

SPA & WELLNESS

Exceptional relaxation



HOF VAN SAKSEN





TIME TO PAMPER YOURSELF

Visit Hof van Saksen, the greatest resort in the Netherlands, to really get away from it all. Spend time in a beautiful region with so much to do and relax with your family or friends. The perfect we-time.

But it's just as important to take some well deserved me-time: an opportunity to focus on yourself and do what you enjoy. In our busy lives we often take care of others at the expense of ourselves. A few hours in our Spa & Wellness may just be the wonderful me-time boost you need to recharge your batteries. The beautiful, soothing space offers a range of facials and body treatments, massages, pedicures and manicures.

Our ladies and gentlemen guests and young visitors can also choose from a number of tailormade treatments. And in between sessions or after your treatment, sit back and sample a delicious lunch or sip a healthy smoothie. In our sauna landscape you will find a Finnish sauna, Infrared sauna and steam bath. After that, cool off in the plunge bath or whirlpool. Or head straight to our sauna garden or relaxation area where you are completely free to relax. Or snooze, dream, read, lounge and rest. Also enquire about our tai chi or yoga workshops. We even offer yoga sessions for children! Known to revitalise the body and soul, these workshops are very popular for a reason.

So treat yourself to some me-time at Hof van Saksen and pamper yourself with some tender loving care. Afterwards you will be ready to take on the world.



Facial treatments



Body treatments and massages



Specially for our youngest guests



Manicures and pedicures



Sauna, gym and more



Spa etiquette

FACIAL TREATMENTS



All [comfort zone] treatments are accompanied by massages and begin with a Tranquility welcome ritual, designed to relax both body and mind. Everyone's skin is different and therefore needs personalised care and attention. Our beauticians are specialised in skin analysis and the methods involved in it. They will draw up a personal treatment plan with you.

Facial Treatment (for women)

74.50

Relaxing facial treatment – hydrating, calming, and purifying. A pleasant treatment that has been specially developed for what your skin needs at that moment.

This treatment consists of: a skin analysis, tranquility welcome ritual, cleansing, deep cleansing, removal of impurities, facial massage, mask, scalp massage and daily care.

 60 minutes

Facial Treatment (for women)

99.50

An exclusive anti-aging treatment The power of the high-quality ingredients and the active lift massage have a strengthening and lifting effect.

This treatment consists of: a skin analysis, tranquility welcome ritual, surface cleansing, fruit acid peel, eye mask, active lift mask, scalp massage, active lift massage and daily care.

 85 minutes

Men's Facial Treatment (for men)

74.50

An exclusive facial treatment for male skin that protects the skin against aging, dehydration, and impurities. It will give your skin a fresh and energetic appearance.

This treatment consists of: a skin analysis, tranquility welcome ritual, cleansing, deep cleansing, removal of impurities, facial massage, mask, scalp massage, and daily care.

 60 minutes

Organic Facial Treatment (for women and men)

74.50

A certified organic treatment that provides intensive nourishment for the skin.

This treatment consists of: a skin analysis, tranquility welcome ritual, cleansing, deep cleansing, removal of impurities, mask, facial massage, scalp massage, neck and neckline massage, and daily care.

 60 minutes

Skin Regimen Treatment (for women and men)

74.50

This is the perfect treatment for combatting modern forms of tiredness and an urban lifestyle. For women and men who are short of time and have stressed, dull, and aged skin.

This treatment consists of: a skin routine welcome ritual, cleansing with face roller techniques, deep cleansing or fruit acid peeling, removal of impurities, mask, scalp massage, and daily care.

 60 minutes

Enhance your treatment

29.50

Choose from:

- Eyebrow and eyelash tint
- Eyebrow shaping
- Upper lip and chin wax
- Daytime/evening make-up

 25 minutes

Enquire about further options at the Spa desk
or call +31-(0)592 24 59 69.


BODY TREATMENTS

Escape from your hectic life for a little while and experience the total relaxation one of our body treatments can bring. We use [comfort zone] products for all of our body treatments. [comfort zone] not only cares for and improves your skin and body but also has a positive effect on your well-being. The products, treatments and rituals involve the use of powerful natural ingredients, producing the most effective results. In administering our treatments, we use a unique method that combines both traditional and modern techniques, ensuring that your experience is an unforgettable one.

Body Strategist Tone (for women and men) **74.50**

A custom body wrap that strengthens, smooths, and softens your skin thanks to a scrub or peeling, and a nourishing anti-aging mask.


This treatment consists of: a tranquility welcome ritual, peeling, wrap, scalp massage and a body cream.

 60 minutes

Body Strategist Cellulite (for women and men) **74.50**

An intensive, detoxifying treatment with a drainage effect, using thermal water from Italy and essential oils. Detoxifies and relieves your skin where there are build-ups of cellulite and fluid.

