

A woman is standing on a wooden deck outdoors. She is wearing a white, button-down, knee-length dress and is holding a large bouquet of white flowers in her right hand. She is also wearing a black watch on her left wrist. The background is a blurred green landscape with trees and foliage. The title "Body & Soul" is overlaid in a large, white, serif font.

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.

BODY & SOUL

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 friendly! They offer a pick-up and delivery service and also dry cleaning is possible! Webergasse 24a | waeschereiamdom.ch

Java Cosmetics

Whether you decide to enjoy the calming effects of a massage, indulge a simple manicure or pedicure, or do hair removal, the result will be of outstanding professionalism.

Metzgergasse 16 | java-cosmetics.ch

Oberwaid Kurhotel

They 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, hot tub, Turkish bath, an indoor and an outdoor swimming pool, as well as a steam bath and treatment rooms. Check out their website for more information.

Rorschacher Str. 311 | oberwaid.ch

Picture@saentispark-freizeit.ch



Säntispark

The perfect getaway for kids and adults, whether you are looking for a fun trip or just want to relax or get fit. 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 heaven of relaxation.

Wiesenbachstr. 9 | saentispark-freizeit.ch

F45 Training

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

Blumenbergplatz 3 | 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.

Wolfgangstr. 11 | 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



Swimming

- **Hotel Einstein crystal bath**
Kapellenstr. 1, einstein.ch
- **Volksbad**
Volksbadstr. 6
- **Three Ponds (3 Weieren)** (outdoor)
Free, natural swimming pool
- **Freibad Lerchenfeld** (outdoor)
Zürcherstr. 152
- **Freibad Rotmonten** (outdoor)
Waldgutstr. 9
- **Säntispark**
Wiesenbachstr. 7, saentispark-freizeit.ch



Discover parklife

We have 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 33'737 m² 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.



Coiffeur Duett

Fabienne and Nadine are convinced that excellent technique and an innate feeling for suitability are of paramount importance for a perfect haircut. As colour experts, they are also specialized in male and female colour requirements. Enjoy the head and scalp massage.
St. Leonhard Str. 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.
Linsebühlstr. 12 | +41 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.
Rosenbergstr. 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.
Gallusstr. 12 | fb.com/byZainal

BODY & SOUL



Picture©saftfabrik.ch

Saftfabrik

Whether you're in search of a smoothie to supplement a healthy diet, as part of a cleanse, or simply because you feel like drinking it, the Saftfabrik has you covered. Saftfabrik offers a great selection of smoothies, milkshakes, soups and healthy and delicious nutri bowls.

Marktplatz 24 | saftfabrik.ch



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Axis Mundi

Owned by Peta and Moni Matschass, this is the kind of place where creativity takes the spotlight. The vibe inside is noticeably warm and friendly. This is your Tattoo Studio for Blackwork, Ornaments, Ancient Tribal Tattoos, Dotwork, Graphic's and Lettering.

Lämmlisbrunnenstr. 43 | axis-mundi.ch

Hair Creativ Daniel

You can relax knowing that your hair is in good hands, and they will prescribe solutions from their comprehensive range of specific products.

Brühlgasse 23 | haircreativdaniel.ch

Coiffeur Blum

Coiffeur Blum is a modern and chic salon, located in the old town. Daniela and Severina are committed to make you look even more beautiful.

Marktgasse 20 | coiffeurblum.ch

123 Yoga

Dimitrij is a professional instructor, allowing you to experience the magic of yoga.

+41 76 201 97 27 | 123yoga.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.

Teufener Str. 42 | spiderfevertattoo.ch

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.

Davidstr. 9a | jammingpiercing.ch