

VIVA LA SPA



RIVA Wellbeing & Spa
SEESTRASSE 25
78464 Konstanz
PHONE: +49 7531 36309 - 0
WELCOME@HOTEL-RIVA.DE
 RIVA_HOTEL
 HOTEL-RIVA



RETREAT AT THE LAKE

Crystal-clear mountain and lake
air. A retreat where all the senses
come alive.

RIVA Wellbeing & Spa.

A place for body,
mind, and soul.

Let go, find balance. Step
into timelessness.

Viva la Spa.





FACE

For our facial treatments and manicures, we use the highly effective skincare products from DOCTOR Mi! medical skincare – developed by Dr. Miriam Rehbein, a board-certified dermatologist.

The patented TECMi!® technology allows active ingredients to penetrate deep into the skin, where they can fully unleash their regenerative effects. The result is visibly improved skin with maximum tolerability.

DOCTOR Mi! combines medical expertise with modern cosmetics and is now one of the most innovative skincare brands on the market.

DOCTOR MI!

MEDICAL SKINCARE

Science meets innovation.

DOCTOR MI! medical skincare promotes skin cell renewal through innovative technologies and highly effective ingredients, without compromising on efficacy or tolerability.

This skincare line from DOCTOR MI! is the result of scientific studies combined with the extensive expertise of dermatologist Dr. Miriam Rehbein, the brand's developer and founder.



RIVA x DOCTOR Mi! Cleansing Facial	Minutes	Price in €
	45	99

Deep Cleansing including cleansing with CLEAN, exfoliation with PEEL, and toning with TONE.S, as well as steam treatment and deep cleansing, a relaxing hand massage, eyebrow shaping, a mask, and personalized skincare to finish.

RIVA x DOCTOR Mi! Anti-Aging	Minutes	Price in €
	60	159

Facial with a tissue-activating facial massage including cleansing with CLEAN, exfoliation with PEEL, and toning with TONE.S, as well as steam treatment and deep cleansing, a relaxing hand massage, eyebrow shaping, a mask, and personalized skincare to finish.

RIVA x DOCTOR Mi! Detox	Minutes	Price in €
	70	189

Facial with balancing lymphatic drainage including cleansing with CLEAN, exfoliation with PEEL, and toning with TONE.S, as well as steam treatment and deep cleansing, a relaxing hand massage, eyebrow shaping, a facial massage with lymphatic drainage and a moisturizing ampoule, a mask and personalized skincare to finish.

RIVA x DOCTOR Mi! Longevity Look Signature	Minutes	Price in €
	90	249

Facial with gemstone roller and SUPER HYDRA Biocellulose Mask including cleansing with CLEAN, exfoliation with PEEL, and toning with TONE.S, as well as steam treatment and deep cleansing, a relaxing hand massage, gemstone roller, and soothing treatment with the SUPER HYDRA Biocellulose Mask, an intensely hydrating ampoule, and a facial massage, followed by personalized skincare to finish.

ADDITIONAL FACIAL TREATMENTS	Minutes	Price in €
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Eyebrow Shaping	10	15
Dyeing Eyebrows	20	20
Eyelash Tinting	25	20
Eyelash & Eyebrow Tinting	30	35
Upper Lip Hair Removal	10	15
Chin Hair Removal	10	15
Upper Lip & Chin Hair Removal	15	25

Microdermabrasion	Minutes	Price in €
	20	49

An effective mechanical exfoliation method that uses fine crystals to refine scars, fine lines, and enlarged pores, as well as reduce pigmentation issues.

Microneedling & Ultrasound	Minutes	Price in €
	30	79

To achieve firmer, more radiant skin, this treatment stimulates blood circulation, promotes collagen production, and accelerates the skin's natural renewal processes. Recommended as a course of treatments for best results.



HANDS

&

FEET

RIVA Wellbeing & Spa offers hand treatments using DOCTOR Mi products!

Foot treatments using LA BIOTHÉTIQUE products, as well as colorful, vegan, non-toxic nail polishes from NAILBERRY London®.

DOCTOR MI!

MEDICAL SKINCARE

LA BIOTHÉTIQUE®

PARIS

QUICK NAILS	Minutes	Price in €
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Filing, cuticle care, and nourishing oil for the nails	25	39
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MANICURE DOCTOR MI!	Minutes	Price in €
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including cuticle care, filing and shaping of the nails, hand exfoliation, nail care, and a short massage.	50	75
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PEDICURE LA BIOSTHETIQUE	Minutes	Price in €
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including a foot soak, callus and cuticle care, trimming and shaping of the nails, a foot scrub, and a foot massage.	50	79
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ADDITIONAL MANICURE & PEDICURE	Minutes	Price in €
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Applying Nail Polish - NAILBERRY	15	15
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Applying Shellac - CND	15	35
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Removing Shellac	25	15
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BODY

For our body treatments, we rely on the high-quality skincare products from LA BIOTHÉTIQUE, which has stood for holistic beauty, quality, and sustainability since 1948.

Developed and produced in the heart of the Black Forest, LA BIOTHÉTIQUE combines nature-based ingredients with cutting-edge research.

The treatments combine soothing care with deep relaxation and support your body's natural regeneration.

For our massages, we use pure almond oil for optimal skin compatibility and nourishment.

SOUL

LA BIOSTHETIQUE® PARIS

Craftsmanship meets cutting-edge science.

The company's in-house laboratories develop high-quality products that combine effectiveness, naturalness, and quality.

Approximately 90 percent of the ingredients used are of natural origin and are rigorously tested before being processed.

