



valoali

spa • hamburg





## BALINESE WELLNESS IN HAMBURG

Our newest Balinese-inspired day spa with integrated hotel in Hamburg is designed to resemble a Balinese village.

Nestled in a vast, pastoral landscape with old trees and right next door to Golf Gut Glinde golfclub, a magical place awaits to whisk you away to a faraway world.

More than 36,000 square metres of relaxation awaits you: find your bliss in one of our many saunas with soothing fragancing ceremonies, kick back in a heated waterbed in one of the numerous relaxation rooms, cool down in a pool or enjoy a massage in one of the harmoniously designed treatment rooms.









At vabali spa your relaxation is our highest priority. Our unique and Balinese inspired ambience ensure a deeply relaxed holiday feeling. The various wooden artifacts, the warmth and the tranquility of the spa have a calming effect.

### **Relaxation Rooms**

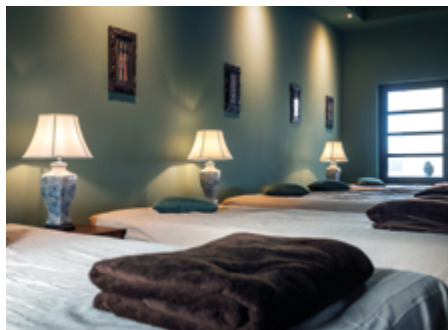
Rest in one of our numerous relaxation rooms, each equipped with heated waterbeds and a unique colour palette.

### **Pools**

The center of the textile-free sauna area is the indoor pool. The built-in tiles give off a deep turquoise tone in the water. Warm tones, wood, pillars, Buddha figures, and Frangipani flowers complete the picture.

### **Lounges**

In our lounges you can relax and enjoy our culinary selection.







## SAUNA AREA

The sauna area at vabali spa Hamburg impresses with its spacious, open design, diverse offerings, and its refined interiors constructed with organic materials.

Relax in one of our 13 saunas, each offering a balanced mix of soothing aromatherapy and fragrant treatments to treat the senses. Or experience deep relaxation in one of our steam baths, the laconicum and treat yourself to one of the exquisite infusions and ceremonies.

In addition to a varied, seasonal infusion plan, we offer peeling ceremonies several times a day.

The numerous saunas and steam baths, with temperatures between 45°C and 90°C, offer you to enjoy peace and relaxation and feel how body, spirit and soul come together in harmony.







## MASSAGE

A sanctuary of relaxation and harmony of mind, body and soul is offered at vabali spa Hamburg. This peaceful oasis delivers the perfect contrast to hectic city life, allowing you to find balance and tranquility away from the stresses of day-to-day life. Enjoy our classic massages or treat yourself to one of our regenerating and harmonic ceremonies or rituals, sure to revitalize you. Our team of experienced and trained therapists are on site to provide you with courteous and professional service.

Our exceptional Day Spa suites are also available for private treatments. Pamper your partner and yourself with a soothing bath and a partner massage, in addition to culinary delights from kitchen to cellar.

Please arrive at least 30 minutes prior to your scheduled appointment to ensure you are able to take full advantage of our services.

**We kindly ask you to make a reservation beforehand:**

Please book your preferred date online at [vabali.de](http://vabali.de)



Our massage treatments are only available in combination with an entrance fee. The entrance fee is not included in the massage price. The duration of your treatment will be credited towards the duration of your stay.



## CLASSIC MESSAGES

### CLASSIC PARTIAL BODY MASSAGE

Tensions and blockages are loosened and released with the focus on individual body regions such as the back, legs or facial area.

25 min. – 49 €

### CLASSIC FULL BODY MASSAGE

Tensions and blockages in the entire muscular system are loosened and released, with individual stretching and flexibility massage techniques bringing the body into harmony.

50 min. – 89 € | 80 min. – 119 €

### PURE RELAXATION

The combination of a classic back and foot massage lets you relax completely and leads to pure lightness.

50 min. – 89 €

### DEEP TISSUE MASSAGE

A special form of massage focusing specifically and intensely on deep tissue, promoting a perfect balance of musculature, tissue, and joints.

