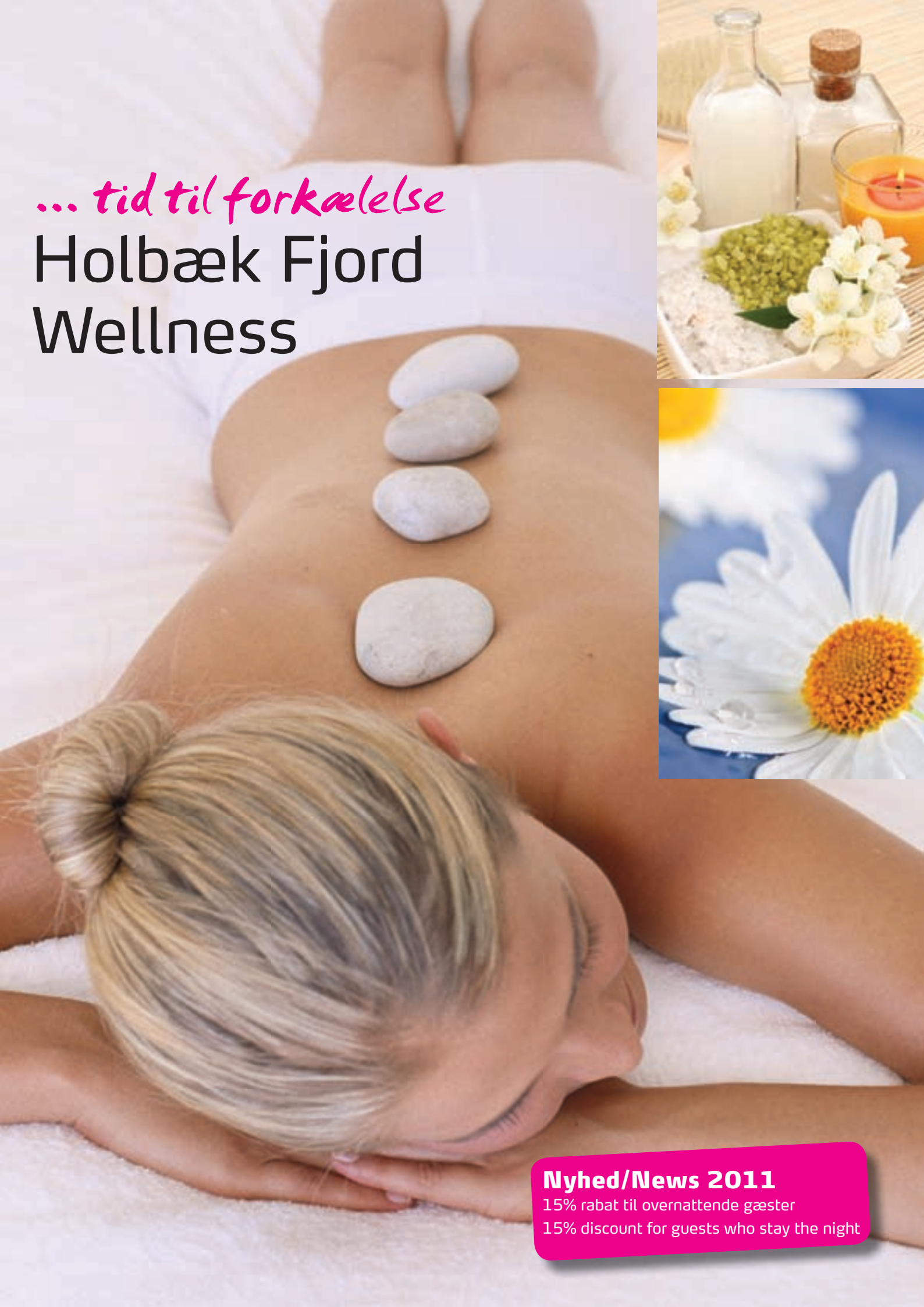


... tid til forkælelse

Holbæk Fjord Wellness



Nyhed/News 2011


15% rabat til overnattende gæster

15% discount for guests who stay the night



Velkommen til Holbæk Fjord Wellness

... unikke og individuelle velværeoplevelser

 De fleste mennesker oplever i dag, at de har en travl og stresset hverdag, hvor tid til sig selv og hinanden er en mangelvare. Giv dig selv et velfortjent "frikvarter" til at pleje krop og sjæl – og vend tilbage afslappet og med ny energi.

