



VILLA STEPHANIE

SPA & WELLBEING

BENEFIT FROM OUR VILLA STEPHANIE

SPECIAL OFFERS

On request and subject to availability.

WEIGHT LOSS • DETOX • THE KINGS WAY • STAY FIT, STAY HEALTHY
IMMUN BOOSTER • IMMUN CARE • HEALTH & BEAUTY

VILLA STEPHANIE DETOX & WEIGHT LOSS

Harmoniously nestled in the natural splendour of a private park and the Lichtentaler Allee,

Villa Stéphanie is located in the immediate vicinity of Brenners Park-Hotel & Spa, the principal hotel in the renowned Oetker Collection. The comprehensive spa concept reflects the hotel's decades of experience and expertise in the spa and medical realm ensuring both highly professional and effective results of the highest international standard. As a holistic destination spa, Villa Stéphanie places great emphasis on nutrition coaching and digital detox, thus underlining the importance and revitalising effects of a balanced diet and healthy sleep.

You will leave with the desire to return.



WEIGHT LOSS

Your new body feeling in 7 or 10 days

MEDICAL SERVICES

- 1x Medical examination
Comprehensive medical anamnesis
- 1x Blood analysis in order to check your metabolism and important vital substances

COACHING & PERSONAL TRAINING

- Entrance consultation with your Weight Loss specialist including one body analysis
- Elaboration of your personalised menu plan
- 6x Personal Training (60 minutes) (9x in 10 days)
- Final body analysis and a review of the results

TREATMENTS

- 1x Revitalizing muscle relaxation alkaline bath supporting your corporeal removal (30 minutes) (2x in 10 days)
- 1x Full body massage – A wellness massage that pampers your body and soul (60 minutes) (2x in 10 days)
- 1x Medical lymphatic drainage stimulating your lymphatic system for decongestion (60 minutes) (2x in 10 days)

