




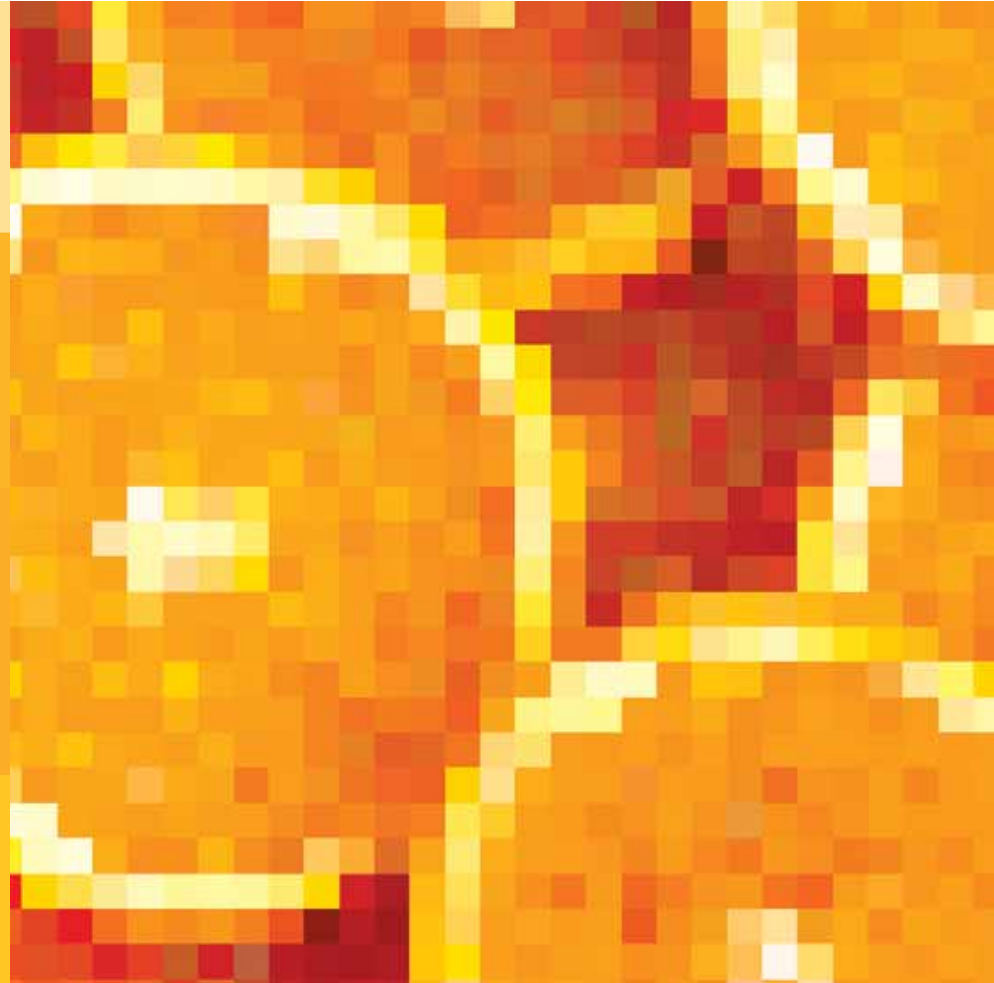
SIDE · Drehbahn 49, D-20354 Hamburg
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SPA inSIDE

BodySIDE

A classical Swedish massage technique using lavender skin care oils, will ease your neck, back and shoulder stiffness daily tension can bring about. This massage is also perfect for those with a sensitive skin.

25 minutes 35 €



Sportmassage

This massage is particularly soothing after a hard workout. With the help of lavender, your entire body will be thoroughly rejuvenated.

50 minutes 65 €

Revital SIDEd

A relaxing loofah and friction massage is followed by thorough rich exfoliation using Aloe Vera, camomille extracts, lavender, loofah and jojoba, stimulating your body and cleansing dry and irritated skin.

75 minutes 85 €

Indian Head Massage

This deep-acting head massage of the head including neck and shoulders using warm oils, concentrates on acupressure points. The treatment increases blood flow and conveys a sense of profound wellbeing.

50 minutes 65 €



Lymphatic Massage

It detoxifies the body, smoothes out the muscles and rejuvenates the skin. Natural oils based on jojoba, sunflower and almonds are being used.