Holbæk Fjord Wellness er et hyggeligt og uhøjtidligt wellnesscenter, hvor vi sammen med vores erfarne og professionelle behandlere lægger stor vægt på at give dig en unik og individuel velværeoplevelse. For os er nærvær et nøgleord, og vi håber, du vil nyde dit ophold hos os.

Vores wellnesscenter består af behandlerhuset, en overdækket og opvarmet * swimmingpool, en dejlig stor 38 grader varm spapool samt sauna og massagestol. I forbindelse med behandlinger i vores wellnesscenter står disse faciliteter til rådighed.

På de efterfølgende sider kan du få et overblik over, hvilke behandlinger vi kan tilbyde.


Der gives som noget nyt 15% rabat til overnattende gæster på Holbæk Fjord Camping på de behandlinger, som er markeret med en *

Da vi er en del af Holbæk Fjord Camping, kan vi naturligvis også tilbyde kurophold med overnatning i egen campingvogn eller i vores moderne hytter med bad og toilet. Ligeledes har vi mulighed for at arrangere møder og kurser med fuld forplejning.

HUSK: Vi også sælger gavekort – giv en god oplevelse til en, du holder af.

Vi ser frem til at byde dig velkommen på Holbæk Fjord Wellness.

* opvarmet i perioden 15.04.11 til 23.10.11

 Many people today feel that their everyday lives are busy and sometimes hectic and leave little time for themselves and each other. Give your mind and body a well-earned break – and return to your everyday routines relaxed and with renewed energy.

Holbæk Fjord Wellness is a pleasant, informal wellness centre where our experienced, professional therapists make every effort to offer you unique, individual treatment. Individual treatment is the key in ensuring you will enjoy your stay with us.

Our Wellness Centre comprises a treatment department, an indoor, heated* swimming pool, a spacious Jacuzzi pool heated to 38 degrees Celsius, a sauna and a massage chair. These facilities are at your disposal when you receive treatment at the centre.

The following pages provide you with details of the various kinds of treatment we can offer.

We have introduced a 15% discount on the treatments marked with an asterisk * for guests who stay the night at Holbæk Fjord Camping.

As we are part of Holbæk Fjord Camping we can naturally also offer a health stay option with accommodation in your own caravan or in one of our modern cabins equipped with shower and toilet. We can also arrange meetings and courses with full board.

REMEMBER: we also sell gift vouchers – give somebody you love a wonderful experience.

We are looking forward to welcoming you to Holbæk Fjord Wellness.

* heated from 15/4/11 to 23/10/11.



Fysiurgisk massage *

Fysiurgisk massage kan afhjælpe ømme muskler i nakke, skuldre, ryg eller andre muskulære problemer. Massagen stimulerer kredsløbet, fjerner affaldsstoffer og giver kroppen en afslappet og velbalanceret tilstand.

Massage – Varighed: ca. 30 min
 Helkrop – Varighed: ca. 60 min
 Helkrop de luxe – Varighed: ca. 90 min

Pris: DKK 275,-
 Pris: DKK 495,-
 Pris: DKK 695,-

Dyb afspændingsmassage *

Dyb afspændingsmassage er en rolig omsorgsfuld massage, der får dig til at synke ned i en dyb, indre stilhed og giver dig mulighed for at mærke krop og følelser mere intenst og levende. Det er en meget intens massage-type. Vi anbefaler derfor stærkt, at man vælger 1½ times behandling.