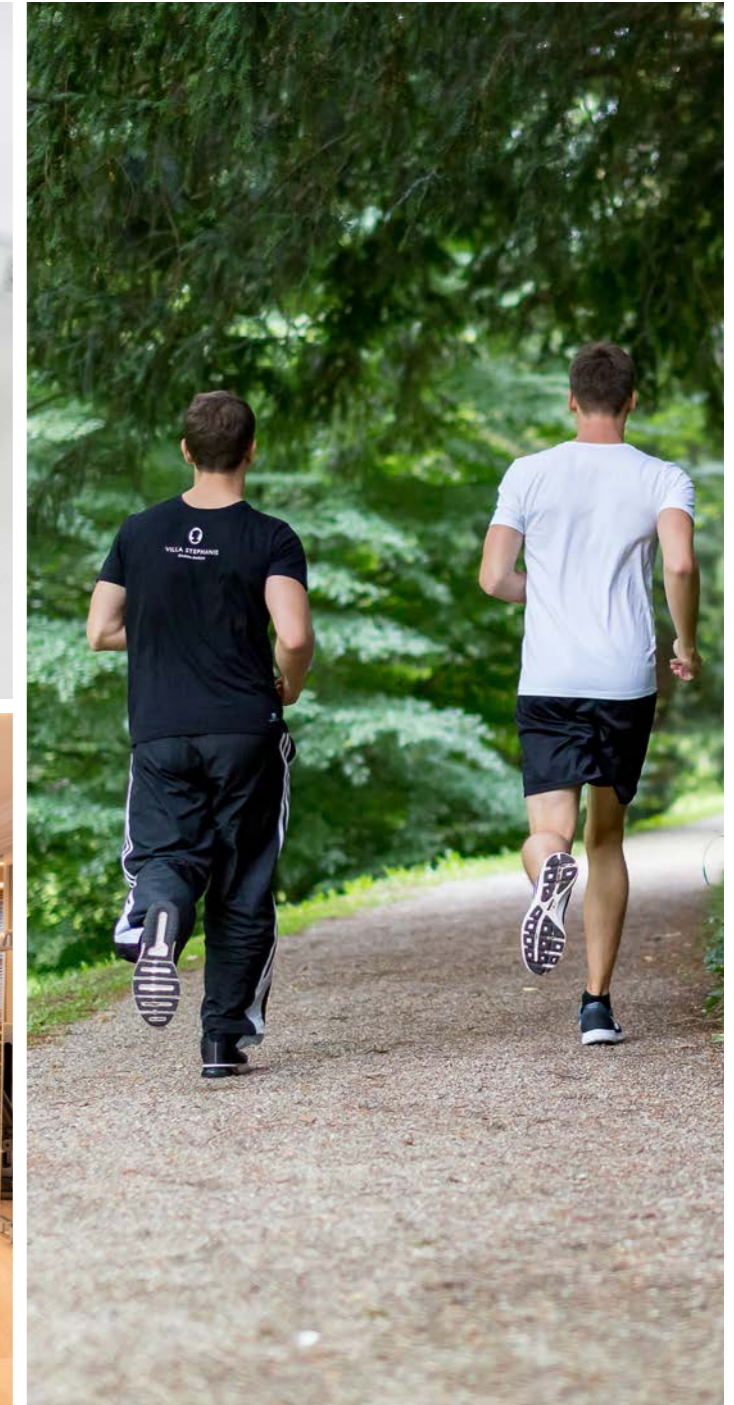
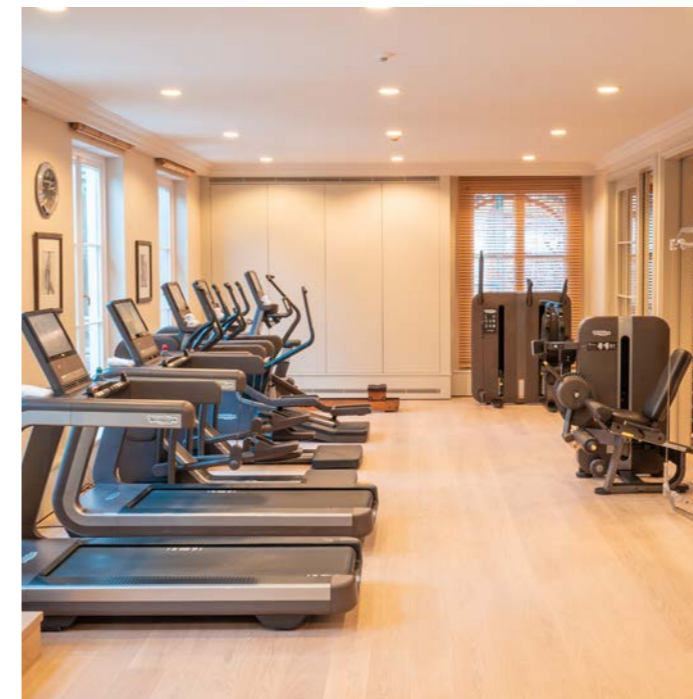
- 1x Detoxifying Body & Face Treatment activates your blood circulation, warm compresses and the Chlorella-algae wrap enhance the detoxifying effect for a refreshing well-being (90 minutes)
- 1x Intensive Slimming Body Care by Sisley – An intensive and firming body treatment for comprehensive action against cellulite (60 minutes)

BENEFITS

- Daily full board prepared in the Vitalizing Kitchen in accordance with your menu plan (Possible options: vegetarian, vegan, lactose or gluten free or low carb)
- Your personal Weight Loss host will be at your disposal during the whole stay
- Your individual Training plan for your workout at home
- Your tailor-made menu plan including recipes for you to take home

7 days 3.100 € per person (exkluding accommodation)
10 days 4.100 € per person (exkluding accommodation)

On request and subject to availability.



DETOX

Reboot your body and mind in 7 days

MEDICAL SERVICES

- 1x Medical examination
Comprehensive medical anamnesis
- 1x Blood analysis in order to check your metabolism and important vital substances

COACHING & PERSONAL TRAINING

- Entrance consultation with your detox specialist including one body analysis
- Elaboration of your personalised menu plan
 - 2x Personal Training (60 minutes)
- Final body analysis and a review of the results

TREATMENTS

- 2x Lymphatic drainage – Stimulating your lymphatic system for decongestion (60 minutes)
- 3x Thermo-Algae Mud Wrap – The warmth will make your body sweat and accelerate your detox process (60 minutes)
- 1x Foot reflexology massage – Increases circulation and boosts your immune system (60 minutes)

- 1x Clay Body-Treatment – Let your skin feel fresh and smooth (30 minutes)
- 1x Detoxifying Body & Face Treatment – Activates your blood circulation, warm compresses and the Chlorella-algae wrap enhance the detoxifying effect for a refreshing well-being (90 minutes)

BENEFITS

- Daily detoxifying tea, water and one freshly squeezed green smoothie in your room
- Daily full board prepared in the Vitalizing Kitchen in accordance with your menu plan (Possible options: vegetarian, vegan, lactose or gluten free or low carb)
- Your personal Detox host will be at your disposal during the whole stay
- Receive one personalised menu plan including recipes and a detox information brochure to take home

7 days 2.900 € per person (exkluding accommodation)

On request and subject to availability.



