

CORI HORNBAEK HOTEL



# CORI Spa

MENU OF TREATMENTS

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HORNBAEK, DENMARK

A COHESIVE EXPRESSION OF SKIN, TIME, AND NATURE

# CORI Spa

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At CORI, the spa is not a collection of treatments. It is a living ecosystem of care, where each brand has been intentionally selected to express a different dimension of well-being, while remaining part of one coherent philosophy.

Rooted in the rhythm of Hornbæk, the sea, the shifting light, the winds, and the stillness, the CORI Spa experience reflects a deeper understanding of beauty.

*That true radiance is cultivated over time, in harmony with nature and self.*

This philosophy echoes CORI, a sanctuary designed for rejuvenation, connection, and the quiet enjoyment of the good life.

At CORI, each treatment is part of something greater. Guided by expert diagnosis, every experience evolves with you, balancing visible results with deeply restorative ritual. Seamlessly integrated into the CORI philosophy, your journey extends beyond the treatment room into movement, nutrition, rest, and connection.

WHERE SKIN, SCIENCE, AND NATURE EXIST IN PERFECT BALANCE.

# Welcome to CORI Spa

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A NEW LANGUAGE OF BEAUTY

At CORI, beauty is not immediate.  
It is cultivated, over time, with intention.

It is found in the stillness of a morning by the sea,  
in the warmth of human touch, and in the quiet intelligence of  
nature.

This is skincare, redefined,  
not as a routine, but as a way of living well.

# One Philosophy. Four Expressions.

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Each skincare house within CORI has been chosen not as a standalone brand, but as a pillar within a complete wellness journey.

## LONGEVITY

### Tata Harper Skincare

*The Future of Skin*

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Tata Harper is the new paradigm in luxury skincare, rooted in cutting-edge science that is alive with nature's power, and proven to rival the most advanced treatments. These treatments go beyond immediate results, working deeply to restore skin vitality, strengthen structure and resilience, and support long-term regeneration. At the core of CORI lies a commitment to skin longevity, where advanced botanical science meets visible transformation.

## RHYTHM

### RAESO

*Living with Time*

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Inspired by the body's natural cycles, RAESO introduces circadian skincare, aligning treatments with the biological rhythms of day and night. The morning ritual awakens, protects, energizes. The evening ritual repairs, restores, regenerates. Just as the Hornbæk landscape transforms from dawn to dusk, so too does the skin, and here we honor that natural intelligence.

## PERSONALIZATION

### Raaw Alchemy

*The Art of Skin Alchemy*

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Rooted in Scandinavian simplicity and intuitive care, Raaw Alchemy brings a deeply personal, sensory approach to skincare, expressed through time-honored techniques and freshly blended botanicals and marine actives. Each treatment is tailored in the moment, guided by skin condition, emotional state, and seasonal influence. This reflects the CORI lifestyle itself, effortless, refined, and deeply connected to self and surroundings.

## BALANCE

### Manasi7

*The Intelligence of the Skin*

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Focusing on the skin microbiome, Manasi7 restores balance at the most fundamental level. This approach respects the skin as a living ecosystem, working to strengthen natural defenses, reduce inflammation, and rebuild harmony from within. Minimal, intelligent, and essential, this is modern skin health at its purest form.



CHAPTER I

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# Facials

*Timeless Techniques, Modern Innovation, Personalized  
for You.*

# Tata Harper Skincare

*Longevity. The Future of Skin.*

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Tata Harper is the new paradigm in luxury skincare, rooted in cutting-edge science that is alive with nature's power, and proven to rival the most advanced treatments.

## Radiance Facial

*The Instant Glow Treatment*

This signature glow-inducing treatment brings skin back to life with immediate luminosity. Exfoliating fruit enzymes and brightening actives sweep away dullness, while the Bio-Energy Massage boosts circulation and awakens vitality. Enhanced by percussive-based cleansing to deeply dislodge pore-blocking debris and dead skin, the result is a complexion that feels instantly smoother, brighter, and visibly more alive.

### **BEST FOR**

Dull skin, uneven tone, tired complexion, pre-event.

