

Relaxarium

Wellness & Spa

Wellness ABC

A

Air: After exiting the sauna, the respiratory tract is not to be ignored. The body absorbs a great deal of heat through the respiratory tract and distributes it with the blood to the internal organs. Returning to cold air cools again in the same way. Move to fresh air, e.g. to the rooftop terrace of the Relaxarium. Bad weather, particularly rain and snow can bring a welcome cooling.

Air humidity: Is nothing more than steam that we cannot see because a certain portion of water is always within the air. However, we can feel the air humidity: If it is too low, our skin becomes dry. With high air humidity, many people are inclined to sweat more heavily. In a sauna, different humidities can predominate depending on the type. In a dry sauna, for example, the humidity is rather low, but it is significantly higher in a steam bath. Rule of thumb: The humidity is generally low on the upper benches and increases downwards.

Alcohol: Bringing alcoholic beverages in glass bottles or porcelain is forbidden due to the dangers of breakage. You are quite welcome to order a glass of champagne from a candle-light bath. Please inquire about this with the service staff.

Anti-stress massage: An anti-stress massage is marked by slow, rhythmic stroke movements. These have a relaxing effect on the nervous system. Please, be aware that this massage may not be mistaken for a medical or therapeutic massage as part of curative remedies.

Appointment Arrangement / Appointment Change: For an appointment arrangement, you can reach VITA Massages & Wellness daily by telephone from 10:00 to 18:00 under 0651/9947123 or you can send an email to info@vita-massagen.de. For an appointment change, please note the Cancellation point.



B

Beginning: Begin your first sauna session with a compulsory hygiene shower. This removes skin oils and interfering care products that can delay the sweating process. Dry off thoroughly since dry skin will sweat more effectively. Additionally be sure that your feet are warm before the sauna session.

Bathing attire: Of course, it is the option of each guest to sauna with or without bathing attire. Generally speaking, it always makes more sense to sauna in the nude rather than wearing bathing attire. Wearing bathing attire (or a large towel or bathrobe) outside the sauna and shower areas is considered a sign of respect toward other guests. Large sauna towels are available in the changing rooms.

Bathrobe: Hotel guests who have booked the "Superior" room category will find a bathrobe, sauna towel and slippers in the wardrobe of the room upon arrival.

For hotel guests with the "Comfort" room category, we offer the possibility to order a sauna package with bathrobe, sauna towel and slippers with a surcharge of 5.00€.

With treatments from 59.00€, a bathrobe, sauna towel and hand towel are available to guests in the Wellness Area free of charge.

Wearing bathing attire (or large towel or bathrobe) outside the sauna and shower areas is considered a sign of respect toward other guests.

C

Cancellation: A free cancellation or appointment change is possible up to 24 hours before the appointment beginning. With a cancellation or appointment change on the day of the treatment, a cancellation fee of 90% is charged.

Changing: For the sauna use, you will find changing rooms in the Relaxarium on the 4th floor of the Hotel Park Plaza Trier. These contain free lockers for the



safeguarding of wallets and items of value. However, hotel guests can also change comfortably in their room and visit the Relaxarium in their bathrobe.

Children: Sauna-skilled children under 15 years old and under the supervision of their parents are, of course, warmly welcomed.

Christmas: Winter also has its good times. Particularly with cold and moisture, a sauna session can provide for internal warmth again. Moreover, the Advent and Christmas arrangements from the Park Plaza Trier also offer you restful hours through the holidays. You can find specific information dependent upon season on the Park Plaza Trier Internet site.

Cooling: Cooling down after exiting the sauna is very important. There are different possibilities for this: Some prefer a cold shower (→the spray of water should always start the furthest away from the heart), others prefer to remain outdoors or rub down with ice.

Important: Cool down sufficiently. Heavy post-sweating can involve the danger of getting a cold!

Cosmetics: For many people, personal care and the application of cosmetics are a large component of their physical well-being. This is why the team at Vita Massages & Wellness offers varied cosmetic treatments with the use of high-quality products. Give your skin attention– our cosmetic specialist staff can offer everything that allows your appearance to glow.

Couperose: With the so-called couperose, this concerns enlarged, small veins that shine web-like through the skin of the cheeks and nose. Consult with the cosmetics specialised staff with VITA Massages & Wellness for the appropriate methods of treatment and care products.