Massage – Varighed: ca. 30 min
 Helkrop – Varighed: ca. 60 min
 Helkrop de luxe – Varighed: ca. 90 min

Pris: DKK 275,-
 Pris: DKK 495,-
 Pris: DKK 695,-

Børnemasage (Fra 3 til 12 år) *

Børn elsker berøring og massage. Berøring er livsvigtig, og gennem massage lærer børnene at slappe af og tage imod og nyde. Ved massagens rolige berøring skaber man samtidig balance imellem stress og afspænding. Massagen er med til at dække barnets behov for den nærhed og tryghed, som gør, at barnet får større selvtilid og bliver mere opmærksom. Massage kan endvidere være med til at øge kropskendskab, mindske rastløshed og øge koncentrationen.

Varighed: ca. 30 min

Pris: 275,-

Stenmassage

Kolde og varme sten i samarbejde med duft og lyd spiller en helt central rolle under denne specielle massage. Du får sten under og over dig samtidig med du masseres med sten – der arbejdes med lange dybe strøg. En skøn sanseoplevelse som giver dyb afspænding og velvære.

Varighed: ca. 90 min

Pris: DKK 750,-

Physiotherapeutic massage *

Physiotherapeutic massage can relieve the pain of aching muscles in the neck, shoulders and back as well as other muscular problems. Massage stimulates blood circulation, removes metabolic waste and leaves the body in a relaxed, well-balanced state.

Massage – duration: approximately 30 minutes Price: DKK 275,-
 Whole body – duration: approximately 60 minutes Price: DKK 495,-
 Whole body de luxe – duration: approximately 90 minutes Price: DKK 695,-

Deep relaxation massage *

Deep relaxation massage is a gentle, caring type of massage that produces a state of profound inner calm and makes it possible for you to sense your body and feelings in a more intense, animated manner. It is a very intense type of massage. And we therefore strongly recommend choosing 1½ hours' treatment.

Massage – duration: approximately 30 minutes Price: DKK 275,-
 Whole body – duration: approximately 60 minutes Price: DKK 495,-
 Whole body de luxe – duration: approximately 90 minutes Price: DKK 695,-

Children's massage (from 3 to 12 years) *

Children love physical contact and massage. Physical contact is vital and massage teaches children to relax, be receptive to and enjoy such contact. The gentle physical contact provided by massage also creates a balance between a heightened activity level and relaxation. Massage helps to cover children's need for nearness and security and increases their self-confidence and attention span. Massage can also help to increase children's knowledge of their bodies, reduce restlessness and heighten their ability to concentrate.

Massage – duration: approximately 30 minutes Price: DKK 275,-

Stone massage

Hot and cold stones combined with scents and sounds play a central role in this special type of massage. Stones are placed beneath your body and you are massaged with stones – in long, deep strokes. A delightful sensory experience that provides deep relaxation and well-being.

Duration: approximately 90 minutes

Price: DKK 750,-



Wellness behandlinger

Zoneterapi

Zoneterapi tager udgangspunkt i at hele kroppen er afbildet under fødderne. Ved massage og tryk, primært på fødderne hjælper vi kroppen til at genoprette balancen. Mange bruger zoneterapi selv om de ikke har helbredsproblemer. De gør det for at vedligeholde en god sundhedstilstand og som forebyggende behandling. Andre benytter zoneterapien, for de har hørt eller er nysgerrig på, at der her kunne være en vej til at lindre netop deres smerter eller symptomer. Her skrives journal og vi aftaler et behandlingsforløb.

Varighed: ca. 60 min

Pris: DKK 395,-

Kranio-Sakral Terapi *

En nænsom behandling, med dybdegående effekt på krop og sind. Der arbejdes med centralnervesystemet, som består af rygmarven, kraniet og korsbenet. Behandlingen går ud på at frigøre blokeringer i centralnervesystemet, således at spinalvæsken kan strømme frit igen. Ofte vil man opleve at man falder i søvn under behandlingen, hvilket er et tegn på at kroppen er afslappet og modtagende. Effektivt ved bl.a. hovedpine, angst, piskesmæld, rygproblemer og stress. Behandlingen er velegnet til såvel børn som voksne.

