

Arrive. Relax. Flourish

SPA Menu

Vitalis-ZRT® - Health Center & Vital SPA

For your vacation with an reverberation

At the Elzland Hotel Pfauen we take care of your well-being. You will take unique experience of wellness and health, diverse enjoyment and holistic recovery. As the first hotel in Germany we offer a health concept in the Vitalis ZRT® health center, wich has a preventive and therapeutic effect against many chronic diseases of civilization and strengthens and improves your vitality. The cell biological regulation!

All of our wellness applications and products support your regeneration and that of your cells.

Treat yourself to this luxury of health,
by the way from vacation or aware.
Have fun browsing the offers.

ZRT[®] – cell biological regulation therapy

Health is a pleasure – staying healthy means pure joy of life.

YOUR VACATION WITH REVERBERATION. Dr. med. Bernhard Dickreiter developed "Cell Biological Regulation Therapy" (ZRT[®]) effectively combines conventional medicine and naturopathy. In the Vitalis ZRT[®] health center you have the opportunity to combine your vacation with measures to preserve and improve your health. From prevention on vacation to health aspects that you can discuss with our consulting doctor, to individually tailored measures for exercise, nutrition, purification and relaxation. Health begins on a small scale, in the body cells. Improve the environment of your cells with the cell biological regulation therapy ZRT[®]. We are happy to be there for you and advise you personally and individually.

Vital SPA with Pharmos Natur[®]

We are using products of PHARMOS NATUR[®] Green Luxury for our face and body treatments. NATURE PUR on the skin. Unique depth effect - thanks to 100% Aloe Vera "Organic Leaf Juice" instead of water. With PHARMOS NATUR[®] you will experience the unique and regenerative effect of selected, adaptogenic healing and rejuvenation plants on your skin.

Our SPA menu for your vacation with a reverberation

Advice and Diagnostic in the Vitalis-ZRT® - Health Center

You have the opportunity to take advantage of individual medical advice and receive a health program tailored for you here and at home.

Medical Consultation	30 min	100,00 €
	60 min	200,00 €

Heart Rate Variability HRV	15 min	69,00 €
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The HRV measures the intervals between two heartbeats. These provide information about stress on the heart. It also forms the basis for optimizing your cardiovascular training.

Bioimpedanz Measure	15 min	35,00 €
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The measurement shows the composition of muscle mass, body fat, water content and your cell environment. Your metabolism analysis can guide your exercise and nutrition behaviour in the right direction.

Coaching

Personal. Individual. Just for you.

Physio-, Meditation/or Fitness coaching	30 min	49,00 €
	45 min	74,00 €
	60 min	98,00 €

Nutritional advice	60 min	98,00 €
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ZRT[®] Application

Biomechanical Stimulation (BMS) is part of the ZRT[®] -Concept as Therapy. It is a central component of the reorganization of cell metabolism. It brings vibrations that resemble natural muscle tremors from the outside into the body and this cleans your cell environment.

BMS Matrix – Handheld device 30 min 75,00 €

The handheld device enables our therapists to treat individual muscle areas, tendon and joints in a targeted, efficient manner.

BMS Matrix – Large Appliances 3 Personal-Coaching's 85,00 €

We have three prevention and therapy devices available. Stretching exercises, regeneration and strength development lead to increased muscle activity and a feeling of lightness. The large machines transmit the vibrations over a large area into the muscles and therefore can be used as a form of fitness training.

Within the framework of the ZRT[®] program, the guiding principle “First renovate – then train“.

Dr. B. Dickreiter

wIRA – Waterfiltered Infrared A 10 min 20,00 €

With this treatment, the tissue in the corresponding part of the body is warmed up to very deep areas, thus promoting the metabolism. This treatment will be applied after the BMS handheld device.

Infrared Sauna 30 min 20,00 €

Deep warming of the body activates the entire metabolism and promotes detoxification.

Body Treatments

Float on Water

Approach · Let go · Float

Sole Floating just for me	60 min	65,00 €
Sole Floating for two	60 min	85,00 €

Float to harmonizing sounds and soothing play of colours in the 36°C brine bath. Enveloped in the same temperature of water, air and body. The protected environment, the feeling carried by water, quickly dissolves stress and hectic everyday life. Floating also has positive effects on the muscles and skeletal system, as well as on the skin.

Baths

Soothing · Relaxing · Regenerating

Base Bath	50 min	55,00 €
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The Base Bath get rid of acids and pollutants. The ideal companion application for your ZRT® and base fast application.

Aroma Whirlpool Bath	25 min	35,00 €
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With wonderfully scented aromas, dip into our light whirlpool. The sparkling air bubbles massages your body gently from all sides.