DETOX

Reboot your body and mind in 10 days

MEDICAL SERVICES

- 1x Medical examination
Comprehensive medical anamnesis
- 1x Blood analysis in order to check your metabolism and important vital substances

COACHING & PERSONAL TRAINING

- Entrance consultation with your detox specialist including one body analysis
- Elaboration of your personalised menu plan
 - 3x Personal Training (60 minutes)
- Final body analysis and a review of the results

TREATMENTS

- 2x Lymphatic drainage – Stimulating your lymphatic system for decongestion (60 minutes)
- 3x Thermo-Algae Mud Wrap – The warmth will make your body sweat and accelerate your detox process (60 minutes)
- 2x Foot reflexology massage – Increases circulation and boosts your immune system (60 minutes)

- 1x Clay Body-Treatment – Let your skin feel fresh and smooth (30 minutes)
- 1x Detoxifying Body & Face Treatment – Activates your blood circulation, warm compresses and the Chlorella-algae wrap enhance the detoxifying effect for a refreshing well-being (90 minutes)

BENEFITS

- Daily detoxifying tea, water and one freshly squeezed green smoothie in your room
- Daily full board prepared in the Vitalizing Kitchen in accordance with your menu plan (Possible options: vegetarian, vegan, lactose or gluten free or low carb)
- Your personal Detox host will be at your disposal during the whole stay
- Receive one personalised menu plan including recipes and a detox information brochure to take home

10 days 3.530 € per person (exkluding accommodation)

On request and subject to availability.



THE KINGS WAY

Signature weight loss cure in 10 days – by Dr. Harry F. König.

MEDICAL SERVICES

- Comprehensive laboratory analysis
- Medical body analysis to measure your level of purification
 - Personalised medical therapy
- Nutrition consultation (medical)
 - Body impedance analysis
- Physio therapeutic assessment
- Dietary consultation with your nutritional coach
 - Personalised programme assessment
- Dental Hygiene Treatments & Oil extraction in the dental practice
 - Aesthetic consultation

COACHING & PERSONAL TRAINING

- Daily lifestyle activity
- Daily Personal Training session
- Cardio, athletic and stretching

