

WELLNESS- & SPORT-DEALS



EXPERIENCE
THE POWER
OF THE SEA

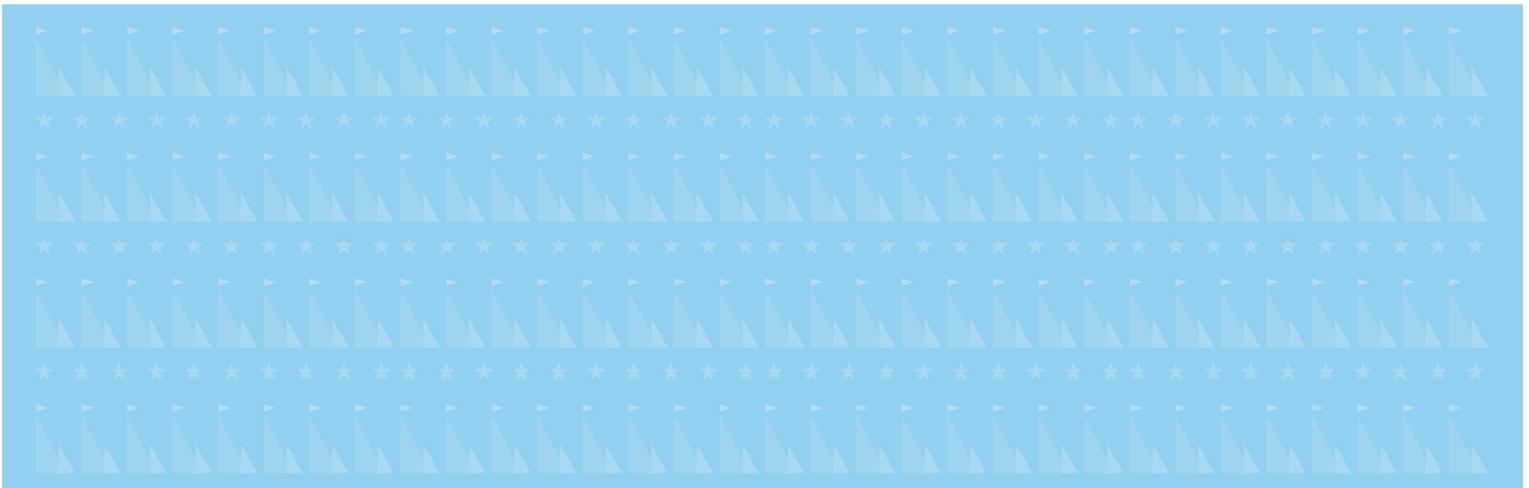




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All prices are quoted in Euro currency and inclusive of the applicable VAT. The prices are valid until the publication of a new price list.



WELCOME TO BIRKE SPA

COME AND SEE US TO FIND YOURSELF.

Our „Birke“ is a family-run business, based on the respect and values we have retained over many generations. The City of Kiel, the State of Schleswig-Holstein, the sea and the people of this region are among the factors which form and drive us. This beautiful land, our home, has so much to give, and we want to give back in the process.

We want to treat our region and its treasures with sustained respect and care. At Birke Spa we only use natural and ecologically sound products from the rich offerings of our land and the sea. Experience the Northern feeling here at Birke Spa with all your senses.

Our lives pose new challenges for us every day. Many things are changing quickly and we constantly have to adjust and adapt. That's the only way to increase our well-being and self-esteem.

„For us, wellness means the holistic union of body, spirit and soul.“

To establish this holistic sense of well-being, our state-certified cosmeticians, masseurs and masseuses and wellness trainers have selected treatments specifically designed to affect your body and your spirit. There is a personal coach on hand to offer you courses to help you examine the life issues relevant to you.

We wish you a recuperative hiatus!



Sincerely, your family Birke and co-hosts

The term spa is used as an abbreviation for „Sanus per aquam“ and stands for „health through water“. Schleswig-Holstein has a rich supply of water. This resource is used and prepared for you.



OUR PRODUCTS

In these fast-paced times, external influences, such as stress and environmental factors, have a detrimental effect on our union with nature. Far-eastern and European philosophies of life demonstrate that health, well-being and beauty can only be achieved in a harmonious accord with nature. Unfortunately, we have forgotten how to regenerate this harmony from within. At Birke Spa, we will help you let nature's energy flow back into your body, spirit and soul. Nature is thus a very important aspect of our wellness concept. We only use natural products which are tested and certified according to strict controls. The respective products and their mode of action are our primary concern. We will find those products and applications which individually match your wishes, moods and skin type. Our emphasis is on regional products, making sure that our treatments provide you with a taste of our area for all your senses.

KIEL BALTIC ALGAE

The scientists at oceanBASIS were able to cultivate the local laminaria algae in an algae farm in the Baltic. These algae represent an important component of the marine environment in the Baltic. They produce oxygen, absorb excessive nutrients and form a retreat for juvenile fish and other marine life. The laminaria algae are harvested by hand by divers in Kiel Bight. Following the extraction of their ingredients, an elaborate process is used to create the NaTrue-certified marine-based cosmetics product oceanwell. Studies have shown that seawater and algae-based cosmetics are particularly capable of penetrating the uppermost skin layer due to the fact that the mineral

composition of the sea and the algae is very similar to that of human cells. The algae cosmetics were tested for their effect in collaboration with the University of Kiel, and the results demonstrated that algae contain a very high concentration of minerals and other important trace metals: up to 12 vitamins (including the entire B complex) approx. 20 amino acids, as well as special algae sugar and antioxidants.

The oceanwell algae cosmetics consists of algae extract, aloe vera, sea water, jojoba oil, almond oil and shea butter. It provides moisture to the skin, energy to the cells, and thus stimulates cell metabolism and cell renewal. In addition, the rich mixture of various antioxidants protects the skin from negative environmental effects and increases its natural resilience. This unique cosmetics product is well-suited for any kind of skin type.



5-6-week cultivation phase of laminaria algae on aqua culture strings inside the laboratory, followed by the growth phase in pure Baltic seawater in Kiel Fjord.



The algae-farm is located only a few minutes with the motorboat away.

Visit Oceanbasis with one of our e-bikes!



At the lab the algae are rinsed and cleaned by hand under strict quality control measure.



The very gentle fermentation and extraction process to obtain the valuable ingredients takes 4 weeks. Here it is important to keep the bio molecules of the algae intact so that they are easily absorbed by the skin cells during subsequent skin care applications.

One kilogram of the algae contains the valuable trace elements of approx. 10.000 liters of sea water.

Globally unique:
OceanCollagen contains entirely
new collagen. Intense care and
natural protection – genuine,
valuable and loaded with the
pure power of the sea.