### **KEY BENEFITS**

Instantly brighter, smoother skin · Even skin tone and fresh luminosity · Boosted circulation and vitality · Deep pore cleansing

### **TECHNIQUES**

Bio-Energy Massage

### **TECHNOLOGY**

Percussive-based cleansing

60 MIN

DKK 1500

# Kind Facial

*The Barrier Repair and Calming Treatment*

A restorative haven for delicate, sensitive, or depleted skin. Calming botanicals are layered to fortify the skin barrier and revitalize reactive skin, while the Harmonic Drainage gently eases congestion and restores balance. The ritual closes with hot and cold therapy, where soothing warmth relaxes the skin and cooling touch calms sensitivity. When the barrier is strong, skin retains moisture more effectively and protects itself against environmental stressors.

## **BEST FOR**

Sensitive skin, redness, reactive or compromised skin.

## **KEY BENEFITS**

Soothed skin · Reduced redness · Restored balance · Lasting comfort

## **TECHNIQUES**

Harmonic Drainage

## **TECHNOLOGY**

Hot and Cold therapy

60 MIN

DKK 1500

# Timeless Facial

*The Sculpting and Firming Treatment*

A high-performance treatment designed to strengthen and refine the skin for lasting vitality. The Remodelage Massage works to firm, lift, and reinforce skin structure, while targeted microcurrent therapy tones and tightens, improving muscle definition across the face and neck. The result is the pinnacle of performance, delivered through an experience of exceptional luxury and efficacy.

## **BEST FOR**

Depleted, low-energy skin, loss of smoothness, lack of definition.

## **KEY BENEFITS**

Renewed vitality · Improves overall skin health and clarity · Smooths texture and reduces fine lines

## **TECHNIQUES**

Remodelage Massage

## **TECHNOLOGY**

Microcurrent therapy

60 MIN

DKK 1500

# Supreme Facial

*The Longevity Architecture Treatment*

Our most visionary treatment is a holistic approach to skin longevity, centered on the Supreme 360 Massage, which works across structure and fascia to strengthen skin architecture and support long-term resilience. The ritual is completed with LED vibration therapy to stimulate cellular renewal, revealing smoother, healthier-looking skin with a visible reduction in fine lines and dark spots.

## **BEST FOR**

All skin types, ageing skin, loss of firmness, fine lines and pigmentation.

## **KEY BENEFITS**

Strengthens cellular renewal · Supports long-term skin longevity · Firmer contours  
· Resilient skin health

## **TECHNIQUES**

Supreme 360 Massage, fascia and structural work

## **TECHNOLOGY**

LED vibration therapy

90 MIN

DKK 2200

# Raaw Alchemy

*Personalization. The Art of Skin Alchemy.*

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Rooted in Danish simplicity and the art of alchemy, each treatment is freshly blended in the moment, designed to restore balance, awaken radiance, and respond intuitively to your skin's evolving needs.

## The Raaw Alchemy Facial

*Signature Personalized Facial*

A groundbreaking facial combining bioactive botanical extracts with bespoke formulas freshly blended to your skin profile. Deeply hydrating, firming, and luminously clarifying. Texture refined, elasticity restored, and natural radiance awakened.

### **BEST FOR**

Dehydrated skin, dull complexion, uneven texture.

### **KEY BENEFITS**

Deep hydration · Refined texture · Natural radiance

### **TECHNIQUES**

Bespoke botanical blending, manual facial massage, Kansa Wand

### **PEELING OPTIONS**

Gentle Peel for sensitive or first-time guests. Active Peel for experienced or resilient skin.

### **OPTIONAL ADD-ONS**

LED warmth therapy, Cryo-therapy

60 MIN

DKK 1300

# Complete Ritual

*Face and Body Experience*

A truly immersive experience designed to make you feel weightless, almost floating. The face receives tailored concentrates with precision sculpting tools. For the body, Nordic-inspired techniques tone and smooth, replenish with nourishing oils, and visibly improve texture and the appearance of cellulite.

## **BEST FOR**

Loss of tone, body texture concerns, skin in need of deep nourishment.

## **KEY BENEFITS**

Improved skin tone · Smoother texture · Deep nourishment · Enhanced contouring

## **TECHNIQUES**

Precision facial sculpting, Nordic body massage, nourishing oil ritual

## **PEELING OPTIONS**

Gentle Peel for sensitive or first-time guests. Active Peel for experienced or resilient skin.

