



# Body & Soul

Stressed? Exhausted? Stuck in a rut?  
Or just feeling a little ho-hum? Free your mind  
and body with my picks of inspiring yoga  
trips, meditation breaks and fitness holidays.  
Optimizing your mind, body and spirit.



### Java Cosmetics

It is a peaceful universe where Jana and Valentina will take care of your face, hands and feet. Whether you decide to enjoy the calming effects of a massage or indulge a simple manicure or pedicure or do a hair removal, the result will be of outstanding professionalism.

Metzgergasse 16 | [java-cosmetics.ch](http://java-cosmetics.ch)

### Beauty Clinic

It's all about beauty and body. They are specialized in the latest trends in aesthetic medicine from anti-aging to permanent make-up and more.

Rorschacher Str. 150 | [beautyclinic.ch](http://beautyclinic.ch)

### Oberwaid Kurhotel

The «Oberwaid Kurhotel» offers a large wellness area and panoramic views of Lake Constance. This is a resort for the entire body, mind and soul. The spa area comprises a sauna, a hot tub, a Turkish bath, an indoor and an outdoor swimming pool, as well as a steam bath and treatment rooms. Please check out their website for more information.

Rorschacher Str. 311 | [oberwaid.ch](http://oberwaid.ch)



### Säntispark

A tour in the Roman-Irish bath takes 2.5 hours and is very relaxing. The twelve feel-good stations in the Roman-Irish bath lead to the sky of relaxation. Your body is detoxified, the blood circulation stimulated and the skin feels comfortable and supple.

Wiesenbachstr. 9 | [saentispark-freizeit.ch](http://saentispark-freizeit.ch)

### F45 Training

Team training, workout, life-changing. You can try a free trial for one week.

Blumenbergplatz 3 | [f45training.com](http://f45training.com)

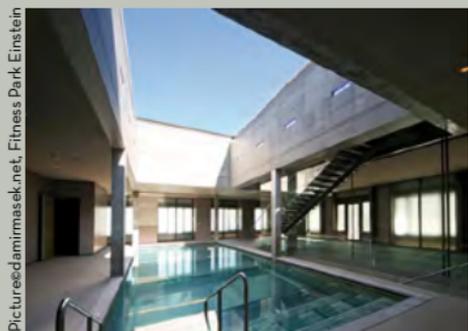
### Street Workout

Street workout is a creative strength training with your own body weight in the open air. Enjoy a workout with Roman «Ruler» – check out his website. Wolfgangstrasse 11 | [street-workout.com](http://street-workout.com)

### Movement Academy

Small groups, common fun and individual progress are in the foreground. Mindfulness instead of competition and haste. Just try it.

Fürstenlandstr. 103 | [movementacademy.ch](http://movementacademy.ch)



Pictureed: amimasak.net, Fitness Park Einstein

## Swimming

- **Einstein Crystal-Glas-Basin**  
Kapellenstrasse 1, fitnesspark.ch
- **Volksbad**  
Volksbadstrasse 6
- **Drei Weieren** (outdoor)  
Free, natural swimming pool
- **Freibad Lerchenfeld** (outdoor)  
Zürcherstrasse 152
- **Freibad Rotmonten** (outdoor)  
Waldgutstrasse 9
- **Säntispark**  
Wiesenbachstr. 7, saentispark-freizeit.ch

## Drei Weieren

Don't miss out on taking the «Mühlegg-bahn» funicular from the old town or walk through the romantic «Mülenenschlucht» gorge to reach the three natural swimming pools «Drei Weieren». If it's summer, take a break at the «Milchhüsli» and try their cinnamon cake!  
Bitzistrasse 65a | milch-huesli.ch

## Discover parklife

We have got a lot of parks and over fifty playgrounds. Every time the sun rears its' head you'll see locals playing, chilling and reading in the parks. The 33737 m<sup>2</sup> city park is the largest park and inherited a bird aviary since 1879. There are over 400 injured wild birds every year who will be cared for and released free again.



Picture: coiffureduett.ch

## Coiffeur Duett

Fabienne and Nadine are convinced that excellent technique and innate feeling for suitability are of paramount importance for a perfect haircut. As color experts they are also specialized in male and female color requirements. Enjoy the head and scalp massage.  
St. Leonhard Strasse 77 | coiffureduett.ch

## Querschnitt Coiffeur

Getting a haircut in a foreign country is always a challenge. Christian is going to cut it the way you like it.  
Linsebühlstrasse 12 | +41 (0)71 220 16 35

## Jin Coiffeur

This is the right place if you are looking for St. Gallen's most talented hair stylist (Jin) to chop off your tresses, tame your frizz or give you new highlights.  
Rosenbergstrasse 54 | jin-coiffure.ch

## Swiss Hair by Zainal

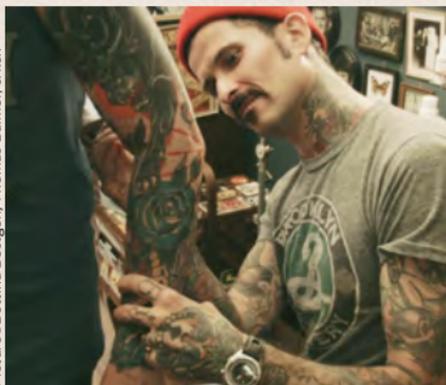
This barbershop is the best place to get a new hairstyle and a well-trimmed and well-styled beard.  
Gallusstrasse 12 | fb.com/byZainal



Picture: hoteldom.ch

### Wäscherei am Dom

No matter where you are from in the world, every person has to do laundry, especially when you are traveling. This is the right place, they take care of your clothes and the service is very fast! While waiting for your clothes, use the time to picnic or catch up on postcards. Webergasse 24a | hoteldom.ch, foerderraum.ch



Picture: Bettina Bestgen / Thomas Balmer, sr.f.ch

### Spiderfever Tattoo

Do you want to get a marvelous tattoo as a lasting memory of your St. Gallen trip? Here you're exactly right! «Spiderfever Tattoo» is a very professional tattoo shop with a cool, relaxed positive vibe and great talented tattoo artists – it's best to book ahead. Linsebühlstrasse 26 | spiderfevertattoo.ch

### Hair Creativ Daniel

You can relax in the knowledge that your hair is in good hands and they will prescribe solutions from their comprehensive range of specific products. Brühlgasse 23 | haircreativdaniel.ch

### Hatha Yoga

As a professional yoga instructor, Dimitrij Itten guides you with targeted physical exercises and breathing techniques in regular morning and evening classes, through the art of hatha yoga. Instagram: dimisetree | info@sonst.cc

### Sun-World Solarium

The most modern solarium studio. Rorschacher Str. 189 | sun-world.ch

### Peta Matschass

Tattoo artist Peta has become well-known for his awesome blackwork, mandala, dotwork and ornamental tattoos. His special technique is time-consuming as each dot must be placed precisely but it is well worth the wait. Peta is highly skilled and patient. St. Jakob Strasse 16 | fb.com/Petatau

### Jamming Piercing

Fusa and Denise love what they do and they know everything about it. They have all sorts of jewelry. They are dedicated to provide clients with the most unique and positive experience you will ever have at a piercing studio. Davidstrasse 9a | jammingpiercing.ch

8 J K U K  
O U  
7 C K P V  
+ C N N

0KVVNG 4QEMGV +WKI  
)ZRGTKGPEG 7CKPV +C  
NKMG C NQECN

VJKUKUO[UCKPVICNNGP  
YYY VJKUKUO[UCKPVICNNGP EQ