This treatment consists of: a tranquility welcome ritual, peeling, wrap, scalp massage and a body cream.


 60 minutes

Active Bamboo Treatment (for women and men) **74.50**

A targeted and restorative body treatment that improves blood circulation and strengthens your muscles.

This treatment consists of: a tranquility welcome ritual, a body mask on arms, legs and stomach applied using specific Tui Na techniques and a short massage with the Bamboo massage roller on arms and legs.


The treatment is rounded off with a body cream.

 60 minutes

Himalaya Salt Treatment (for women and men) **74.50**

A detoxifying and nourishing body treatment using pink Himalayan rock salt that has an intensive healing effect on your skin.


This treatment consists of: a tranquility welcome ritual, heating your body with Himalayan rock salt, Himalayan salt wrap, scalp massage, and a nourishing body cream.

 60 minutes

Body Strategist Mother (for women) **84.50**

A wonderful body treatment for during and after pregnancy. The strengthening and nourishing effect of the natural active ingredients will improve your blood circulation, and reduce swelling (fluid retention) and stretch marks.

This treatment consists of: a tranquility welcome ritual, scrub, strengthening wrap, scalp massage and a nurturing body cream.

 60 minutes



RELAXING MASSAGE

Massages using [comfort zone] products are matched to the condition of your skin. [comfort zone] not only cares for and improves your skin and body but also has a positive effect on your well-being. Treat yourself to a moment of pure bliss by booking one of the massages below. A focus on you for an exceptional experience.

Aromasoul Ritual Scrub & Elements Massage 84.50

(for women and men)

This wonderful scrub treatment and massage takes you on a journey through the worlds of Aromasoul. The treatment starts with a choice of one of the four blends that will recur during the journey. Your body is scrubbed with the chosen blend, and then you will be given a relaxing massage.



75 minutes

Tranquillity Pro Sleep Massage

74.50

(for women and men)

This treatment provides deep relaxation, improved sleep, and a balanced mind. The synergy of a unique composition of essential oils, the tranquility sound, relaxing and soft touch of Ayurvedic and Indonesian techniques. Soft brushes are also used.



60 minutes

Relaxation Massage (for women and men)

69.50

A complete, relaxing body massage, which uses a wonderful, scented oil. A moment to give attention to yourself.



50 minutes



PERSONALISED MESSAGES

Give your body and your mind the attention they deserve. Make a reservation for one of the following treatments and relax.

Classic Massage (for women and men)

25 minutes

39.50

50 minutes

69.50

A vigorous massage of the back of your body.

During this treatment, toxins are removed, and your muscle function and metabolism are improved.

This massage is used for pain, excess muscle tension, and to combat tiredness and promote blood circulation.

 25 minutes / 50 minutes

Shiatsu Massage (for women and men)

72.50

Shiatsu is a Japanese massage technique that is used to bring balance to your body. In Japanese, shi means finger and atsu means pressure.


The massage therapist uses their thumbs, palms, fingers and their body weight to put pressure on acupuncture points and the meridians. This massage removes blockages at the physical, emotional, and mental levels, and restores balance.

 50 minutes

Foot Reflex Massage (for women and men)

72.50

Foot reflex is a pressure point massage, which is founded on the principle that the entire body can be found in the feet. All of the organs and body parts are connected to particular reflex zones in the feet by energy flows. This treatment can be a powerful stimulant for bringing balance to your body.


  50 minutes

Hot Stone Massage (for women and men)

69.50

A relaxing form of massage of the back of your body.

First your body is warmed up with warm volcanic basalt rocks. You are then massaged with the basalt rocks and by hand. This massage promotes the removal of toxins, relaxes your muscles, and has a calming effect against stress.

 50 minutes

Mother Massage (for women)

74.50

Submit yourself to ultimate relaxation of your body and mind. Your body may need some extra attention during pregnancy. This is a complete body massage that uses cushions filled with warm water. This massage is suitable for women who are in the 12th to 36th week of pregnancy.

 60 minutes

SPECIALLY FOR OUR YOUNGEST GUESTS

We have put together a range of treatments for the face, feet, hands and body, specially devised for children from 6 up to the age of 16.

Pretty Face

64.50

A wonderfully relaxing facial, specially designed for young skin. The skin is thoroughly cleansed and soothed, leading to a fresh, radiant complexion.

  45 minutes

Pretty Hands

64.50

With this treatment, the nails get filed. The hands are scrubbed, the cuticles get treated, and a nourishing cream is applied with a massage. The treatment ends with the painting of the nails.

The fingernail polish is a present worth 19.95 and can be taken home.