Varighed: ca. 1 time

Pris: DKK 495,-

Akupunktur

Akupunktur er kendt for sine små tynde nåle, som isættes forskellige steder på kroppen afhængig af dine ubalancer. WHO beskriver akupunktur som velegnet til alle former for smerter, menstruationsproblemer, mave- og tarmlidelser, bihulebetændelse, eksem, immunsygdomme, hormonelle forstyrrelser, kredsløbsproblemer m.fl.

Varighed: ca. 45/75* min

Pris: DKK 350,-/450,-*

*OBS - Første gang har vi journaliseringspligt

Zone therapy

Zone therapy takes its point of departure in the concept that each body part is represented on the soles of the feet. We help the body regain its balance with the help of massage and the application of pressure, primarily to the feet. Many people go to zone therapy even though they have no health problems. They do so in order to maintain their good health and as preventive treatment. Others go to zone therapy because they have heard or want to find out if it could be a way of alleviating the pain or symptoms they are experiencing. We write a medical record and agree on a course of treatment.

Duration: approximately 60 minutes

Price: DKK 395

Craniosacral therapy *

A gentle form of treatment with an in-depth effect on the body and mind. This type of therapy focuses on the central nervous system, which comprises the spinal marrow, the skull and the os sacrum. Treatment involves removing blockages in the central nervous system so that the spinal fluid can flow freely again. People undergoing the treatment will often find that they fall asleep, which is a sign that the body is relaxed and receptive. Effective in connection with such disorders as headache, anxiety, whiplash injuries, problems with the back and stress. The treatment is suitable for both children and adults.

Duration: approximately one hour

Price: DKK 495

Acupuncture

Acupuncture involves inserting very thin needles into various parts of the body to remedy physical imbalance. The WHO has stated that acupuncture is ideal for relieving pains of all kinds, problems with menstruation, gastrointestinal disorders, sinusitis, eczema, immune disorders, hormonal imbalance and problems with blood circulation, etc.

Duration: approximately 45-75 * minutes

Price: DKK 350-450 *

* NB: we are obliged to keep a medical record in connection with the initial treatment.



Fod-, hånd- og ansigtskur

Fod-, hånd- og ansigtskur

I vore fod-, hånd- og kropsbehandlinger anvender vi udelukkende naturens egne produkter. Hovedingredienserne er primært mudder, tang, alger, aloe vera og urter. Ingen parfume, parabener eller hormonforstyrrende stoffer.

Ansigtsskur

Ansigtet peeles. Masken dybderenser og genopbygger huden samtidig med, at den tilføres ny næring. Herefter en afslappende ansigtsmassage med en fugtighedsbevarende og vitaminrig creme.

Varighed: ca. 30 min

Pris: DKK 295,-

Ansigtsskur de luxe

Ansigtet dybderenses med en sukkerpeeling. En dejlig afslappende ansigtsmassage efterfølges af en muddermaske. Der afsluttes med en lækker fugtighedsbevarende og vitaminrig creme.

Varighed: ca. 1 time

Pris: DKK 545,-

Fodkur

Kuren starter ned et fodbad i atlantehavssalt, som tilfører energi og friskhed. Herefter peeles og blødgøres fødderne. Afsluttende fodmassage med lotion.

Varighed: ca. 30 min

Pris: DKK 295,-

Fodkur de luxe – inkl. håndkur

Fødderne bades i Atlanterhavssalt som tilfører energi og friskhed. Efter en grundig peeling af både hænder og fødder som fjerner bl.a. døde hudceller, pakkes fødderne ind i dybtvirkende blødgørende og fugtgivende cremer. Hænderne, og senere fødderne masseres omhyggeligt med disse skønne cremer.

Varighed: ca. 60 min

Pris: DKK 595,-

Foot, hand and facial treatment

We exclusively use nature's own products in our foot, hand and facial treatment. The principal ingredients are mud, seaweed, algae, aloe vera and herbs. There are no perfumes, parabens or hormone-disturbing substances in the products we use.

Facial treatment

The face is peeled. The mask cleans the skin in depth and at the same time builds it up by providing it with new nutrition. The next step is a relaxing facial massage with a moisture-retaining, vitamin-rich cream.

