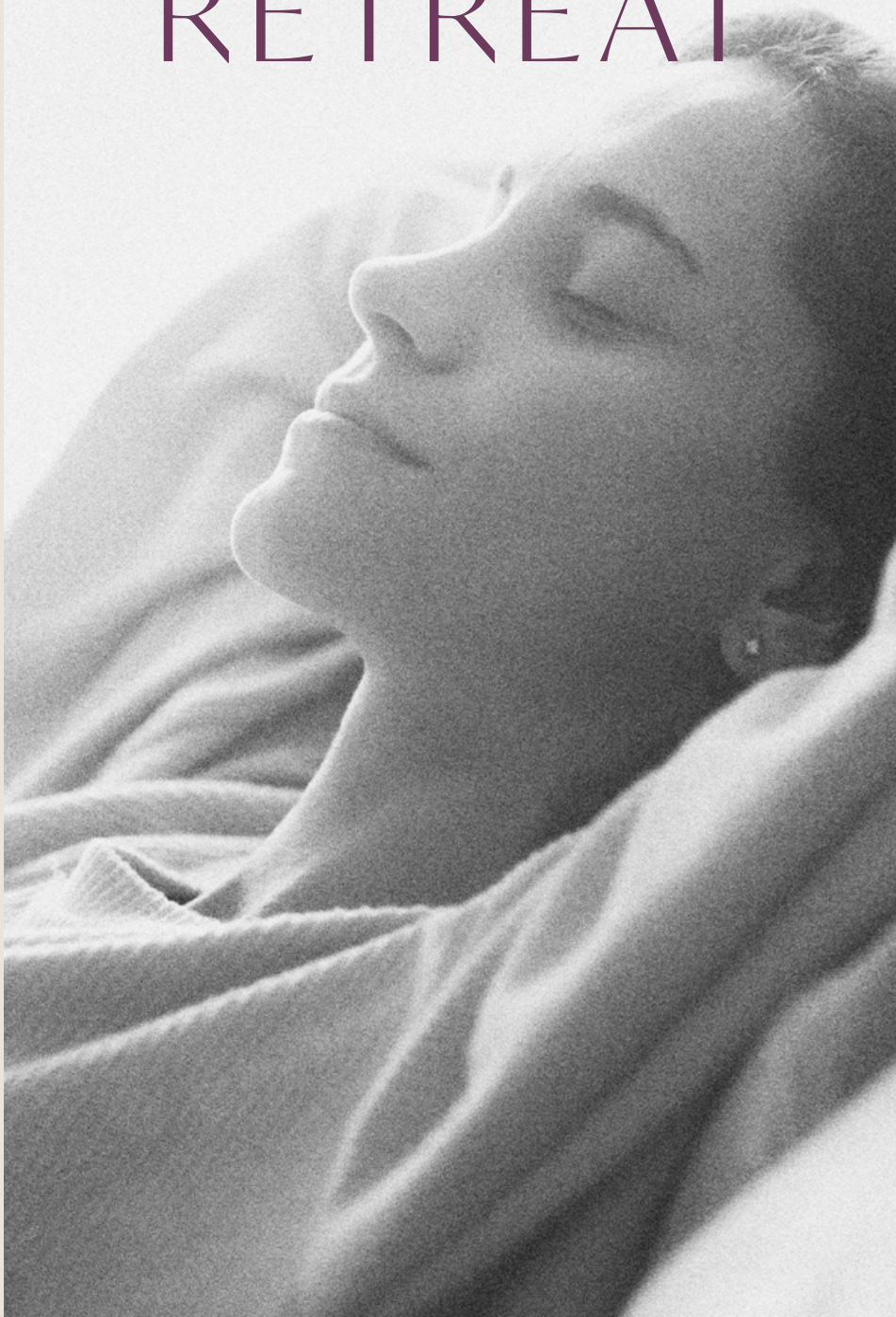


A TIMELESS RETREAT



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.

Pure Relaxation.

Lasting Memories.





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	Minutes	Price in €
CLEANSING FACIAL 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 skincare to finish	45	99
ANTI-AGING FACIAL 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	60	159
DETOX FACIAL 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 skincare to finish	70	189
LONGEVITY LOOK SIGNATURE 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	90	249

ADDITIONAL	Minutes	Price in €
EYEBROW SHAPING	10	15
EYEBROW TINTING	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 An effective mechanical exfoliation method that uses fine crystals to refine scars, fine lines, and enlarged pores, as well as reduce pigmentation issues	20	49
MICRONEEDLING & ULTRASOUND 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	30	79



HANDS

&

FEET

RIVA Wellbeing & Spa offers hand treatments using Doctor Mi and pedicures with La Biosthétique, as well as vegan, non-toxic nail polishes from Nailberry® London.



NAILBERRY

MANICURE & PEDICURE	Minutes	Price in €
QUICK NAILS Filing, cuticle care, and nourishing oil for the nails	25	39
MANICURE DOCTOR MI Cuticle care, filing and shaping of the nails, hand exfoliation, nail care, and a short massage	50	75
PEDICURE LA BIOSTHETIQUE Foot soak, callus and cuticle care, trimming and shaping of the nails, a foot scrub and a foot massage	50	79
ADDITIONAL MANICURE & PEDICURE		
APPLYING NAIL POLISH - NAILBERRY	15	15
APPLYING SHELLAC - CND	20	40
REMOVING SHELLAC	30	25





BODY

&

SOUL

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

Developed and produced in the heart of the Black Forest, La Biosthétique 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 ideal skin compatibility and nourishment.

