

DR. BARBARA  
**STURM**



MOLECULAR  
COSMETICS

S P A  
M E N U

MADE IN GERMANY



DR. BARBARA  
**STURM**

"We have created a dedicated treatment room branded by Dr. Barbara Sturm, a German aesthetics doctor, widely renowned for her anti-inflammatory philosophy and her non-surgical anti-aging skin treatments. This is the menu with 5 face and 2 body treatments...."

DR. BARBARA STURM MENU

Dr. Barbara Sturm is a German doctor, aesthetics expert and anti-inflammatory pioneer with a background in orthopaedic research. Famous for the signature STURMGLOW™, her uniquely non-aggressive skincare approach is inspired by her training as an orthopaedic doctor and years of research into anti-inflammatory medicine. Her range of skincare and supplements are based on ingredient innovations informed by molecular science and potent natural extracts that strengthen and improve the skin, without attacking it.

Dr. Sturm also offers a new generation of cutting-edge, medically-inspired spa treatments. The results-driven, bespoke treatments all incorporate Dr. Barbara Sturm's Molecular Cosmetics skincare collection.



# TENSION RELEASE FACIAL

## TENSION RELEASE FACIAL

30 MIN / 125€

“I created this unique treatment to help ease all facial muscles, boost circulation and eliminate toxins for a toned, relaxed and more youthful-looking appearance. It’s the ideal de-stressing treatment to give your skin a renewed glow.” - DR. BARBARA STURM

Dr. Sturm’s Tension Release Facial incorporates facial massage techniques that help relax and tone facial muscles and pressure point therapy to help stimulate blood circulation. It includes the application of products containing potent ingredients that hydrate and refresh the skin, including the FACE CREAM. Suitable for all skin types, this 30-minute facial is the ultimate spa treatment for those who are short on time.

THE SCIENCE | Dr. Sturm’s CALMING SERUM helps to rebalance irritated skin after exposure to extreme weather conditions and the HYALURONIC SERUM boosts hydration for a fresh, dewy complexion.

THE TECHNOLOGY | This facial includes the application of a vibrating skincare tool, which works to enhance circulation and lymphatic drainage for an immediate glow and firmer, fresher skin.

THE RESULTS | Helps to relieve stress and reduce muscle tension for relaxed facial features and encourages blood circulation which helps promote naturally beautiful skin.



STURM  
LIFT  
FACIAL

## STURM LIFT FACIAL

30 MIN / 125€

“In my aesthetics medical clinic, I specialize in non-surgical interventions to lift the skin matrix. I created my Sturm Lift Facial for those who want an at-home option to generate a lifting effect. It's perfect before events or special occasions, where you want an immediate lift.” - DR. BARBARA STURM

Discover the exclusive Sturm Lift Facial with Dr. Sturm's high performance LIFTING SERUM. This express service combines unique lifting massage techniques with intensive hydrating ingredients that help visibly smooth skin texture and plump the complexion. The LIFTING SERUM has an immediate lifting effect and instantly reduces the appearance of fine lines and wrinkles.

**THE SCIENCE** | A formula of Biopolymers in the LIFTING SERUM creates a long lasting, weightless film on the skin's surface that promotes firmness and an extract from Microalgae plumps wrinkles and supports collagen and elastin.

**THE TECHNOLOGY** | This treatment includes microcurrent, a non-invasive therapy that applies low level electrical currents onto the skin for a toned and tighter appearance.

**THE RESULTS** | The complexion has a noticeably lifted appearance and the skin's surface texture is smoother and more refined with an instant reduction in the appearance of fine lines.



## SIGNATURE FACE TREATMENTS

### STURMGLOW™ FACIAL

60 MIN / 225€

“This is the signature #SturmGlow facial - it incorporates techniques created in our German clinic for cleansing, exfoliating, potent hydration and firming massage, with cutting edge molecular efficacy.” – DR. BARBARA STURM

This revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and evens out the appearance of any irregularities on the complexion.

THE SCIENCE | Purslane provides rejuvenating, anti-oxidative and nutritive properties, Polygonum Bistorta Root Extract optimizes skin tone and the texture of the skin's surface, while Wild Rose Extract refines the pores.

THE RESULTS | The treatment nourishes the skin, and helps to restore a natural and healthy-looking glow.