Duration: approximately 30 minutes

Price: DKK 295,-

Facial treatment de luxe

The face is peeled in depth with sugar peeling. A delightfully relaxing facial massage is followed by a mud pack. Treatment concludes with a wonderful moisture-retaining, vitamin-rich cream.

Duration: approximately one hour

Price: DKK 545,-

Foot treatment

Foot treatment begins with a footbath containing Atlantic sea salt for added energy and freshness. The feet are then peeled and softened. Treatment concludes with a foot massage with lotion.

Duration: approximately 30 minutes

Price: DKK 295,-

Foot treatment de luxe – including hand treatment

The feet are bathed in a solution of Atlantic sea salt for added energy and freshness. After a thorough peeling of the hands and feet which, among other things, removes dead skin cells the feet are packed in deep-action, softening and moisturising creams. The hands and then the feet are carefully massaged with these delightful creams.

Duration: approximately 60 minutes

Price: DKK 595,-



Afspænding og personlighedsudvikling

Kropsindpakninger

Krop og ansigt forkæles med en indpakning i mudder fra Middelhavsområdet. Muddret trækker bl.a. snavs, døde hudceller og fedtstoffer ud af huden. Imens muddret arbejder, ligger du og hviler, alt i mens du får en afstressende hovedbundsmassage. Behandlingen afsluttes med en blid kropsmassage i bodyoil – og ansigtet påføres en lækker dagcreme, der efterlader huden blød og smidig..

Varighed: ca. 60 min

Pris: DKK 750,-

Kropspeeling

Få en lækker blød hud på hele kroppen. Luksuriøs kropspeeling fra top til tå, som afsluttes med fugtgivende bodyoil. Peelingen er en god forberedelse, inden du går ud i solen.

Varighed: ca. 60 min

Pris: DKK 550,-

Herre Godt

Lækker, maskulin behandling til manden som gerne vil pleje og forny sig selv. Behandlingen starter med en lækker peeling fra top til tå. Herefter en maske, som efterlader huden lækker, fugtberiget og opstrammet. Imens masken virker, gives en lækker massage til fødder og hænder.

Varighed: ca. 60 min.

Pris: DKK 750,-

Healing *

Kan anvendes som et redskab til personlig udvikling samt som ren velvære. Der kan tages udgangspunkt i din aktuelle smerte/spænding/frustration, som du søger hjælp til at få belyst. Du ligger under et tæppe, og healeren lægger sine hænder på udvalgte punkter på din krop. Healing kan være en dejlig afspændende sanseoplevelse - uden ord.

Varighed: ca. 60 min

Pris: DKK 495,-

Clairvoyance

Clairvoyance betyder klarsyn – evnen til at se ting, der ligger uden for det fysiske syns normale rækkevidde. Clairvoyante kan se, hvad personer har af ubalancer og hjælpe med at finde frem til hvordan de er opstået. Der kan åbnes døre til nye muligheder, uudnyttede potentialer, som kan guide dig igennem eventuelle forhindringer. Clairvoyant rådgivning kan bruges som et redskab til personlig udvikling.

Varighed: 60 – 90 min

Pris: DKK 850,-

Body packs

The body and face are pampered with a body pack made of mud from the Mediterranean area. The mud draws impurities, dead skin cells and fatty substances out of the skin. You lie and rest while being given a relaxing scalp massage as the mud takes effect. The treatment concludes with a gentle massage in body oil – and a delectable day cream, which leaves your skin soft and pliable, is applied to your face.

Duration: approximately 60 minutes

Price: DKK 750,-

Body peeling

For delightfully soft skin all over your body. Luxurious body peeling from top to toe concluding with moisturising body oil. Peeling is a good preparation for sunbathing.

Duration: approximately 60 minutes

Price: DKK 550,-

Good for gentlemen

Inigorating, masculine treatment for men who want to care for and freshen themselves up. Treatment begins with body peeling from top to toe. Then a mask is applied that leaves the skin attractive, moisturised and smooth. The feet and hands are gently massaged while the mask takes effect..