50 min. – 99 €

### CLASSIC AROMATHERAPY OIL

Deep relaxation for body and soul. Relax with a gentle massage and calming kneading with a natural essential oil of your choice.

25 Min. – 49 € | 50 Min. – 89 € | 80 Min. – 119 €

Please book your preferred date online at [vabali.de](http://vabali.de)



## EXCLUSIVE VABALI SPA OFFERS

### YOUR VABALI MOMENT

Our massage experts let their techniques be inspired by their diverse experiences and influences, incorporating them into a whole-body experience. Your vabali moment will always be unique and extraordinary. Enjoy and let yourself relax completely.

50 min. – 89 € | 80 min. – 119 €

### ARRANGEMENT FOR TWO

Enjoy a back massage and an intensive body wrap each. Finish off your time together with a glass of Prosecco.

80 min. – 189 €

### MASSAGE FOR EXPECTANT MOTHERS

Body and soul have special needs during pregnancy, and not all our massage treatments are suitable for expectant mothers. Everything is focused on the well-being of the mother in this specially coordinated massage, geared toward women between the 12th and 28th week of pregnancy.

25 min. – 49 € | 50 min. – 89 €

Please book your preferred date online at [vabali.de](http://vabali.de)



## MASSAGE RITUALS FROM AROUND THE WORLD

### LOMI LOMI NUI

This Hawaiian temple massage is simultaneously powerful and energetic. Gentle, wide massage strokes, primarily performed with the hand and forearm, bring you to a state of long-lasting deep relaxation and indescribable wellbeing.  
50 min. – 99 € | 80 min. – 129 €

### HOT STONE MASSAGE

With warm basalt stones, your muscles are gently loosened and energetically stimulated.  
50 min. – 89 € | 80 min. – 129 €

### FOOT REFLEXOLOGY

Reflex points on the sole of the foot are intensively stimulated and, in combination with a massage, provide new energy and pleasant balance.  
25 min. – 49 €

### ABHYANGA – AYURVEDIC OIL MASSAGE

Traditionally, this energetic massage is used to detoxify and harmonize the body. Warm sesame oil is gently massaged into the skin with changing grasp techniques. Exhaustion and stress are reduced while lymphatic flow is stimulated.  
50 min. – 99 € | 80 min. – 129 €

### GARSHAN PEELING MASSAGE

Enjoy this traditional Ayurvedic dry massage with exfoliating effect and relax afterwards with a gentle partial or full body massage. The peeling glove will be given to you after your treatment.  
50 min. – 99 € | 80 min. – 129 €

Please book your preferred date online at [vabali.de](http://vabali.de)





### PADABHYANGA

This soothing massage of the energy points on the foot and lower leg activates the body's self-healing powers. Congestion of the energy flow is counteracted and stress symptoms are alleviated.

25 min. – 49 €

### BAMBOO MASSAGE

With bamboo sticks, tensions and blockages are specifically massaged and the blood circulation is stimulated. A deep and intensive effect awaits you.

25 Min. – 49 €

**We kindly ask you to make a reservation beforehand:**

Please book your preferred date online at [vabali.de](http://vabali.de)





## PACKAGES

All-day relaxation for two in our wellness oasis. Enjoy our offers and services and round off your wellness day with a soothing massage.

### WELLNESS DAY CLASSIC

2x Day passes

2x Linen sets

(bathrobe & 2 sauna towels)

2x 25 min. classic massages

209€

### WELLNESS DAY PREMIUM

2x Day passes

2x Linen sets

(bathrobe & 2 sauna towels)

2x 50 min. classic massages

269€

We kindly ask you to book well in advance,  
as availability is not possible at all times:  
[massage@vabali-hamburg.de](mailto:massage@vabali-hamburg.de) | [vabali.de](http://vabali.de)





## DAYSPA SUITES

Treat yourself to a special time-out for two in one of the DaySpa suites in an exclusive ambience. Experience partner treatments and bathing rituals, accompanied by small delicacies and a choice of champagne, white or red wine.