Floating lounge

Weightless · Relaxed · Noticeable

ElzLand Vital Body Package	60 min	85,00 €
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The relaxing herbal oil "Relax and Move" from PHARMOS Natur relieves tension and invigorates muscles and joints. The naturally pure and intense body pack protects, cares and regenerates the skin and promotes blood circulation.

MUSCLE-RELAXING STROKE MASSAGE WITH A MATCHING BODY CREAM PACK IN THE FLOATING LOUNGER

Love Your Age Care Package	60 min	85,00 €
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The warmed body pack activates your skin, which you can feel and see. Specially developed for challenging skin.

PEELING WITH SILK GLOVES | BODY CREAM PACKAGE IN THE FLOATING LOUNGER

ANTI STRESS Care Package

50 min

69,00 €

Warm packed and almost weightless, you can let go of everything. With soothing ingredients and BIO Aloe Vera, this pack unfolds its particularly regenerating and restorative effects over the whole body. Enjoy this relaxation and well-being in the whole being.

GENTLE STROKING MASSAGE | BODY CREAM PACKAGE IN THE FLOATING LOUNGER

DETOX Body Package

50 min

69,00 €

A Peeling with silky gloves stimulates the blood circulation and strengthens the connective tissue. The detoxifying and firming body pack significantly improves the complexion. Feel liberated and light. The ideal companion for every fasting and regenerating cure.

EXCITING BODY PEELING | BODY CREAM PACKAGE IN THE FLOATING LOUNGER

Energetic Massages

Holistic · Mindful · Touching

Soothing Drops – Aromas for the senses

60 min

79,00 €

Essential oils also called the “soul of plants” and smell like paradise. The precious essences combine gentle touches with chakra and energy work on the back and feet. This treatment achieves a noticeable experience of wellbeing overall body.

Foot Reflexology Massage

60 min

85,00 €

The feet will be massaged with targeted thumb and finger pressure, in the reflex zones of which our entire body and organism is reflected. In this way, tensions will be released and pain will be alleviated.

Hot Stone Massage

90 min

105,00 €

Warm lava stones are distributed and applied during the massage to the energy centres (chakras) of the body. This massage loosens the muscles, promotes blood circulation and has a very relaxing effect.

Therapeutic Massages

Stimulating · Stabilizing · Palliative

The Physio Massage 60 min 85,00 €

The classic massage helps to remove blockages, relieve tension and relax the muscles with targeted grips.

Lymphatic Massage 60 min 85,00 €

Purify gently with lymphatic massage.
Lymphatic drainage is a physiotherapeutic measure in which the lymphatic flow is stimulated and excess water will be drained from the connective tissue with the help of targeted manipulations. It supports cell regeneration as part of our ZRT[®] Program.

Relaxing Massages

Relaxing · Harmonizing · Balancing

The ElzLand Relaxing Massage 60 min 80,00 €

Everyday life takes a back seat. Let yourself go and enjoy this wonderful massage. The muscles and you feel relaxed.

ElzLand Sports Massage 90 min 105,00 €

With stretching, powerful massage and other supplementary grips, this massage is specially designed for the needs of the athlete or a physically stressed body. Enjoy an intensive massage and feel how the muscles are loosened and tension is released.

From head to toe - Only the back 60 min 85,00 €

This intensive massage of the back of your body relieves tension and brings your entire back back into harmony.

Additional services - can be booked for every massage:

Stimulating · Purging · Releasing

Algae Peeling 30 min 49,00 €

Finely ground algae with organic aloe vera gently remove old dead skin. The peeling stimulates the blood circulation, strengthens the connective tissue and is the ideal preparation for any body application.

Care Rituals for face and body

Specially developed care rituals, carried out by mindful hands, ensure a silky, even facial skin, radiantly beautiful eyes, a firm décolleté, a smooth skin all over the body and limitless well-being. The highlight is the very special Aloe Vera fresh plant leaf during the treatment.

The freshness kick for the face and décolleté 45 min 65,00 €

The freshness kick for the face with aloe vera fresh plant leaf. The gentle treatment cools, regenerates and activates the skin's processes. Cell by cell is flooded with moisture and complex active ingredients. Your skin gets a wonderful radiance.

PEELING | ALOE VERA FRESH PLANT LEAF APPLICATION | FACE, NECK AND DECOLLETÉ MASSAGE | MASK | FINAL MAINTENANCE

ElzLand ANTI STRESS Ritual 90 min 120,00 €

Deep relaxation and deceleration for body, skin and soul. Come to rest and let go. Intensive wellbeing and balance on all levels.

