Wellness in der Oberpfalz

Beauty Sauna Romantik | Garden Wellness

Stand Dezember 2018
Oberpfalz Romantik Wellness
A wealth of choices
In the Original House - Beauty & Sauna
In the Garden House - Pool & Garden Wellness
Interlude

Beauty-Sauna-Romantik & Garden Wellness
Relax, let go of daily cares and enjoy leisure time. This is more important than ever in our hectic world. The body and soul go hand in hand, yet they are not always in harmony with each other. Our body benefits the most when we do nothing. The body needs rest periods in order to draw on its inner strength.
The seven Pillars - Leave the stress of your daily life behind and immerse yourself in a wellness experience for body and spirit. Take pleasure in the wonderful treasures of nature, native herbs, products from the garden and the region, freshly prepared for you. Indulge in Hirschen natural beauty products.
**Pillar 1 Beauty** – Find your inner balance  
*Wellness should get under your skin - literally.*  
The Hirschen beauty credo: Tranquillity and relaxation bring out your inner beauty. The treatment program includes gentle organic peelings (using regional products, such as hay from the Laberwiesen, apples, honey, linden blossoms, rose, lavender and elderflowers) for the body, for the face, for a fresh complexion, right through to in-depth manicures and pedicures.

**Pillar 2 Harmony** – The unison of body and soul  
*True beauty comes from within.*  
In our hectic world it is not simple to maintain your inner balance. The body and soul go hand in hand, yet they are not always in harmony with each other. Our body benefits the most when we do nothing: The body needs rest periods in order to draw on its inner strength, to cleanse itself and to strengthen the immune system. This can be done through a foot reflexology massage, a soap lather massage, a full body aroma massage, a Panthai treatment with oil and heated herbal compresses or a LomiLomi massage.

**Pillar 3 Vitality** – Increased energy levels through fitness  
*Regular exercise is vital for the circulation, as well as for mental fitness.*  
Gentle physical training in a refreshing atmosphere is prescribed: Cardio fitness, Nordic walking, cycling in the Oberpfalz Jura countryside or golfing at Jura Golfdorado with 7 golf courses in the surrounding vicinity. Our hotel reception can organise the loan of Nordic walking sticks and touring bikes or E-mountain bikes.

**Pillar 4 Water** – The source of all life  
*Romantik Wellness - The source of a positive life-force.*  
Gather your strength from the source of well-being. We have a wide range of options to partake in the soothing effects of water: Regenerate in the indoor pool with countless massage jets, in the steam bath, or in the classic sauna with Kneipp facilities. Relax in a state of weightlessness in the floating water bed or in the whirlpool – bathing experiences with a difference.

**Pillar 5 Deep relaxation** – Immerse yourself  
in the flow of Chi and rediscover the centre of your being  
Acupuncture treatments from Dr. med. M. Kaiser are recommended for all types of allergies, chronic illnesses, musculoskeletal constraints and just simply to strengthen your fitness and well-being.

**Pillar 6 Nature** – Experiences in nature  
*Outdoor activities and experiences in nature are essential sources of inspiration.*  
Your well-being is enhanced by the qualities of the Oberpfalz Jura landscape with wild juniper slopes in the Labertal and rugged rock formations. The character of the surrounding landscapes and region determine the colour, material and furnishings of our wellness facilities. There is a strong emphasis on the use of natural materials in the interior décor, such as Sollnhofer natural stone, natural wood, natural fabrics, plenty of natural light and a supply of fresh air. The regional well-being specialities also take centre stage in our body treatments: honey scrub, apple peeling, apple cream bath, propolis foot peeling, hay bath, elderflower oil massage, linden blossom peeling,…

**Pillar 7 Healthy eating** – Pleasure  
*Physical well-being by means of a sensible, balanced diet.*  
A healthy, balanced diet plays a vital role in physical well-being. Natural, unprocessed, regional resources, freshly prepared in the Hirschen kitchen with an absolute minimum of additives, that is the basis of the quality vision of the Romantik Hotel Hirschen.
Regional Well-Being Specialities

Lavender foot peeling with herbal foot bath and subsequent foot massage
Dead skin cells are removed from the feet. Experience the scented secrets of herbs with divine bath oil in the herbal foot bath in a wooden tub. The relaxing foot peeling with garden lavender and subsequent massage boost the circulation.
30 min. 39,– €