2x Day passes  
2x Linen sets (bathrobe & 2 sauna towels)  
Soothing bath  
1 Bottle of champagne (0.375l)  
1 Bottle of mineral water  
Small delicacies from our kitchen

### DAYSPA SUITE CLASSIC

60 min. – 119 € per person

### DAYSPA SUITE PREMIUM

Additional 2x 25 min. classic massage  
120 min. – 179 € per person

### DAYSPA SUITE DELUXE

Additional 2x 50 min. classic massage  
150 min. – 219 € per person

We kindly ask you to book well in advance, as availability is not possible at all times:  
[message@vabali-hamburg.de](mailto:message@vabali-hamburg.de) | [vabali.de](http://vabali.de)







## FOOD & DRINKS

Our restaurant's lovingly arranged menu is an absolute culinary highlight. And best of all, our food is not only delicious, it is healthy too! Our chefs' dishes include Asian and Mediterranean creations as well as international classics. Our restaurant offers many vegetarian dishes, alongside our fish and meat dishes. Constantly changing seasonal creations are accompanied by an exquisite wine menu. Or try one of our creative and healthy home made beverages.

A harmonious selection of drinks tailored to our dishes rounds off the assortment tastefully; whether a fruit smoothie at sunset on the terrace, a delicious wine by the fireplace or a home made iced tea after the sauna - the restaurant and bar with lounge offer you a wide selection and complete your day at vabali spa Hamburg.





## HOTEL

Conscious holidays at the gates of Hamburg in unspoilt nature. Leave everyday life behind and treat yourself to the invigorating experience of Balinese harmony and balance with all your senses.

For the first time, the vabali spa & hotel Hamburg offers the perfect way to round off the vabali wellness experience. Furthermore, neighbouring golfclub Golf Gut Glinde is available to our guests seeking an athletic challenge.

We are thrilled to welcome you to the first ever vabali spa & hotel in Hamburg!

We are happy to reserve  
a room for you:

[info@vabali-hamburg.de](mailto:info@vabali-hamburg.de)





chabati  
spa

chabati  
spa







## ROOMS

Our comfortable hotel rooms and suites vary in decor, size, and style. However, they all share vabali's Indonesian-inspired design language. We have paid great attention to detail to create the perfect environment to kick back and unwind in. Unique Indonesian wood furniture featuring carved inlays, premium king size bed and spacious, colourful showers will remind you of summer nights on a distant island.

### CLASSIC

King size bed by Schramm | TV / WiFi / telephone | hair dryer | spacious shower / separate toilet | guest safe | complimentary coffee & tea | minibar (available at extra charge)

### PREMIUM

King size bed by Schramm | TV / WiFi / telephone | patio or balcony | hair dryer | spacious shower / separate toilet | guest safe | complimentary coffee & tea | minibar (available at extra charge)

### SUITE

King size bed by Schramm | TV / WiFi / telephone | patio or balcony | lounge area | hair dryer | spacious shower / freestanding tub / separate toilet | guest safe | complimentary coffee & tea | minibar (available at extra charge)



## VABALI SPA BERLIN

An Oasis of Wellness in the Heart of Berlin

Located in the heart of bustling and hustling metropolitan Berlin, vabali spa Berlin offers a peaceful space to reunite body, soul and spirit. Our unique day spa will leave a lasting impression. The strikingly extensive grounds, the facilities extraordinary architecture and the countless authentic Balinese touches inside and out invite you to enjoy the heavenly charm and tranquility of Bali. More than 20,000 square metres of relaxation await you: find your bliss in one of our many saunas with soothing ceremonies, kick back in a heated waterbed in one of the numerous relaxation rooms, cool down in a pool or enjoy a massage in one of the harmoniously designed treatment rooms.

 [facebook.com/vabalispa](https://facebook.com/vabalispa) ·  [vabalispa\\_official](https://instagram.com/vabalispa_official) · [www.vabali.de](http://www.vabali.de)



## VABALI SPA DÜSSELDORF

Exclusive wellness oasis in untouched nature

With 11 Saunas, three steam baths, two pools and numerous relaxation areas right in the middle of nature, vabali spa Düsseldorf is relaxation center where the body, mind, and soul can recover. Situated directly on the Elbsee, the extensive sauna grounds offer a breathtaking panoramic view of the lake with charming Balinese architecture, taking you away to the Far East . We are delighted to have created an exclusive wellness centre, expanding over 20,000 square metres, for our guests from near and far with the vabali spa at Elbsee in Düsseldorf.