NATURAL JELLYFISH

Due to the strong demand for highly-effective anti-aging products, scientists from oceanBASIS once again traveled to far destinations and developed another oceanwell cosmetics product as part of the pro-aging line. They found Pacific jellyfish which continuously produce collagens. The marine biologists were able to extract an improved type of collagen while still caring for a healthy marine environment, to concentrate the collagens in a natural complex of ingredients, and to utilize these in a completely new line of marine cosmetics. These marine collagens possess the highest levels of hydrophilic capacity.

The natural cosmetics product **OceanCollagen** does not contain any solvents or mineral products, only natural ingredients, such as marine collagens, amber powder, hazel oil, red algae extract and seawater. The product covers the skin and small wrinkles like a mineral-soaked nano fleece, thereby providing the cells with moisture for a prolonged time. The pores remain free of any adhesions and the skin can breathe freely.

This product is particularly well-suited for the mature and demanding skin. This world-wide unique collagen cosmetics product, awarded the NaTrue seal, will complement our product offerings.



MEDICINAL CHALK

The snow-white medicinal chalk from the island of Rügen is a pure and allergen-free natural product. Since it contains 98% of pure minerals, it has a decongestant, calming and soothing effect on the top layer of the skin. The high pH value of 7.9 also promotes purification.



HOLSTEIN RAPESEED BLOSSOM HONEY (Agnes Flügel)

Ms. Agnes Flügel of the "Flügelchen Honey Manufacture" in Schleswig-Holstein manually produces her honey with much care and love for nature. The bees take care of the indispensable pollination of many plants, thereby ensuring the continued lifecycles of more than 80% of our local flowers, herbs and fruits. With each jar of Flügelchen Honey we contribute to the sustained preservation of our nature and vast variety of species. At Birke Spa, we use this honey for a special type of back massage.



SEA SALT

We use washed sea salt, full of pure and fine mineral crystals. It loosens dead skin cells from the subcutaneous layer, increases the circulation and thus promotes the formation of many new cells. The skin becomes firmer, and skin creases and wrinkles are much reduced. The skin appears smoother and softer.

BALTIC AMBER

Amber is a very special and rather rare gem, created over many hundreds of years and predominantly found in the Baltic coastal regions – the so-called Baltic Gold. Amber enhances the metabolism of the cells, thereby regenerating the skin. Added benefits are the soothing of stressed nerves and a clearing and strengthening of mind and soul. It provides a positive feeling of physical and mental well-being. We therefore use amber and amber powder in some of our treatments so that you may feel the medicinal effect up close and personal.



NATURAL DEEP-SEA SPONGES

These sponges only grow where the seawater is clear and clean. Natural sponges are harvested in an environmentally friendly way by cutting them right at the stem so that a new sponge can re-grow at the same location. Each sponge is truly unique in its appearance and flair. Only the high-quality pure natural sponge provides the sensual experience on the skin for which it has been known since eternity.



Our Tip:
Feel and experience the energizing effect of amber from the inside out and try some of our mineralized water.

The island of Rügen only has one chalk surface mining pit left which is operated by a traditional company with 40 employees, and is frequently quality-controlled by state authorities. Former chalk surface mining operations have been restored under the supervision of biologists.

Start your day at home with a vacation experience: Our natural sponges are available at the hotel reception desk.

COSMETIC TREATMENTS



KIEL OCEAN BREEZE – INTENSIVE FACIAL TREATMENT

This is what you get:

- Aromatherapy treatment with natural oils
- Facial cleansing
- Removal of impurities
- Eyebrow correction
- Dying of eye lashes and brows (upon request)
- Vitalizing algae ampule
- Extensive facial and neck massage
- Vitalising mask
- Invigorating eye mask and lip care
- Hand cleansing
- Hand massage
- Wrap-up care

Pampering time:..... 90 minutes

Price: 112.00

This is what you'll experience:

We will start with an extensive facial cleansing. Our selected marine products provide you with a new and visibly relaxed and firm skin appearance. Our high-quality ingredients are gently applied using a comforting massage. For the golden finale, we use an Alginate mask to moisturize, soothe and gently shape your skin.



OCEAN'S DEPTHS – CLASSIC FACIAL TREATMENT

This is what you get:

- Aromatherapy treatment with natural oils
- Facial cleansing and sea sand peeling
- Pore cleansing
- Eyebrow plucking (upon request)
- Vitalising enzyme treatment for eyes and lips
- Face, head and neck massage
- Vitalising mask
- Hand cleansing
- Hand massage
- Wrap-up care

Pampering time: 60 minutes

Price: 89.00

This is what you'll experience:

Would you like to feel fresher and more vital? Then come take a trip to the sea with us! The effective moisturising combination of minerals, trace elements and seawater grants your stressed, heavily impacted skin refreshing hydration. A professional massage rounds out this short hiatus.



OCEAN EXPRESS – WELLNESS FACIAL TREATMENT

This is what you get:

- Aromatherapy treatment with natural oils
- Seawater-based facial cleaning
- Ocean mask, adapted to your skin type
- Facial and neck massage with algae-lemongrass oil
- Hot foot compresses
- Foot massage
- Wrap-up care
- Eyebrow correction (upon request)

Pampering time:..... 40 minutes

Price: 69.00

This is what you'll experience:

During a brief period, we will pamper you with the power of the sea. The combination of algae, lemongrass and seawater gives your skin a fresh and healthy look. Muscle relaxation and gentle massage strokes will let you smile from the inside out.



DAY AT THE SEA – AN EXPERIENCE FROM HEAD TO TOE

This is what you get:

- Aromatherapy treatment with natural oils
- Foot bath
- Foot and leg massage
- Seawater-based facial cleaning
- Extensive facial and neck massage
- Rich mask
- Invigorating eye mask and lip care
- Hand bath
- Hand massage
- Wrap-up care
- Entrance fee Birke Spa

Pampering time: 90 minutes

Price: 122.00

This is what you'll experience:

We use a mineralizing footbath and subsequent relaxing foot and leg massage to tune you into this relaxing experience. The facial treatment, fully adapted to your skin type, will be complemented by elements of hand and arm massages. These comforting massage techniques and the use of marine ingredients provide you with new energy all around. You'll feel lively and refreshed, like after a day at the sea.

The seawater contained in the algae cosmetics will recharge the mineral reserves of your skin and provide a tightening and moisturizing effect.

COSMETIC TREATMENTS



YOUNG & FRESH – FACIAL TREATMENT FOR THE ADULTS OF TOMORROW

This is what you get:

- Tips for the proper care at home
- Facial cleansing, adapted to young skin types
- Gentle removal of impurities
- Cleansing and regulating concentrate of ingredients
- Algae-medicinal chalk mask
- Disinfecting wrap-up care

Pampering time:..... 40 minutes

Price: 64.00

This is what you'll experience:

To prevent any irritations of the young and sensitive skin, we gently cleanse, clarify and soothe the skin. The key to this application is to sensitize the young adult for sustained and simple skin care at home. Easily comprehensible care instructions will facilitate the at-home care.