## **OPTIONAL ADD-ONS**

Kansa Wand face work, ask your therapist

90 MIN

DKK 1900

# Lifting and Sculpt Facial

*Cellular Renewal Facial*

Targeted formulas, concentrated marine extracts, potent antioxidants, and firming actives, work deep within the skin to address fine lines, wrinkles, and laxity. Traditional Japanese face lifting techniques combined with infrared heat therapy stimulate collagen production, improve elasticity, and sculpt the facial contours with precision.

## **BEST FOR**

Fine lines, loss of firmness, reduced elasticity.

## **KEY BENEFITS**

Improved elasticity · Sculpted contours · Reduced fine lines · Enhanced firmness

## **TECHNIQUES**

Japanese face lifting massage

## **PEELING OPTIONS**

Gentle Peel for sensitive or first-time guests. Active Peel for experienced or resilient skin.

## **OPTIONAL ADD-ONS**

Infrared heat therapy

60 MIN

DKK 1500

# Manasi7

*Balance. The Intelligence of the Skin.*

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A minimalist, skin-intelligent approach focused on restoring balance, strengthening the skin barrier, and supporting long-term skin health through microbiome-first care.

## Microbiome Reset Facial

*A Slow Beauty Barrier Repair Treatment*

A slow, restorative facial that works in harmony with the skin to rebalance the microbiome and reinforce the barrier. Using mindful, hands-on techniques and fermented botanicals, this ritual calms, nourishes, and strengthens the skin, enhancing natural vitality and long-term resilience.

### **BEST FOR**

Sensitive or reactive skin, compromised skin barrier, dehydrated skin.

### **KEY BENEFITS**

Strengthens and restores the skin barrier · Rebalances and supports the microbiome · Calms inflammation and reduces sensitivity

### **TECHNIQUES**

Signature Face Massage

40 MIN

DKK 900

# RAESO

*Rhythm with the Skin.*

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A precision-driven approach to skincare aligned with the skin's natural 24-hour biological rhythm, protecting by day, repairing by night. The treatment delivers the right actives at the right time for maximum efficacy and visible transformation.

## Bio Rhythm Facial

*Circadian Rhythm Skin Therapy*

A personalized facial designed to work in harmony with the skin's natural circadian rhythm, supporting protection during the day and repair at night. Based on the time of your treatment, the therapist selects targeted formulations and techniques to either energize and defend the skin or restore and regenerate it, enhancing circulation, improving hydration, refining texture, and promoting overall skin balance and radiance.

### **BEST FOR**

Tired, depleted skin, skin exposed to environmental stress.

### **KEY BENEFITS**

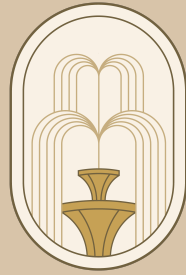
Improved lymphatic flow · Accelerated skin regeneration · Calmed, balanced, and restored skin

### **TECHNIQUES**

Lymphatic drainage

40 MIN

DKK 900



CHAPTER II

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# Body Massages

*Precision, Rhythm, and the Natural Intelligence of  
Touch.*

# Nordic Touch

*Where the Body Finds Its Way Back to Balance.*

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Designed to release tension and restore balance, our massage rituals unite purposeful bodywork, Nordic traditions, and sensory care to support deep relaxation and recovery.

## Release and Balance Massage

*Full Body Alignment and Mobility Reset*

Inspired by Danish Body SDS massage, this deep and powerful massage is designed to release tension, improve mobility, and restore balance to the body's natural energy flow. Through structured, rhythmic bodywork, the massage works into muscles, joints, and connective tissue, encouraging physical release while supporting overall balance and renewed vitality.

### **BEST FOR**

Muscle tension, restricted mobility, physical fatigue.

### **KEY BENEFITS**

Releases deep-seated tension · Improves mobility and flexibility · Enhances overall body vitality

### **TECHNIQUES**

Structured full-body bodywork based on Body SDS principles

60 MIN

DKK 1500

## Flow and Restore Massage

*Circulation Boost and Deep Relaxation*

A refined interpretation of traditional Swedish massage, this treatment blends flowing techniques with Nordic wellness principles to create a deeply calming and restorative experience. Varying pressure and continuous movement work to ease muscular tension and improve circulation, leaving the body relaxed and balanced.

### **BEST FOR**

Poor circulation, stress, need for relaxation.

