

GRANDHOTEL
PUPP

CARLSBAD
1701

SPA
FRANZISKA

MENU

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1. Signature Experience	4
Herbal Bath by Franziska Pupp	5
Private Spa Suite for two persons	5
CBD Body and Soul Ritual	6
2. Healing Experience	7
Peat bath and facial mask	8
Herbal Oil Bath	8
Hydromassage Bath	9
Aquai Therapy – Dry Bath	9
Oxygen Therapy	10
Hand Paraffin	10
Andullation Therapy	11
3. Face care	12
Ultimate Firming & Lifting Gold Facial	13
Precious Pearl Radiance	13
Marine Mineral Purifier	14
Made-to-Measure Facial	14
4. Body Care	15
Anti Fatigue Back Therapy	16
Mineral Body Polish	16
Resilience Ritual	17
Manual Cryo Lipolysis	17

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5. Massage Experience	18
Tension Relief CBD Massage	19
Classical Swedish Massage	19
Volcanic Hot Stone Massage	20
Aromatherapy Massage	20
Manual Lymph Drainage	21
Mom-to-be Massage	21
Reflexology Foot Massage	22
Kids & Teens Massage	22
6. Ayurveda Experience	23
Abhyanga Four Hands Massage	24
Abhyanga Massage	24
Shirodhara Four Hands Massage	25
Shirodhara Massage	25
Pinda Svedan Massage	26
Face Massage	26
Children's massage	27

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SIGNATURE EXPERIENCE



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HERBAL BATH BY FRANZISKA PUPP

Franziska Pupp was an aficionado of nature. She recognized the power of herbs and the healing energy of water. Enjoy the bath with the mixture of essential oils which was created specifically for Mrs. Pupp by her personal healer

20 minutes

PRIVATE SPA SUITE FOR TWO PERSONS

Unwind your mind in a discreet environment. The cozy private spa suite features a spacious hot tub, a herbal sauna and lounge beds for intense relaxation. Delicious refreshments will elevate your experience and make it memorable.

60 minutes

CBD BODY AND SOUL RITUAL

Experience holistic treatment with the local Czech brand Cannor, which focuses on production of CBD body and face care. This full body therapy provides anti-inflammation and pain relieving effects while allowing you to reach a deeper level of mind and body relaxation. First, a mineral bath enriched with hand-picked herbs will strengthen your body, relax the mind and contribute to a deep detoxification of the body. The bath is followed by warming the back with hot stones and a full-body massage with hemp oil, which relieves pain and relieves muscle tension. Cannabidiol oil is hypoallergenic, so it is also suitable for very sensitive skin.

90 minutes



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HEALING EXPERIENCE



PEAT BATH AND FACIAL MASK

Experience the perfect harmony of two powerful natural therapies.

Immerse yourself in a relaxing peat bath where gently ground, 100% natural peat enriched with humic and fulvic acids has a beneficial effect on fatigue, muscle aches and skin problems. During the bath, a seaweed mask is applied to the cleansed face, harnessing the healing power of sea minerals to revitalise the skin. This comprehensive ritual not only relaxes the body and mind, but also provides the skin with the nourishment and care it needs. Treat yourself as if you have just returned from a journey of discovery into the depths of nature.

20 minutes

PEARL BATH

A pearl bath is carried out in a bath with air jets and salts from Karlovy Vary hot spring. The air that enters the mineral water creates small bubbles (small pearls) that gently massage the skin.

It improves blood circulation and relaxes the muscles.

Water temperature: 37 °C.

20 minutes

HYDROMASSAGE BATH

Hydro massage benefits your body and mind, bringing total mental and physical relaxation. The bubbles stimulate and activate the lymphatic system, helping the drainage of liquids in tissue and combating the much feared cellulite and other beauty problems caused by the accumulation of fat.

Water temperature: 37 °C.

20 minutes

AQUAI THERAPY DRY BATH

Dry water massage is designed for both relaxation and rehabilitation. Aquai relieves muscle tension, alleviates pain, increases blood circulation and promotes a state of deep relaxation.

20 minutes

OXYGEN THERAPY

Regenerating treatment in which moistened oxygen is inhaled in a much higher concentration than its usual occurrence in the air. It affects the whole organism, regenerates and increases physical and mental condition. Pure oxygen elevates your activity and mobility. Regular use of oxygen therapy can significantly improve the quality of life.

