

PULLMAN STUTTGART FONTANA  
YOUR REGENERATION



fitandspa  
LOUNGE

## **FIT AND SPA LOUNGE – AN EXPERIENCE FOR BODY AND SOUL**

Recharge your batteries at the Pullman Stuttgart Fontana and enjoy your own personal spa day in our 1,200-square-metre spa with large swimming pool, sanarium, Finnish sauna, steam room, whirlpool and ice fountain. Make time for yourself and enjoy a quiet break on the sun terrace. Revitalise your body with a fitness programme and exercise on cutting-edge Technogym equipment or go running on one of our jogging routes in the surrounding nature. Then spoil yourself with a luxurious massage or exclusive treatment.

We wish you a warm welcome to our Fit and Spa Lounge.  
The Pullman Stuttgart Fontana team

### **OPENING HOURS**

**Spa Lounge:** 6 am–10 pm; from 10 am for non-residents;  
sauna from 10 am–10 pm

**Fit Lounge:** around the clock; from 10 am–10 pm for non-residents

- Changing cubicles are available. A bathrobe, slippers and towel will be provided.
- Disposable swimwear can be bought from spa reception.
- You can find a range of light meals and drinks on our menu.

### **PRICES**

**EUR**

**Early Spa for pool and saunas**

20

Mon–Fri from 10 am to 4 pm

**Day Spa for pool and saunas**

30

Mon–Fri from 4 pm to 10 pm

Valid all day at the weekends and on public holidays

#### **Best Friends tariff**

The second person receives a 50% discount on the individual entry price.

**10x Early Spa pass for pool and saunas**

180

**10x Day Spa pass for pool and saunas**

270

- When booking a treatment costing at least EUR 80, one person will be granted free entry to the spa for one day. A EUR 10 discount will be applied to the entry price for one person if a treatment costing EUR 45 or more is booked.

Additional information can be obtained by sending an email to [h5425-th@accor.com](mailto:h5425-th@accor.com) or by calling +49 711 730-2900.



**PROFESSIONAL SKINCARE  
FOR THE DISCERNING MAN**

**DURATION      EUR**

**Mission Royal**

Head and neck massage, refreshing cleansing, deep tissue treatment with active agent concentrates and mask, eye refresher, final treatment.

**60 min.      60**

**Men's World**

Neck massage with buffalo horn; combined with facial.

**35 min.      35**

**YOUR INDIVIDUAL FACIAL –  
FIGHT THE SIGNS OF AGEING**

**DURATION      EUR**

**Beauty Flirt**

Two-phase cleansing, peel, face massage.

**45 min.      45**

**Pure pampering programme**

Deep cleansing, peel, active agent concentrate, face massage, final treatment.

**60 min.      65**

**Deluxe pampering programme**

Deep cleansing, enzyme peel, active agent concentrate, face massage, mask and final treatment.

**90 min.      95**

**Intensive luminous royal teint**

Deep cleansing, enzyme peel, lifting active agent concentrate, massage, active agent fleece face mask, Active agent pads for the eyes, and final treatment.

**90 min.      120**

### **ADDITIONAL TREATMENT FOR THE FACE – THAT SPECIAL SOMETHING EXTRA**

#### **Basic – eyes open**

Cleansing, active agent concentrate,  
eye mask or massage, final treatment.

**DURATION      EUR**

20 min.      25

#### **Fill up on happiness – pure care and moisturisation**

The quick 'make-me-beautiful' treatment for your skin:  
the five-ampoule elixir will quench your skin's thirst  
and leave a lasting effect.

15 min.      25

#### **Deluxe – for your eyes**

Cleansing, active agent concentrate, eyebrow tidy,  
eyelash and brow dyeing, final treatment.

30 min.      40

### **TOP UP YOUR ENERGY WITH WELLNESS MESSAGES**

#### **Relaxing (lavender and mint)**

Welcome ritual, peel with sponges,  
wellness massage, facial cleansing and massage,  
relaxing final treatment and refreshments.

**DURATION      EUR**

**Individual price per person**

110 min.      150

**For two people at the same time**

110 min. p.p. 110

#### **Balancing (cashmere and wood)**

Welcome ritual, Garshan peel, wellness massage,  
facial cleansing and mask, final treatment and  
refreshments.