50 minutes 65 €

Reflexology Massage

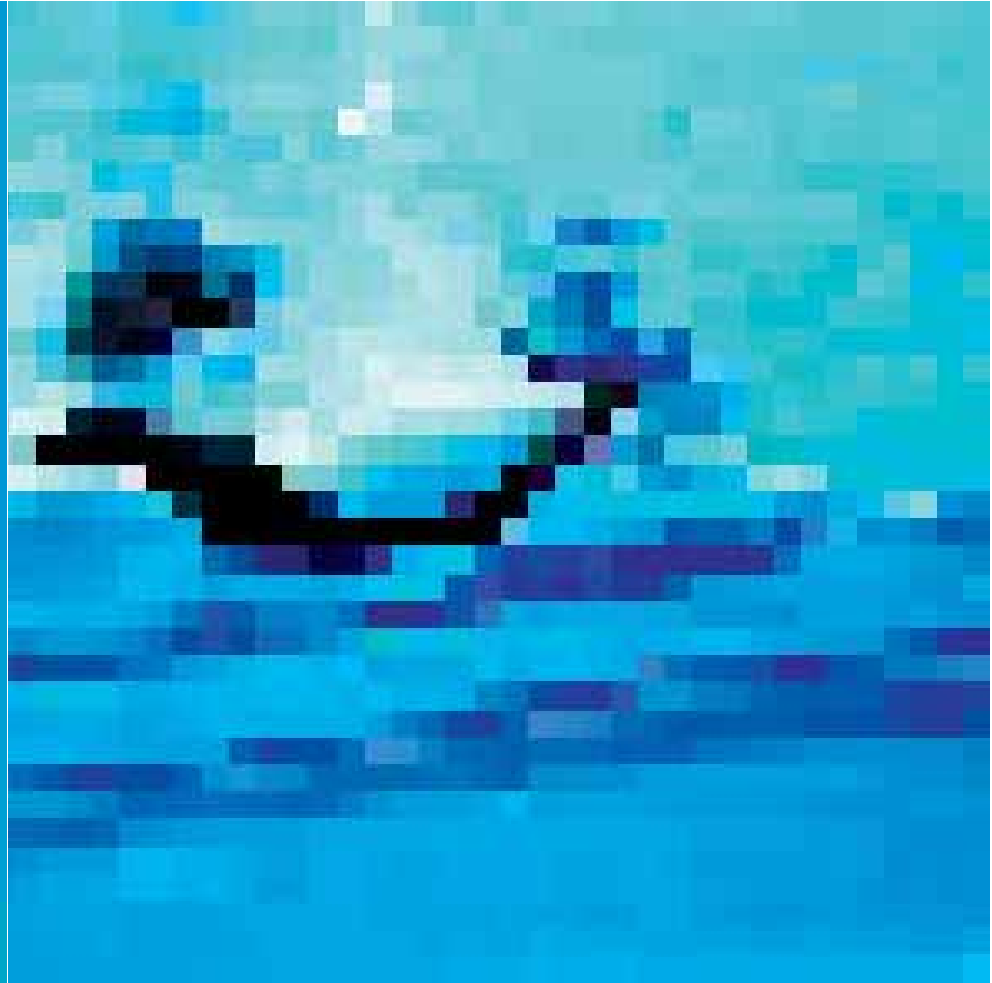
The acupressure points on the foot are stimulated to release hidden energies and generate a feeling of total tranquillity.

50 minutes 65 €

Total Body Wellness

This application begins with deep-cleansing sea salt exfoliation to revive the skin. The subsequent aroma oil massage has a reviving effect and is relaxing for the entire body.

100 minutes 100 €



Maskulin SIDE

This is a treatment in which, first dry and irritated skin on the back is cleansed and exfoliated with mineral salts. The skin's natural balance is then restored with a richly moisturizing total body massage.

50 minutes 70 €



STOP!