D

Drinking: A sauna is a balm for the soul and pore-deep cleaning for the body. Indeed, in one sauna day, the body loses between 1.5 to 2 litres of liquid. At



the same time, the body is purified and toxins are removed through the kidneys. In order that the body can also remove these pollutants through the urine, liquid must be supplied to the body. And thus, a need: Drink a lot!

Drinks: Do not forget to drink enough! Mineral water is available to our wellness guests in the bistro area free of charge. All other drinks are served to you upon request.

F

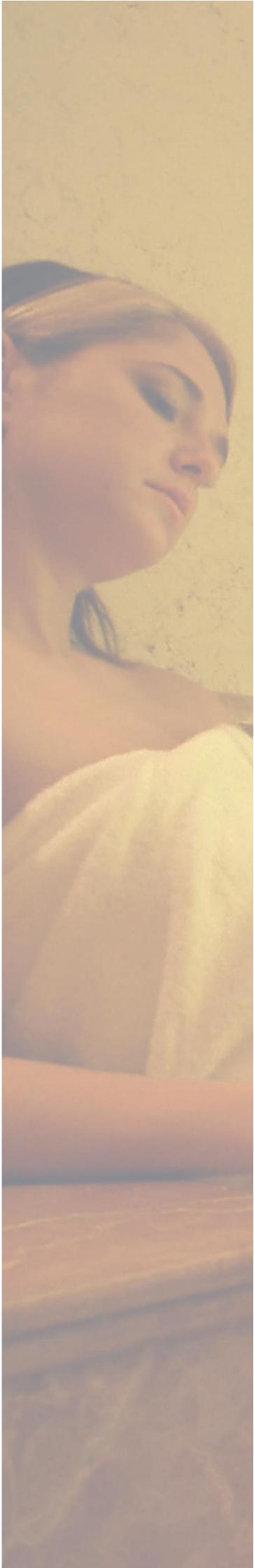
Finnish sauna: The Finnish sauna is a popular sweat bath. The sauna is created at a very high temperature (approximately 90 ° C) with high humidity (approximately 10%) through water infusions on heated stones in a wood-beamed cabin. This sauna type is equipped with benches tiered three-high that offer different temperature zones. How long one remains in the sauna depends on their own sensitivities. Approximately 8 to 15 minutes are recommended. Nevertheless, do not force yourself to remain if you no longer feel well! The sauna-skilled will quite happily take several sauna sessions and infusions.

In any case of identified health problems, pregnancy risks or high blood pressure, certainly consult with your physician beforehand.

The popular sauna infusions may be independently carried out in agreement with the other sauna guests. Moreover, there is an infusion bucket available outside the sauna. For infusions, please exclusively use the infusion blends provided by our professional staff.

Food: Bringing food into the Relaxarium is not permitted. A bistro menu is available to you from which you can order light dishes & snacks during the entire opening times.

Foot Reflex Zone Massage: The acupuncture points of the soles are stimulated during this massage. Each of these points are connected with a specific organ. Where there is disturbance within an organ, the Foot Reflex Zone Massage activates the respective self-healing powers of the body and additionally affects the overall condition positively.



Fruit Basket: Fresh fruit is freely available to you daily for a fresh and healthy snack in between. Please help yourself!

I

Immune System: Regular sauna sessions in connection with hot and cold showers strengthened the body and provide the necessary conditioning that allows an easier reaction to the great differences in temperature during every sauna session and helps the body build up its defences.

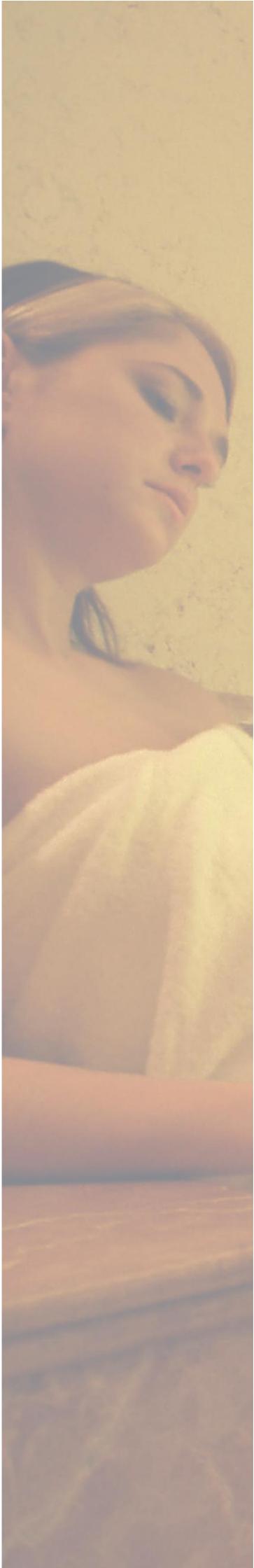
Infusion Mixture: Whether fruity-fresh or strong and wood-like - Diverse sauna sessions are available to you a variety in aromas and sauna infusions. Consult with the service staff from VITA Massages & Wellness.