NATURAL & FRESH – MAKE-UP TRICKS & TIPS

This is what you get:

- Professional consultation according to event and time-of-the-day
- Foundation
- Eye make-up
- Lip care
- Rouge application
- Tips and tricks for at home

Pampering time:..... 20 minutes

Price: 39.00

This is what you'll experience:

To bring out your natural beauty even more, we apply type-appropriate make-up in a few steps and our co-hosts will give you tips and tricks along the way.



BEAUTIFUL HANDS – HAND & NAIL CARE

This is what you get:

- Preparing hand wash
- Type-appropriate nail shaping
- Cuticle removal
- Nail buffing
- Application of top-quality ingredients through hand massage
- Thermal treatment using a paraffin bath or nail polish

Pampering time:..... 45 minutes

Price: 58.00

This is what you'll experience:

Using a peeling and warm aroma compresses, we gently and comfortably loosen any excessive flakes. The subsequent nail care provides shape to your nails, and immersion into the warm paraffin bath retains the beauty of your hands. At the end, we pamper you with a light hand massage.



BEAUTIFUL FEET – FOOT & NAIL CARE

This is what you get:

- Foot bath using warm aroma compresses
- Type-appropriate shaping of your nails
- Removal of excessive flakes
- Removal of hornifications
- Application of top-quality ingredients through foot massage
- Painting of toenails for an additional charge (12.00)

Pampering time:..... 50 minutes

Price: 66.00

This is what you'll experience:

Our warm aroma compresses provide you with comfortable relaxation. While we adapt the skin and nail care to your specific needs, we also serve you a glass of relaxing tea. Finally we pamper you with a comforting foot massage. Your feet will be your eye-catching assets.

COSMETIC TREATMENTS



SUGARING – MILD EPILATION

This is what you get:

- Skin cleaning
- Effective removal of hair in small areas
- Wrap-up care adapted to skin type

Chest:	20 minutes	42.00
Back:	30 minutes	49.00
Lower arms:	30 minutes	49.00
Upper legs:	30 minutes	49.00
Lower legs:	30 minutes	49.00
Additional time:	per minute	1.50

Depending on your hair growth, the additional time may be expanded.

This is what you'll experience:

The warmed, natural sugar paste we apply in the direction of growth effectively removes even short hair follicles. After sugaring, we treat your skin with a moisturiser appropriate to your skin type. You'll be thrilled by how long you remain hair-free.



A CRACKLING OF YOUR SENSES – EAR CANDLING CEREMONY

This is what you get:

- Aromatherapy treatment with natural oils
- Vibration massage by ear candling
- Acupressure of the forehead
- Ear cleaning
- Ear massage to improve the lymphatic flow

Pampering time: 30 minutes

Price:52.00

This is what you'll experience:

The ear candle treatment is a traditional native American healing ritual of the Hopi Indians. The ear candle is placed on the outside of the ear canal and lit on the opposite end. While the candle slowly burns, down a slight negative pressure is created within the ear which causes a palpable pressure adjustment and a liberating feeling in the area of the head, sinuses and ear. The comforting warmth during the burning process supports the circulation and lymphatic flow. The ethereal oils of the ear candle bring deep relaxation to your senses. The gently warming vibrations also massage your eardrums. The final ear massage completes this wonderful treatment.



BODY TREATMENTS

MARE BALTICUM – WHOLE BODY TREATMENT

Our Mare Balticum is a symbiosis of fire, water, air, and marine organisms. While you sit in warm alcoves below our northern Germany skies, you get to experience the playful interaction of light and ethereal eucalyptus scents in our Tepidarium. Simply enjoy this place of tranquility and let heavenly thoughts come to you while your body is pampered with natural aromas and ingredients.

MARE BALTICUM

This is what you get:

1 Algae tae

Whole body sea salt peeling with algae oil

Medicinal chalk pack

Algae gel pack

Cleansing rub using a sea urchin sponge

Steam and impact phase with relaxing breathing exercises with eucalyptus vapor

Shower

Pampering time:

40 minutes

Price:

4 persons..... 27.00 pp

3 persons..... 33.00 pp

2 persons..... 38.00 pp

1 person..... 66.00

In addition to the algae gel pack we recommend our culver of amber:

Price: plus 4,80 pp

This is what you'll experience:

Our warm tepidarium, where you receive the full body Mare Balticum treatment, will give you the feeling of rediscovered time. Lie back in the warm seating niches and relax. Once the warmth has opened your pores, apply the fine sea salt peeling and amber powder and Baltic algae gel onto your body. Gently massage the active ingredients into your skin to replenish it with important minerals and moisture. The special deep heat of the tepidarium triggers your muscles to relax, improving circulation and enlivening the body. This is a powerful aid to cell regeneration and you'll feel fresh vitality in your skin.

Mare Balticum is the latin name for the baltic sea.

Recommendation:
Drink one liter of water one hour prior to the application



BODY TREATMENTS



BALANCE OF THE SEA – WHOLE BODY TREATMENT

This is what you get:

- Aromatherapy treatment with natural oils
- Natural sponge rinse or sea salt peeling
- Whole body massage, combination of lymphatic, pressure point and meridian massage
- Finish with warm compress

Pampering time: 80 minutes
 Price:108.00

This is what you'll experience:

This sensual body wash applies a fine, aromatic sea foam with soft natural sponges from the depth of the sea. It is the ideal preparation for the subsequent whole body massage. Lymphatic stimulation supports the removal of waste products. The pressure point massage along the meridian pathways gently removes energy blockages and improves the flow of energy within your body.



GOLD OF THE BALTIC – BACK TREATMENT

This is what you get:

- Aromatherapy treatment with natural oils
- Fine amber dust peeling of your back
- Warm aroma compresses
- Back massage with ambers
- Finish with warm compress

Pampering time: 40 minutes
 Price: 62.00

This is what you'll experience:

The fine pulverized amber in the highly mineralized algae oil gently loosens any excessive skin flakes. The intensive massage using ambers has an invigorating effect on your organism and loosens whatever stressed muscles you might have. The comforting touch of the warm ambers will relax you, remove any blockages you might feel, and bring harmony to body, mind and soul.



TREASURE OF THE SEA – WHOLE BODY TREATMENT

This is what you get:

- Aromatherapy treatment with natural oils
- Whole body stamp massage with laminaria-algae, medicinal chalk and sea salt
- Shower
- Finish with warm compress

Pampering time: 60 minutes
 Price: 99.00

This is what you'll experience:

The regular, wave-like motion with warm stamps causes a deep penetration of the natural ingredients of the activated laminaria algae and the metabolism supporting medicinal chalk into your skin, loosening any tension you might feel in your muscles.



