



asaya

SPA MUNICH



lost remedies

Germany is known for its long tradition of folk remedies using plants and klosterheilkunde (monastic medicine). These journeys incorporate bringing plant messages to life in the treatment room using fresh local herbs, flowers and foliage in the pestle & mortar.

THE AUFGUSS JOURNEY

120 MINUTES

The healing heritage of the German tradition of Aufguss provides a sensorial experience through heated elements and aromas. A peaceful, purposeful journey that is personalized to elevate and invigorate the senses, as the Aufgussmeister guides the guest to connect deeper through an introductory blind sensory experience to choose aromas relevant to the guest's current state of being. The sequence holds three phases: cleansing – body brush and scrub, intention – warmed cocoon body wrap and connection – muscle recovery firm massage with the native pine and spruce blend with the aroma vapors bursting through heated elements of stone, infusing and dancing within the oxygen of the treatment room.

GERMAN MONASTIC REMEDY

90 MINUTES

Just as a majestic tree connects its roots through the earth to communicate through vibration. This Root Ritual provides space for expansion, as we encourage a deeper awareness of our roots and foundations of being. Commencing with a purifying forest foot bath that further connects to our breath and internal systems. Physical earth is then applied to the feet with the nutrient dense Peat Mask, followed with a back of body salt stone treatment to gently ease out tensions, completed with an oiled scalp massage, as the moss agate stones recharge energy points along the spine.

BAVARIAN-FOREST BODY CURE

90 MINUTES

The bed of the Forest holds powerful healing energies to release physical stress, and to recharge the body and mind. The Bavarian forest offers healing solitude: the enlightened, sublime feeling that one can experience from being alone in the woods and connected to the silence of the trees. Following a grounding massage sequence, a deeply restorative body cocoon recalibrates the vessel through the stabilizing vibrations of the earth and trees. Wrapping the body in an indulging deep rest cocoon that supports the nervous system and subconsciously provides security and and comfort while calming the mind with cool stone facial acupressure. The tree essences for the body reduce inflammation, increase immune function and recharge through forest medicine and the power of touch.



asaya atelier massage

AMPLIFY ENERGY 60 MINUTES | 90 MINUTES

Designed to ease tension and unravel tightness in tired muscles. This full body treatment uses CBD oil infused with Bitter Orange, Grapefruit and Juniper Berry, coupled with a handcrafted bamboo roller to rejuvenate deeper levels of the muscle.

FOCUS THE MIND 60 MINUTES | 90 MINUTES

Designed to calm and refocus a busy mind. This full body treatment with a stimulating scalp and foot massage, uses CBD oil infused with Ginger, Black Pepper, and Frankincense, renowned for their anti-inflammatory and soothing properties. Focused reflex points help to align the body and mind.

PAUSE & RESET 60 MINUTES | 90 MINUTES

Designed to be deeply restorative and help with sleep. This full body massage uses CBD oil, infused with Jasmine, Helichrysum and Roman Chamomile, to calm the nervous system resulting in deep recovery and relaxation.

ROSEWOOD INTUITIVE 60 MINUTES | 90 MINUTES

This experience provides the highest level of customization by bringing together a wide selection of bodywork techniques and essential oils. Choose the massage practice of your preference or allow the therapist to tailor your treatment according to your specific needs, leaving you feeling fully relaxed & deeply restored.

asaya body

ROSEWOOD SIGNATURE BODY JOURNEY

BY EVIDENS DE BEAUTE

120 MINUTES

A luxurious two-hour journey. A gentle enzymatic body peeling is incorporated into The Sensory Experience Body Massage. A deeply reconnecting and caring head to toe journey towards heart, body, and mind rebalancing.

JET LAG RECOVERY CEREMONY

BY EVIDENS DE BEAUTE

90 MINUTES

One's body and mind after a long journey can often throw off one's sense of balance. Our jet lag recovery ceremony is a full-service treatment for face and body, meant to bring the body back to a harmonious and balanced state allowing the guest to begin their holiday feeling renewed and invigorated.

LYMPHATIC SCULPT & TONE

BY DR BARBARA STURM

60 MINUTES | 90 MINUTES

This signature treatment is designed to boost the body's natural Lymphatic system, reducing the appearance of cellulite and decreasing fluid retention for a more streamlined silhouette.

THE EXFOLIATION RITUAL

BY OTO WELLBEING

60 MINUTES

Full body exfoliation ritual designed to renew skin. Using our luxury Cleansing Jam body exfoliator, enriched with jojoba seeds to encourage the removal of dead skin cells and an added micro-exfoliation with AHA fruit acids and hyaluronic acid.

OTO SLEEP SOUNDLY EXPERIENCE

90 MINUTES

Combining the signature OTO scent of Mandarin and Ylang Ylang with high levels of CBD, this massage is ideal for the restless. Warmed stones and craniosacral connection harness the nervous system, while sound rebalances the energy field, releasing emotional heaviness. This treatment will renew the entire system holistically and encourage a full circadian rhythm reset.

asaya face

STURMGLOW FACIAL

BY DR BARBARA STURM

60 MINUTES

Leaves the skin radiant, refreshed and with the sought-after signature STURMGLOW™ · Boosts and restores the complexion's natural glow · Improves overall skin health and nourishes the skin matrix.