50 minutes

HAND PARAFFIN

Paraffin is an intense heat therapy, which, like other heat therapies, increases blood flow, relaxes muscles and decreases stiffness. The added bonus is that the wax hardens, creating a shell that traps the heat in with no place to go except down into the surface of your skin. Heat also opens the pores in the skin, allowing hand care products to penetrate deeper into the skin layers, making the treatment more effective.

20 minutes

ANDULLATION THERAPY

It is based on a combination of alternating and pulsing vibrations and deep infrared heat. This heat allows the vibrations to penetrate deeper into tissues, which boosts the curing effect in the entire body. It improves blood circulation and metabolism and is recommended for chronic diseases such as arthrosis, stiff neck muscle, migraine etc. This treatment is a must for people with symptoms of a burnout syndrome.

20 minutes

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FACE CARE



ULTIMATE FIRMING & LIFTING GOLD FACIAL

High-touch innovative face care with an advanced-technology for anti-aging. This firming & lifting treatment uses the light reflecting properties of 24k gold and plumping effects of hyaluronic acid.

It reduces size and depth of wrinkles, refines the pores and increases collagen synthesis to improve skin texture, firmness and elasticity. At the same time the treatment enhances blood circulation, hydrates the skin and maintains its moisture level. The small particles of gold get absorbed into the skin providing a rich glow. This makes the skin healthy, fresh and radiant.

90 minutes

PRECIOUS PEARL RADIANCE

You will appreciate the refined and glowing complexion after the fast-acting treatment, which brightens and smooths your skin. An instant pick-me-up for skin that is dull or devitalized will have you feeling radiant in no time. Cryotherapy techniques have long been shown to be a beneficial way to reduce puffiness, calm irritated skin, boost skin firmness and vitality.

90 minutes

MARINE MINERAL PURIFIER

The natural healing power of marine minerals in this treatment detoxifies the skin, precisely targeting the urban environment and lifestyle: pollution, smoke, digital light and stress, which all lead to skin premature aging. The deep cleansing facial will leave your pores refined and clear. Based on personal preferences may contain extraction techniques.

75 minutes

MADE-TO-MEASURE FACIAL

The tailor made treatment has been designed to address your individual skin needs through individually blended plant active serums, masks and intensive aromatic complexes. The ultimate bespoke treatment just for you, to be chosen according to your expectations: Anti-Aging, Moisturizing-Soothing, Detoxifying or Illuminating. This skin enhancing measure ensures effective and visible results.

60 minutes

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BODY CARE



ANTI FATIGUE BACK THERAPY

Shut the door on the world outside with this miracle treatment created to alleviate tension in the back, neck and shoulders.

After a self-heating, effervescing mud mask releases muscle stiffness and stress, you'll further slip into a world of bliss with a back massage. Both energizing and relaxing, this stress-boosting treatment leaves the whole body with a complete sense of well-being.

60 minutes

MINERAL BODY POLISH

This soothing treatment begins with the application of a body oil of your choice and is followed by an incredible exfoliation with mineral salt peeling. It provides a calming effect, releases stress and purifies, leaving the skin ultra smooth and glowing

60 min

RESILIENCE RITUAL

The special treatment starts with soothing body exfoliation and wrap, followed by face care which takes your skin on a journey of rebalancing body and mind. A gentle body massage and soothing facial-drainage technique eliminate toxins and ease away stress, leaving you looking years younger and wonderfully radiant. The therapist gently stimulates particular areas of the face and body to drain, detoxify, relax and revitalize. Visible results are achieved by combining energetic drainage with cutting-edge methods such as cryotherapy.

105 minutes

MANUAL CRYO LIPOLISIS

Powerful cryotherapy techniques ensure immediate results: your legs feel refreshed, your skin will be more even and skin contour will be firmer. A special anti-cellulite massage technique and specially formulated body care helps to improve the appearance of slackening skin and reduce the loss of firmness and elasticity. It has an immediate lifting action and long-lasting firming effect.

90 minutes

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MASSAGE EXPERIENCE



TENSION RELIEF CBD MASSAGE

Enjoy a full body massage with anti-inflammatory oil containing cannabidiol. Combination of pain-relieving oil, warm stones placed along the spine and skilled massage techniques contribute to a holistic way of healing the body and mind.