  45 minutes

Pretty Feet

64.50

The feet relax in a lovely foot bath. The nails are filed, the feet are scrubbed, and a nourishing cream is applied with a massage. Then the toenails are painted.

The fingernail polish is a present worth 19.95 and can be taken home.

  45 minutes

Pretty Body

64.50

This body treatment serves as an introduction to various massage techniques, including hot stone and aromasoul massage.

  45 minutes



MANICURE AND PEDICURE

Discover the products by O·P·I Pro Spa. O·P·I introduces Pro Spa the first and only professional range, that applies quality and efficiency to high-quality products that have been specially developed to care for hands and feet. The luxury manicure and pedicure formulas have been exclusively developed using the most exclusive ingredients to nourish and protect hands and nails. Pro Spa has a wide range of products.

Mini Manicure (for women and men)

39.50

During this treatment, we file your nails, care for your cuticles, and scrub and massage your hands with a wonderful hand cream. This treatment does not include nail painting.



25 minutes

Manicure (for women)

74.50

A wonderful and complete manicure treatment. During this treatment, we file your nails, care for your cuticles, and scrub and massage your hands with a wonderful hand cream. We paint your nails with the infinite shine nail varnish by O·P·I.

The coloured varnish, priced at 19.95, is a gift that you can take home with you after your treatment.



50 minutes

Pedicure (for women and men)

64.50

During this pedicure treatment, we will cut your nails, remove your callouses, and treat any corns and/or ingrowing toenails. We round this off with a nurturing foot cream.



45 minutes

Cosmetic Pedicure (for women)

74.50

A wonderful and complete pedicure treatment. Pure pampering for your feet. This treatment starts with a foot bath, then we file your nails, care for your cuticles, and scrub and massage your feet with a nurturing foot cream. We paint your nails with the infinite shine nail varnish by O·P·I.

The coloured varnish, priced at 19.95, is a gift that you can take home with you after your treatment.



50 minutes

Combi Pedicure (for women)

99.50

This luxury pedicure treatment soothes and pampers your feet. The treatment combines the two pedicures described above. At the end of the treatment, we paint your toenails in a colour of your choice with the infinite shine nail varnish by O·P·I.

The coloured varnish, priced at 19.95, is a gift that you can take home with you after your treatment.



85 minutes

SAUNA, GYM AND MORE

Hof van Saksen boasts extensive sauna facilities. There are a number of different saunas and between sauna treatments you can enjoy a light lunch, a snack and a drink. This is where your body and mind achieve total relaxation.

Finnish sauna

The pleasant heat of the Finnish sauna will allow you to completely relax. Stones are heated in the sauna to produce a dry heat. When you visit the Finnish sauna your blood circulation improves and it also has a beneficial effect on the immune system.

 60°C en 90°C

Turkish steam bath

The Turkish steam bath offers both relaxation and enjoyment. It consists of a room heated to around 55°C with humidity levels of almost 100%. The warmth and steam are beneficial to your airways, helping you to breathe more easily.

 55°C

Infrared sauna

The infrared sauna is a moderately warm room in which the heat of the infrared heaters is transmitted to the body without the intervention of air. The infrared rays are wonderfully relaxing and are effective in easing tired or painful muscles. It is a good idea to visit the infrared sauna before having the treatment..

 70°C

Plunge pools

There are two plunge pools in the Spa & Wellness. These can be found both inside as well as outside in the sauna garden.

Footbath

It's a good idea to warm up your feet in the footbath before entering the sauna. The temperature of the water will open up the pores and improve circulation. This will make it easier for your body to perspire in the sauna. You can also use the footbath when you come out of the sauna to help bring your body back to a pleasant temperature.

Jacuzzi

Once you have cooled down from the sauna, why not take a relaxing dip in the bubbles? The water jets and air bubbles create a relaxing effect. You will find the Jacuzzi outside in our sauna garden, where there are also loungers for you to use.



SAUNA, GYM AND MORE

Wednesday is swimwear day

Every Wednesday is swimwear day in our Spa & Wellness. On this day, guests can only access the sauna area in swimwear. The use of swim trunks, a bathing suit or bikini is mandatory all day. On other days, the use of swimwear is not allowed. Slippers are always mandatory.

If you feel more comfortable going to the sauna in your swimwear, then swimwear day is perfect for you. This is the perfect opportunity to discover what you like best: enjoying the sauna with or without swimwear.

Sauna admission

- For Hof van Saksen guests, including bathrobe rental **14.50**
- For external guests, including bathrobe rental **26.00**
- Sauna slippers **2.50**
- Towel rental (set of two towels) **4.50**



Gym workouts

Work up a sweat in our modern fitness room. Put on your sportswear, bring a towel and a get great free workout on any of the professional exercise equipment. The fitness room is only open to people over the age of 16 and is for the exclusive use of resort guests.

