

Arabian Nights in Glücksburg

Normally you have to travel well beyond the Danish borders to hear expressions like chi gong, thai chi and hamam uttered in every other sentence. Yet along with a line of other treats, these exotica have been gathered under the same roof in the city of Glücksburg in Northern Germany. The setting is "Alter Meierhof Vital Hotel" where the road to inner wellbeing is paved with all kinds of luxurious treatments.

Words Kristina Rosengren Photos Alter Meierhof Vital Hotel

We're in a part of Germany known as a melting pot of Danish and German culture, more specifically in the border region close to the Flensburg Fjord inlet. We're visiting a place that has become a mecca to people seeking pure pampering – whether they come to soothe the body and mind at the Spa or indulge in delicacies at the gourmet restaurant. The Alter Meierhof Vital Hotel offers invigorating Spa treatments from a to z in a universe rarely seen in this hemisphere, coupled with excellent wining and dining.

"Träume aus 1001 Nacht" – Dreams of Arabian Nights – is the phrase they use to describe the sumptuous Spa area. In this world, dreams of infinite well-being come true as you visit the beauty farm, the Turkish Hamam temple or treat yourself to an Ayurveda oil massage – just to mention a few of the items on the hotel's varied repertoire, which is inspired by the bathing culture of the Orient. There are so many special treats to choose from that you may need some guidance from the hotel staff, who are trained for this very reason to put together customised programmes to match your desires. You can also opt for one of the hotel's pampering packages, ranging from a one-night stay including lagoon bubble bath or papaya scrub in the oriental tropical bath with tropical rain, to a mini-vacation with a four-night stay, a selection of the hotel's Spa features and the daily changing activities programme featuring yoga, tai chi, aqua fitness, Pilates etc. And then, of course you can choose to stay for as many days as you like to profit from all the other activities and the delectable offerings of the hotel's gourmet restaurant and brasserie.

The hotel boasts a concept that manages to take everything into consideration. They have thus made sure that when your body is satiated with the pleasures of the spa, there's something to please the palate. Could there be a better way to finish off the day than by sitting down at a beautifully set table to be waited on by a friendly and attentive staff? Hardly. And when each and every course served at the hotel's Michelin-starred restaurant displays excellent taste and German precision, there's something to satisfy most bon vivants. Chef de cuisine Dirk Luther is in charge of the restaurant called "Restaurant Meierei Dirk Luther" – this

LUXURY PACKAGE

The hotel has put together different pampering packages like this one with the alluring name, "A touch of the Orient". It includes:

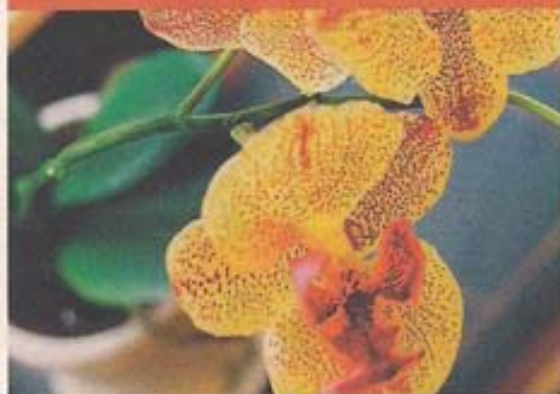
A two-night stay in an elegant room with gourmet breakfast buffet, fresh fruit at arrival, all mini bar beverages and bathrobe and slippers.