J

Jogging: Alongside wellness and taking a sauna, endurance sports such as jogging, Nordic walking, biking or swimming are also beneficial to your physical fitness and your physical well-being. Endurance sports are therefore preferentially exercised since your body is trained on an aerobic level over a longer period of time and as a result, fat used as a primary energy source. Connect the beautiful with the useful and discover the Hotel Park Plaza-recommended walking routes on the Moselle! You can find specific information on the Hotel Park Plaza Trier Internet site under the column Wellness →Mini Gym.

L

Laconium: 50°C, in a dry climate room. Effect: Detoxification and purification of the body, stress reduction, stimulation of the blood circulation, intensely



fresh feeling of the body, deep relaxation. Here, you sit or lie on the sauna towel on warm stones, the warmth radiates pleasantly from the walls, the lying surfaces and the floor. Recommended duration of stay: Approximately 20 minutes (then the purifying effect is induced), cool down for 20 minutes afterward and then rest for 30 minutes. Since such bath companies cannot produce old Roman bricks, after a longer search, we found a company in Ireland that has fired these bricks according to the original Roman formula especially for us.

M

Massages: The skin functions are stimulated through the variety of movements in the massage techniques; the bloodstream and lymphatic stream are promoted and the elasticity of the ligaments and tendons increases. A properly administered massage deepens the respiration, harmonises vegetative functions and leads to mental relaxation. Pains are relieved.

Use for the non-hotel guest: Also as an external guest, you are quite welcome to use our Wellness Area in connection with a massage or cosmetics treatment in a value from 59.00€.

More info: Tel. +49 651 / 9947123

Mobile phones: Mobile phones are not permitted in the sauna or relaxation area. Quiet telephone calls are possible in the changing area.

O

Opening times:

Monday through Friday from 15:00 to 22:00, Saturday and Sunday as well as on holidays and bridging days from 09:00 to 22:00



P

Payment possibilities: Hotel guests have the possibility to comfortably charge their treatments to their room bill. For non-hotel guests, the treatments can be paid for on site in cash, by EC card, Visa/MasterCard as well as V-Pay.

Peeling: The skin is renewed around the clock. An intensive, deep cleaning through peelings clears away laxly seated dead skin cells and allows your skin to radiate more smoothly and cleanly. Moreover, the skin thereby is more receptive to active substances.

Q

Quality: The 4* Superior Hotel Park Plaza Trier is continually focused on the highest of quality in all areas. In addition to the certification of service quality "Q1" by ServiceQualität Germany GbR, the Relaxarium has received the distinction of the Germany Hygiene Certificate and guarantees you a stay at a high level.

R

Relaxation Phase: Above all, a visit in the sauna should provide for the fact that the body and mind come to rest. A sauna marathon can burden the circulation and is not to be recommended. Allow yourself a relaxation phase after every sauna session. As a rule of thumb: The relaxation phase should be about twice as long as the sauna session. Ultimately here, it is about the individual well-being. Listen to your body and take the time that you need.

Relaxation Techniques: People relax in quite different manners. There are a vast number of relaxation techniques, e.g., Tai Chi, Qi gong and Yoga, that can aid



in better mastering everyday stress and can be applied on an independent basis in our Mini Gym. Likewise, sauna sessions or relaxation baths lend toward relaxation and can be undertaken in the Relaxarium.

Rest and rest area: Rest, and with this, the appropriate behaviour of all visitors, supports the recovery effect enormously. Likewise, the freeing of the lounge chairs after the recovery phase in the rest area contributes to a relaxed cooperation with others.

The colours and ornaments in the rest area are a reconstruction of the findings from the Roman villa "Borg" in the Obermosel.

S

Sauna package: Hotel guests who have booked the "Superior" room category will find a bathrobe, sauna towel and slippers in the wardrobe of the room upon arrival.

