

Wellness & Beauty

For a personal wellness appointment at the KONNEX INN Nordhorn, please contact our state-certified beautician and massage therapist, Andrea Buddeberg, directly via mobile at +49 152 089 804 26.

You are also welcome to check our online calendar for available appointments.



We recommend arriving about 10–15 minutes before your appointment to enjoy a drink and relax before your treatment.

Please note that late arrivals may result in a shortened treatment time out of consideration for following guests.

If you are unable to attend your appointment, please cancel at least 24 hours in advance. For late cancellations or missed appointments, 90% of the treatment cost will be charged.

Our Treatments



Full Body Massage

55 min / 78,00 € // 75 min / 110,00 €

Experience deep relaxation and slow down. Gentle, flowing movements provide a soothing break for body and mind.

Neck & Back Massage

35 min / 55,00 €

An intensive massage that specifically relieves tension in the back and neck area and releases blockages.

Face & Head Massage

30 min / 45,00 €

Immerse yourself in a state of calm. This massage relieves tension in the jaw, neck, and head area, promoting inner serenity.

Cyclist's Special Massage

30 min / 49,00 €

A combination of leg and back massage to release tension, improve circulation, and support muscle recovery and mobility.

Deep Tissue Massage

50 min / 85,00 €

Intensive massage of the deep muscle and connective tissue layers to release tension, ease blockages, and reduce stress.

Feel-Good Moments for your Feet



Foot Reflexology Massage

35 min / 45,00 €

This targeted pressure-point massage stimulates organs and body regions, bringing your body into balance.

Time-out for your feet

60 min / 55,00 €

A relaxing foot bath, gentle peeling, and soothing massage, completed with a nourishing foot mask – for refreshed and rejuvenated feet.

Pedicure with Peeling & Massage

52,00 €

A pampering pedicure with gentle peeling and a relaxing massage for silky-soft, well-cared-for feet.

Pedicure with Shellac

52,00 €

A nourishing pedicure with long-lasting Shellac for a perfect, glossy finish.

Facial & Sensory Escape

Classic Facial Treatment

60 min / 75,00 €

Cleansing, exfoliation, extraction, eyebrow shaping, facial massage, mask, and finishing care.

Deluxe Facial Treatment

90 min / 114,00€

Cleansing, exfoliation, extraction, eyebrow shaping, facial massage, mask, and finishing care. Includes arm and hand massage, active ingredient ampoule, eyelash and eyebrow tinting and shaping.

Classic Pampering Package

60 min / 114,00€

Soothing back massage, facial massage, and foot massage including peeling.

Deluxe Pampering Package

90 min / 149,00€

Facial treatment with arm and hand massage, relaxing foot bath with peeling, foot massage, and back massage.

Add-ons for all facial treatments

Eyelash tinting

14,00 €

Eyebrow tinting

14,00 €

Eyebrow shaping

8,00 €

Eyelash & eyebrow tinting

22,00 €

Day Spa Offers

Nordhorn Escape I

114,00 €

A glass of sparkling wine (or non-alcoholic alternative) to welcome you, full body massage (55 min), hydrating mask for face and décolleté, and full access to the wellness area.

Nordhorn Escape II

114,00 €

A glass of sparkling wine (or non-alcoholic alternative), classic facial (60 min), hand or foot massage, and full access to the wellness area.

Nordhorn Escape III

154,00 €

A glass of sparkling wine (or non-alcoholic alternative), deluxe wellness treatment (90 min), leg and foot massage, and full access to the wellness area.

Nordhorn Escape IV

154,00 €

A glass of sparkling wine (or non-alcoholic alternative), foot wellness (foot bath, peeling, massage, and mask), classic facial, and full access to the wellness area.

Available as an add-on to all “Escape” packages

Manicure with Peeling & Final Care

30,00 €

Can be added to any “Escape” package.

A bathrobe and slippers are provided for your stay, along with water, coffee, and tea specialties available in the lobby.