

## INFORMATION FOR THE PRESS

### **Chiemgau Wellness–SPA treatments at the Resort Das Achenal focus on regional ingredients**



Spa ©Das Achenal

**Spa treatments at the Resort Das Achenal in Grassau, Chiemgau harness the power of the region’s natural treasures. Moor mud and herbs deliver the ultimate in rest and relaxation.**

**Grassau, May 31, 2023:** Chiemgau is one of the most scenic regions in all of Upper Bavaria. In bygone days, Bavaria’s fairy-tale king Ludwig II fell deeply in love with Lake Chiemsee, dubbed the “Bavarian Sea”, and its island, Herreninsel.

The Resort Das Achenal unites all the wonders of Chiemgau. Natural materials, mostly sourced from the region, are a prominent feature of the design. The Resort’s various kitchens similarly focus on local produce. The park and the Resort’s own 18-hole golf course command spectacular views of the mountains and natural surroundings. At the SPA, Mary-Ann Kühn, Spa Manager of the Year 2023, makes skillful use of local herbs, oils and moor mud from Kendlmühlfilzen, an upland moor area located south of Lake Chiemsee between Rottau, Grassau and Übersee. Also known “black gold”, this substance is prized for its healing properties. Using local ingredients, Mary-Ann Kühn develops tailored treatments which perfectly reflect the Chiemgau region.

#### **Pure Chiemgau–A balm for body and soul**

The five signature treatments of the Resort are very fittingly entitled “**Pure Chiemgau**”. “Enjoying Chiemgau–Alpine Herb Bath” is a treatment that promotes and restores skin health. Meanwhile, “Feeling Chiemgau” is a relaxing pain-relieving and immune system-boosting moor mud pack. “Sensing Chiemgau”, an exfoliation treatment, combines moor mud, herbs and oils, stimulates the circulation and supplies the skin with minerals. The treatment “Smelling Chiemgau” is an Alpine herbal poultice massage. The “Experiencing Chiemgau” full-body massage also can be perfectly combined with one of the other treatments, such as a moor mud pack.

Soothing classic treatments such as an aromatic oil massage, massage with stone pine woods, head and neck massage or a foot and leg massage are also on offer, as are ayurvedic treatments designed to restore the balance of body, mind and soul.

## **Team Dr. Josef—Products that combine nature with high-tech**

Used for **cosmetic treatments**, the certified organic products from Team Dr. Joseph—tailored to suit individual complexions—deliver phenomenal results. These products perfectly combine nature with high-tech. Vegan, skin-friendly and rich in biotechnical ingredients, they are always used with the aim of tangibly improving skin condition. Only sustainably cultivated, premium quality raw materials are utilized.

## **Relaxation and rest on a 2,000 m<sup>2</sup> area**

The resort's 2,000 m<sup>2</sup> spa is also equipped with a **herbal sauna** built from old wood and featuring a copper cauldren, a **stone sauna** made from shale, a **Finnish sauna** made from Austrian stone pine, a **steam bath** and a **saltwater steam bath**. The infusions are enriched with pure essential oils. **Experience showers** from the bathroom specialist company Dornbracht, featuring a selection of different sprays, hot/cold shower options, and water cascades, round out the pampering range. The **relaxation zone** offers wonderful views over the garden and the mountains beyond, making it the perfect place to unwind in a comfy hanging lounger.

Guests wishing to boost their **fitness** and stamina can work up a sweat on the approximately 250 m<sup>2</sup> gym, equipped with state-of-the-art machines from the LifeFitness brand. Alternatively, they can do a few laps in the 17 x 5 m **infinity pool** with its own lounge area and terrace, or in the **outdoor pool** located in the Resort garden. The Resort additionally offers weekly rotating courses, for instance in aqua fitness, yoga, fascia training, back training, and forest meditation. Anyone wanting to up their game can book a private or group session with a **personal trainer**.

## **Spa Manager of the Year**

At the helm of the Das Achenal Spa is **Spa Manager Mary-Ann Kühn**, who was named Spa Manager of the Year 2023 in the Hotel Spa category by the German Wellness Association in April, following a stage-by-stage qualification process lasting several months.

For more details go to [www.das-achental.com](http://www.das-achental.com)  
[www.das-achental.com/de/achentaler-specials.html](http://www.das-achental.com/de/achentaler-specials.html).

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## **All about the Resort Das Achenal:**

Located between Kampenwand and Lake Chiemsee, just an hour's drive from Munich and 45 minutes away from Salzburg—home to the famous music festival—the Resort Das Achenal lies within a sprawling park with mature trees, right next to its own 18-hole golf course. Since 2020, the course has been among the 36 clubs entitled to bear the quality seal of the “Leading Golf Clubs of Germany”. Das Achenal was awarded the “Active Hotel Award 2022” in the Golf category by the “Hotelguide Tophotel” and the travel portal “meintophotel.de”.

In the same year, the gourmet restaurant es:senz received two stars in the Michelin Guide. Chef de Cuisine Edip Sigl is committed to the respectful handling of regional produce.

**Travel information:**

Mietenkamer Str. 65, 83224 Grassau im Chiemgau | Tel. +49 8641-4010 | E-mail [reservierung@das-achental.com](mailto:reservierung@das-achental.com)

By car: Take highway A8 München-Salzburg to exit No. 108 Übersee/Grassau, continue on the B307 heading for Übersee, travel to Grassau via Mietenkam.

By plane: Munich Airport (80 minutes' drive on the A8) or Salzburg Airport (40 minutes' drive on the A8)

**Das Achental**

**c/o Global Communication Experts GmbH**  
**Claudia Dressler | Sieglinde Sülzenfuhs**  
Tel. +49 89 - 2153793 –82 or - 84  
E-mail: [presse.DasAchental@gce-agency.com](mailto:presse.DasAchental@gce-agency.com)  
Osterwaldstr. 10 /G19  
80805 München, Germany

General managers: Dorothea Hohn, Ralf Engelhardt  
Head office: Frankfurt  
Frankfurt commercial register No. HRB 76467

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**Attachments**



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