### **KEY BENEFITS**

Enhances circulation and oxygen flow · Relieves tension and stress · Promotes deep relaxation and balance

### **TECHNIQUES**

Flowing Swedish massage techniques

60 MIN

DKK 1500

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# Deep Tissue and Recovery Massage

*Deep Tissue Release and Muscle Recovery*

An intensive full-body massage designed to release deep tissue tension and support muscular recovery. Working into deeper layers of muscle, targeted technique improves circulation, reduces tightness, and restores physical ease, leaving the body feeling lighter, stronger, and re-energized.

## **BEST FOR**

Deep muscle tension, tightness, post-workout recovery.

## **KEY BENEFITS**

Releases deep muscular tension · Supports muscle recovery and flexibility ·  
Reduces physical fatigue and discomfort

## **TECHNIQUES**

Targeted deep tissue massage

60 MIN

DKK 1500

# Golden Glow and Nourish Massage

*Lymphatic Flow and Skin Renewal*

A sensory-rich massage using organic honey and slow, flowing techniques to stimulate circulation and support gentle detoxification through the skin. The unique texture of honey enhances grip and movement, encouraging lymphatic flow while deeply nourishing and softening the skin, leaving the body feeling purified, smooth, and radiant.

## **BEST FOR**

Dull or dry skin, fluid retention, sluggish circulation.

## **KEY BENEFITS**

Stimulates lymphatic flow · Supports natural detoxification · Deeply nourishes  
and softens the skin

## **TECHNIQUES**

Honey massage

60 MIN

DKK 1500

# Warmth and Relief Massage

*Tension Ease and Deep Relaxation*

A warming, restorative massage using hand-wrapped herbal poultices to soothe muscles and release tension. The gentle heat and aromatic botanicals work deeply into the body, easing tightness, improving circulation, and promoting a profound sense of relaxation and overall well-being.

## **BEST FOR**

Overall body tension, stiffness, fatigue.

## **KEY BENEFITS**

Improves circulation and warmth in the body · Supports relaxation and recovery · Promotes overall sense of well-being

## **TECHNIQUES**

Heated herbal poultice rolling and pressing along energy pathways

60 MIN

DKK 1500

# Singing Bowl Body Massage

*Sound Therapy and Nervous System Reset*

A deeply calming treatment where the vibrational tones of singing bowls resonate through the body to restore balance and promote inner stillness. Sound waves gently travel through the body, supporting energy flow, easing tension, and guiding the nervous system into a state of deep relaxation and clarity.

## **BEST FOR**

Mental fatigue, emotional imbalance, need for deep relaxation.

## **KEY BENEFITS**

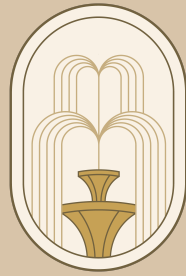
Supports emotional balance · Enhances energy flow · Improves mental clarity and focus

## **TECHNIQUES**

Sound vibration therapy with singing bowls

60 MIN

DKK 1500



CHAPTER III

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# Body Treatments

*Natural Restoration, Profound Innovation, Deep  
Recovery.*

# Nature's Boost

*Where Recovery Becomes Ritual.*

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Our body rituals bring together the healing power of Nordic botanicals with advanced recovery technologies, designed to enhance your body massage or to be enjoyed as a standalone experience.

## Detox and Revive Body Wrap

*Full Body Reset and Metabolic Activation*

A deeply detoxifying ritual designed to stimulate circulation and support the body's natural elimination processes. A mineral-rich seaweed wrap draws out impurities while encouraging lymphatic flow and metabolic activation. The addition of RecoveryAir compression boots further supports circulation and drainage, leaving the body feeling lighter, clearer, and fully renewed.

### **BEST FOR**

Detoxification, lymphatic boost, metabolic activation.

### **KEY BENEFITS**

Supports toxin elimination · Stimulates lymphatic flow · Metabolic boost

### **TECHNIQUES**

Dry brushing to stimulate circulation

### **TECHNOLOGY**

RecoveryAir Compression Boots

60 MIN

DKK 1500

# Sculpt and Energize Body Wrap

*Body Contouring and Circulation Boost*

An invigorating body contouring experience using an active cellulite reduction mask to smooth, firm, and refine skin texture while stimulating circulation and enhancing overall vitality. Theragun therapy enhances the treatment by releasing deep muscle tension, improving blood flow, and supporting a visibly more sculpted, energized result.

