

THE VILLA SPA AT VILLA KENNEDY

The 850 sq m Villa Spa, located just off the Villa Kennedy lobby next to the original Villa Speyer, is a gorgeous tranquil haven.

From the sweet-smelling entrance, which has dedicated lift access from the guest rooms, guests proceed up to a swimming-pool area. The 15-metre pool has views on to the hotel garden and there is a mezzanine relaxation area, with loungers, half of which have personal music stations. A refreshment bar provides organic fruit juices, yogi teas, water and fruit. There is also a unisex Jacuzzi and separate male and female steam and sauna areas at this level.

One floor down is the fitness area, which includes a sophisticated TechnoGym with the latest cardiovascular equipment and free weights. Personal training is available in the gym, as are private yoga and Pilates classes in the studio that adjoins the gym.

Another level down are the eight treatment rooms, which include a double massage room and five single massage rooms (one of which is dedicated to Asian treatments such as Thai massage, Ayurveda and Shiatsu). Two beauty rooms are used for facials, body treatments and pedicures. There are also three stand-alone nail bars.

The Villa Spa currently uses Eminence Organic Skin products. Eminence delivers the highest quality skin care, with all active ingredients, be they herbs, fruits and flower buds, being 100% organic. Fans of Eminence include film star Alicia Silverstone.

The Villa Spa's signature treatment is the Eminence Organic Rejuvenating AHA Facial, in which the pulp of fresh organic apples, grapes and naseberries infuse their natural fruit acids into the skin, while a pure herbal paprika is used to exfoliate, stimulate and firm the skin, leaving it tingling and glowing softly.

The Villa Spa is managed by American Heather Blankinship, a licensed medical massage therapist from the state of Hawaii, who has a unique variety of international experience in the wellness industry, including spa wellness, massage, yoga and natural medicine.

The Villa Spa is open to both residents and non-residents, with day memberships, trial months and annual memberships available.

Key features

- 15-metre pool with views on to the hotel's garden
- Unisex Jacuzzi, separate male and female sauna and steam rooms
- Mezzanine floor for relaxation, with personal music stations and refreshment bar
- Gym with all the latest Technogym cardiovascular gym equipment and free weights; personal training available on request
- Yoga & Pilates studio for private lessons
- 8 treatment rooms and 3 nail bars

- Open daily from 6:30am to 10pm, appointments from 9am to 9pm. To make an appointment, please call The Villa Spa at Villa Kennedy on tel: +49 (0)69 717 121 162.

For further information and/or an image, please contact:

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NOTES FOR EDITORS

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