WELL MASSAGES



BALTIC GOLD RUSH – WHOLE BODY MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Whole body massage with warm ambers
- Finish with warm compress

Pampering time: 60 minutes
 Price: 84.00

This is what you'll experience:

The natural, individually shaped ambers form the basis for this unusual massage. You will experience the interplay of gentle-soft and edgy-intense touches, perfectly adapted to your personal needs. The power of amber provides wholesome and holistic energy to your entire body, and your muscles feel deeply relaxed.



FLÜGELCHENS ELIXIER – BACK TREATMENT

This is what you get:

- Aromatherapy treatment with natural oils
- Rapeseed blossom honey massage of your back
- Finalizing soothing back rubs
- Finish with warm compress

Pampering time: 40 minutes
 Price: 59.00

This is what you'll experience:

We use heated rapeseed honey from Holstein. The pumping and suctioning hand movements of the massage therapists provide a detoxifying and cleansing effect. The honey activates the cleansing mechanism of your body, and your skin is visibly invigorated. The trigger points along your spine are stimulated to provide holistic harmony to your entire body.



QUARTET OF YOUR SENSES – WHOLE BODY MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Whole body massage where two therapists work jointly in a harmonious and coordinated rhythm
- Finish with warm compress
- Entrance fee Birke Spa

Pampering time: 60 minutes
 Price: 132.00

This is what you'll experience:

Flowing and harmonious four-handed rubs, in partial synchronization, to bring your body the feeling of complete tranquility and security. Our therapists pay attention to meridian pathways, acupressure points and special energy centers and thus allow you to experience an extraordinary and sensual massage.



CLASSIC MASSAGES



BALTIC WIND – BACK MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Muscle-relaxing back massage
- Finish with warm compress

Pampering time: 40 minutes

Price:54.00

This is what you'll experience:

Depending on your needs and desires, we either gently or firmly massage your back and neck muscles. You may choose one of our ethereal oils to enhance either relaxing or stimulating effects.



WAVEBREAKER – WHOLE BODY MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Whole body massage
- Finish with warm compress

Pampering time: 60 minutes

Price:79.00

This is what you'll experience:

With this massage we'll cater entirely to your wishes. Whatever pressure and intensity you wish to experience in various body parts, it's all your choice. We will treat the cutaneous, subcutaneous and muscular regions. The specific touches cause stimulations which invigorate circulation, metabolism and the immune system. The gentle stretching of muscles, sinews and tendons causes a relaxed feeling of your entire body.



ACTIVITY SOURCE – STICK MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Loosening back, neck and arm massage using sticks
- Finish with warm compress

Pampering time:40 minutes

Price: 59.00

This is what you'll experience:

You like it a little tougher? Using natural wood massage sticks, we achieve more intense impulses to the lower muscles. The intense stimulation fosters the new formation of tissue cells. This significantly strengthens the effect of the classical whole body massage.



BALM FOR THE SOUL – LUMBAR MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Energy-providing Breuss massage
- Finish with warm compress

Pampering time:40 minutes

Price: 59.00

This is what you'll experience:

The interplay between special natural herbal mixtures to strengthen your spinal disks and the gentle stretching of your lumbar vertebrae bring about more loosening and flexibility of your vertebrae.

CLASSIC MASSAGES



PRETTY LEGS – ANTI CELLULITE VAKUUM MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Preparing foot- and leg massage with algea oil
- Intensive massage of the legs with vacuum glasses
- Finish with warm compress

Pampering time:40 minutes

Price: 64.00

This is what you'll experience:

The vacuum glasses cause, in interaction with the comprehensive and highly effective algea oil, an improvement of the blood- and lymph-circulation. Smooth and even legs are the pretty result.



ENERGY FLOW – FOOT REFLEXOLOGY MASSAGE

This is what you get:

- Aromatherapy treatment with natural oils
- Foot wash with aroma compresses
- Stimulation of reflexology zones of the foot
- Finish with warm compress

Pampering time:50 minutes

Price: 64.00

This is what you'll experience:

Our heated aroma compresses provide a comfortable and gentle relaxation. The specific stimulation of foot reflexology zones activates the body's own healing forces.



DAYTIME GUESTS



GET ACQUAINTED WELLNESS

- Welcome chat to get to know the spa
- Refreshing lemon grass-algae tea, 0,2 l
- Facial cleaning and –massage, 20 minutes
- Back massage, 20minutes
- Use of the swimming pool
- Use of the saunas, tepidarium and saline steam bath
- Bath set with 2 towels, a bathrobe and slippers
- Get-to-know-present from Oceanwell
- Use of the wellness garden
- Mineralised water
- Fresh regional apples
- Parking at the hotel

Price for hotel guests:76.00 pp
 For daytime guests, Mondays through Thursdays: 99.00 pp
 For daytime guests, Fridays through Sundays: 108.00 pp

EVENING WELLNESS – CAN BE BOOKED EVENING MONDAYS THROUGH THURSDAYS STARTING AT 6 pm

- Welcome chat to get to know the spa
- Baltic Wind – classic back massage, 40 minutes
- Use of the swimming pool
- Use of the saunas, tepidarium and saline steam bath
- Bath set with 2 towels, a bathrobe and slippers
- Holstein ham sandwich or small salad variation with fried fish filets from the Baltic and North Sea
- 1 glass of wheat beer or 1 glass (0.2 l) of wine
- Use of the wellness garden
- Mineralised water
- Fresh regional apples
- Parking at the hotel

Price for hotel guests:75.00 pp
 For daytime guests, Mondays through Thursdays:..... 89.00 pp

BIRTHDAY WELLNESS

- Welcome chat to get to know the spa
- Quartet of senses – 4-handed full body massage, 60 minutes
- Use of the swimming pool
- Use of the saunas, tepidarium and saline steam bath
- Bath set with 2 towels, a bathrobe and slippers
- 1 small homemade birthday cake
- Present from Oceanwell
- 1 glass of champagne 0,1 l
- Use of the wellness garden
- Mineralised water
- Fresh regional apples
- Parking at the hotel

Price: 149.00 pp

GOLDEN HIATUS

- Welcome chat to get to know the spa
- Welcome drink of sparkling wine 0.1 l or lemon grass-algae tea 0.2 l
- Baltic Sea gold rush - full body massage with amber, 60 minutes
- Ocean’s depths – classic facial treatment, 60 minutes
- Use of the swimming pool
- Use of the saunas, tepidarium and saline steam bath
- Bath set with 2 towels, a bathrobe and slippers
- Use of the wellness garden
- Mineralised water
- Fresh regional apples
- Parking at the hotel