## SAUNA GUIDELINES

Please take a moment to familiarise yourself with the following sauna guidelines. We appreciate your cooperation in ensuring that vabali spa remains an oasis of peace and tranquility for you and all other guests. Kindly refrain from speaking in all saunas and nap lounges.

### During your stay

Please store all valuables in your locker before leaving the locker room. Phone use is permitted in the reception area only. To help ensure privacy, mobile phones and all other camera-enabled electronic devices are prohibited throughout the spa facilities. Please keep these in your locker at all times.

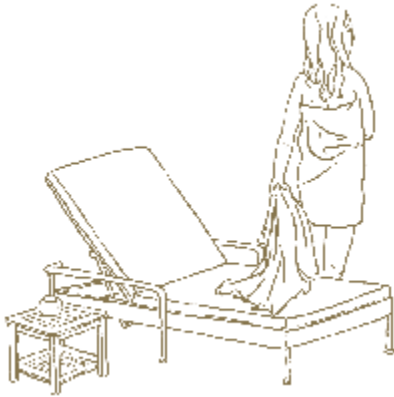
Vabali spa is a textile free environment, swimwear is not permitted. We kindly request that all guests cover up with a towel or bathrobe outside of saunas and pools. Bathrobes are required in the restaurant and adjacent lounge areas.



Please be courteous towards other guests and refrain from reserving loungers. Instead, you may deposit your belongings in one of our numerous storage cubbies. Our staff is instructed to clean up items left behind at unattended loungers so that all guests may easily find a place to relax.

Smoking is permitted in designated outdoor areas only. Seating is available.

Please limit physical displays of affection. Sorry, waterbeds and loungers may not be shared.



Our chefs have crafted a selection of delightful, freshly prepared meals and snacks. Except for water in non-breakable bottles, your own food and drinks are not permitted at vabali spa.

### **Massage appointments and Check in**

Our massage treatments are only available in combination with an entrance fee. The entrance fee is not included in the massage price.

The duration of your treatment will be credited towards the duration of your stay.

Please check in well in advance of your massage (we recommend 60 minutes prior to your appointment). Availability is limited, pre-booking online or by email is recommended. Our cancellation policy applies for online bookings.

For more information about your treatment, please visit our website or contact us at:  
[message@vabali-hamburg.de](mailto:message@vabali-hamburg.de)

**We kindly ask you to book massages in advance:**

Please book your preferred date online at [vabali.de](http://vabali.de)





## INFORMATION

### Opening Hours

9 am – midnight daily

### Rates

Monday through Friday

2 hours: .....	25,50€
4 hours: .....	34,50€
Day pass: .....	43,50€

on weekends, bank holidays, during  
Christmas Holidays, and for vouchers:

2 hours: .....	27,50€
4 hours: .....	37,50€
Day pass: .....	47,50€
11 x 2 hours: .....	255€
11 x 4 hours: .....	345€
11 x day passes: .....	435€

You may pre-book your entry online.  
Without a reservation, there may be  
considerable waiting times and  
admission may be stopped due to  
limited capacities.



Children have access to our facilities from 12 years on  
when accompanied by their parents.



YOU CAN ALSO FIND OUR  
ENTIRE OFFER ONLINE AT  
[www.vabali.de](http://www.vabali.de)







### Contact

vabali spa Hamburg · In der Trift 1 · 21509 Glinde  
Tel. +49 (0)40 298 355 000 · Mail. [info@vabali-hamburg.de](mailto:info@vabali-hamburg.de) · [www.vabali.de](http://www.vabali.de)  
 vabalispaspa ·  vabalispaspa\_official

We are looking forward to your feedback



On Google:

Scan the QR code with the camera of your mobile phone or a QR code app.



On Instagram:

Open Instagram app and scan Nametag in the app with the camera.

©Vabali Spa Hamburg GmbH & Co. KG · Dated: October 2023  
All offers are subject to change.



*balnoli*  
spa

100%  
ÖKOSTROM