearest one. You and your partner will experience a foot bath, foot scrub and hand massage whilst you enjoy a cup of tea and a bowl of roasted nuts from the spa kitchen. Thermal mud and algae is applied to skin which is wrapped in the warm and weightless sensation of the sanotherm. Now enjoy a head massage and a refreshing facial. Experience the purifying and rejuvenating effects of the algae and fennel body veil as we gently smooth in into a renewed body.

Combine your "Couples Treatment" with a culinary experience in our restaurant Frederik & Louise:
Spa lunch buffet DKK. 245,- or Frederiks 4 course spa menu DKK. 425,-.



Spa Treatments

Fairytales – 50 mins.

A wonderful body wrap with 20,000 year old Hungarian mud that gives an exfoliating and muscle-relaxing effect, leaving the skin soft & smooth. We also treat the face to a facial mask and massage.

DKK. 775,- / 855,-

Chamomile Treatment – 50 mins.

Enjoy a chamomile body scrub and a body wrap in essences of calming chamomile whilst enjoying a wonderful head massage. A re-hydrating mask is applied to the face.

DKK. 775,- / 855,-

Hungarian Mud Treatment – 1 hour 20 mins.

This is the same as the fairytales treatment but comes with a mineral sea salt spa bath. After which the skin is re-hydrated with aromatic cream.

DKK. 1.045,- / 1.145,-

Purifying Spirulina Treatment – 1 hour 20 mins.

Hungarian body scrub which stimulates the skin's circulation. Then you are wrapped in a contouring spirulina body wrap. You receive a facial massage and mask followed by a purifying Thalasso spa bath. Firming body cream is then smoothed over your new skin.

DKK. 1.145,- / 1.255,-

Samezen – 1 hour 20 mins.

This treatment is created with inspiration from the Northern Sami people. Samezen includes a herbal body peel followed by a facial cleanse and exfoliation. After a soothing hydrotherapy bath, your body will be massaged with birch leaf extract massage oil and warmed lava stones.

DKK. 1.145,- / 1.255,-

Relaxing Paradise Treatment – 1 hour 45 mins.

A body scrub is applied to refine the skin. Then step into a spa bath infused with essential oils. Then you relax to a 50 minute full body massage.

DKK. 1.395,- / 1.525,-



Spa Treatments – Continued

Mother to be – 1 hour 20 mins.

A wonderfully nurturing and refreshing treatment during your pregnancy. Feel invigorated as you experience the dry loofah body peel. Awaken tired feet with a mineral salt scrub. After showering, snuggle into a warm body wrap of grapefruit and lavender as we ease away aches and pains with a neck and shoulder massage. A facial cleanse, massage and mask completes this trip to heaven.

DKK. 1.095,- / 1.195,-

Paradise Treatment – 2 hours.

Pamper yourself with a totally luxurious treatment. Plunge tired feet into a eucalyptus foot bath and then experience the exclusive chamomile body scrub. Then caring hands gently smooth chamomile cream into the skin to refine and re-hydrate the skin. You then lie weightlessly cocooned in the sanotherm whilst we give you a refreshing facial. The treatment finishes with a relaxing hand and foot massage.

DKK. 1.465,- / 1.595,-

Skodsorgs Luxury Treatment – 2 hours 50 mins.

With spa manicure

Enjoy a Hungarian body scrub followed by a rejuvenating spa bath with aromatic oils and relaxing back massage. Then you experience a wonderful facial with a deep cleanse and an eyebrow shape, facial massage and mask. To follow, a luxury spa manicure (without nail polish) completes this popular treatment.

DKK. 2.195,- / 2.395,-

Skodsborgs “Ocean Blue” – 5 hours

A fantastic head-to-toe treatment using Spirulina algae from the shores of a Californian lake. Refine your skin with a delicious body scrub and then be wrapped in an exclusive Spirulina mask for the entire body. Step into a relaxing spa bath with your choice of either essential oils, Hungarian salt or Thallasso. Nourishing and firming cream is then smoothed in as you are wrapped in warmth. Then experience a refreshing, facial which includes an eyebrow shape. Have your hands and feet treated to a manicure and pedicure. During a one-hour break in this treatment you will enjoy a lunch buffet with mineral water in the beautiful atmosphere of Restaurant Frederik & Louise.

DKK. 2.995,- / 3.295,-



Massage

Skodsborgs' Classic Massage – 50 mins.

We have been giving the Classic massage at Skodsborg for over one hundred years. It is a very popular form of deeper tissue massage using techniques and essential oils to stimulate blood circulation and ease muscular aches and pains.

DKK. 635,- / 695,-

Wellness Massage – 50 mins.

This softly relaxing massage offers calm and restitution for body and soul. You choose between a selection of essential oils to awaken the senses. The treatment includes a 10-minute-rest after the massage where you are wrapped up in a warm blanket and left to dream off.

DKK. 635,- / 695,-

Hydro Therapy with Jet Massage – 25 mins.