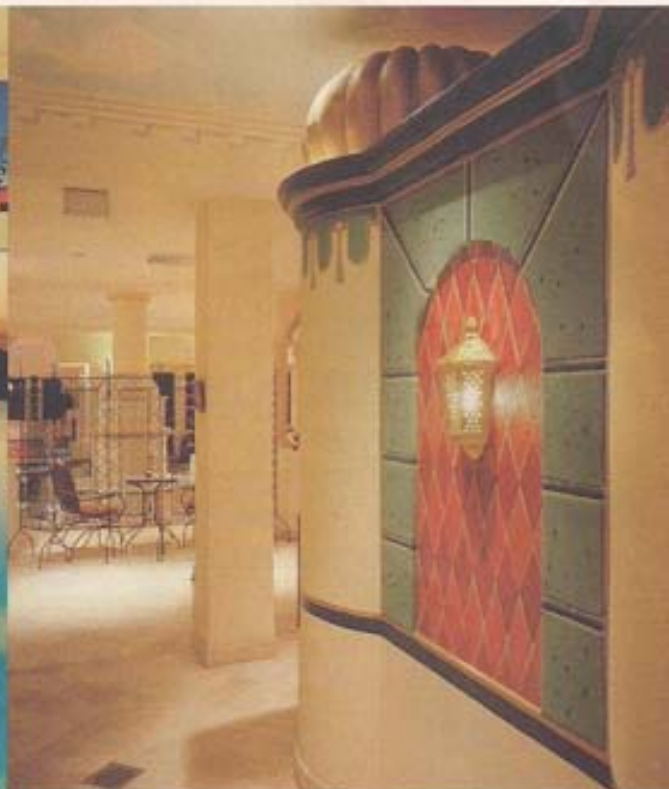
A two-course dinner at the Brasserie both evenings.

A Hamam ceremony with body scrub and soap foam massage (60 min.) and one facial treatment (either Comfort or Men, 75 min.) or one full-body massage according to your preferences (60 min.)

Besides this female guests receive a fabulous Shiseido glamour make-up with skin analysis and personalised trend tips (approx 45 min.) while male guests are offered facial and head massage (approx 30 min.).

Prices from € 466 per person in a double bedroom.





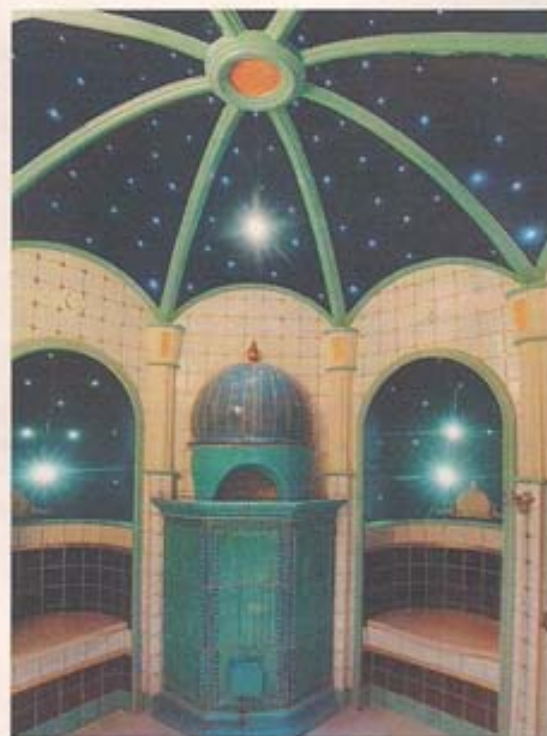
is haute cuisine that ranks among the best in the world. The style is elegant, French-inspired and classic. But if you want to settle for something less sumptuous, the hotel also has its own Brasserie with a menu featuring both small, delicate courses and savoury meals. The trademark is light food made with the freshest ingredients from the region, and with a touch of the Mediterranean cuisine. As a third opportunity you have the Vitalbar, which also caters for the needs of the early risers by serving "Early bird breakfast" from seven o'clock in the morning. For the not-so-early risers there's a gourmet buffet served from 10 am.

Alter Meierhof Vital Hotel offers a total experience carried through down to the minutest details. The surroundings are impeccable and the staff competent, whether they're in charge of Spa treatments or the restaurant's gourmet servings. A visit to this gem is a unique opportunity to recharge your body and mind and an obvious choice for those who love to spoil themselves and each other.

Rooms

The hotel disposes of 54 rooms and suites ranging from fra € 157 to € 433 per night. The price includes gourmet breakfast buffet and all beverages from the mini bar, fresh fruit at arrival, access to the Hof-Therme facilities with resting area, stone steam bath, Hof tepidarium, hay aroma steam bath, sauna with cold water pool, in- and outdoor swimming pool as well bathrobe and slippers in the room. For weekend reservations a minimum stay of at least two nights is required.

The Spa area looks like it comes straight off the pages of *The Arabian Nights*.



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