



PURIA

TRAVEL CHARME

Kurhaus Binz
Binz / Rügen



ESCAPE THE DAILY GRIND ...

... and finally dive in.

It's great to have you with us at the PURIA Spa. We would like to accompany you on your journey to full relaxation, give you moments of pure bliss and well-being and show you how wonderful it can be to do nothing for a change, to simply let go.

The spa team is at your side to make sure you leave everyday life behind and devote yourself to your dreams again.

Get swept away with us. With gentle touches and flowing thoughts. With conversation, tastes and scents. Stroll again. Get to know a new kind of idleness. Be who you are and stay as long as you like.

ARRIVE AND FEEL GOOD

Our spa unites the classic elements of beauty and relaxation. And in addition, we combine exercise, experiences, and healthy nutrition to offer you a holistic approach.

Bring your body and mind back into harmony. Slow down your life, take it easy. Face every day with more serenity. Experience the quiet moments again and enjoy the quiet sounds. Challenge yourself with exercise and feel the inner and deep satisfaction afterwards.

Let's start a new chapter in your life together so you can. Take your positive mind and emotions home with you!

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A hand is shown pouring a clear liquid from a small, light-colored ceramic pitcher into a matching cup. The scene is set on a rustic wooden board, which is decorated with fresh oranges, rosemary sprigs, and star anise. A small glass dish containing white powder is also visible on the board. The background is softly blurred, suggesting an indoor setting with natural light. The text "PURE RELAXATION" is centered over the image, flanked by horizontal lines and dots.

...
PURE RELAXATION
...

GOLD FOR THE SOUL

Well-being from head to toe.

Arrive to your personal wellness time with a warming herbal footbath. After an extensive foot peeling massage, you can slowly start to let go. Immerse yourself in a massage, plunge further and further into your relaxation. The additional head massage lets you forget even your last worry.

80 minutes | € 129

DID YOU KNOW ...

... the ingredients we use for our home-made massage oils are genuine Rügener?

In May, the rapeseed dresses the island in a yellow dress before it becomes Rügen rapeseed oil. With a lot of love we have brought together for you the following essences:

- invigorating rosemary oil
- activating mint-ginger oil
- balancing sage-melissa oil

FULL BODY MASSAGE

Perfect relaxation from head to toe.
Even deep tensions are gently loosened with classic grips.

110 minutes | € 150 80 minutes | € 105 50 minutes | € 72

MASSAGE TIP

To complement your full body massage, we recommend a moisturising facial mask for € 5.

(Offer valid only in combination with a full body massage)

BACK MASSAGE

Our back massage is a real treat. Your muscles are relaxed and loosened with classic massage techniques.

50 minutes | € 72

MASSAGE TIP

Perhaps you would like to round off your back massage with a hot roll, a back scrub or even cupping, for € 10 each?

(Offer valid only in combination with a back massage)

LOMI LOMI NUI

She's the queen of massages. The Lomi Lomi massage is a pampering programme for all your senses. Flowing movements from head to toe guarantee a pleasant relaxation.

110 minutes | € 150 80 minutes | € 105

ABHYANGA

The great Ayurvedic treatment. This full body treatment brings your energies back into balance. Precious sesame oil is spread on your skin and gently massaged in with stroking movements.

80 minutes | € 105

FOOT MASSAGE

Well-being for your whole body. This foot massage can dissolve energy blockages and optimise your entire energy flow in the body.

50 minutes | € 72

A wide-angle photograph of a beach at sunset. The sky is filled with large, dramatic clouds, some of which are illuminated from below by the setting sun, creating a golden glow. The sun is positioned just above the horizon, and its light reflects off the water's surface, creating a shimmering path of light. The ocean is calm, with gentle waves lapping at the shore. The foreground shows the texture of the sand, which is dark and slightly damp. The overall mood is peaceful and serene. The text "TIME FOR YOU" is centered in the upper half of the image, framed by two horizontal lines with three dots at each end.

TIME FOR YOU

PURE RELIEF

Self care is healthcare.

True to this motto we would like to pamper you with our wellness package "pure relief".

Give yourself a wonderful break and enjoy two days of 'me time' with plenty of peace and quiet to relax.

Come back to yourself and recharge your batteries.

2 x 110 minutes | € 299 p.p. | incl. small gift

Bookings from 3 consecutive nights

WHAT TO EXPECT

- **Pure Relief Programme Day 1 (110 minutes)**
 - Foot ritual with the singing bowl
 - Full body peeling
 - Relaxation massage
- **Pure Relief Programme Day 2 (110 minutes)**
 - Personalised full body massage
 - Facial treatment

FULL BODY CARING RITUAL

The gentle peeling massage lets your skin breathe a sigh of relief and relax your muscles. While enjoying a head massage, your skin can optimally absorb the active ingredients of the subsequent chalk pack.

