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Pleasure and relaxation

# Germany. Welcome to wellbeing

Your passport to indulgence



Destination Germany

## LOWER SAXONY



### Lower Saxony – refreshing for body and soul

Expanses of green countryside, North Sea beaches and the Harz mountains – the diverse landscapes of Lower Saxony.

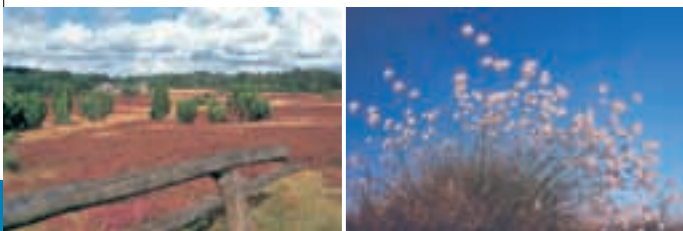


For visitors seeking rest and relaxation, Lower Saxony has 52 spas and health resorts offering a combination of traditional therapies and modern medicine. This region has a long health break tradition, as is reflected by its sophisticated, classical spa architecture. The spa resorts in Lower Saxony have wonderful parks for strolling, healing water

fountains softly bubbling away and a special bioclimate with beneficial, holistic effects. Relax and unwind, take time for yourself, learn a more laid-back, healthier lifestyle – on a health break in Lower Saxony.

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**33 "KAMERUN COUNTY"**



"Kamerun County" in the eastern part of Lüneburg Heath is the perfect setting for a relaxing wellness break. In addition to an Ayurveda health village and the first

German potato hotel, there is an Africa wellness farm offering specialities from Cameroon (German: Kamerun). "Kamerun County" has something for everyone.

"Kamerun County" Holiday and adventure region between the Elbe and Lüneburg Heath  
Tel. +49 (0)5862 170  
Fax +49 (0)5862 1697  
office@land-kamerun.de  
www.land-kamerun.de  
www.heidefarmen.de

**Natural wellness: Heathland, Elbe valley meadows & circular villages**



- 1 x full beauty treatment (exfoliation, deep cleansing, skin analysis and advice, face, neck and décolletage massage, skin-specific face pack)
- morning fitness training
- mineral water and tea
- saunas, walks, swimming
- overnight accommodation

in one of the three heathland farms

5 NIGHTS INCL. BREAKFAST  
P.P. SHARING A DOUBLE ROOM

from € **169.00**

**34 BAD BEVENSEN**



Bad Bevensen, a health resort and popular holiday town on Lüneburg Heath, is the perfect destination for a health and wellness holiday or a relaxing leisure break. It is known for its therapeutic thermal iodine-

saline springs and its excellent doctors and therapists.

Bad Bevensen Marketing GmbH  
Dahlenburger Strasse 1  
29549 Bad Bevensen  
Tel. +49 (0)5821 570  
Fax +49 (0)5821 5766  
info@bad-bevensen.de  
www.bad-bevensen-tourismus.de

**Aloha – loving life**



- 3 day passes for the iodine-saline thermal baths
- 1 x Lomi Lomi Nui massage
- 1 x Hydroxeur bath
- 1 x Rasul bath
- overnight accommodation in a three-star or four-star hotel

4 NIGHTS INCL. BREAKFAST  
P.P. SHARING A DOUBLE ROOM

from € **269.00**

**35 BAD HARZBURG**



Bad Harzburg is one of Germany's top four spa resorts. Its thermal salt water pool complex, one of the nicest in Lower Saxony, will totally relax your body and mind. Forget all your cares as you discover the indoor and outdoor pools, the wellness pavilion, the beauty suite and the sauna area with its amazing saline grotto. Stroll through Bad Harzburg's attractive pedestrian area, which is framed by ancient chestnut trees. A three-minute cable car ride will take you up the Grosser Burgberg, from where you can set out on any number of walks. There's fun for all the family at the Silberborn pool complex, at Krodoland leisure park with mini golf, a play barn, a riding

hall, a playground and a 12 hectare wildlife park, and at the Skyrope high ropes park in the Kaltes Tal valley.

Nordic walking, race walking, mountain biking, horse riding, golf, tennis, fitness training and hiking – there are all kinds of ways to be active in and around Bad Harzburg. The sports park at the race-track has nine signposted walking and jogging trails, an outdoor fitness trail and many other enjoyable exercise opportunities. With its casino, programme of cultural events and sporting highlights including the traditional race meeting, Bad Harzburg is perfect for an exciting yet relaxing stay.

Bad Harzburg Tourist Information  
Nordhäuser Strasse 4  
38667 Bad Harzburg  
Tel. +49 (0)5322 753 30  
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info@bad-harzburg.de  
www.bad-harzburg.de

**Take time out**



Treat yourself to a few days of relaxation. Forget your worries, concentrate on your wellbeing and give your soul some tender loving care. Breathe the air of freedom in the Harz's beautiful forests.

- wellbeing massage
- thalasso body treatment
- intensive beauty treatment
- 2 x admission to thermal salt water pool complex incl. sauna area
- solarium
- snack (at the pool café)
- return trip on the Burgberg cable car
- resort tax

8 DAYS/7 NIGHTS INCL. BREAKFAST  
P.P. SHARING A DOUBLE ROOM

from € **380.00**

# AT A GLANCE