## **BEST FOR**

Body contouring, skin firming, circulation boost.

## **KEY BENEFITS**

Firms and tones the skin · Improves skin texture · Leaves the body feeling lighter and revitalized

## **TECHNIQUES**

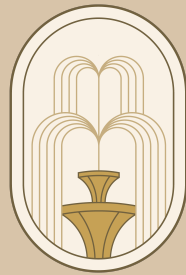
Dry brushing to stimulate circulation

## **TECHNOLOGY**

TheraGun

60 MIN

DKK 1500



CHAPTER IV

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# Kid's and Teen's Treatments

*Simple Rituals, Lasting Impressions, Early Wellness.*

# Young Wellness

*Where Well-Being Begins.*

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Designed for our youngest guests and mindful teens, these treatments offer a gentle introduction to self-care.

## Mini Glow Facial

*Gentle Cleanse and Hydration Ritual*

A gentle introduction to skincare designed specifically for younger skin. This calming treatment focuses on cleansing, hydration, and comfort through soft, nurturing touch and fragrance-free botanical formulations. The skin is left feeling clean, balanced, and naturally refreshed.

### **BEST FOR**

Young skin, first facial experience, skin in need of gentle care.

### **KEY BENEFITS**

Gently cleanses and refreshes the skin · Provides light hydration and comfort · Supports healthy skin habits

### **TECHNIQUES**

Soft cleansing techniques, soothing mask application

30 MIN

DKK 650

## Teens' Balance Facial

*Clarifying and Skin Balance Ritual*

A personalized facial designed for teenage skin, focusing on hydration, oil balance, and building healthy skincare habits. This treatment gently purifies and rebalances the skin, with targeted care to support clarity while maintaining comfort and calm.

### **BEST FOR**

Teenage skin, oil imbalance, first signs of congestion.

### **KEY BENEFITS**

Balances oil production · Supports clearer, healthier-looking skin · Gently purifies and refines the complexion

### **TECHNIQUES**

Deep cleansing techniques, calming facial massage

45 MIN

DKK 800

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## Mini Relief Massage

*Gentle Relaxation and Comfort Ritual*

A calming body massage designed for younger guests, using light pressure and soothing, skin-friendly oils. Gentle, rhythmic movements help ease tension, promote relaxation, and create a comforting sense of well-being.

### **BEST FOR**

Young guests, mild tension, need for relaxation.

### **KEY BENEFITS**

Promotes relaxation and calm · Eases light tension and discomfort · Encourages restful balance

### **TECHNIQUES**

Gentle, rhythmic massage

30 MIN

DKK 650

## Little Hands and Feet Ritual

*Gentle Care and Polishing Ritual*

A nurturing manicure and pedicure designed for younger guests, focusing on gentle care and a light, playful spa experience. Soft exfoliation and careful nail grooming leave hands and feet clean, smooth, and neatly polished, without the use of harsh techniques.

### **BEST FOR**

Young guests, first manicure or pedicure, gentle grooming.

### **KEY BENEFITS**

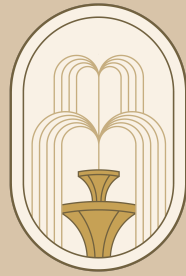
Cleans and softens hands and feet · Maintains healthy, well-groomed nails · Provides a gentle introduction to self-care

### **TECHNIQUES**

Nail shaping and buffing, application of natural polish or clear coat

30 MIN AND  
30 MIN

DKK 650



CHAPTER V

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# Beauty Treatments

*Effortless Grooming, Subtle Enhancement, Clean  
Finish.*

# Refined Care

*Where Simplicity Meets Elegance.*

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Our beauty treatments focus on clean, effective grooming using high-quality formulations and precise techniques.

## Essential Manicure

*Hand Care and Polishing*

A restorative hand treatment designed to care for nails and skin with precision and ease. This ritual includes nail shaping, cuticle care, and a relaxing hand massage, leaving hands soft, smooth, and neatly polished with your choice of color or natural buff.

### **BEST FOR**

Nail maintenance, dry or rough hands, well-groomed finish.