For hotel guests with the "Comfort" room category, we offer the possibility to order a sauna package with bathrobe, sauna towel and slippers with a surcharge of 5.00€.

Security: For safety reasons, bringing in glass and porcelain is not permitted. Naturally, break proof glasses are available within the facility.

Specialist Staff: Engaged specialist staff consisting of the masseurs, physiotherapists and professional beauticians with VITA Massages & Wellness under the direction of Andreas Hamacher are available to you for massage and cosmetic treatments.

Steam Bath: The Roman aromatic steam bath is constructed from marble and alabaster and has a steam temperature of 60°C. For hygienic reasons, one sits on the special seat cloths that are prepared before the steam bath. The steam is requested by pressing the button in the bath and spreads gently throughout the entire room over an approximately 10 minute interval. The length of stay is



longer than in the Finnish sauna and can amount to between 15 and 30 minutes.

Sweating: Sweating is nothing more than the loss of moisture through the skin. The body sweats to regulate the body temperature. Latent heat is released through sweating. The human being has over two to four million sweat glands that are automatically active when the body is exposed to heat. Sweating is caused by the high temperature in the sauna - this is the purpose of a sauna session. Due to the humidity, sauna session visitors will sweat heavily while infusions are performed. Sweating cleanses the pores of the skin intensively and supports the detoxification of the body, the so-called purification. Those who would like to promote sweating should dry off very thoroughly before the sauna session. You should also dry off very well after the cleansing show since leaving moisture on the skin will cause the body to sweat less.

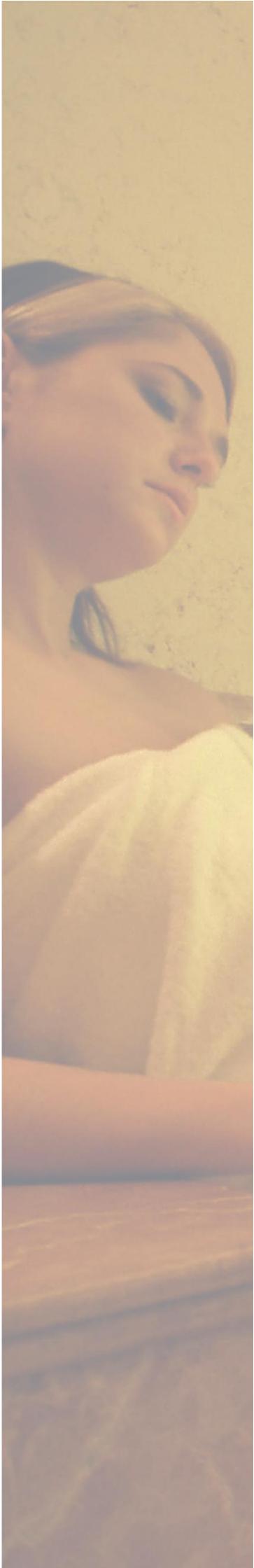
T

Time: Those who wish to relax should simply take a time out.

Towels: Are an important accessory in the sauna. An ideal sauna towel is a slightly narrower and a little longer than a normal bath towel. Thereby, it has the optimum size for use on the sauna bank as a base. If towels are too wide and hang over the wooden benches, the air circulation in the sauna can thereby be affected. A sauna towel not only absorbs the sweat and also protects the body against the heated benches.

V

Vitality: Scoop up vitality and energy while you take time for yourself and give your body attention. Live healthy and stay fit. In addition, the competent specialist staff with VITA Massages & Wellness in the Relaxarium is happy to pamper you from head to foot and meet your needs.



W

Water beds: We offer the water beds in our relaxation room on which our guests can make themselves at home. The health advantages of the water bed are indisputable. The body, particularly the spine, is evenly supported. This relaxes the musculature and relieves the circulation. Water beds are consistently regarded as especially comfortable and pleasant.

Wellness: The concept of Wellness describes a special health view – toward the harmony of body, mind and soul. In addition, Wellness promotes people toward more fitness, energy and joy for life.

Y

Yogurt: Hectic everyday stress takes time from many people to devote themselves to the essential things in life, as for example, sport or well-balanced food. This is why you utilise your stay at the Relaxarium at Park Plaza Trier and discover the fresh and healthy. A yogurt with honey, nuts and select fruits is a tasty and light in between snack – perfect for your wellness day. Contact our service staff!