Oberpfalz hay pack followed by gentle anointment of oil
Hay baths are renowned for their healing approach in the alleviation of joint pain, such as arthritis and rheumatism. What is more, they are stimulating for the circulation, and both detoxifying and purifying. We use hay from local Laberwiesen, freshly provided by farmers. Enjoy the effects of the delicate grasses, blossoms and herbs. This is followed by a gentle oiling of the whole body with a warm blend of hay seed oils
45 min. + 20 min. rest. 49,– €

Honey beauty wrap with goat buttercream
The cream wrap with natural and regional ingredients. With original Oberpfalz honey and goat buttercream. A metabolism enhancing, mineralising and hydrating body skin care treatment.
30 min. + 20 min. rest. 49,– €

Apple cream wrap
This apple cream wrap is a veritable fountain of youth. First, enjoy a glass of naturally cloudy apple juice made from our own harvest of Hirschen garden apples. Apples significantly strengthen the immune system due to their high vitamin, mineral and pectin content. Then, lay back in the exceptionally enzymatic natural bath for a long-lasting invigoration of the senses to regenerate and replenish your body.
30 min. + 20 min. rest. 49,– €

Rose & lavender peeling with subsequent back massage
If you no longer feel at home in your own skin, treat your body to this gentle peeling with rose petals and sea salt. Dead skin cells are gently removed, the metabolism is enhanced, and the skin is detoxified and purified. Then, relax with a back massage using nurturing homemade lavender oil.
60 min. + 20 min. rest. 69,– €

Honey scrub with subsequent back massage with ground linseeds
A full body peeling which boosts the metabolism in the most pleasurable way and refines the complexion. The honey originates from local Parsberg beekeepers. Your well-being is enhanced through the gentle back massage using warm elderflower oil.
40 min. + 20 min. rest. 49,– €
Enjoyment for all the senses
A total state of relaxation, followed by a rest period of approx. 30 minutes to avoid unnecessary strain on the circulation and to allow the body time to recuperate. Treat yourself to a cup of wellness tea from our tea bar.

Stone massage
The La Stone therapy is a fascinating combination of massage, energy treatment and the beneficial effects of warm basalt and cool marble stones. Dipped in warm oil, they glide over your body and relieve even the most persistent knots of tension and areas of pain.

80 min. + 20 min. rest. 99,– €

Dorn stone therapy and massage
The Dorn stone therapy and massage is a holistic method for bringing the body, spirit and soul into harmony. It is suitable for those with back problems, headaches, joint misalignment, muscle tension and stress. It is a unique combination of correcting the spine and joints, combined with a massage and energy treatment using warm and cold stimulation.

120 min. 129,– €

Dorn stone massage classic
Massage with hot and cold stones, spinal correction.

60 min. + 20 min. rest. 79,– €

Gentle Dorn method (Spinal and joint correction)
The Dorn treatment is a holistic method and therefore aims to treat the whole being, not only the symptoms. It is predominantly a gentle way to treat spinal displacement and the misalignment of joints.

30 min. 49,– €

Head / Neck massage - Cerebral balance
This relaxing massage balances conditions of stress in the head-neck-shoulder areas. It is ideal for all types of stress-related head/neck pains, migraines and back pains.

40 min. 49,– €

Relaxation massage - using the massage oil of your choice
Aromatic indulgent massage from head to toe with the essential oil of your choice. Trust in your own preferred sense of smell and state of mind - decide what is right for you.

45 min. 59,– €
60 min. 69,– €

Aromatic partial massage for the hardest-working muscles of the back and shoulder area

30 min. 49,– €

Select the essential oil you wish to be pampered with:
- Calming: Swiss pine, anti-bacterial massage oil blend
- Relieve cramps and stimulate circulation: Head and neck massage oil blend
- Harmonising and balancing: Elderflower massage oil blend
- Regenerating: Peppermint and menthol freeze massage oil blend
- Muscle relaxing: Lavender, camphor, St. John’s wort oil tension massage oil blend
- Delicately sensory: Red rose with rose oil and argan oil massage oil blend
- Stimulating / Relaxing: Ginger sensation massage oil blend
- Detoxifying and purifying: Honey oil massage oil blend
Massage Oil

Pantai
Drop everything and rediscover the centre of your being.