S T U R M G L O

W™

F A C I A L



# ANTI- PIGMENTATION FACIAL

## ANTI-PIGMENTATION FACIAL

60 MIN / 275€

“This non-aggressive treatment is designed to brighten your skin, combat lackluster and uneven complexions, and provide a potent blend of nutritive ingredients.” – DR. BARBARA STURM

The Anti-Pigmentation Facial decreases the appearance of hyperpigmentation and gently evens skin tone, while combatting the oxidative stresses that cause premature aging and dark spots. Hydrating ingredients also provide essential moisture and rejuvenating anti-aging benefits.

THE SCIENCE | Cress Sprouts Extract in the BRIGHTENING SERUM helps to visibly and instantly brighten the appearance of the skin and diminish the appearance of dark spots. Extracts of Magnolia and Enantia Chlorantha (African Whitewood) refine the pores, reduce sebum flow and supply intensive moisture.

THE TECHNOLOGY | This facial also includes microdermabrasion or microneedling and microchanneling to help generate collagen and skin tissue, and reduce the appearance of dark spots, pores, fine lines and wrinkles.

THE RESULTS | Skin is left smooth and revitalized and has a luminous glow.



# SUPER ANTI-AGING FACIAL

## ADVANCED FACIAL TREATMENTS

### SUPER ANTI-AGING FACIAL

75 MIN / 300€

“By combining the effects of my anti-oxidant infused, peptide-rich SUPER ANTI-AGING SERUM with an exclusively designed re-sculpting and anti-gravity massage, this cosmetic treatment reaches deeper layers of the skin for a more youthful-looking complexion.” – DR. BARBARA STURM

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles. High-performance spa technologies help to contour the facial muscles for firmer, tighter skin.

THE SCIENCE | Long and short-chain Hyaluronic Acid molecules are infused with powerful antioxidants and potent ingredients which help to repair damaged skin and support regeneration.

THE TECHNOLOGY | This facial also includes microcurrent or radio frequency which stimulate the facial muscles and stimulate collagen and elastic production for improved elasticity.

THE RESULTS | This facial visibly lifts the skin, supports regeneration of collagen and helps reduce fine lines and wrinkles for a youthful-looking complexion.



## BODY | MASSAGE TREATMENTS

### ANTI-AGING BODY TREATMENT

60 MIN - 210€ | 90 MIN - 285€

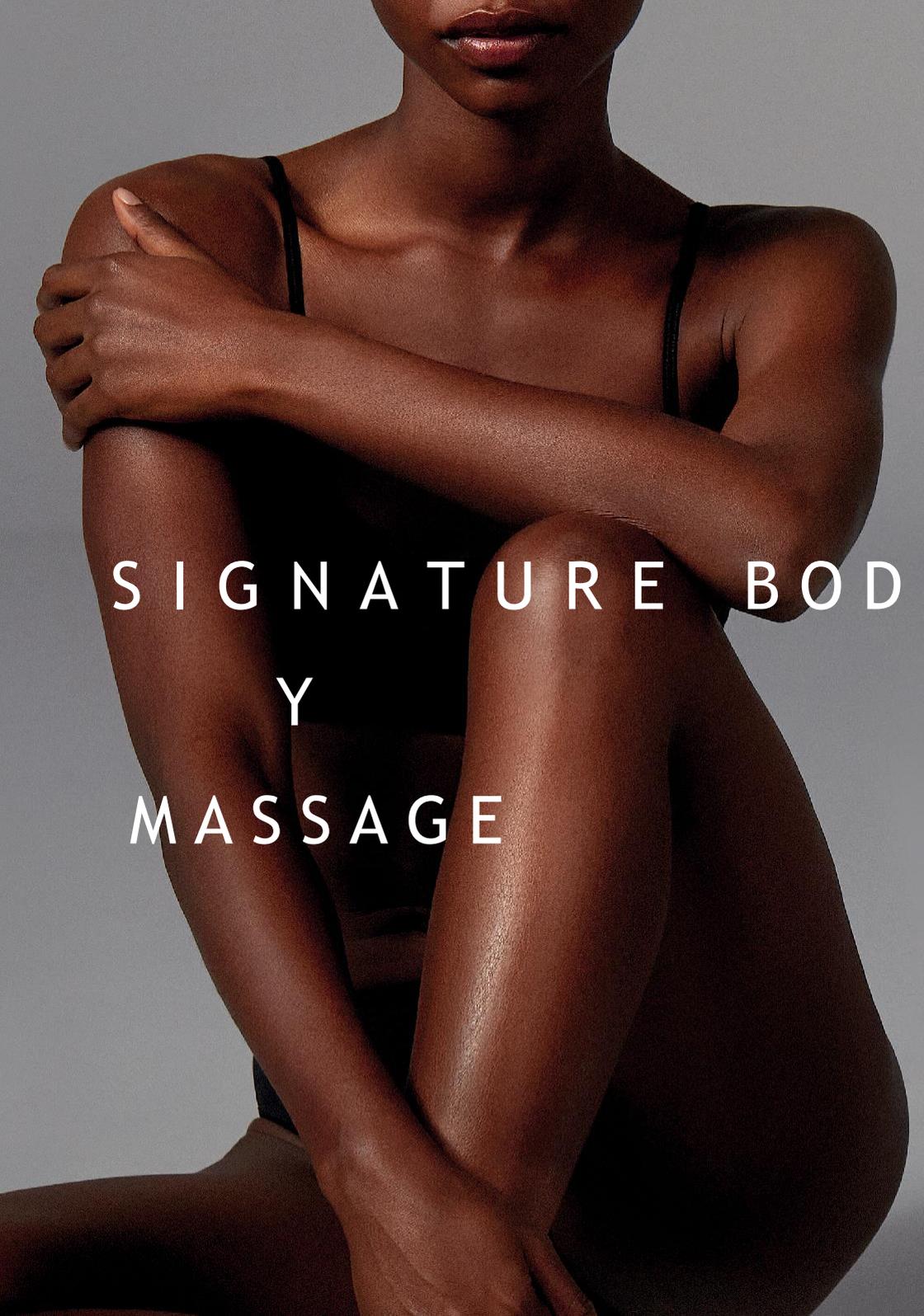
“I created this Anti-Aging Body Treatment to refresh and rejuvenate the body and mind. It combines essential exfoliation and hydration with light massage movements and leaves the skin soft and youthful-looking.” – DR. BARBARA STURM