Price: 174.00 pp



HEN PARTY WELLNESS

Welcome chat to get to know the spa
 Welcome drink of sparkling wine 0.1 l or lemon grass-algae tea 0.2 l
 40 minutes massage for the bride
 Use of the swimming pool
 Use of the saunas, tepidarium and saline steam bath
 Bath set with 2 towels, a bathrobe and slippers Use of the wellness garden
 Use of the wellness garden
 Mineralised water
 Fresh regional apples
 Parking at the hotel

3 or more people Mon to Thurs 49.00 pp
 3 or more people Mon to Thurs after 6:00 pm..... 39.00 pp
 3 or more people Fri to Sun. 59.00 pp

7 or more people Mon to Thurs..... 39.00 pp
 7 or more people Mon to Thurs after 6:00 pm..... 29.00 pp
 7 or more people Fri to Sun..... 49.00 pp



MOTHER & DAUGHTER WELLNESS

Welcome chat to get to know the spa
 Welcome drink of sparkling wine 0.1 l or lemon grass-algae tea 0.2 l
 Mare Balticum – Whole body treatment, 40 minutes
 Ocean Express - facial treatment, 40 minutes
 Beautiful Feet - Foot & Nail Care, 50 minutes
 Use of the swimming pool
 Use of the saunas, tepidarium and saline steam bath
 Bath set with 2 towels, a bathrobe and slippers
 Use of the wellness garden
 Mineralised water
 Fresh regional apples
 Parking at the hotel

Price: 174.00 pp



TIME FOR ME

Welcome chat to get to know the spa
 Refreshing lemongrass-algae tea 0.2 l
 Ocean Express - facial treatment, 40 minutes
 Beautiful Hands - hand and fingernail treatment, 40 minutes
 Use of the swimming pool
 Use of the saunas, tepidarium and saline steam bath
 Bath set with 2 towels, a bathrobe and slippers
 Use of the wellness garden
 Mineralised water
 Fresh regional apples
 Parking at the hotel

Price: 129.00 pp



TIME AS A PAIR

Welcome chat to get to know the spa
 Refreshing welcome drink of sparkling wine 0.1 l or lemongrass-algae tea 0.2 l
 Mare Balticum - Couples treatment in the tepidarium, 40 minutes
 Baltic Gold Rush - full body massage with amber, 60 minutes
 1x 4-course vital-menu in our Fischers Fritz restaurant
 Use of the swimming pool
 Use of the saunas, tepidarium and saline steam bath
 Bath set with 2 towels, a bathrobe and flip flops
 Use of the wellness garden
 Mineralised water
 Fresh regional apples
 Parking at the hotel

Price: 159.00 pp



Make other people happy with gift cards from our Spa! Our co-hosts at the hotel reception will help you to find the right present.



SWIMMING POOL

Our swimming pool, 6 x 12 m in size and 1.30 m deep, is a popular place for physical activity. Swim vigorously or let yourself float along. The water temperature is maintained at a comfortable 30°C. Relax on our island with whirling jets to receive gentle massages to your body and neck. Guests who seek more action can use the counter current jet for an oceanic swim experience. On days where the outside is cold and uncomfortable, the swimming pool's fireplace provides a warm and comforting atmosphere. You'll find comfortable teak lounge chairs for your enjoyment, including soft cushions and cosy wool blankets for added relaxation. You'll be able to feel your spirit and body attain tranquillity.

USE OF THE SWIMMING POOL

- Use of showers
- Use of the swimming pool
- Parking at the hotel

Monday til Friday 7 am until 9 am	4.80
10-ticket set Monday til Friday	42.70

OPENING HOURS

Swimmingpool for external guests from Monday til Friday 7 am until 9 am
 Swimmingpool for external guests from Monday til Sunday 7 am until 9 am

SAUNA

The use of the Birke Spa is free from a booked treatment value of more than EUR 120,00 pp.

COLORED LIGHT SAUNA

With comfortable room temperatures of 60°C, our coloured light sauna is particularly well-suited to people who rarely visit a sauna. The shift between red, green, yellow and blue light has a positive influence on your senses. The colours encourage recuperation and have an uplifting effect on your mood.

TEPIDARIUM

With room temperatures of 40° C, the tepidarium is specifically well-suited for your first stop in the sauna. The heat is evenly distributed through the walls. The tepidarium also features a changing display of colour to lift up your senses, and it is where we offer our Mare Balticum body treatment for individuals and pairs.

FINNISH SAUNA

At room temperatures of 90 - 95° C, the outdoor sauna clad in pine is heated up by a stove covered in stones. This classic form of Finnish sauna has been enjoyed in Northern Europe for many years, as it helps to strengthen the body's immune system.

SOLE STEAM BATH

Our sole steam bath features room temperatures of 45° C and very high humidity. The manually added Holstein sole with ethereal oils has a liberating and soothing effect on your respiratory system.

SAUNA CEREMONIES

Visitors bring their sauna ceremonies to a close in our outdoor sauna every day. Depending on the time of day, we either galvanise you with an invigorating steam bath or relax you with a balancing aroma.

OUTDOOR AREA

After spending time in the sauna, it's important to give your body a chance to cool down and give it fresh oxygen. Our outdoor area and wellness garden are the perfect place to breathe deeply and enjoy the fresh air off the Baltic Sea.

KNEIPP SHOWER

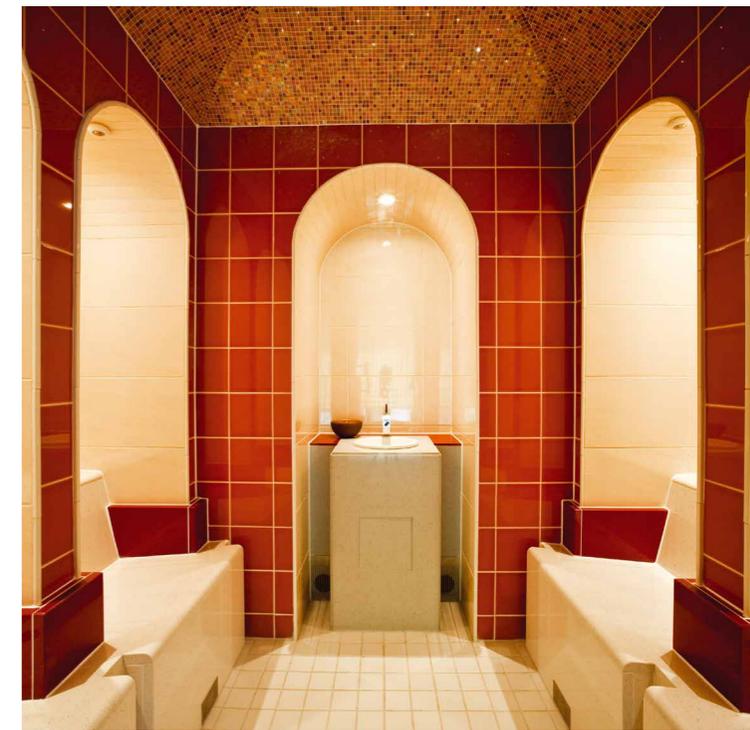
A refreshing water jet will slowly and gently cool your body down after time in the sauna. Feel how the alternating fine and strong drops from the cold water shower activate you.