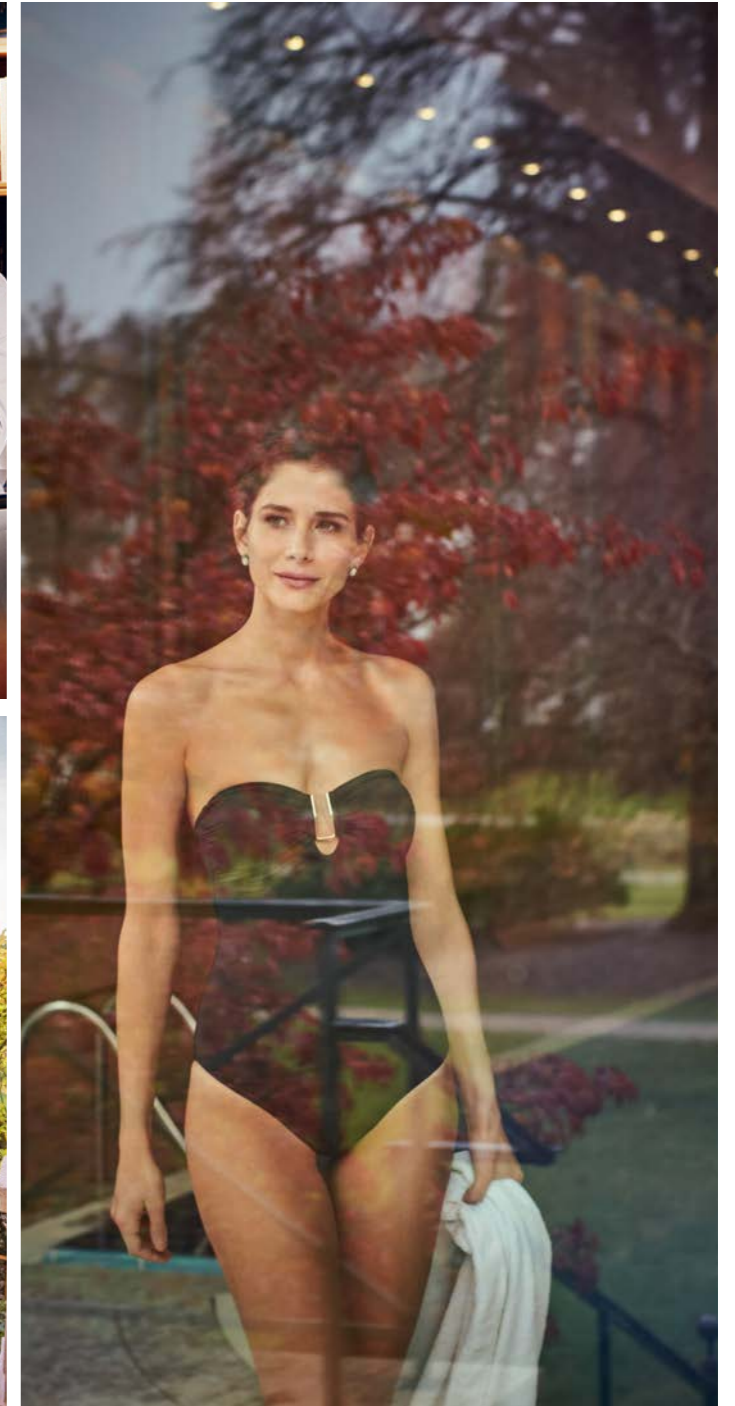
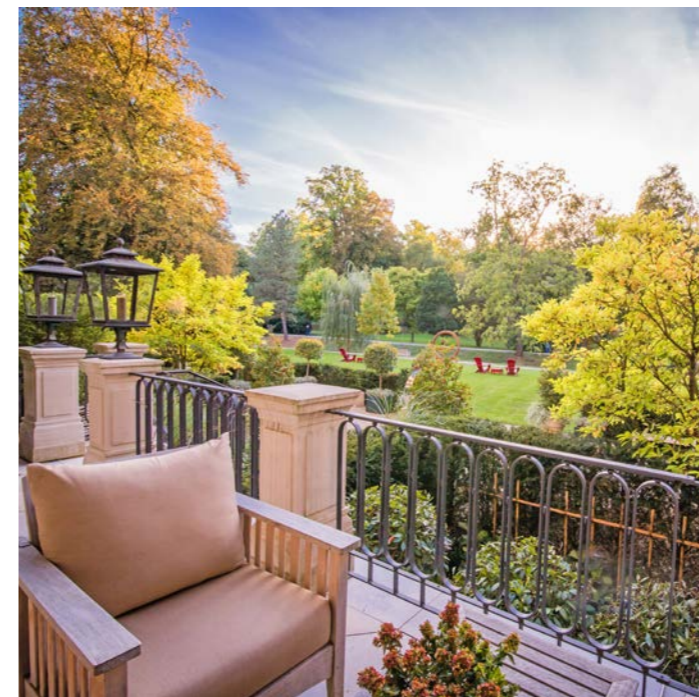
- 5 pre-cleansing days based on teas, smoothies and soups. In the second phase 5 days of vital cuisine (lactose- and gluten-free) based on an individual menu plan. Possible options: vegetarian and vegan.

TREATMENTS

- Daily Detox treatments
(up to 2 sessions per day – according to prescription)
- Detox treatment, body wraps and alkaline bath
 - Lymphatic drainage
 - Body Care treatment
- Twice daily liver cleanse treatment
 - Meditation and relaxation
- Daily herbal detox foot bath

7 days 9.900 € per person (exkluding accommodation)

On request and subject to availability.



IMMUN BOOSTER

In our programme we focus on stimulating the power of the immune system

In our program we focus on to stimulate the power of the immune system Preventive reinforcement and the development of an immune system that is resistant to external aggression is more important than ever, as it anticipates measures and prepares strong defence mechanisms.

MEDICAL SERVICES

- 1 x Medical consultation for individualisation of your immune booster procedure & 1x Blood test and laboratory diagnostics your metabolism and important vital substances
- 1 x Infusion to strengthen the immune system with vitamin C / zinc, homeopathic medicine
- 1 x Ozone therapy to stimulate the immune system
 - 2 x Oxygen inhalation with stimulation of liver metabolism

TREATMENTS

- Individual health diet with creation of your menu plan by a personal nutritionist
 - 1 x Personal Training (60 minutes)
 - 1 x Hiking (60 minutes)
 - 1 x Full body massage (60 minutes)

BENEFITS

An entire house has been dedicated to the world of spa. Stretching over five floors, it comprises a 500 square metres sauna, plunge pool, private gym and a ladies sauna. Inspiringly designed treatment rooms overlooking the garden.