GREETING RITUAL | ALOE VERA FRESH PLANT LEAF APPLICATION | BODY MASSAGE IN SUPINE POSITION

SUITABLE FOR: ANTI STRESS CARE PACKAGE IN THE FLOATING LOUNGER, 30 MIN - 40,00 €

ElzLand Nature of Men 90 min 120,00 €

Perfect care as men need. The products are specially tailored to the needs of men's skin. A holistic treatment of face and body with stretching and vitalization of the leg muscles.

GREETING RITUAL | FULL BODY MASSAGE WITH EXTENSION AND MOBILIZATION OF THE LEGS | ALOE VERA FRESH PLANT LEAF APPLICATION

ElzLand DETOX Ritual 120 min 145,00 €

Everything flows. The tissue is decongested and your lymphatic energy can flow again. The cell environment is freed. The tissue tightens, the skin is pleasantly supplied with blood and is smoother and more beautiful with every application.

GREETING RITUAL | PEELING WITH SILK GLOVES | BODY MASSAGE | ALOE VERA FRESH PLANT LEAF APPLICATION
SUITABLE FOR: DETOX BODY PACKAGE IN THE FLOATING LOUNGER, 30 MIN - 40,00 €

SPA – Partner Rituals

Partner SPA – Ritual

Enjoy a harmonious time for two in our Private SPA

“Kräuterstube” for Two

120 min

225,00 €

Private sauna pleasure for two with a harmonizing back massage and facial refreshment. Experience warmth, care and relaxation from head to toe.

ARRIVE AT A FOOTBATH AND A CUP OF TEA | HERBAL SANARIUM | HARMONIZING ELZLAND RELAXING MASSAGE BACK 30 MIN | FRESHNESS KICK FOR FACE WITH ALOE VERA FRESH PLANT LEAF

Time for Two

120 min

225,00 €

Enjoy a special time for two.

The scent of essential bath oils welcomes you to a unique bathing experience, immersed in a bath flooded with coloured light with a fine champagne sparkling effect. After this, you get a harmonizing back massage and facial refreshment. We serve a wellness refreshment with fruits and drinks.

AROMA- BUBBLY BATH | HARMONIZING ELZLAND RELAXING MASSAGE BACK 30 MIN | FRESHNESS KICK FOR FACE WITH ALOE VERA FRESH PLANT LEAF

Bathing Pleasure for Two

75 min

110,00 €

The scent of essential bath oils welcomes you to a unique bathing experience, immersed in a bath flooded with coloured light with a fine champagne sparkling effect. A refreshing body peeling to apply yourself smooth your skin, for a velvety beautiful feeling. We serve a wellness refreshment with fruits and drinks. A very special experience for the senses.

AROMA- BUBBLY BATH | SEAWEED PEELING | AFTER REST IN THE PRIVATE SPA WITH WELLNESS REFRESHMENT

Pampering program for the expecting parents

Babymoon bath for mom and dad

75 min

110,00 €

The scent of essential bath oils welcomes you to a unique bathing experience, immersed in a bath flooded with coloured light with a fine champagne sparkling effect. The provided „Avellana Oil Serum“ is the ideal baby bump care, the „Anti-Stress serum“ helps with mood swings and has a nerve-strengthening effect. We serve a wellness refreshment with fruits and alcohol free drinks. A very special experience for the parents-to-be. A very special experience for the parents-to-be.

RELAXING AROMA BUBBLE BATH | AVELLANA OIL SERUM FOR THE MOM-TO-BE APPLY ITSELF | ANTI STRESS SERUM FOR THE EXPECTING PERENTS TO APPLY YOURSELF | RELAXING IN THE TUB SPA WITH WELLNESS REFRESHMENT

Babymoon bath only for the Mom

35 min

45,00 €

An alkaline bath in the light bubble bath makes the skin soft, supple and supplies it with moisture. In addition, stretch marks are prevented and water retention is reduced. The provided Avellana Oil Serum is the ideal baby bump care for self-application.

RELAXING ALKALINE BATH | AVELLANA OIL SERUM FOR THE MOM-TO-BE APPLY ITSELF

ElzLand pregnant massage

60 min

80,00 €

Deep relaxation and deceleration for body, skin and soul, mom and baby. Come to rest and let go. Intensive wellbeing and balance on all levels allow mom and baby to relax equally.

GREETING RITUAL | BODY MASSAGE IN THE BACK POSITION

Feel Like my Baby

45 min

70,00 €

The warmed body pack makes the skin soft and supple and protects it from the stress caused by the growing baby bump. The floating lounge helps to relieve the back and you and your baby can relax with a pleasant water massage even at an advanced stage of pregnancy.