



Relaxarium

Wellness & Spa

Wellness ABC

**Air**

After having a sauna take care that your respiratory system has enough time to cool down. Inside the sauna the body inhales a lot of warm air and spreads it to the inner organs by blood circulation. Same procedure starts by inhaling cold air. Take a step outside for some fresh air, for example on the Relaxarium's rooftop terrace. Even foul weather like rain or snow can bring an appreciated refreshing effect.

Air Moisture

It's nearly the same as water steam invisible for our eyes, because air always contains a certain amount of water. Indeed we can feel the air moisture: if it's at a low level, our skin feels dry. At a higher rate of air moisture most of us tend to sweat more intense.

Inside a sauna depending on its type there can be various kinds of air moisture.

The rule of thumb: The higher the bench, the lower the air moisture. Going to a lower level, the air moisture will increase.

Alcohol

To bring alcoholic drinks in bottles of glass or porcelain is due to the risk of fracture strictly forbidden. If you want to order a glass of sparkling wine while taking a bath with candle light, please ask our service staff.

We would like to ask you to desist from drinking alcohol excessively during the use of sauna on behalf of the other guests and for medical reasons.

Anti-Stress-Massage

An Anti-Stress-Massage is characterized by slow, rhythmic movements. Those are having a relaxing effect on the nervous system. Please note, that this type of massage isn't comparable to a medical or therapeutic massage. This and other types of massages are offered by VitaWellness and can be booked at +49 651 9947123.

Appointments

To make an appointment you can reach VitaWellness daily by telephone between 10 a.m. and 6 p.m. at +49 651 9947123 or you can send an email to wellness@parkplaza-trier.de. To change your appointment have a look at "Cancellations".

Aromatic Steam

Fruity and refreshing or dry and woody - for a diversified sauna experience we can offer you various aromas and scented waters to pour over the stones in for example the finish sauna. Please consult our service staff for further information.

B

Bathrobe

Hotel guests staying in a "Superior" room or higher category will find their bathrobes, sauna towels and slippers in their wardrobe upon arrival.

If you've booked a "Komfort" room you can rent the sauna package at a surcharge of €5,00.

All guests taking advantage of a treatment will get the sauna package for free.

Wearing a bathrobe or sauna towel outside of the shower and sweating area is appropriate for the comfort of the other guests.

Beginning

At first you should start your stay at our sauna with the mandatory hygiene shower. This one removes skin oil and disturbing cosmetics. Dry off well afterwards, because dry skin can sweat more easily. Also take care of having warm feet before using the sauna.

Beverage

Don't forget to drink enough!

You can have table water for free at our bistro area. For any other drink, please ask our service staff.

@

Cancellation

At least 24 hours in advance to the start of your appointment it's possible to make a cancellation or change your appointment free of charge. If your cancellation reaches us same day as the appointment there will be a cancellation fee of 90% on agreed price.

Children

All children underneath 15 years which are used to having a sauna are welcome if accompanied by their parents.

Cooling Down

It's very important to cool down after using the sauna. Therefore you have several options: Some prefer having a cold shower (always route the water jet towards the heart), others have a rest at the outdoor area or have an ice rub.

Please make sure you cool down enough. Post-sweating too excessively could run the risk of getting a cold.

Cosmetics

Personal hygiene and the application of cosmetic products are a component for the personal well-being of many people. Therefore VitaWellness offers a selection of various treatments featuring premium-quality cosmetics. Pay attention for your skin's needs - our cosmetic qualified personnel offers everything to make you shine.

D

Drinking

Having a sauna comes with great benefits for body and soul, but it'S also a loss of around 1,5 up to 2 litres of water for the body. To help your kidneys getting rid of the poisonous and harmful substances we kindly advise to trink a lot!

E

Exclusion of liability

Please note that neither Park Plaza Trier Hotel nor VitaWellness will assume the liability if you're valuables get lost or stolen. We recommend you to leave them in the guestroom's safe during your use of the Relaxarium.

F

Finnish sauna

The finish sauna is one of the most requested sweat baths. By pouring water of hot stones the temperature can be hold on a very high level (ca. 90°C) by having a very low air moisture (ca. 10%). This type of sauna comes with three wooden benches with different levels that offer three different zones of temperature.

How long you stay inside the sauna depends on your own well-being. The recommended time ranges between 8 and 15 minutes. Please don't force yourself to stay any longer as you feel good with! If you have any health issues, a high-risk pregnancy or high blood pressure you should look to your medicals advice.

To pour scented water over the hot stones can be, if complied by the other guests, done by yourself. Therefore you'll find the equipment in front of the sauna. Please only use the water provided by the service staff.

Food

Bringing any kind food with you to the Relaxarium is not allowed. During your stay a fruits basket and table water are provided for your.

Fruit basket

For a fresh and healthy snack inbetween we offer you a basket full of fruit. Feel free to grab some!



Immune system

Frequent sauna visits together with hot and cold showers build up the body's resistance and make it capable to react more easily on wide differences in temperature. Each use of the sauna helps to gain body defence mechanisms.



Jogging

Alongside wellness and having a sauna endurance sports like jogging, Nordic Walking, cycling or swimming have a positive impact on your fitness and well-being.

Mix business with pleasure and use one of the from Park Plaza Trier recommended jogging routes on the riverside of Moselle. More information is available on the hotel's website within the category "Wellness".



Laconium

Take place or lay down on warm stones. The air is heated up to 50°C with a rather dry air moisture with the warmth coming from the walls and the floor. The effects: detoxication and purification of the body, reduction of stress, stimulation of the blood circulation, an intense feeling of refreshness and deep relaxation.