**LOMI LOMI Massage – The best antidote to stress**

**Hawaiian massage**
Lomi-Lomi-Nui is a Hawaiian full body massage which comprises the elements of massage, dance and energy. It has been the tradition in Hawaii to give the gift of the LomiLomi massage as a “gift from the heart” on special occasions. The LomiLomi massage flows rhythmically like a wave over the whole body and washes away cares, burdens and anxieties. The special lower arm technique and extensive flowing movements using warm oil make the Lomi massage an unforgettable experience.

- 80 min. + 20 min. rest. 99,– €
- 120 min. + 20 min. rest. 129,– €

**Herbal compress massage**

**Absolute deep relaxation from the power of herbs**
Using sage, mallow, woodruff, calendula, peppermint, rosemary, juniper, thyme
This massage originated in Asia. Heated herbal compresses are used to gently raise the body temperature. This massage stimulates the energy points of the body and activates positive energy whilst also cleansing the body of negative energy. For tension, anxieties, sleep disturbances.

- 60 min. + 20 min. rest. 89,– €

**SchaumWerk**

**Soap lather massage & back massage**
The body is cleansed, circulation is stimulated, and the skin radiates freshness. Find your natural balance and leave the cares of the day behind you. Then, enjoy a massage of the hardest working muscles in the back and shoulder area.

- 50 min. + 20 min. rest. 59,– €

**Foot reflexology massage**

**Activates self-healing powers**
Using reflexology therapy, blockages, irritations and knots in the muscles and the inner organs are targeted, stimulated and relaxed. Find you natural balance and boost your immune system.

- 60 min. + 20 min. rest. 59,– €

**Back fit package**

**Relaxation and recovery after sport and physical exertions**
45-minute back massage with subsequent warming wrap with goat butter vital balsam. Warms, relaxes, eases and supports regeneration and boosts circulation.

- 60 min. + 20 min. rest. 69,– €
Salin de BIOSEL

BIOSEL combines Asian energy teachings with Western phytotherapy. Each product is distinguished by a biosequentielle formula of the roots, bark, leaves and blossoms of various medicinal plants. To help balance the skin’s complexion, each BIOSEL product has its own specific energy identity relating to its active ingredient: yin or yang or neutral.

All BIOSEL facial treatments contain yin-yang regulating micro massages to fill the skin’s energy reserves.

BIOSEL does not use any parabens, propylene, glycol, sodium lauryl sulphate, sodium laureth sulphate, mineral oils, paraffin, synthetic colorants or ingredients of animal origin. BIOSEL does not test on animals or genetically modified organisms.

BIOSEL – The power of plants – 5 Function Facial Treatment

The following BIOSEL facial treatments target 5 functions of the skin. All treatments comprise a deep cleansing of the skin, a plant-based peeling, and ampoules and masks specifically customised to your skin type and made from natural plant extracts. Special yin-yang regulating massage techniques support the effectiveness of the products.

BIOSEL Cleansing - Skin protection
Quickly alleviates the skin-irritating effects of the outdoor environment. Provides the skin with the necessary energy and moisture to rebuild defences and protective layers. Includes relaxing neck and décolleté massage. incl. eyebrow styling

incl. eyebrow styling 90 min. 99,– €

BIOSEL Smoothness yin - Couperose & redness
Reduces surpluses of yang, stimulates the 3 cycles (energy, blood, lymph), releases blockages in the vessels. The skin is smoothed and refreshed. Includes relaxing neck and décolleté massage.

incl. eyebrow styling 90 min. 99,– €

BIOSEL Anti-aging contours - Face and eye area
Intensive BIOSEL facial treatment for mature skin. First, relax with a warming foot bath. During the facial treatment you receive a soothing hand and foot treatment (harmonising salt peeling and massage). Invigorating and revitalising, restores energy and elasticity to the tissues. Stimulates the 3 cycles (energy, blood, lymph), improves regeneration and elasticity of the tissues. Destresses, relaxes and smooths wrinkles, firms and radiates the skin.

incl. eyebrow styling 120 min. 124,– €

BIOSEL Anti stress – Well-being – Short treatment
BIOSEL introductory offer: Ampoules and masks, specially customised to your skin type, pamper your skin and improve the complexion. Special massage techniques support the effectiveness of the products. Releases stresses and tensions in the skin, improves the complexion of the skin

60 min. 79,– €

Facial treatment extras
Eyebrow or eyelash tinting 12,– €
Eyebrow plucking 12,– €
Hamam
Beauty treatments

Beauty treatments for Him and Her, Paraben-free

Soap lather and energy with head massage
This stimulating soap lather massage kick-starts your metabolism. Nourishing oils lavish your skin with a silky texture. Then, enjoy an invigorating head and face massage with moisture-rich and skin-soothing goat butter cream.