Choose from several luxurious essential oils, Hungarian salts or Thallasso salts, and then step into a luxuriously relaxing spa bath to ease away tensions. The treatment finishes with chamomile body veil.

DKK. 325,- / 355,-

Pedicure and Manicure

Luxury SPA Pedicure with polish – 1 hour 20 mins.

Your feet are plunged into a refreshing foot bath infused with eucalyptus and tea tree oils. Then your feet and legs are exfoliated and refined using blends of sea sand and mineral salts. Hard skin is removed by using AHA serum. Your toenails are filed into shape & your cuticles are corrected. Then we apply a menthol and spearmint mask to cool the feet. Finally you receive a refreshing foot and leg massage.

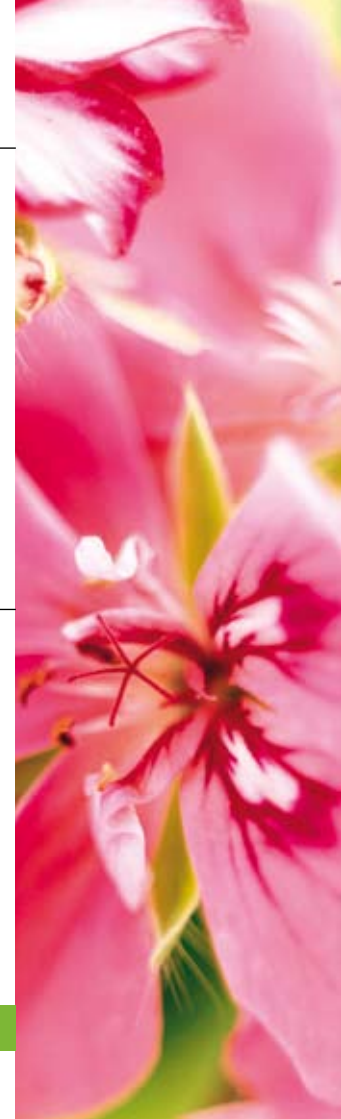
DKK. 825,- / 895,-

Luxury SPA Manicure with polish – 1 hour 20 mins.

We place your hands into a citrus soak, after which they are exfoliated and refined using citrus crystals blended with a deliciously thick serum containing Aloe Vera and Vitamin E. Nails are shaped, and cuticles are corrected. Your hands are dipped into warmed apricot paraffin wax to recondition the skin and nails. Then a massage to follow leaving your hands and nails soothed, re-textured, and so healthy to reveal sparkling freshness.

DKK. 825,- / 895,-

We also offer wax treatments, make up, eyebrow tinting and eyelash tinting.



Glossary

Aloe Vera – This plant sap is often used in treatments of cuts, burns and eczema. It holds calming, cooling and antiseptic properties.

Décolletage – This is the cleavage. From the base of the neck to just above the breasts.

Mud – The mud that we use in our treatments is from Lake Heviz in Hungary. It contains many minerals. It has an exfoliating and refining effect on the skin and assists in alleviating muscular aches and pains.

Samezen – This treatment is created with inspiration from the Sami people of Northern Sweden. They massage using birch leaf extract massage oils and warmed lava stones.

Sanotherm – With sanotherm you can experience the feeling of floating on water whilst enjoying a body treatment. Your wellness journey begins with body products smoothed into skin. As you are wrapped in a soft blanket as the bath rises up allowing you to float on a warm water bed. A wonderful wave massage further enhances this feeling, with the bath serving as a resonating chamber. The gentle bobbing movement of the water carries you with it, taking you off to a world of dreams.

Spirulina – Blue and green algae from California. Contains a unique concentration of proteins and minerals. Gives a cleansing, de-tox, and draining effect on free radicals and toxins stored in the body. It is important to drink a lot of water after a spiralling treatment.

Thalasso – Algae bath from France. Has a cleansing and de-tox effect on free radicals and toxins stored in the body.

Thermal – Hungarian mineral salt. Has a softening effect on the skin. It aids in alleviating the effects of psoriasis and other skin complaints.



Information

Some of our treatments are unsuitable during pregnancy and sickness. Therefore please ask for advice and guidance when booking so that you receive the perfect treatment for you.

Gift Vouchers

Celebrate someone you care about with a gift voucher. For anniversaries, birthdays or other special occasions. Gift vouchers can be purchased at the reception desk or on www.skodsborg.dk.

Reservations

Reservations can be made Monday – Friday 8 – 18 tlf +45 45 58 58 00

Cancellations

Please note that cancellation of an appointment must be given at least 24 hours prior to the treatment. Failure to do so will incur a fee of 50 % of the price of the treatment. Please be aware of the cancellation policy for groups!

Opening hours and prices

Monday - Friday 9 - 19

Saturday 9 - 18

Sunday 9 – 16

Prices are valid until 31.10.2008. The green coloured prices are valid from Monday to Thursday, excluding holidays.

SKODSBORG SPA

Skodsborg Strandvej 139

2942 Skodsborg

www.skodsborg.dk

info@skodsborg.dk

Tlf. +45 45 58 58 00