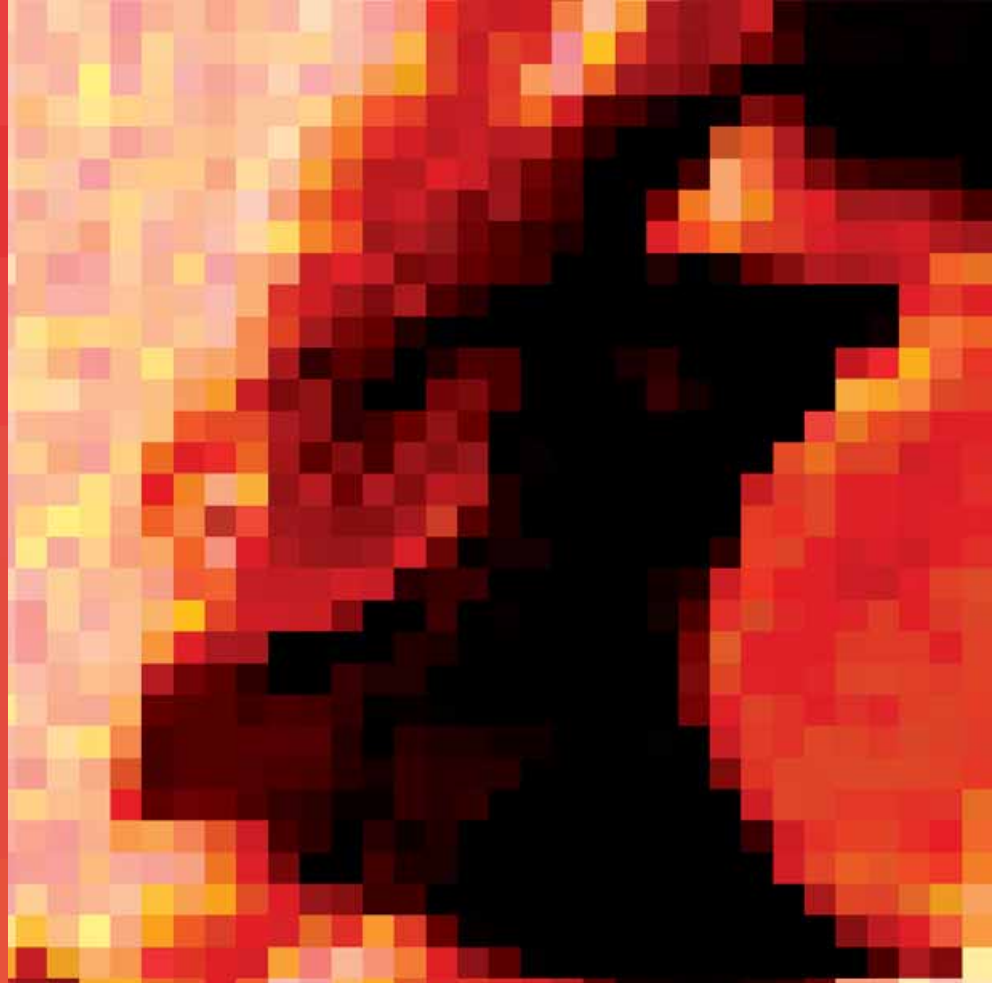
This 15 minute massage offers you complete relaxation for your body and soul. Just right for your lunch break.

15 minutes 15 €

SeaSIDE Salt Glow

For the summer vacation or a special day this total body exfoliation is accomplished for cleaning and renewing the skin.