80 minutes | € 105 50 minutes | € 72

RITUAL TIP

Perfectly complementing the full body ritual, we recommend a moisturizing face mask for € 5.

(Offer valid only in combination with the full body caring ritual)

CHALK RITUAL FOR TWO

A unique care ritual meets genuine Rügen healing chalk. The pleasant warmth in the herbal steam bath perfectly cleanses your skin and relaxes your muscles.

45 minutes | € 65

A close-up photograph of a person's back being massaged with a thick, greyish-brown mud. The mud is applied in smooth, overlapping strokes, creating a textured surface. The person's dark hair is visible at the top left. The background is a blue and white checkered pattern. The text "FOR BODY & SOUL" is centered over the image, flanked by horizontal lines and dots.

... FOR BODY & SOUL ...

PURE HYALURON

Treat your skin to the luxury of highly concentrated hyaluronic acid. Enjoy plumper and firmer looking skin with high and low molecular active ingredients. The treatment is complemented by soothing hand treatment including a massage and luxurious care.

110 minutes | €150

PURE FRESHNESS

This beauty treatment is tailored to your needs. The natural skin care with highly effective serums bring your skin back into its natural balance.

80 minutes | €105 50 minutes | €72

BEAUTY TIP

In addition to your beauty treatment, we recommend:

- an active ingredient ampoule | € 8
- the „radiant moment“ applciation | € 18
(eyebrow correction, eyelash and eyebrow tinting)
- or a discreet day make-up | € 10

(Offers valid only in combination with the “Pure Freshness” treatment)

WHAT MEN WANT

This refreshing power facial treatment lets you relax and your demanding male skin breathe again.

80 minutes | € 105 50 minutes | € 72

CARE TIP

Treat yourself to a soothing neck massage with the treatment for € 10.

(Offer valid only in combination with the "What men want" treatment)

MANICURE

Hands are a person's signature. Give your hands natural care.

50 minutes | € 60

PEDICURE

Do something good for your feet. Cosmetic foot care gives your feet a perfect, well-groomed feeling.

50 minutes | € 60

MANICURE

Pamper your hands with intensive care, so that they become velvety soft and shine anew.

50 minutes | € 60

SHOW YOUR COLOURS!

A colourful eye-catcher on your feet and hands gives the finishing touch. We can paint your hands and feet for € 20. The paint is included for you to take home, to remind you of your time with us.

(Offer valid only in combination with a manicure or pedicure)

PEDICURE

Relax yourself and your feet with a soothing footbath followed by a cosmetic foot care treatment.

50 minutes | € 60

PRIVATE SUITE

TIME FOR TWO

When was the last time you spent time together? An exclusive retreat awaits you in our Private Suite. Time just for you, where you can relax. Enjoy your time together in our ying-yang bathtub and in the cosy snuggle corner. A following couple's massage rounds off your time as a couple with us. We're happy to advise you.

Book your „time for two“ in our Private Suite
80 minutes | € 165 110 minutes | € 260 140 minutes | € 340

ALL-ROUND CARE

Choose from our PURIA range of nutritional products in advance.

VINYASA YOGA

The aim of Vinyasa Yoga is to unite mind, body and spirit. In this dynamic, flowing style of yoga, the asanas are combined with breathing to create a flow of movement. There is a constant change of strength, flexibility, tension and relaxation.

With regular practice, you will train your body awareness, build physical strength, your physical ailments will decrease and emotional blockages will be released. Yoga helps you to achieve more balance, serenity and acceptance in your life.

PURIA TIP

On page 27 you may find small breathing exercises which can quickly help you to find relaxation and inner serenity.

POWER PILATES

Pilates is a holistic body workout in which breathing is harmonised with movement. The focus lies in controlled and concentrated movements. Quality is more important than quantity. Throughout the workout, the power house is active, which is activated by the tension of the abdominal, back, and pelvic floor muscles.

Power Pilates is a modification of classical Pilates, incorporating new insights from sports medicine, physiology, and biomechanics into the exercises.

The basic principle of the training, to strengthen the body's core through exercises that flow into each other, remains unchanged. The motto of Power Pilates is "progress through movement" and "movement heals". You can book your courses and training sessions at the spa reception.

You can book your classes and trainings at the spa reception.