60 min. + 20 min. rest. 69,– €

Evening primrose oil cream wrap - Intensive care for your skin
A special blend of high-quality oils and creams lavishes your skin with intense nourishment (organic). Evening primrose oil, which is most effective for neurodermatitis, is the most valuable component of this body wrap.

30 min. + 20 min. rest. 55,– €

Pedicure
Holistic treatment of nails and feet using special scraper to remove calluses. Includes thorough foot massage and active care ingredients.

60 min. 49,– €

Manicure
Nails are cut and gently shaped using a system filing set. Thorough hand massage. The active care ingredient is a hand protection cream made from goat butter.

45 min. 45,– €

Facial Treatment - Totally Natural - Paraben-free

Facial treatment - totally natural, beauty treatment with rose, linseeds, cress, goat butter
▶ Mild facial, neck and décolleté cleansing
▶ Gentle peeling with beeswax, pathenol, vitamin E, rose
▶ Revitalising linseed oil mask
▶ Hand massage with energy point massage
▶ Finest facial massage with jojoba oil
▶ Intensive vital serum with skin firming extract from cress
▶ and intermittent refreshment from Hirschen Garden Wellness rosewater
▶ Finally, daily skin care (a blend of argan oil, olive oil, vitamin A and E, goat butter)

70 min. 79,– €

Surcharge for facial skin deep cleansing 15 min. 15,– €

For Men - Facial Treatment - Paraben-free

Facial treatment - totally natural, treatment with witch hazel, ivy, goat butter
▶ Mild facial and neck cleansing
▶ Revitalising witch hazel tonic
▶ Gentle calendula peeling
▶ Finest facial massage with goat butter and argan oil
▶ Intensive vital serum with tissue firming ivy extract
▶ Finally, goat butter daily skin care Q10

60 min. 69,– €

Surcharge for facial skin deep cleansing 15 min. 15,– €
Romantik Day Spa Packages
in the Original House | Beauty & Sauna

- Use of the steam bath, Finnish sauna and coloured light chamber
- Use of the bathhouse, 2 hours max. included
- Kneipp bathing technique with alternating warm and cold foot basins
- Rest in the relaxation room with calming music
- Wellness tea bar with freshly brewed teas
- Drinking fountain with mineral water
- Oberpfalz country buffet breakfast (9.00 - 10.30)

Relax and let go of every day cares
Herbal Energy generates Tranquillity
- Hayseed salt peeling in steam bath 15 min.
- Cream wrap with native herbs, boost the metabolism mineralising and hydrating 30 min.
- Soothing back massage with Swiss pine massage oil blend 45 min.
- Rest with a cup of wellness herbal tea 139,– €
  for hotel guests incl. late check out 109,– €

Treat yourself to sensory, revitalising refreshment
Red Roses
- Get in the mood with a refreshing rose sparkling wine
- Rose peeling - vitalising, delicately rose scented - a veritable fountain of youth enzymatic, replenishing, rich in minerals 30 min.
- Pampering massage with rose oil and argan oil - find your natural balance 45 min.
- Natural facial treatment - with revitalising rose water 70 min.
- Rest with a cup of wellness tea
- At home - Refreshment for the senses, rose water for the face and décolleté 199,– €
  for hotel guests incl. late check out 169,– €

Find your inner balance
Pampering Package for Mothers-to-be
- Greeting ritual “Well-groomed feet” with foot massage 30 min.
- BIOSEL 5 function facial treatment customised to your skin type 60 min.
- Gentle full body peeling with BIOSEL sea salt 30 min.
- Full body cleansing with a nourishing oil of your choice 10 min.
- Rest with a cup of wellness peppermint tea 189,– €
  for hotel guests incl. late check out 159,– €

Monday to Sunday
according to availability
9.00 - 15.00
Wellness Packages Garden Wellness

In the Garden House | Pool & Garden Wellness

- Use of the GardenSPA with indoor swimming pool, sauna, infra-red sauna, ice fountain, bucket shower, relaxation area, terrace and sunbathing lawns
- GardenSPA lounge with fruit and cakes
- Wellness tea bar with freshly brewed tea
- Drinking fountain with mineral water
- Evening wellness menu (18.00) with aromatic soup, our-piece gourmet tapas board and carafe of Parsberg water