It's recommended to stay inside the laconium at least 20 minutes, afterwards the purify effect will start.

The unique tiles we used to build our laconium were made in Ireland, burned after an original Roman receipt.

Locker room

For the use of the Relaxarium you will find locker rooms on the 4. floor of Park Plaza Trier hotel. This one includes lockboxes free of charge for your personal belongings.

Hotel guests also have the option to change at their rooms and enter the Relaxarium in their bathrobes.



Massages

Because of the multifaceted hand movements in the techniques of massages the functions of the skin are animated, blood and lymph circulation is raised and the elasticity of ligaments and tendons gets promoted.

A properly operated massage deepens the breathing, meshes the vegetal functions and leads to mental relaxation. Pain will be allayed.

Mobile Phones

It's not allowed to take mobile phones into the sauna area or the rest areas. Soft spoken phone calls are possible in the locker room.

**Opening hours**

Monday till friday from 3 p.m. till 10 p.m.
Saturdays, sundays, on holidays and bridge days
from 9 a.m. till 10 p.m.

**Payment options**

Guests of the hotel are offered the option to charge their treatments to their room. For all other guests you can pay your bill on front in cash, by debit or by credit card.

Peeling

The skin revives itself around the clock. An intense deep cleaning using a peeling takes away loose skin particles and makes your skin shine even and clean. Also it makes your skin more absorptive for active components in cosmetic products.

**Recovery**

Using the sauna should first of all have a positive impact for body and soul to come to rest. Taking on sauna like a marathon can burden the circular flow and is not recommended. Allow yourself a recovery after each use of the sauna.

Rule of the thumb is to take the recovery about as twice as long as you've been inside the sauna, but when it comes down to it you should listen to your body and take as long as you need.

Reflexology

This massage stimulates the acupuncture points on the sole of foot. Each point has a connection to a certain organ. When there's a disorder the reflexology helps to activate the self healing functions of the body and over all has a positive affect to the general well-being.

Relaxation techniques

The way people relax differs. There's a whole variety of techniques like Tai Chi, Qi Gong or yoga that can help to get along with everyday stress. You can operate them self-reliant in our mini gym on second floor.

Also the use of the sauna or having a relaxing bath can give you some rest and can be used in the Relaxarium.

**Safety**

For safety reasons bringing glass or porcelain into the Relaxarium is strictly forbidden. Shatter-proof glasses will be provided by service staff.

Sauna package

Hotel guests staying in a "Superior" room or higher category will find their bathrobes, sauna towels and slippers in their wardrobe upon arrival.

If you've booked a "Komfort" room you can rent the sauna package at a surcharge of €5,00.

Silence and rest areas

Silence and equal behaviour of all guests support the effect of relaxation.

Specialised staff

Dedicated, specialised staff consisting of masseurs, physio therapists and beauticians from VitaWellness under the direction of Andreas Hamacher are on your disposal for massage and cosmetic treatments.

Steam bath

The roman aromatic steam bath consists of marble and alabaster and has a steam temperature of 60°C. For hygienic reasons you'll have a seat on special towels which are offered in front of the bath. The steam is released by pushing a button and spreads in the room within almost 10 minutes. The dwell time inside the steam bath is longer than in the finish sauna and can be in between 15 and 30 minutes.

Sweat

To sweat is nothing more than losing moisture over the skin. The body is sweating for the control of temperature due to evaporative cooling. Humans have about two to four million of perspiratory glands which activate automatically when the body is submitted to heat.

Spirit and purpose of sauna is sweating due to the high temperature. The high air moisture during pouring water over the hot stones makes guests sweat even more. Thereby the pores of the skin are cleaned intensive as well as the detoxination and the purification of the body are supported.

The process of sweating can be stimulated by drying off the body in front of each use of the sauna since moisture on the skin reduces the sweating of the body.

Swimwear

We leave the decision to our guests whether they want to use the Relaxarium with or without swimwear. Basically using the sauna garment free is more effective.

Wearing a bathrobe or sauna towel outside of the shower and sweating area is appropriate for the comfort of the other guests. You can find large sauna towels in the locker room.

T

Time

Who's goal is to relax should take a day off from everyday life. We recommend you to take your time and spend some relaxing hours with us.

Towels

They are an important utensil for the sauna. Best appropriated are special sauna towels, which are longer and often more slim than regular bath towels. Therefore they have the perfect size to use it as underlayment on the sauna benches. If towels are wide enough to hand over the wooden benches, air circulation can be affected. A towel does not only absorb the sweat, it also protects the body from the heated up benches.

U

Use for non hotel guests

If you're not a guest at our hotel, you can use the Relaxarium in conjunction with a treatment.

For more information, please dial +49 651 / 9947123.

V

Valuable articles

Please note that neither Park Plaza Trier Hotel nor VitaWellness will assume the liability if you're valuables get lost or stolen.

We recommend you to leave them in the guestroom's safe during your use of the Relaxarium.

Vitality

Gain vitality and energy by taking some time for yourself and paying attention for your body's needs by healthy nutrition and staying in shape.

In addition the qualified staff from VitaWellness would love to spoil you from head to toe and have always an open ear for your needs.

W

Wellness

The term wellness describes a special view on healthiness which brings in line body, soul and spirit. In addition wellness helps to achieve fitness, energy and vitality.

X

X-Mas

Winter comes along with some benefits. Especially when it's cold and soppy outside, having a sauna can give you some inner warmth. Additionally Park Plaza Trier provides you some special advent season and christmas offers for restful hours during the holidays. You'll find more information depending on the season on the hotel's website.