... ..
STRENGTHENING & FLEXIBILITY
... ..



CHALLENGE YOURSELF

PERSONAL TRAINING

Private training offers you numerous advantages. Your personal trainer will develop a fully customised concept that is perfectly tailored to your wishes and needs. He or she is always by your side to motivate you, but also to challenge you.

The greatest benefit of a private training is that you can decide for yourself what you want to do and at what intensity. Whether it's classic muscle training, exercises for weight loss or training sessions that tone your entire body. Of course, you can also let your personal trainer take the lead.

The goal of the training is to make you feel good - both during and after the training. Take the exercises home with you and continue to do something good for your body.

Our team is always there to help you when you are ready for a new challenge.

Are you ready to start now?

You can book your classes and trainings at the spa reception.

YOUR MOST BEAUTIFUL EXPERIENCES ARE WAITING ON THE WATER

Water sports are the ideal leisure activity for all ages and tastes. Whether a beginner, intermediate, advanced, or professional: there is a suitable course for everyone. You'll receive the equipment and instruction for your adventure experience directly from our surfing partner "ProBoarding Rügen" on site.

Gliding over the water with a SUP board means experiencing peace, water, beach, and nature. Alone, with friends or the family - SUP boarding is pure pleasure.

We surf according to the best wind and weather conditions, carefully planned the day before. For your safety on the water, one of our staff members is always with you. Let the kite pull you, glide over the water and feel the salt water on your skin. Meanwhile, you can admire the beautiful nature of Rügen from the water.

Water sports are our passion and we would like to take you on this unforgettable journey!

An aerial photograph of a person kayaking in clear, turquoise water. The water is so clear that the sandy bottom and coral reef structures are visible. The kayaker is in the lower center of the frame, on a white kayak with orange accents. The background is a vast expanse of coral reef with varying shades of green and brown. The text "ACTIVE FOR BODY & SOUL" is centered in the upper half of the image, flanked by horizontal lines and ellipses.

... ACTIVE FOR BODY & SOUL ...



... ————— ...
CATCHING MOMENTS
... ————— ...

SPECIAL HOLIDAY MOMENTS

Experiences to remember are waiting for you. Get carried away by unique moments and feel the world stop for a moment. Set focus on yourself and simply take time for yourself. Capture the dreams, moments, and memories and keep them inside you.

CANDLELIGHT RITUAL

Romantic moments while swimming in candlelight with your loved ones. Glide through the water late at night and let the background music enchant you. Forget everything around you and immerse yourself in a dream world.

SUNRISE RITUAL

The magic begins when the sun appears on the horizon. Join us in welcoming the first rays of sunshine and your day by the sea. Snuggled up in fluffy blankets, enjoy this magical moment with a cup of morning coffee. Whether quietly or in conversation, just as you like. You will never forget a moment like this.

STORY RITUAL

We come together and immerse ourselves in a relaxed atmosphere. Snuggled up, make yourself cosy. We serve you a cup of hot chocolate or a warming tea. Mediation stories teach your body, mind and soul into harmonic balance. Get captivated by stories from all over the world on distant journeys. Learn more about the legends of Rügen and get to know another side of our island.

SHORT BREATHING EXERCISE FOR RELAXATION

With this exercise you can quickly reorder your thoughts, restore your concentration and give your mind new energy and relaxation.

Close your eyes, arrive in the here and now. Notice the sounds around you. The ground beneath your feet. Observe your breath. How your chest rises and falls without compulsion.

Now breathe in consciously through your nose. Fill your entire chest with air until it feels very wide. Now slowly let the air escape through your mouth for about three times as long. Remain completely relaxed.

Repeat this breathing exercise as long as you like and until you have reached your new level of relaxation.

4-7-8-BREATHING FOR THE NIGHT

When your thoughts are spinning endless loops again and your mind simply doesn't want to find peace, this breathing technique will help you get to sleep faster. With a little practice, you can fall asleep within a few minutes. Likewise, this breathing method regulates your blood pressure through a controlled and consisted sequence of breath and can even alleviate panic attacks and anxiety.

To breathe better, it is recommended to lie on your back. Then press your tongue gently against the roof of your mouth behind your teeth.

Now breathe in through your nose into your belly and count to 4.

Now hold your breath and count to 7, then count to 8 and breathe out again slowly from your mouth.

Repeat this sequence until the calming and relaxing effect unfolds.



DAILY IMMUNE BOOSTER

This ginger vitamin shot will give you something good for your immune system in no time, because it is rich in vitamin C, minerals and antioxidants. To strengthen your defences, all you need to do is drink a shot glass every day. If you like it fruitier, you can add more or other fruits, such as apples or pineapple. For extra flavour, you can add a pinch of cinnamon or cayenne pepper.