60/90 minutes



CLASSICAL SWEDISH MASSAGE

This body massage releases stiff, tight and aching muscles and creates a calming and balancing effect on the nervous system. Therapist uses long, flowing strokes with the help of the elbows and forearms. Choose the most comfortable pressure for yourself from light, medium to deep.

45/60/90 minutes

VOLCANIC HOT STONE MASSAGE

Volcanic Hot Stone Massage relieves muscle tension with the help of essential oils and the power of touch, together with the energy of the earth. Soothing heat of the warm stones helps to relax the muscles and has a comforting effect on your emotions.

60/90 minutes

AROMATHERAPY MASSAGE

Disconnect from the world and unwind your mind with this relaxing light to medium pressure massage. The treatment is uniquely tailored to suit your needs from uplifting, antioxidant and tension releasing effects to a relaxed mind and peaceful sleep enabling impacts. Traditional strokes and age-old techniques are combined with modern views and innovative moves in this multi-sensory care.

60/90 minutes

MANUAL LYMPH DRAINAGE

Manual Lymph Drainage uses light pressure and slow movements to boost the lymphatic system circulation, improves elimination of body toxins and reduces water retention.

60/90 minutes



MOM-TO-BE MASSAGE

This full body massage with mild pressure helps to reduce body aches, releases stress and eases muscle tension. A special oil hydrates and nourishes the skin. The therapy is suitable for ladies in their second and third trimester of pregnancy.

60 minutes

REFLEXOLOGY FOOT MASSAGE

Relax your tired feet and restore the natural energy levels. This therapy uses gentle to firm pressure on different pressure points of your feet. It is an ideal treatment after long walks, all day on high heels or intensive sport.

45 minutes

KIDS & TEENS MASSAGE

Touch is the first sense which develops in humans and it is essential for our health and well-being. Pamper your child with a relaxing massage to support the immune system, quality of sleep and skin hydration and nutrition. This therapy, suitable for children from 5 years of age, also helps to get energy into balance and stimulates the nervous system.

30/60 minutes

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AYURVEDA EXPERIENCE



ABHYANGA FOUR HANDS MASSAGE

Experience an extremely relaxing four hands full body massage. Two therapists perform the treatment in unison with synchronized movements. This is the perfect therapy for a busy mind, to disconnect from the world and to relieve muscle tension.

60/90 minutes

ABHYANGA MASSAGE

Abhyanga is an essential ayurvedic full body massage that releases muscle tension, relaxes tendons and joints. At the same time it significantly affects the lymphatic system, blood circulation and immune system. Herbal and coconut oil helps to unwind the mind and improves the quality of sleep.

60/90 minutes

SHIRODHARA FOUR HANDS MASSAGE

Treat yourself to a four hand massage that goes along the side of deep relaxation and perfect care. Two therapists perform the treatment in unison with synchronized movements. These massage techniques release muscle tension, calm the mind, reduce stress, anxiety and awaken intuition. The feeling of perfect calming is then evoked by a trickle of warm herbal oil, which the therapist lets run down the forehead from the place of the so-called “third eye” to the top of the head.

90 minutes

SHIRODHARA MASSAGE

Shirodhara is considered as the most relaxing Ayurvedic treatment. Warm oil running down the forehead in the place of the so-called “third eye” and gently spilling to the top of the head, brings soothing sensation to the mind and body. The steady pour of warm, herbal oil, begets calmness, facilitates relaxation and promotes tranquility. At the same time, it nourishes the scalp and the hair, leaving it looking healthier and shiny.

90 minutes

PINDA SVEDAN MASSAGE

Pinda Svedan combines ayurvedic full body massage and heated herbal poultices filled with a mixture of special herbs and rice.

The therapy significantly improves blood circulation, warms up and releases muscle tension. The treatment is perfect for people who feel cold.

90 minutes

FACE MASSAGE

Ayurvedic face massage takes care of the skin, reduces stress and improves your well-being. Neck and shoulder massage clears the mind from daily routine. The face treatment boosts production of your natural collagen and lifts the skin. Rose water and a herbal mask calms down the skin and has an anti-inflammatory effect.

60 minutes

CHILDREN'S MASSAGE

Ayurvedic massage for children from the age of 6 months. The treatment contributes to the child's proper development and restful sleep. The oil used in the massage is suitable for sensitive baby skin.

20 minutes