Research, development, and application are closely intertwined: scientists and application experts work together on formulations that meet the highest professional standards.

The result is a range of treatments that not only relax but also noticeably rejuvenate – combining the best of nature and science.



MASSAGES

	Minutes	Price in €
Back Massage	30	79
Targeted techniques relax the muscles, improve blood circulation, and loosen the fascia.		
Head, Neck, and Shoulder Massage	30	79
Deep relaxation through the stimulation of specific nerve points.		
Leg and Foot Massage	30	79
Relaxation and recovery of the muscles, ideal after long hikes or bike rides.		
Back Cupping Massage	30	85
The vacuum pressure created by cupping cups and tension-releasing techniques stimulate lymphatic flow.		
Foot Reflexology	40	99
Deep relaxation through the stimulation and massage of the reflex zones.		
Full-Body Massage		
RELAX	50	119
Gentle yet firm movements using warm oil promote relaxation and stress relief.		
	80	169
INTENSIVE	50	119
Traditional techniques stimulate and improve blood flow to the muscles and relieve tension.		
	80	169

MASSAGE SPECIALS

	Minutes	Price in €
Hot Stone Massage	60	139
Heated basalt stones and relaxing massage techniques stimulate the metabolism and have a calming effect.		
Lomi Lomi Massage	90	189
A Hawaiian massage ritual featuring rhythmic, sweeping, and flowing movements for deep relaxation of body and mind.		

BODY TREATMENTS

	Minutes	Price in €
Full-Body Scrub	30	75
A sea salt scrub leaves your skin smooth and perfectly prepares it for subsequent products and massages.		
RIVA x LA BIOTHÉTIQUE Signature	90	199
A holistic detox treatment featuring a remineralizing full-body scrub, a detoxifying mineral mud wrap, and a massage with nourishing lotion.		

STAYCATION



AT THE RIVA

DAY SPA

Price in €

Day Spa Admission*	50
plus a treatment worth at least	99

Arrive. A day at the exclusive RIVA Hideaway. Enjoy a day spa experience in the RIVA Hotel's Wellbeing area and treat yourself to a holistic pampering session – such as a 90-minute treatment – before stopping by the pool deck for a refreshing drink, complete with a view of the lake.

In the 400m² Wellbeing & Spa area, your well-being takes center stage.

Look forward to a stylish atmosphere featuring a fireplace lounge, sauna, sanarium, steam bath, and modern relaxation areas that invite you to pause and unwind.

A highlight is the rooftop pool, heated year-round to 28°C, offering views across the lake, suspended between sky and nature.

The experience is complemented by a light-filled fitness studio and a diverse class program in the on-site yoga room, designed to bring body and mind into harmony.

*Spa access can only be booked in conjunction with a treatment costing at least €99 per person



OSTEOPATHY

	Minutes	Price in €
Treatment	45-55	from 130*
Initial Treatment	75-85	from 185*

ACHIEVE HOLISTIC WELL-BEING

Osteopath Anne Büttner (alternative practitioner, osteopath D.O. Holist«a, M.Sc.) combines her in-depth knowledge of anatomy and physiology with effective manual examination techniques. A personal consultation paves the way for a customized treatment plan aimed at holistic well-being (activating, improving, and strengthening your body's self-healing processes).

A holistic perspective

Osteopathy is a holistic form of treatment for the body, mind, and spirit. As a distinct form of therapy, diagnosis and treatment are performed using the hands.

The goal of osteopathic treatment is to get to know and understand you as a person —not just as a patient. We work with you to activate, enhance, and strengthen your body's natural healing abilities in order to promote your overall well-being. This can result in, for example, the release of blockages and tension in the tissues, as well as increased vitality and energy.

Osteopathy does not treat specific diseases or symptoms, but rather the whole person within the context of their individual environment and behavior. With its holistic effect on body, mind, and spirit, a treatment can catalyze profound change and release new energy.

OSTEOPATHY THAT TAKES ITS TIME

Following a detailed initial consultation, diagnosis and treatment are performed manually. To identify restricted movement and tension, the examination involves palpating the tissue layer by layer to assess deeper structures. Due to individual differences, the desired response to osteopathic treatment may not occur until some time later or after several sessions.

** Depending on your insurance plan and the diagnostic tests performed, costs may be covered. This depends on the terms of your individual policy. For more information, please visit www.hotel-riva.de/wellbeing/ or contact your health insurance provider.*





SPA ETIQUETTE

- 01 We want to pamper you from head to toe. Please arrive at the spa reception desk about 10 minutes before your appointment so you can fill out your personal health questionnaire, allowing us to take all your preferences into account during your treatment.
- 02 If you are unable to keep your appointment, please cancel at least 24 hours in advance. Otherwise, we will be required to charge you the full cost of your appointment. Thank you for your understanding.
- 03 We recommend that you lock your valuables in the in-room safe. Day visitors may use a locker in the changing rooms. We assume no liability for the loss of valuables.
- 04 Smartphones, Tablets & Co. No News. No Shoes – An international mantra for holistic relaxation: We are committed to providing our valued SPA guests with the highest level of this experience and kindly ask that you refrain from using smartphones, tablets, cameras, etc., in the Wellbeing area. Photography is strictly prohibited. The Wellbeing Lounge and Gym are not subject to this policy.
- 05 These areas are clothing-free zones. For hygiene reasons, we ask that you always place a towel underneath. Thank you.
- 06 Wellbeing area – Sauna, Steam Room, and Gym: Access permitted for guests 14 years of age and older when accompanied by a parent. Pool Area: No age restriction – parental supervision is required.

