



MASSAGES & TREATMENTS

***BODY, MIND
AND SOUL
IN HARMONY***

ATLANTIC
GRAND HOTEL Bremen



Escape the stressful everyday life and recharge your batteries. Whether in the form of a full body massage or facial treatment – experience our regenerating massages, let our facial treatments revitalize you and enjoy your time out.

BACK MASSAGE

45 min.

Relieves tension in all back muscles, relaxes and enhances your general feeling of well-being.

ABHYANGA

60 / 90 min.

A traditional Ayurvedic massage performed with warm oil. The full body massage relaxes, strengthens the immune system, is rejuvenating and has a kind of cleansing and purifying effect.

FULL-BODY MASSAGE

45 / 60 / 90 min.

Relieves stress and tension and gives your skin a velvety feeling of well-being through a massage ritual with precious essential oils.

AROMA OIL MASSAGE

45 / 60 / 90 min.

Essential oils are massaged deep into the skin to stimulate the nervous and lymphatic systems. This massage relieves tension. The calming additives promote good sleep, relieve muscle tension and have a positive effect on a good body feeling.

DEEP TISSUE MASSAGE

60 / 90 min.

This massage is ideal for athletes as the slow, firm massage technique and deep-acting pressure is highly effective at treating and relieving muscular pain and tension.

LOMI LOMI NUI MASSAGE

60 / 90 min.

Traditional Hawaiian massage, dissolves physical and emotional blockages and harmonises body, mind and soul.

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available; bookings can be made prior to your arrival. For an individual consultation and information about our other treatments, please dial 100 for the reception desk.





PRICES

	45 min.	60 min.	90 min.
<i>Back massage</i>	€ 75.00	–	–
<i>Abhyanga</i>	–	€ 95.00	€ 125.00
<i>Full-body massage</i>	€ 75.00	€ 90.00	€ 120.00
<i>Aroma oil massage</i>	€ 75.00	€ 90.00	€ 120.00
<i>Deep tissue massage</i>	–	€ 90.00	€ 120.00
<i>Lomi Lomi Nui</i>	–	€ 95.00	€ 125.00



ATLANTIC Grand Hotel Bremen GmbH

Bredenstraße 2 · 28195 Bremen · Tel. 0421/620 62-0 · Fax -500
 grandhotel@atlantic-hotels.de · atlantic-hotels.de/grandhotel