BRIGHTENING

BY DR BARBARA STURM

60 MINUTES

Reduces the appearance of hyperpigmentation including age spots and melasma · Hydrates and calms the skin · Evens skin tone and leaves skin awakened and radiant · Combats the oxidative stresses that cause premature aging.

SUPER ANTI-AGING FACIAL

BY DR BARBARA STURM

60 MINUTES

Replenishes skin's moisture reservoirs · Strengthens the skin's natural barrier function · Reduces the appearance of fine lines and wrinkles · Helps repair damaged skin and supports regeneration.

ROSEWOOD BESPOKE BEAUTY

BY EVIDENS DE BEAUTE

60 MINUTES | 90 MINUTES

This skin perfecting treatment is designed to suit individual needs for a completely customized experience. A series of four weekly sessions is recommended for the best results.

ROSEWOOD EXTREME 360

BY EVIDENS DE BEAUTE

90 MINUTES

This treatment was specifically developed to maximize skin beauty and smooth the signs of aging by acting on the most sensitive areas of the face. It is designed for mature, dehydrated, tired and dull skin using a comprehensive eight-step process to reveal radiance, vitality, and firmness.

evidens de beauté signature suite

Featuring the OxyLight Facial, combining the most in-demand technologies into one comprehensive session. These painless, non-invasive skin treatments are suitable for all skin types. Delivering maximum results via Diamond Microdermabrasion, Lymphatic Drainage, Oxygen Infusion, Biosonix Ultrasound, MyoLight Microcurrent and LED Light Therapy.

3X RADIANCE

60 MINUTES

The efficiency of The Triple Collagen - an exclusive cellular complex that is used in all EviDenS de Beauté cosmetic formulas, boosting cell regeneration and visibly improving skin hydration and elasticity. To help tighten skin, promote collagen production and a more youthful and radiant complexion. The EviDenS de Beauté Serum is associated with a high performing Bio Collagen mask infused with the best ingredients to restore moisture & luminosity.

THE ADVANCED LIFT

90 MINUTES

This treatment has been developed to maximize the effects of the EviDenS de Beauté Serum combined with a unique Japanese Lifting Massage and a Bio Collagen mask to enhance a more lifted and redefined complexion. This non-invasive treatment combines the power of technology and the smoothing, sculpting massage techniques to visibly transform the appearance of the skin.

EXTREME REJUVENATION

120 MINUTES

An exquisite fusion of cutting-edge technology with highest touch, elevating the experience through enhanced infusion of Nano encapsulated ingredients that intensify cellular metabolism via Oxygen Therapy, Microcurrent, Biosonix Ultrasound & OxyLight Therapy. Indulge into a masterpiece Kobido Japanese lifting massage followed by our high-performance Bio Collagen mask infused with lifting and invigorating ingredients for breathtaking rejuvenating results.



asaya etiquette

Our spa environment is one of tranquility and relaxation. In consideration to other spa guests, please switch off mobile phones.

ARRIVALS

For a more comprehensive journey, you are invited to arrive at least 30 minutes prior to your scheduled appointment to enjoy the wellness facilities and to have consultation time with your therapist. Late arrivals will be finished within the scheduled treatment time while the feel will remain unchanged.

SPA AMENITIES

On arrival you will be supplied with a luxurious bathrobe and sandals as well as a locker for your clothing and personal belongings. You will also find ample soft cotton towels throughout the spa area. Upon request, we will provide additional spa amenities such as deodorants, mouthwash, sanitary napkins, hair styling products and a make-up remover. Discreet disposable underwear is provided for all body treatments.

SCHEDULING & CANCELLATIONS

We recommend advance reservation to ensure availability. If you wish to reschedule or cancel your reservation, please advise us 24 hours prior to scheduled reservation time for us to accommodate your request. No-show or last minute cancellations will incur a 100% charge.

IN ROOM TREATMENTS

The spa offers in-room and in-suite massages. A surcharge will apply.

CHILDREN

Young adults over the age of 16 are welcome to visit the spa facilities. Upon special request and under the supervision of a parent or guardian, we can accommodate treatments tailored to children below the age of 16.

JEWELERY

We recommend that no jewelry be worn to the spa. Management accepts no responsibility for the loss of valuables brought onto the spa premises.

PREGNANCY

We have specially designed treatments for expectant mothers. Please allow us to assist you in selecting suitable treatments for this special time.

HEALTH CONDITIONS

Kindly inform us of any allergies or injuries that may impact treatment experience. We will be happy to advise safe options. If medical conditions prevail, please consult with your physician before taking any treatment or using our facility.

HOURS

Spa treatments are available from 9:00am to 9:00pm. However, we will always attempt to accommodate in-house guests that require treatment, outside of these hours, provided with sufficient notice. We recommend scheduling treatments well in advance to ensure availability and preferred appointment times.

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