FOOT BATH

Afterwards, relax with a warm foot bath to stabilise your circulation and regulate your body temperature for your return to the sauna.

KNEIPP BASIN

Take an easy wade through the cold water in our Kneipp basin and you'll quickly notice how your feet get warmer. The more time you spend in the basin, the more your attention will turn to the changes in your body. Wading through water promotes blood flow and circulation.



RITUALS OF CARE

To intensify your sauna session, we have collated a few ideas – from head to toe and from maritime to feinheimisch – which you can book in addition anytime.

FOR YOUR FEET

Pleasant, warm footbath with medicinal chalk of Rügen in our saunarium

Price: 9.70

FOR YOUR SKIN

Sea salt peeling with algae oil Shower

Price: 9.80

FOR YOUR HAIR

Conditioner with activating and nurturing algae oil Shower

Price: 7.60

FOR YOUR SENSES

Sweet honey pack in our colored light sauna Shower

Price: 9.40



ENTRANCE FEES FOR DAYTIME GUESTS

ADMISSION PRICES FOR DAYTIME GUESTS

- Use of showers
- Use of swimming pool
- Use of 90° finish sauna, 60° colored-light sauna, tepidariums und sole steam bath
- Use of the garden and the foot adventure path
- Mineralized water
- Fresh apples
- Free parking

Monday til Thursday.....26.00

10-ticket set Monday til Thursday240.00

After work Monday til Thursday 6pm til 10 pm.....16.00

10-ticket set Monday til Thursday144.00

Friday til Sunday34.00

10-ticket set Monday til Sunday306.00

OPENING HOURS

Swimming pool daily.....7:00 am til 10:00 pm

Sauna daily9:30 am til 10:00 pm

Spa bistro daily9:30 am til 9 pm

TREATMENT HOURS

Monday til Thursday.....9:00 am til 7 pm

Friday and Saturday.....11:00 am till 8:00 pm

Sunday10:00 pm to 6:00 am

More hours on request.





SPA-BISTRO

With a tasteful decor, a view of the swimming pool, and an absolute no-smoking zone: Our Bistro is the ideal location to fortify yourself in-between treatment applications and sauna visits. You may choose from fresh squeezed fruit and vegetable juices, vitalizing tea assortments and light food menus. The large window areas provide plenty of light, and there is direct access to the green garden. You may also be served from our vitality kitchen at your beach chair or your comfortable lounges.



WELLNESS GARDEN

You can access our wellness garden from anywhere in the Birke Spa. The garden follows the principles of feng shui, offering visitors a place to relax and find tranquility. Canopied beach chairs on sandy islands invite visitors to dream alongside lightly gurgling ponds of water. The scents of thyme, sage, rosemary, lavender and many other herbs caress your senses. A walk along the barefoot path will expose you to feelings you seldom experience: the path is laid with a mixture of fine stones, bark mulch, gravel and wood chips to stimulate the sensitive reflexology zones of your feet, engage your foot muscles and bring your torso back into balance.

PREVENTION & RELAXATION COURSES

with physical therapists and certified trainers. The courses are taking place several times a year.



AQUA FITNESS

This is what you get:

- Instruction in the proper aqua fitness techniques
- Use of various aqua fitness equipment
- Support by one of our certified trainers
- 10 sports units
- Free parking

Duration per unit:..... 50 minutes
 Price:142.00

This is what you'll experience:

Water sports don't happen on the fjord only but in our swimming pool as well. Our certified trainers and coaches will get you in shape. The buoyancy of the water means less stress on muscles and joints. Our specific activities are intended to strengthen and invigorate your circulatory system. We offer aqua fitness courses several times a week, in the morning as well as in late afternoon.



PROGRESSIVE MUSCLE RELAXATION AFTER JACOBSEN

This is what you get:

- Instruction in the proper relaxation technique
- Support by one of our certified trainers
- 10 sports units
- Free parking

Duration per unit:..... 60 minutes
 Price: 132.00
(Minimum number of participants: five)

This is what you'll experience:

In addition to our active sports sessions, we also can offer you a most relaxing alternative. Our certified trainers will show you relaxation techniques with the goal of achieving better body awareness and a balance between physical and mental tension. We offer this class once a week in the afternoon.



NORDIC WALKING

This is what you get:

- Instructions in the proper Nordic Walking techniques
- Use of our comfortable Nordic Walking sticks
- Support by one of our certified trainers
- 10 sports units
- Free parking

Duration per unit:..... 50 minutes
 Price: 132.00
(Minimum number of participants: five)

This is what you'll experience:

Aside from water sports, there is nothing better than exercising in the fresh, clear, northern Germany air. Our certified trainers will get you going with the low impact Nordic Walking on a soft forest ground. The objective of the class is to teach you the proper technique to strengthen your muscles and tissues. We offer this class once a week in the afternoon.



YOGA

This is what you get:

- Instruction in the proper yoga technique
- Support by one of our certified trainers
- 10 yoga units
- Free parking

Duration per unit:..... 90 minutes
 10-ticket set: 85.00
 Prevention course:..... 110.00
 Price per unit for guests of our hotel:..... 10.00
Privat lessons upon request possible

This is what you'll experience:

In addition to our active sports sessions, we also can offer you a most relaxing alternative. Our certified trainers will show you yoga techniques with the goal of achieving better body awareness and a balance between physical and mental tension. You will also learn the proper technique to strengthen your muscles and tissues.

SPORT

with physical therapists, sports scientists and wellness trainers. Hotel guests are cordially invited to attend these courses. Daytime guests may participate upon request. For our daily sports program, please check the "Birke Heute" newsletter for daily updates.

AQUA FITNESS

The buoyancy of the water provides relief for joints and muscles. Through targeted and active exercises the blood pressure is increased and stimulates blood circulation.

AQUA BALANCE

Consists of gentle stretch movements, joint mobilization, energy and breathing exercises. These original experience water exercises are effortless and weightless. Body, mind and soul are brought into a harmonious whole being.

BUMS-TUMS-LEGS

Specific exercises to strengthen your stomach, legs and behind, and also your back muscles.