**Individual price per person**

120 min.      125

**For two people at the same time**

120 min. p.p. 95

#### **Energising (lime and mandarin)**

Welcome ritual, full-body massage with shiatsu  
techniques and hot lava stones, facial cleansing,  
peel, active agent concentrate, massage, revitalising  
final treatment and refreshments.

**Individual price per person**

110 min.      110

**For two people at the same time**

110 min. p.p. 85

#### **Sweet temptation for skin that looks good enough to eat**

Aromatic foot bath, hot chocolate (pack) massage  
and refreshments.

**Individual price per person**

70 min.      80

**For two people at the same time**

70 min. p.p. 60

## RELAX WITH WELLNESS MESSAGES

	DURATION	EUR
Pure massage (partial-body massage)	30 min.	45
Deluxe massage (full-body massage)	60 min.	80
Ayurveda wellness massages	60 min.	90
Lomilomi	60 min.	90
Hot Stone massage	70 Min.	90

## PACKS AND PEELS

Mineral salt full-body peel	15 min.	20
Full-body pack with deep-cleansing mud from Germany's Vulkaneifel region	40 min.	45
Moisturising full-body pack	40 min.	45

## HAND AND FOOT CARE

Beautiful hands Peel, manicure, revitalising hand massage or pack, final treatment.	50 min.	49
Foot care Foot bath, shortening of the nails, removal of horniness, cuticle, nail care, foot massage.	50 min.	55



## **GENERAL INFORMATION**

### **Gift vouchers**

Give the gift of a short break, treatment or massage in our Fit and Spa Lounge. We've got just the right voucher for you.

### **Cosmetic products**

All BABOR products can also be purchased from us.

### **Appointments**

We recommend arriving at least ten minutes before your appointment. This will give you some time to wind down and get ready for your treatment. Please note that we must strictly adhere to the start and end times of our appointments in order to ensure that guests with appointments following yours are seen on time.

### **Cancellation and prices**

If you are unable to keep an appointment, please cancel at least eight hours beforehand. If you cancel later than this, we will charge a cancellation fee of 50% of the treatment price. With the publication of this brochure, all past price lists and treatment lists become invalid. All prices include 19% VAT.

### **Health**

Please tell us about any health issues, allergies, intolerances and injuries that may be affected by your treatment or your use of the spa facilities.

Additional information can be obtained by sending an email to [h5425-th@accor.com](mailto:h5425-th@accor.com) or by calling +49 711 730-2900.

## **SPA ETIQUETTE**

### **Clothing**

When using the fitness area, please wear light, comfortable clothing and sensible shoes. We recommend enjoying treatments (facials or body treatments and massages) unclothed.

We will cover your body and only the area of your body to be treated will be left uncovered. Swimwear should be worn at all times in the pool area.

### **Saunas and steam room**

For reasons of hygiene, the sauna area is a strictly nude zone. Towels are available in the sauna area. Please use these to sit on in the sauna and steam room.

### **Use of the saunas and pool; preparing for treatments**

Please shower before using the saunas and pool. Please also ensure that you have showered before attending your treatment.

### **Jewellery and valuables**

If possible, please leave jewellery and valuables at home or in your hotel room safe. If you prefer to bring them to the treatment room with you, please make sure you do not leave them behind in your cubicle or in a pocket of your hired bathrobe by accident. Please note that the hotel cannot accept liability for lost property.

### **Children and teenagers**

Only those aged 16 and above may use the fitness suite. The sauna area is only open to teenagers aged 16 and above if they are accompanied by an adult. Children and teenagers up to 16 years of age may only use the pool area if accompanied by an adult.

### **General information**

Please note that there is a strict non-smoking policy in the entire indoor spa area. Ashtrays are available at the entrance and exit at the sun terrace. The Fit and Spa Lounge is a place of peace and relaxation. We therefore request that you respect this rule, particularly in the quiet areas. Out of consideration for other guests, we ask you to switch your mobile phone to silent and not make any telephone calls whilst in the spa. Please also refrain from using your laptop during this time.

**We wish you an enjoyable visit to our spa.**

**All our packages are subject to availability and can be booked on request.**





**FIT AND SPA LOUNGE**  
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