Duration: approximately 60 minutes

Price: DKK 750,-

Healing *

Can be used as a means for personal development and for pure well-being. It can constitute a point of departure for helping you to overcome your existing pain, tension or frustration. You lie beneath a blanket and the healer lays his hands on certain places on your body. Healing can be a delightful, relaxing sensory experience – without words.

Duration: approximately 60 minutes

Price: DKK 495,-

Clairvoyance

Clairvoyance means clear-sightedness – and refers to the ability to perceive things that are beyond the range of physical vision. Clairvoyants are able to see what imbalances people have and help them to find out how they arose. This can open the way for new opportunities and unused potential that can guide you past potential obstacles. Clairvoyant counselling can be used as a means to achieve personal development.

Duration: approximately 60-90 minutes

Price: DKK 850,-



Kurafteften og kurophold



Kurafteften

Giv dig selv og din partner et velfortjent frikvarter fra hverdagens stress og jag. Bliv forkælet på krop og sjæl – vend tilbage til hverdagens gøremål med fornyet energi.

- Frugt & champagne i spapoolen
- 1 times massage
- Sauna & Swimmingpool
- Valgfri 3-retters menu på restaurant Vadestedet excl. drikkevarer

Pris pr. person: DKK 850,-

Kurophold

Suppler kurafteften med en overnatning, så I kan nyde de naturskønne omgivelser og evt. gå en tur langs fjorden. Fra 16/04 – 23/10-11 tilbyder vi desuden fri adgang til Andelslandsbyen Nyvang.

I egen campingvogn pr. person: DKK 895,-
I L5-hytte inkl. sengelinned og håndklæde pr. person: *DKK 1.095,-

* I højsæsonen med tillæg på DKK 100,- pr. person

Kur- og kultur ophold

Vi har indgået et samarbejde med teatre og spillesteder i Holbæk og kan nu tilbyde et Kur og Kulturophold, der sikrer både forkælelse og fornøjelse. En fortegnelse over arrangementerne findes på vores hjemmeside: www.holbaek.fdmcamping.dk

Program for Kur & Kultur:

Dag 1:

- Ankomst
- 2 retters menu
- Kulturevent

Dag 2:

- Frugt & Champagne i spapoolen
- 1 times massage
- Sauna og swimmingpool

I egen Campingvogn – pr. person: DKK 995,-
I L5-hytte inkl. sengelinned og håndklæde pr. person: *DKK 1.195,-

* I højsæsonen med tillæg på DKK 100,- pr. person



Treatment evening

Give yourself and your partner a well-earned break from the hustle and bustle of everyday life. Pamper your body and soul – and return to your everyday chores relaxed and with renewed energy.

- Fruit and champagne in the Jacuzzi pool
- One hours' massage
- Sauna and swimming pool
- Optional three-course dinner at Restaurant Vadestedet excluding beverages.

Price per person: DKK 850,-

Treatment stay

Supplement your treatment evening with overnight accommodation so that you can enjoy the delightful surroundings in the morning and take a long walk along the fjord. From 16/04 – 23/10-11 we also offer free admission to Andelslandsbyen Nyvang.

In your own caravan – per person: DKK 895,-
In an L5 cabin including bed linen and towels – per person: * DKK 1,095,-

* There is an additional charge of DKK 100 per person during the peak season.

Treatment and Cultural Stay

We have entered into an agreement with theatres and music venues in Holbæk and can now offer a Treatment and Culture Stay that enables you to pamper yourself and be entertained. You will find a list of arrangements on our web site: www.holbaek.fdmcamping.dk

Treatment and Culture programme:

Day 1:

- Check-in
- Two-course meal
- Cultural event

Day 2:

- Fruit and champagne in the Jacuzzi pool
- One hours' massage
- Sauna and swimming pool

In your own caravan – per person: DKK 995,-
In an L5 cabin including bed linen and towels – per person: * DKK1,195,-

* There is an additional charge of DKK 100 per person during the peak season.