

GRANDHOTEL  
**PUPP**

CARLSBAD  
1701

SPA  
FRANZISKA

MENU

# SPA FRANZISKA

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SPA FRANZISKA

# SIGNATURE EXPERIENCE



## SPA FRANZISKA

### 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*

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### 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 COLLOIDAL GOLD FACE MASK

A water bath with added peat combines the benefits of warm water and organic substances found in peat. It promotes blood circulation and muscle relaxation. It also helps to improve range of motion and to relieve inflammation. A pleasant feeling of contact with natural healing sources provides a total relaxation. Face mask with Peat and Colloidal Gold increases skin elasticity, improves tone, boosts blood circulation and treats sun damage. It is perfect for mature, dry or sensitive skin.

*20 minutes*

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## PEAT BATH WITH HEMP OIL FACE MASK

Peat bath combines the beneficial effects of hot water and organic substances from peat. It strengthens blood circulation and helps muscles to relax. Another benefit is improved mobility and alleviated inflammation. Peat face mask with hemp oil contributes to the balanced condition of the skin and its hydration, so it is ideal for oily or combination skin.

*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*

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## HERBAL OIL BATH

A relaxing bath with natural ingredients containing a highly concentrated extract of herbs and wildflower mixtures typical for the Karlovy Vary region. This bath soothes the nervous system and releases tension.

Water temperature: 34–37 °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*

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## 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.

*60 minutes*

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## 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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## SALT CAVE

Halotherapy is an alternative treatment that involves breathing salty air. It helps to treat respiratory conditions, such as asthma, chronic bronchitis, and allergies. The dry method of halotherapy is done in a man-made “salt cave” that is free of humidity.

*20 minutes*

SPA FRANZISKA

# FACE CARE

## ULTIMATE FIRMING & LIFTING GOLD FACIAL

Inovativní péče o pleť s pokročilou anti-age technologií. Zpevňující a liftingové ošetření využívá regenerační vlastnosti 24karátového zlata a vyhlazující účinky kyseliny hyaluronové. Zjemňuje vrásky, čistí póry a zvyšuje přirozenou tvorbu kolagenu, čímž zlepšuje strukturu pokožky i její pevnost a pružnost. Současně posiluje krevní oběh a má i výrazný hydratační účinek. Malé částice zlata se vstřebávají do pokožky a přispívají tak jejímu zdraví, svěžesti a zářivému vzhledu.

*90 minutes*

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## 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*

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## 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*



## BABY BLISS PREGNANCY FACIAL

Regain that beautiful pregnancy glow with this rehydrating soothing facial. Using an intensive nourishing oil, special attention is paid to relax your neck and shoulders followed by a heavenly scalp massage. This face care helps to go through the hormonal skin changes, visibly improves skin radiance and resilience, leaving your skin silky and glowing.

*60 minutes*

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SPA FRANZISKA

# 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*

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## 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*

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## 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*



SPA FRANZISKA

# 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*

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## 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*

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## 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*



SPA FRANZISKA

# 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*

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## 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*

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## 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*

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## 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*

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