Meaningful recuperation - find your inner balance

Revitalising Day - Take some time for yourself

- Get in the mood with a glas of Hugo - with or without alcohol
- Gentle elderberry peeling on the Hamam bed 30 min.
- Then, a full body massage with nourishing elderflower massage oil 60 min.
- Rest with a cup of wellness tea

139,– €
for hotel guests 119,– €

Stress relieving, inner ease

Honey and Linden Blossom Package

- Circulation stimulating honey foot peeling with herbal foot bath and foot massage 30 min.
- Honey scrub on the Hamam bed with ground linseeds 30 min.
- Honey beauty wrap full body treatment 30 min.
- Relaxing massage with honey and linden blossom oil 60 min.
- Rest with a cup of wellness tea with honey from the family beekeepers

189,– €
for hotel guests 169,– €

Loosen up the muscles and relax tissues

Interlude in the Hirschen Garden Wellness

- BIOSEL sea salt foot peeling with herbal footbath and foot massage 30 min.
- Soap lather massage on the Hamam bed 30 min.
- Energize with a head and face massage with skin soothin goat butter cream 30 min.
- Dorn stone classic, massage with hot and cold stones, spinal correction 60 min.
- Rest with a cup of wellness mint tea

199,– €
or hotel guests 179,– €

Saturday and Sunday only for hotel guests

Monday to Friday according to availability
14.00 - 20.00
**Togetherness**

**Romantik Dreams together in the Hirschen Bathhouse**

- **Honey foot peeling with herbal foot bath and foot massage**
- **Relaxing bath by candlelight in the duo whirlpool**
  - purifying and stimulating for the metabolism
  - with crushed ice
  - indulgent drink
- **Aromatic indulgent massage with the aroma oil of your choice 40 min.**
- **Relax in the coloured light chamber**
- **Rest with a cup of wellness tea**

Price for 2 persons, duration approx. 4 hours

\[ \text{for two} \quad 198,– € \]

Surcharge for Romantik Candlelight Menu (4 course)

\[ \text{for two} \quad 98,– € \]

**Sensory Interlude for TWO**

- **Bathing paradise in our bathhouse**
  - blissful rose petal bath in the duo whirlwanne
  - bottle of champagne (0.375l)
- **Soothing back and neck massage 25 min.**
  - with hot stones

Price for 2 persons, duration approx. 2 hours

\[ \text{for two} \quad 139,– € \]

Surcharge for Romantik Candlelight Menu (4 course)

\[ \text{for two} \quad 98,– € \]

**The Friendship Package, including Oberpfalz country breakfast**

**Inclusive services for wellness package in the original house**

- Use of the steam bath, Finnish sauna and coloured light chamber
- Kneipp bathing technique with alternating warm and cold food basins
- Rest in the relaxation room with calming music
- Wellness tea bar with freshly brewed tea
- Drinking fountain with mineral water
- Oberpfalz country breakfast buffet (9.00 - 10.30)
- Honey beauty wrap with goat butter cream 30 min.
- Let yourself be pampered with a revitalising linseed mask and Asian face and head massage 50 min.
- You each receive Hirschen rosewater to take home

Duration 09.00 to 15.00

\[ \text{for two} \quad 269,– € \]

\[ \text{for two hotel guests} \quad 209,– € \]
Floating water bed - an outstanding bathing experience

The bath respects the original nature of water and creates a well of calm, relaxation, spiritual and physical harmony.

The various essences of these treatments dispense complete relaxation. Relax in a warm water bed and let the nourishing products act on your body. You do not come into contact with the water. All bathing treatments are freshly prepared from regional products, such as organic paraben-free products.

All bathing treatments are freshly prepared from regional products, such as organic paraben-free products.

Goat butter cream wrap
The goat butter cream bath is particularly suitable for very dry, sensitive, irritated skin. The soft cream wrap has cell-stimulating, invigorating, anti-inflammatory, circulation boosting effects. The skin is optimally supplied with moisture and nutrients.

30 min. + 20 min. rest. 49,– €

Rose petal cream wrap
The moisture-rich, harmonising cream wrap with rose petals is rehydrating and balancing.