### **KEY BENEFITS**

Shapes and maintains healthy nails · Improves overall hand appearance · Leaves a clean, polished finish

### **TECHNIQUES**

Nail shaping and cuticle care, relaxing hand massage, polish application or natural buff

60 MIN

DKK 750

## Essential Pedicure

*Foot Care and Renewal*

A revitalizing foot treatment designed to restore comfort and enhance the appearance of your feet. This ritual includes precise nail and cuticle care, and a soothing massage, leaving the skin smooth, the feet refreshed, and nails neatly polished with your choice of color or natural buff.

### **BEST FOR**

Foot care, toe nail maintenance, tired feet.

### **KEY BENEFITS**

Maintains healthy, well-groomed nails · Relieves tension and fatigue in the feet · Leaves a clean, polished finish

### **TECHNIQUES**

Nail shaping and cuticle care, relaxing foot massage, polish application or natural buff

60 MIN

DKK 850

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# Finishing Touches

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## Brow Shaping and Tint

### *Brow Definition*

A refined brow treatment designed to enhance your natural expression through precise shaping and subtle tinting.

30 MIN

DKK 550

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## Lash Tinting

### *Lash Definition*

A gentle treatment designed to enhance your natural lashes by adding depth and color for a more defined, effortless look. Ideal for those seeking subtle enhancement without the need for daily mascara.

30 MIN

DKK 350

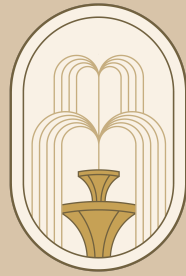
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## Precision Waxing

### *Gentle Hair Removal*

An efficient and gentle hair removal treatment using skin-sensitive wax, designed to deliver smooth results with minimal irritation. Each service is performed with precision and care, followed by calming aftercare to soothe and protect the skin.

Facial hair	10 MIN	DKK 300
Armpits	10 MIN	DKK 300
Bikini	20 MIN	DKK 500
Legs	30 MIN	DKK 600
Arms	20 MIN	DKK 500



CHAPTER VI

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# Longevity Lounge

*Advanced Tools for Cellular Recovery, Deep Rest, and  
Sustainable Energy.*

# Rebalance

*Wellness extends beyond the treatment room.*

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The Longevity Lounge and In-Room Rental program offer a curated selection of advanced recovery devices and sensory therapies, designed to support regeneration, relaxation, and overall well-being.

## RecoveryAir Boots

*Circulation and Muscle Recovery*

A targeted recovery experience designed to support circulation, reduce muscle fatigue, and enhance lymphatic flow, ideal after travel, physical activity, or long days.

**BEST FOR**

Muscle recovery, circulation boost, post-travel fatigue.

**KEY BENEFITS**

Supports lymphatic drainage · Improves circulation · Reduces muscle fatigue

30 TO 60 MIN

In-Room  
Rental, DKK  
300 to 600

## LED Face Mask

*Skin Renewal and Radiance Boost*

A non-invasive light therapy treatment designed to stimulate collagen production, improve skin tone, and enhance natural radiance.

**BEST FOR**

Dull skin, fine lines, skin renewal.

**KEY BENEFITS**

Stimulates collagen production · Improves skin clarity · Enhances glow and radiance

10 TO 20 MIN

In-Room  
Rental, DKK  
200

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# Smart Eye Goggles

*Deep Relaxation and Sleep Support*

A calming eye therapy designed to relieve tension, reduce stress, and prepare the body for restful sleep through gentle massage and heat.

**BEST FOR**

Stress, eye strain, sleep support.

**KEY BENEFITS**

Relieves eye and facial tension · Supports relaxation and sleep · Calms the nervous system

10 TO 20 MIN

In-Room  
Rental, DKK  
200

# Sound Meditation

*Nervous System Reset*

A guided auditory experience using sound frequencies to calm the mind, regulate the nervous system, and restore internal balance.

**BEST FOR**

Mental fatigue, stress, emotional balance.

**KEY BENEFITS**

Promotes deep relaxation · Supports emotional reset · Enhances mind-body connection

10 TO 20 MIN

In-Room  
Rental, DKK  
200



RESERVATIONS AND ENQUIRIES

# A quiet welcome awaits.

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All treatments are guided by expert diagnosis and may be tailored to your individual needs. We kindly ask that you arrive at the spa fifteen minutes prior to your treatment to enjoy the full ritual.

CORI HORNBAEK HOTEL  
HORNBAEK, DENMARK