- Gym towel rental **2.00**



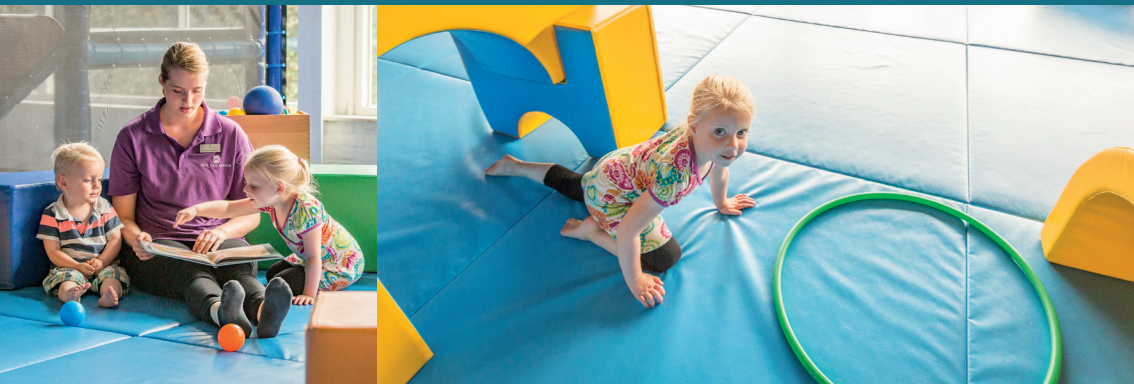
BABYSITTING SERVICE 'Bij Ot & Sien'

If you would like to enjoy a visit to the Spa & Wellness together, make use of the babysitting service provided by Bij Ot & Sien Daycare. Bij Ot & Sien offers daycare facilities for children aged 6 weeks and over and works with qualified, dedicated, and skilled staff who all hold a SPW 3 or 4 diploma and a certificate of good conduct.

The advantage of the babysitting service is that your children stay at Hof van Saksen. It costs € 20.00 per hour (including 21% VAT).

To avoid disappointment, we recommend that you book in advance. You can register for the babysitting service by contacting Bij Ot & Sien Daycare on **info@bijotensien.nl** or by calling **+31-(0)592 50 14 18** or **+31-(0)6 53 72 96 30**.

For the babysitting service, you will enter into an agreement with Bij Ot & Sien Daycare. Hof van Saksen is not a party to the performance of this agreement. Bij Ot & Sien Daycare is HKZ certified under ISO 9001.



SPA ETIQUETTE

Our Spa & Wellness is a place of relaxation and tranquillity. All of our guests have the right to privacy and peace. Please turn off your mobile phone and leave it safely in a locker while enjoying your time in the Spa & Wellness.

Good to know

- We recommend booking the various treatments and massages in advance to avoid disappointment.
- In the interests of hygiene, a towel must be used for sitting on and resting the feet on while in the sauna (except in the Turkish steam bath). Towels are available for rent at the desk in our Spa & Wellness.
- For pre-booked treatments, please arrive at least 10 minutes before your treatment is due to take place.
- The treatment times given are indicative and include any explanations, changing and/or showering.
- We recommend that you take plenty of rest and drink sufficient amounts following a treatment. This will allow the treatment to have the optimum effect.
- Anyone under the age of 18 must obtain permission from a parent/carer before undergoing treatments or massages.
- A parent/carer must be present during the treatment of children under the age of 14.
- Sauna admission is restricted to those aged 16 and over.
- Food and drinks brought into the premises may not be consumed in our Spa & Wellness.
- Hof van Saksen cannot be held liable for the loss or theft of items or valuable objects brought onto the premises by guests and accepts no liability for injury to persons and/or damage to property.



Gezondheidsvoorschriften

- Please inform us beforehand (when making your booking) about any allergies or injuries that might affect your treatment.
- Please provide the person providing the treatment with any relevant information, including medical details, before the treatment takes place and preferably on making the booking. For example, please tell us if you are pregnant or suffer from high blood pressure, have heart problems, epilepsy, etc., and if you are currently being treated by a specialist. In the event of doubt or if you have any specific questions, please consult your GP/specialist.
- Pregnant? We have treatments designed especially for expectant mothers. Our team can help you choose which treatment is most suitable for you during this special time.



Cancellation policy

Hof van Saksen retains the right to charge a certain percentage of the costs of the booked treatment in the event of cancellation:



Up to 24 hours before the start	50%
From 24 to 12 hours before the start	75%
Within 12 hours before the start	100%



Scan the **QR code**
to make a reservation
and find out more about
our Spa & Wellness.
You can also call
+31-(0)592 24 59 69.

*Price changes, printing errors and misprints reserved.
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