A rejuvenating and relaxing spa treatment for the body. This treatment includes a gentle, all-over body exfoliation using the SUPER ANTI-AGING BODY SERUM and ANTI-AGING BODY CREAM provide intensive hydration and body firming benefits.

**THE SCIENCE |** The SUPER ANTI-AGING BODY SERUM includes a blend of Lima Bean, Brown Algae Extract and Glutathione to provide powerful anti-stretch mark and anti-aging properties for healthy-looking skin. The ANTI-AGING BODY CREAM is formulated with Pure Glacier Water and Extracts of White Almond and Elderberry Blossom for intense moisture while anti-aging powerhouse Purslane soothes signs of irritation.

**THE RESULTS |** This treatment smooths, firms and rejuvenates the skin on the body for a more youthful appearance and leaves you feeling relaxed, fresh and revived.

# ANTI-AGING BODY TREATMENT



# SIGNATURE BODY Y MASSAGE

## SIGNATURE BODY MASSAGE

60 MIN - 210€ | 90 MIN - 285€

“My selection of body massages soothe both the body and mind and include a relaxing or deep tissue massage to boost circulation and smooth skin texture and a massage that can be tailored to suit your specific needs and concerns. Potent anti-aging ingredients in my ANTI-AGING BODY CREAM, which is used during the treatments, leave the skin on your body soft and youthful-looking.” – DR. BARBARA STURM

The SIGNATURE BODY MASSAGE is an intensive treatment which works on tension in the deeper layers of soft tissue to help relax taut muscle fibres and remove knots and is a good option if you have chronic muscle problems, such as soreness, injury, or imbalance and can also help with chronic muscle pain and anxiety. During the massage, your Dr. Sturm aesthetician will use slow strokes and deep finger pressure to relieve tension from the deepest layers of your muscles and connective tissues. The massage includes the back / back of legs / front of legs / arms / chest / shoulders (60 MINS) and the abdomen / scalp / extra time on each area for the longer treatment (90 MINS).

THE SCIENCE | Infused with Pure Glacier Water, the ANTI-AGING BODY CREAM absorbs easily into the skin to leave it feeling velvety-smooth. Extracts of White Almond and Elderberry Blossom help to firm the skin, nutrient-rich oils restore elasticity and Purslane reduces irritation and diminishes the visible signs of aging.