30 min. + 20 min. rest. 49,– €

Bolus alba enzymatic mud and native herbs
The metabolism stimulating, circulation boosting cream wrap with enzymatic mud is detoxifying and purifying. It is particularly recommended for tired, pallid skin. It stimulates cell regrowth.

30 min. + 20 min. rest. 49,– €

Whirlwanne – Relaxation for two in the bathhouse

A bath, lovingly prepared, is an effective source of beauty and vitality.

Enjoy relaxing in our bath tubs! The special shape and size of our tubs means that there is plenty of room for two.

Arnica salt water bath – Reactivating, soothing and warming for joints and muscles
Herbal salt water bath – Regenerating and revitalising
Balm salt water bath – Pure relaxation for exhaustion and stress
Elderflower salt water bath - Pure relaxation, balancing, harmonising

Subsequently, with crushed ice after the bath.

Enjoy a bath soak of your choice. Recommended bathing duration 30 min. 39,– €
Choose from:

Beauty Sauna Romantik

RomantikWellness
- Finnish sauna
- Steam bath
- Kneipp area
- Relax in the coloured light chamber
- Bathhouse with duo whirlpool & canopy bed
- Cardio fitness
- Rest area with tea bar & mineral water
- Beauty treatments for him and her
- Massages

Day SPA

Private SPA

Garden Wellness

GardenSPA
- Indoor pool with counter-current system
- Sun balcony, sun terrace
- Finnish sauna & infra-red sauna with coloured light
- Ice fountain with Kneipp shower
- Massages, soft pack bed and Hamam bed
- Rest area with tea bar & mineral water
- Sunbathing area
- Fitness with TechnoGym cardio devices

Acupuncture treatments from Dr. Kaiser
TCM acupuncture (traditional Chinese medicine)

The energy flows in your body are brought back into line. No energies are dispelled or supplied, they are just re-channelled correctly. The therapist precisely links with the correct points or point combinations. TCM acupuncture is a causal and energy circulation therapy and not a therapy for consecutive symptoms.

Acupuncture package
4 x Acupuncture treatment á 60 minutes
in 4 consecutive days

Total price | Direct invoicing from Dr. Kaiser 420,- €

Appointments for 2019

18.01.-21.01.19     25.01.-28.01.19     01.02.-04.02.19     15.03.-18.03.19     26.04.-29.04.19
Your welcome to visit us as a day guest

**Hirschens DaySPA offer**

Enjoy a fantastic relaxing day for all the senses and treat yourself to the gift of time. Take some timeout, leave your daily routine behind and immerse yourself in the magical world of wellness.

Bath robe, bathing slippers and hand towels can be loaned from wellness reception for a small charge.

**Share the gift of wellbeing**

If you are looking for a special gift idea – with Hirschens wellness gift vouchers you can give the gift of real pleasure.

**Reservations**

Our range of services is diverse and comprehensive, so we are happy to advise you personally. Please book your treatments as far in advance as possible. We recommend that you arrive for your treatment, wearing a bath robe, at least 10 minutes before your appointment and relax while you are waiting with a cup of wellness tea.

**Shower**

A warm shower shortly before a massage treatment relaxes the body, washes away dead skin cells and ideally prepares the skin for the nourishing massage creams and oils.

**SPA etiquette**

Out of consideration for other guests, we ask you to switch off your mobile phone whilst in the SPA area. The wellness areas of the Romantik Hotel Hirschen are smoke free zones. Please keep your voice to a low level throughout all wellness areas. The minimum age for the nude area is 14 years.

**Health**

Please inform us if you have any particular health concerns or issues. Let us know at the start of your visit if you have any current issues, such as high blood pressure, heart problems, metabolic disorders, allergies, if you are pregnant or have recently undergone an operation.

**Delays**

In the case of delays, it is unfortunately not possible to extend the treatment beyond the agreed appointment time. If you arrive late for the appointment, your treatment will be shortened correspondingly.

**Cancellation policy**

If you need to cancel an appointment, we ask you to inform us at least 24 hours in advance. Please bear in mind that we must charge for any appointments cancelled on the same day.

**Opening times**

Monday – Saturday from 11:00 – 20:00 / Sunday from 9:00 – 15:00

**Price / Services**

All prices include 19% value added tax. All previous prices and special offers not included in this price list are now void. We accept no liability for alterations, errors or printing mistakes. Our general terms and conditions are valid.