

BIRKE DAY SPA – Energy of the sea at „Birke“

WELLNESSTIMES:

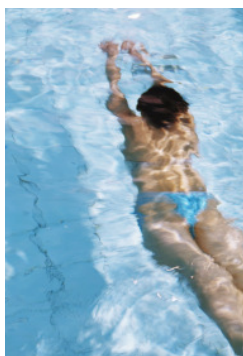
Pool daily 7:00 a.m. – 10:00 p.m.
Sauna daily 10:00 a.m. – 10:00 p.m.

at Hotel Birke
Martenshofweg 2-8
24109 Kiel
Tel.: +49 (0)431-5331-470
Fax: +49 (0)431-5331-333
eMail: wellness@hotel-birke.de
Web : www.hotel-birke.de

WELLNESS BETWEEN NORTH- AND BALTIC SEA

The term SPA is an abbreviation for “Sanus per aquam” and stands for “Healthiness through water”. Schleswig-Holstein provides a rich offer on water. We use this resource specifically for your needs.

At the Birke Day Spa you can get to know “North German way of Life”. Guests of the hotel and daily visitors are more than welcome to experience the energy of the sea.



BIRKE DAY SPA

In our Birke Day Spa we offer a stylish and elegant atmosphere of wellness on 600 sqm, with two saunas, a saline steam-bath, tepidarium, a spacious pool, a bistro as well as a beauty- and massage area.

While selecting our products we put emphasis both on quality and the use of natural and maritime commodities.



BEAUTY COSMETIC

Cosmetic for individual requirements is allowed by our choice of products. Natural products with algae-essences of o'well, rich care with extracts from silt from the sea of La mer as well as holistic cosmetic of Payot.

Starting by classic facial packs to relaxing masks to tightening applications – we offer treatments for ladies and gentlemen.

BIRKE Day Spa



SPAS, TREATMENTS & PEELINGS

Caring and relaxing: Peelings with salt from the sea, marine-mineral-crystals and balm of semi-precious stone, natural sponges. Treatments with algae-gel, healing crayon and amber-pulver. Tightening body treatments with algae-extracts.

MASSAGES

Massages are ideal for losing tensions and result very fast to better wellbeing. We use high-value oils with aroma and algae, which will be selected together by you and our specialists. Make a choice between classic massages, reflex-zone massage or amber massages.



RELAXING AND ACTIVE PROGRAMS

We take care for your fitness. With Nordic walking, personal training and aqua fitness. Use also our relaxing offers like aqua-relaxation or progressive muscle easing.

SPA BISTRO

In our bistro we serve delicate sandwiches & salads out of fresh and seasonal products of the region. And juices from fresh fruits and vegetables as well as other refreshing drinks.

VOUCHER

Give the energy of the sea to your beloved. You can get value- and treatment-voucher.

WELLNESS ARRANGEMENTS

We put together a choice of Wellness-Arrangements for several days for you. We would like to inform you. More information you also get on our website www.hotel-birke.de.