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 Targeted techniques relax the muscles, improve blood circulation, and loosen the fascia	30	79
HEAD, NECK, AND SHOULDER MASSAGE Deep relaxation through the stimulation of specific nerve points	30	79
LEG AND FOOT MASSAGE Relaxation and recovery of the muscles, ideal after long hikes or bike rides	30	79
BACK CUPPING MASSAGE The vacuum pressure created by cupping cups and tension-releasing techniques stimulate lymphatic flow	30	85
FOOT REFLEXOLOGY Deep relaxation through the stimulation and massage of the reflex zones	40	99
FULL-BODY MASSAGE RELAX Gentle yet firm movements using warm oil promote relaxation and stress relief	50 80	119 169
FULL-BODY MASSAGE INTENSIVE Traditional techniques stimulate and improve blood flow to the muscles and relieve tension	50 80	119 169

SPECIALS	Minutes	Price in €
HOT STONE MASSAGE Heated basalt stones and relaxing massage techniques stimulate the metabolism and have a calming effect	60	139
LOMI LOMI MASSAGE A Hawaiian massage ritual featuring rhythmic, sweeping, and flowing movements for deep relaxation of body and mind	90	189
BODY TREATMENTS		

FULL-BODY SCRUB A sea salt scrub leaves your skin smooth and perfectly prepares it for subsequent products and massages	30	75
RIVA X LA BIOTHÉTIQUE SIGNATURE A holistic detox treatment featuring a remineralizing full-body scrub, a detoxifying mineral mud wrap, and a massage with nourishing lotion	90	199

AYURVEDA



Ayurveda is one of the world's oldest holistic health systems and originated in India.

The aim of this traditional practice is to bring the body, mind, and spirit into harmony. Treatments are based on the Ayurvedic principles of Vata, Pitta, and Kapha – the three fundamental energies that, according to Ayurveda, influence an individual's overall well-being.

Traditional massage techniques and personalized rituals help promote relaxation, regeneration, and inner balance.

AYURVEDIC TREATMENTS	Minutes	Price in €
AYURVEDA CONSULTATION & BODY TYPE ANALYSIS Analysis of your individual constitution (Prakriti) as a basis for personalized recommendations regarding nutrition, lifestyle, and well-being	60	120
ABHYANGA – AYURVEDIC FULL-BODY MASSAGE Promotes relaxation, stimulates circulation and metabolism, supports the balance of the doshas, and improves sleep quality	50	149
ABHYANGA – INTENSIVE AYURVEDIC FULL-BODY MASSAGE Massage including a steam bath or bath. External guests: includes a steam bath in the spa area. Hotel guests: includes a bath in the room	75	164
ABHYANGA – SIGNATURE KERALA MASSAGE Traditional Kerala massage using Ayurvedic herbal oils to stimulate circulation, relieve tension, and reduce stress	50	159
PINDA SVEDA – AYURVEDIC HERBAL POULTICE MASSAGE Warm herbal poultices combined with Ayurvedic oils relieves tension, eases discomfort and promotes circulation	90	199

	Minutes	Price in €
PADABHYANGA – AYURVEDIC FOOT MASSAGE Stimulates reflex zones and supports relaxation, regeneration, and inner balance	30	84
SHIRO ABHYANGA – INDIAN HEAD, NECK & SHOULDER MASSAGE Relieves stress and tension, promotes scalp circulation and provides deep relaxation	30	84
MUKHA LEPAM – SIGNATURE AYURVEDA FACIAL Holistic facial treatment with herbal pastes, natural oils, and facial massage for a fresh, radiant complexion	45	109
KATI VASTI – LOWER BACK TREATMENT Targeted application of warm herbal oil to the lower back relieves tension and supports mobility	30	89
JANU VASTI – KNEE TREATMENT Targeted application of warm herbal oil to the knee to support mobility and overall well-being	30	89
PICHU – SPECIAL AYURVEDIC OIL THERAPY Warm herbal oil application for joints or localized areas of discomfort. Helps calm the Vata dosha and supports overall well-being	30	89



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. Holista, 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).

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.*



STAYCATION



AT THE RIVA

DAY SPA

Price in €

Day Spa Admission*	50
Additional minimum treatment value	99

A feeling of arrival. A day at the RIVA Hideaway. Immerse yourself in the RIVA Wellbeing & Spa Area, indulge in a holistic treatment – perhaps a 90-minute ritual – and round off the experience with a refreshing drink on the pool deck overlooking the lake.

Across 400 m², the RIVA Wellbeing & Spa is dedicated to relaxation and renewal. A stylish setting awaits, with a fireplace lounge, sauna, sanarium, steam bath and contemporary relaxation areas designed for moments of complete calm.

The highlight is the rooftop pool, heated year-round to 28°C. Suspended between sky and nature, it offers sweeping views across the lake and a unique sense of tranquillity.

A light-filled fitness studio and a varied programme of classes in the dedicated yoga room complete the experience, bringing body and mind into balance.

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



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 electronic devices in the Wellbeing area. Photography is strictly prohibited. The Wellbeing Lounge and the gym are not affected by this. Photography is strictly prohibited throughout the entire Wellbeing area.
- 05 The sauna, steam room, and sanarium 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.





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A TIMELESS RETREAT
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