BACK GYMNASTICS

Using a Pezzi ball (fitness or gymnastics ball), we practice specific exercises to firm and strengthen your back muscles. The back gymnastics are intended to help you with proper lumbar posture and attitude in everyday life.

JOGGING

Here the focus is on improving your physical performance. It is healthy and fun at the same time. Our jogging paths take you across soft, low impact forest ground.

WALKING

Comfortable fast walking, also well suited for untrained persons. Here we strengthen breathing, muscles, heart and circulation. A real benefit in fresh forest air at the Hasseldieksdammer Gehölz.

YOGA

Our relaxation technics are used to achieve and maintain a physical and mental balance. There are stretching and movement techniques performed that ensure that your muscles are strengthened, your coordination and flexibility are improved.

NORDIC WALKING

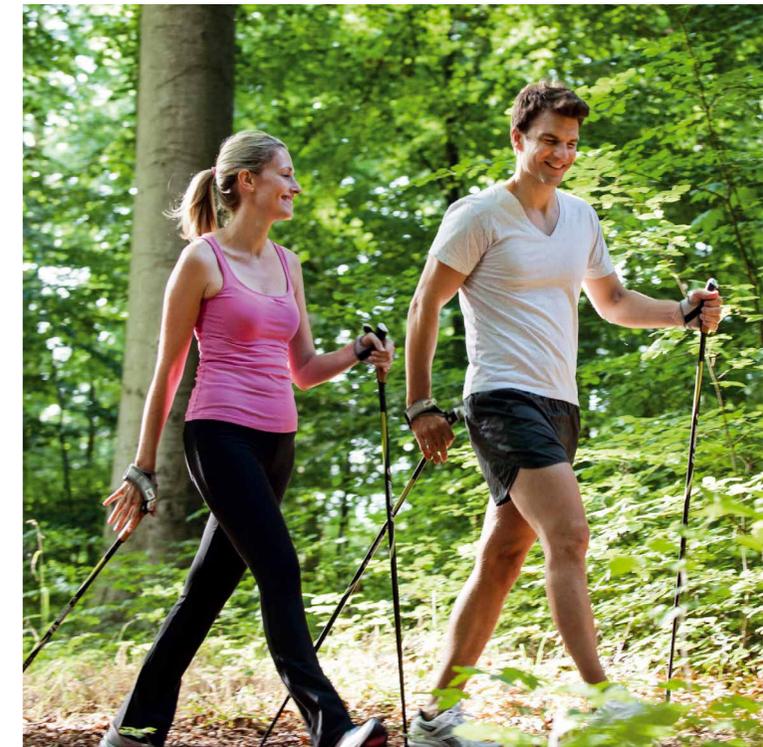
This is an easily learned and extremely effective version of walking. It represents low impact whole body training and enjoyment in fresh air

BIRKE MINDFULNESS PATH

Treat yourself to a break in the woods. Wander along our mindfulness path and steer your attention to your own senses. Your perception will be refreshed after a short walk in the woods. The path begins directly on the edge of the woods, a few metres away from the hotel entrance.

STRETCHING

In this course, the focus is on improving mobility, strength and endurance. We achieve this through extreme stretching without any athletic activity.



At the spa reception you can get Nordic Walking poles for free.

HEALTHY JOGGING & OPTIMAL PERFORMANCE

RUNNING CAMPS FOR BEGINNERS AND ADVANCED

We've worked with the sports scientists at meisterleistung to develop a running program to bring out the best in you. The program analyses your running style to help you avoid unhealthy technique and optimise your performance. Over the course of three days, you practice exercises to improve your movement and your performance.

RUNNING CAMP

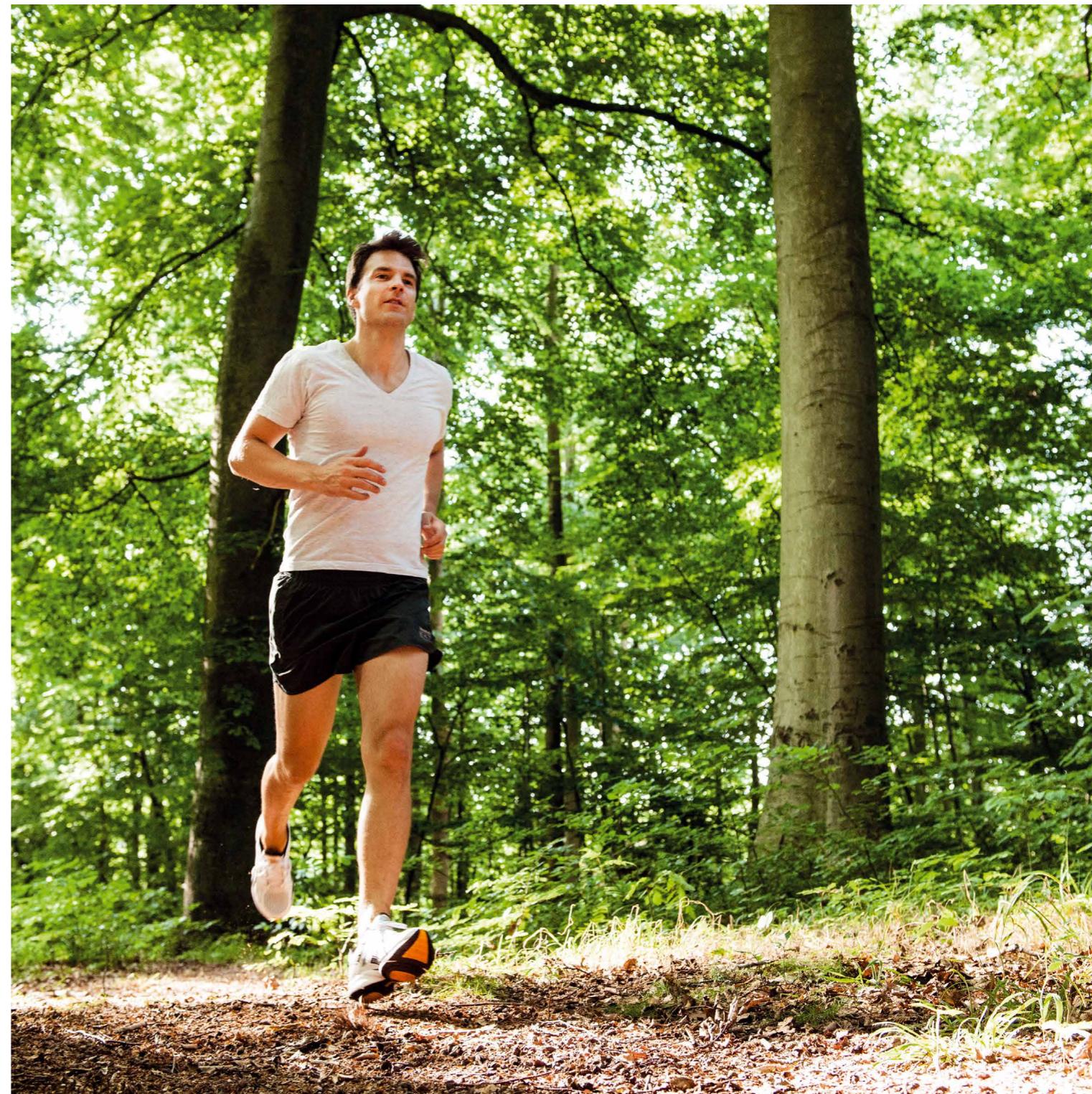
This is what you get:

- 2x overnight stays in a comfortable room
- 2x hearty breakfast buffet in Northern German style
- 1x welcome drink
- 1x BIA body screening
- 1x heart rate variability test
- 1x functional movement screening
- 1x individual training plan
- 1x running style analysis
- 1x sport osteopathic full body analysis
- 3x group and adventure runs in the woods and on the beach
- 3x 60-minute activity units
- 1x running-specific nutrition counselling
- 2x 4-course vitality menus on the first evening
- 1x wellness voucher worth EUR 20
- 1x wellness package: use of our Birke Spa wellness area with swimming pool, sauna, sole steam bath and tepidarium, loan of a bathrobe, shower and sauna towels during your stay, plus comfortable flip flops for you to keep
- Fresh fruit in the spa every day
- Mineralised water in the spa every day
- Parking at the hotel

Price per person with double room starting at: 565.00

Price with single room starting at: 635.00

Once you arrive on Wednesday, we greet you in our spa bistro and discuss the agenda for the next day. Then we conduct a number of health checks and ask you about your medical history before determining your current running style. Based on this information, we start with the first, easy run in the woods. Last on the agenda is a review of the day during a cosy evening meal designed for your vitality. Afterwards you have time to relax. The next morning we start the day together with an activity unit. We conduct a functional movement screening and show you individual exercises to improve and optimise your running style. After a lunch break, we take you to the Baltic Sea for a longer run in the fresh sea air. You then have some free time, which we recommend you use for a runner's massage at the Birke Spa. We finish the day with fascia training, where we'll use dynamic stretching to expand your range of inner movement and activate all of your vital systems. The next morning we begin with life kinetic exercises; these activate your brain by challenging it with different coordination, cognitive and visual tasks than it usually faces to improve performance. After a fortifying breakfast, we go out for our next adventure run on the beach or the adjacent woods. Finally, we finish off your training days with a one-on-one meeting in which we give you a training plan you can use at home.





DEEP SEA FISHING

Equipped with fishing, bait and expert sailors you are off to the Baltic Sea. There you will experience in the fresh, salty air and the endless horizon an unforgettable day! In the late afternoon you are back on land. Back at the hotel Birke our chefs from our Fischers Fritz restaurant, will conjure up a delicious dinner from your catch. We take care of the freezing and vacuum packing of your fish so you can take your catch home.



CYCLING

Hop on one of our touring bikes or e-bikes and cycle in the fresh sea air through the varied nature around the hotel. We have our best cycling routes via GPS recorded for you, which you can load with any iPhone, Android and Windows Phone . Or get a loan one of our GPS devices or written directions. For your picnic in the countryside, we equip you with a packed lunch and a cozy blanket. Enjoy the beautiful views of the sea, the North Sea-Baltic Canal or the lush green woods!



GOLF

Schleswig-Holstein, the land between the seas, is a paradise for golfers. Here you can enjoy its varied sides of golf in beautiful countryside, between the North and Baltic Seas, canola fields, vast heath-and grasslands with deep woods and hills, among lakes and blue skies.

The Birke offers you golfing together with 5 partner golf courses. Some courses are considered the most diverse and beautiful places of wonderful Holstein. We can arrange for tee times, lessons, clubs and trolleys.



WATER SPORTS

17 km of beaches around the Firth of Kiel lure you to swim and relax but also offer a variety of water sports activities. Sailing, surfing or kite-surfing can be learned in many courses and beaches. There is ample opportunity to rent boats and boards. For beginners the old fishing village Laboe offers perfect conditions with its shallow water transition into deeper water. The Birke is working with the local surf school where you will be trained in a few days for sliding over the Baltic waves.



BIRKE SPA GUIDE

ARRIVAL

Day guests begin their day of wellness at the hotel reception, where they will be given an access card. Our hotel guests begin in the spa bistro.

BATH SET & WELLNESS PACKAGE (HOTEL GUESTS)

You receive a bathrobe, shower towel, sauna towel and flip flops in the spa bistro for a cleaning fee of EUR 6.00. The flip flops are yours to keep as a souvenir of our spa.*

CHILDREN & YOUNG PEOPLE

Please understand that children and young people under the age of 16 are only allowed in the Birke Spa with the accompaniment of an adult.

CANCELLATION

If you are unable to make your scheduled appointment, you may cancel free of charge up to 24 hours beforehand. After that time we will unfortunately have to charge you for the full amount of your appointment.

VALUABLES

Please hand over your valuables at the hotel reception desk for safekeeping.

MOBILE PHONES & TABLETS

For the consideration of other guests, we ask you not to use these electronics in the swimming pool and sauna areas!

WHAT SHOULD I WEAR WHEN?

Please wear swimwear in the swimming pool. Out of hygienic and sanitary reasons please remove your clothing before using the saunas. For the treatments, please wear dry swimwear or underwear underneath your bathrobe.

PAYMENT OPTIONS IN THE SPA

No cash is used throughout the entire spa area. You may charge everything to your room or your day tab.

LENGTH OF TREATMENTS

Please be in the waiting area 5 minutes prior to your appointment and understand that arriving late will shorten the duration of your treatment.

BOOKING TREATMENTS

We ask that you make appointments early to ensure that we can fulfil your requests. Phone: 0431 5331 470

* Hotel guests who book a wellness package gain automatic access to the Birke Spa

Our tip:
Make other people happy with gift cards from our Spa! Our co-hosts at the hotel reception will help you to find the right present.



FISCHERS FRITZ RESTAURANT





AHOI AND SEE YOU SOON

BIRKE

THE WELLNESS HOTEL IN KIEL



HOTEL BIRKE GMBH & CO. KG MARTENSHOFWEG 2-8 24109 KIEL HR A 8068 KI
TELEFON: +49(0)431 5331-470 FAX: +49(0)431 5331-333 WELLNESS@HOTEL-BIRKE.DE

Komplementärin Hotel Birke Verwaltungsgesellschaft mbH, HR B 14210 KI
Geschäftsführer: Rainer Birke, Jasmine Birke, Christian Birke, Florian Buchebner

WWW.HOTEL-BIRKE.DE