INGREDIENTS

150 g unpeeled organic ginger, juice of one orange, juice of one organic lime, 250 ml sea buckthorn juice, ½ tsp turmeric powder, 2 tbsp agave syrup

Finely mash all ingredients, pass through a sieve and enjoy. The shot can be drunk undiluted or diluted. For children, more juice can be added to make it a little fruitier.

The recipe produces about 0.5 l of ginger vitamin shot and will keep for several days in the fridge.

PURIA NUTRITION

Make your stay at PURIA a holistic experience with our food offer. Because a healthy and balanced diet creates a good body feeling and keeps you fit. Energy reserves are replenished. That is why our spa hotel kitchen provides selected, healthy and light delicacies for you.

ENERGETIC POWER SMOOTHIE 🌱	
100% energy & freshness	€ 8
CRUNCHY VEGETABLE STICKS 🌱	
hummus yoghurt dip	€ 10
CARROT GINGER SOUP 🌱	
almond milk ducca vegan	€ 9
FALAFEL QUINOA BOWL 🌱	
carrot avocado orange mint vegan	€ 12
WILD HERB SALAD	
raw marinated vegetables yoghurt dressing bread chip	€ 13
... with grilled corn poulard strips	€ 18
... with goat cheese and pomegranate	€ 17
ATS WHOLEMEAL SANDWICH 🌱	
avocado tomato lettuce toasted whole meal bread vegan	€ 12
COCONUT MARACUJA TARTLET	€ 8
vegan	
SEASONAL SORBETS	€ 3 / scoop
HOME-MADE ICE TEA	0,4 l € 4
HOME-MADE ICE TEA LEMONADE	0,4 l € 4

Allergies, intolerances? Simply talk to us, we will be happy to help you. All prices incl. 19% VAT. 🌱 = vegetarian

A top-down view of a bowl filled with a thick, vibrant orange soup. The soup is garnished with a small pile of chopped nuts and a single green leaf. The bowl is set against a dark, textured wooden background. The text "HEALTHY AND FIT" is centered over the soup in a white, sans-serif font, flanked by horizontal lines and dots.

HEALTHY AND FIT

KURHAUS DAY SPA

YOUR RETREAT AT THE KURHAUS

Our PURIA is a place of peace and relaxation. Even if you have not booked a holiday at our spa hotel, you can still enjoy our wellness area... Let yourself be wrapped up in the relaxing atmosphere, dive down, recharge your batteries and find new energy.

DAY SPA TICKET

During your stay with the "Day Spa Ticket" you can expect:

Bathrobe, slippers, towels | pool and sauna entry | tea and water | a full body massage (50 minutes) | reserved lounge

4 hours | € 99 p. p.

DAY SPA TICKET DELUXE

During your stay with the "Day Spa Ticket Deluxe" you can expect:

A glass of prosecco as a welcome drink | bathrobe, slippers, towels | pool and sauna entry | tea and water | fresh salad bowl | a full body massage (50 minutes) | reserved lounge | farewell gift

4 hours | € 129 p. p.

OUR OPENING HOURS

SPA Reception	08:00 h – 19:00 h
Treatment hours	10:00 h – 19:00 h
Pool	07:00 h – 22:00 h
Sauna	13:00 h – 22:00 h
Fitness	07:00 h – 22:00 h

YOUR PURIA VISIT

For a relaxing stay, we recommend a bathrobe and slippers - you will find both in your hotel room.

Please store your jewellery and valuables safely in your room.

To ensure the best possible relaxation for you and other guests, we kindly ask you to refrain from using the telephone in the entire spa area.

Children under 14 years of age require an accompanying person.

YOUR PURIA APPOINTMENT

We recommend that you book your treatment appointment as early as possible in advance.

You can reach us by phone at: +49 38393 / 665 - 560 or by e-mail: binz-puria@travelcharme.com

If you are unable to keep your appointment, please note our cancellation conditions:

- up to 1 day before the treatment free of charge
- from 1 day (24 h) before the treatment with costs, 100% of the treatment price

All prices quoted in this brochure include the applicable statutory VAT of 19%.

Travel Charme Binz GmbH

Strandpromenade 27 | 18609 Ostseebad Binz
+49 38393 / 665 - 560 | binz-puria@travelcharme.com
www.travelcharme.com/hotels/kurhaus-binz/wellness

Extend your holiday feeling or
share your spa moments with us.

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