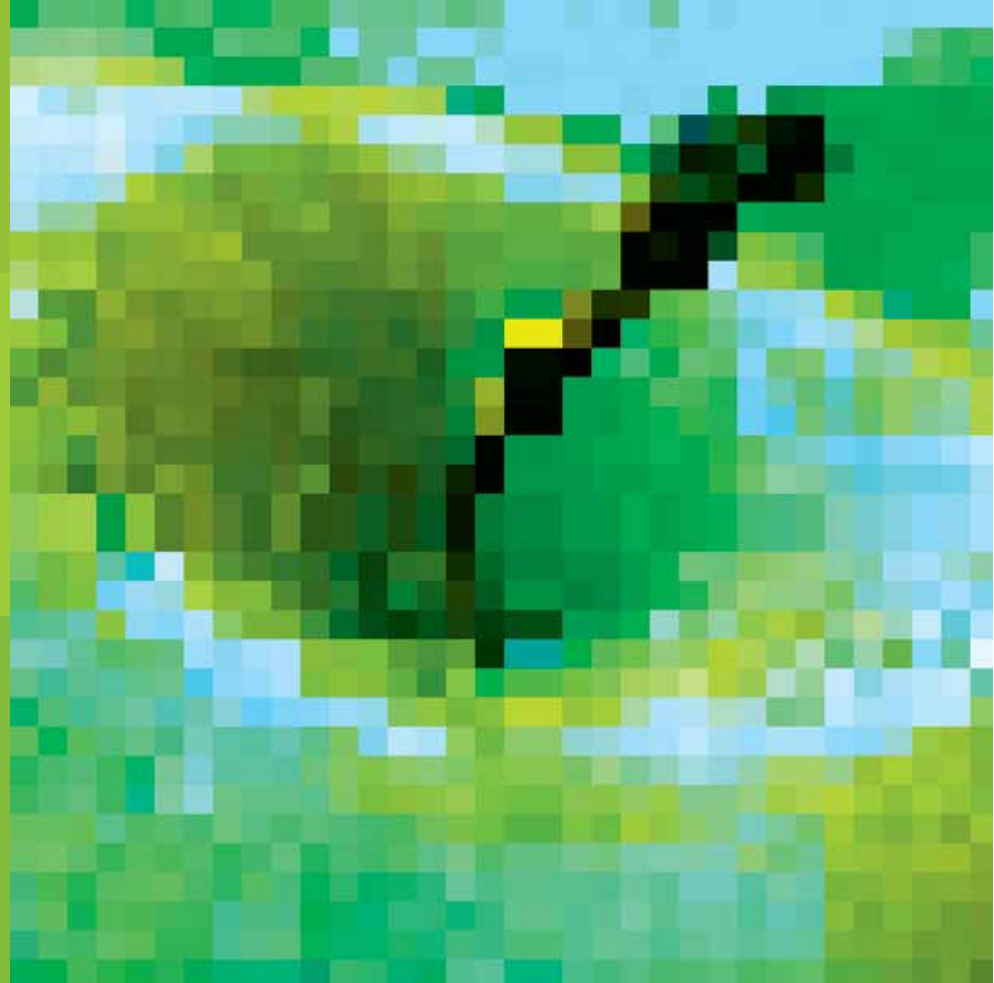
25 minutes 40 €



Traditional Thai Treatment

Looking back on a long tradition, with this pressure point massage the ten energy lines are stimulated by gentle move, acupressure and stretching. The entire body is stimulated in a pleasant way and receives a new adjustment and feeling from head to toe. The massage is accomplished in comfortable clothing and without oil.

75 minutes 95 €



Lomi Lomi Massage

This exotic massage goes deeper than simply relaxing tense muscles and soothing the spirit: Lomi is Hawaiian and translates as “massage, knead, press, rub and stroke”. Using lavish quantities of richly moisturizing almond oil, you are treated to a deeply relaxing massage which gently releases all the blockages in your body and restores your inner balance. A pleasure for all the senses.

90 minutes 120 €





bellybutton

PreNatal Relaxation

This program devotes special care for the head, hands and feet of expectant mothers. It is followed by total body massage where you can select between maintaining oil massage or a rich moisturizing massage.

50 minutes 60 €

Package their SIDE

Treat yourself to a special day so you can enjoy your pregnancy even more intensively:

- a 70-minute complete body massage with 'Creme Fresh' or 'Streifenlos' including a foot massage with 'Schwerelos' exclusively with bellybutton products
- a short, relaxing facial massage
- a vitamin cocktail
- bathrobe and slippers
- use of the SPA for the whole day with individual showers, cosy corners

Package price 95 €

Package her SIDE

Treat yourself to a special day of pampering in our SPA:

- a 75-minute OLE HENRIKSEN facial treatment
- a Revital SIDEd treatment with peeling and massage
- tea as desired
- bathrobe and slippers
- use of the SPA for the whole day

Package price 145 €

Package his SIDE

Treat yourself to a special day of pampering in our SPA:

- a 75-minute OLE HENRIKSEN facial treatment
- a masculine SIDE massage
- a vitamin cocktail
- bathrobe and slippers
- use of the SPA for the whole day

Package price 130 €

SIDE Effects

For trained runners, we have selected three quality routes. Please ask for our Jogging Maps:

- **Inner Alster 3 km**

Power Walk 45 minutes, Jogging 30 minutes

- **Planten un Blomen 4.5 km**

Power walk 45 minutes, jogging 30 minutes

- **Outer Alster 8.5 km**

Power walk 90 minutes, jogging 60 minutes



OLE HENRIKSEN face

The Ole Henriksen facial treatments comprise various elements which can be individually determined together with the cosmetician. A skin analysis is included in the first treatment.

50 minutes 65 €

75 minutes 80 €

100 minutes 105 €



SPA products

We use OLE HENRIKSEN face/body. These products can be purchased directly at the SPA or online in the SIDEcollection .

Gift certificates

Gift certificates can be purchased in our sales department for all treatments. We will be pleased to set up a special relaxation program for you.

Opening hours

Daily from 6 am to 11 pm

Treatment times

Monday till Friday 1 pm to 8.30 pm

Saturday, Sunday and public holidays 9 am to 7 pm

Appointment times apply to the start of treatment and are exclusively reserved for you. If you cannot make it to your appointment, please cancel at least 24 hours in advance to avoid being billed for treatment.

Day tickets

We offer day tickets at a price of 25.00 € per person (valid from Mon. to Thurs./not including treatments).