3 nights 1.850 € per person
(exkluding accommodation)

On request and subject to availability.



IMMUN CARE

Best performance against viruses
by strengthening and stimulating your individual immune system.

Food supplements are part of the strengthening of our defences, trace elements, vitamins, allopathic and natural therapies and drugs. The basis is stress reduction and an appropriate lifestyle in combination with a healthy diet.

MEDICAL SERVICES

- Medical consultation for individualisation of your immune booster procedure & Blood test and laboratory diagnostics
your metabolism and important vital substances
- 3 x Infusion to strengthen the immune system with vitamin C / zinc, homeopathic medicine
- 3 x Ozone therapies to stimulate the immune system
- 3 x Oxygen inhalation with stimulation wrap of liver metabolism
 - 1 x Mental Coaching (60 minutes)

TREATMENTS

- Individual health diet with creation of your menu plan by a personal nutritionist
 - 2 x Personal Training (60 minutes)
 - 1 x Hiking (60 minutes)
 - 1 x Full body massage (60 minutes)
 - 1 x Lymph massage (60 minutes)

BENEFITS

An entire house has been dedicated to the world of spa. Stretching over five floors, it comprises a 500 square metres sauna, plunge pool, private gym and a ladies sauna. Inspiringly designed treatment rooms overlooking the garden.

7 nights 3.815 € per person
(exkluding accommodation)

On request and subject to availability.



HEALTH & BEAUTY

Your personal health ensures well-being, youthfulness and a long, fulfilled life.

Selected spa treatments and medical treatments tailored to you let you shine.

MEDICAL SERVICES

- Medical consultation including blood test and laboratory diagnostics
 - 1 x dental examination
- 1 x Professional tooth cleaning with instruction in oil extraction
- Consultation with professional face and skin analysis by Dr.YusufYildirim, Expert for aesthetic medicine

TREATMENTS

- Villa Stéphanie Vitality Kitchen
 - 1 x Body analysis
- 1 x Full body massage (60 minutes)
- 1 x Lymphatic massage (60 minutes)
- 1 x Classic Face treatment (60 minutes)

BENEFITS

An entire house has been dedicated to the world of spa. Stretching over five floors, it comprises a 500 square metres sauna, plunge pool, private gym and a ladies sauna. Inspiringly designed treatment rooms overlooking the garden.

4 nights 1.980 € per person
(exkluding accommodation)

On request and subject to availability.



SERVICES INCLUDED IN ALL PACKAGES

BRENNERS ACTIVITY PLAN

- Group fitness activities such as aqua fitness, yoga, nature experience, back training and fascia training
500 square metres sauna, plunge pool, private gym and a ladies sauna.

CHOOSE 10 NIGHTS IN YOUR PREFERRED CATEGORY

Only valid in combination with our Weight Loss and Detox Programme

Superior Stéphanie room (view onto the city or park, approx. 40 m²) – from 5.310 €

Deluxe Stéphanie room (view on the park, approx. 50 m²) – from 6.075 €

Spa Suite (view on the park, approx. 110 m²) – from 31.725 €

CHOOSE 7 NIGHTS IN YOUR PREFERRED CATEGORY

Only valid in combination with our Detox, Weight Loss Programme and Immun Care Programme

Superior Stéphanie room (view onto the city or park, approx. 40 m²) – from 3.717 €

Deluxe Stéphanie room (view on the park, approx. 50 m²) – from 4.253 €

Spa Suite (view on the park, approx. 110 m²) – from 22.208 €

CHOOSE 3 NIGHTS IN YOUR PREFERRED CATEGORY

Only valid in combination with our Immune Booster Programme

Superior Stéphanie room (view onto the city or park, approx. 40 m²) – from 1.593 €

Deluxe Stéphanie room (view on the park, approx. 50 m²) – from 1.822 €

Spa Suite (view on the park, approx. 110 m²) – from 9.517 €

Alternatively, we will be pleased to check availability in our Brenners main building.



BENEFIT FROM OUR 6=7 OFFER

until 30th June 2021.

Book six nights at Villa Stéphanie and the seventh night is with our compliments.
Only valid in combination with a Detox or Weight loss, Immune care program.





OETKER COLLECTION

Masterpiece Hotels

www.oetkercollection.com

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