



# BALANCE

Spa by Valamar

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VALAMAR OBERTAUERN HOTEL

11:00 - 21:00  
(Monday - Sunday)

# ESCAPE TO THE MOUNTAINS

Blending local heritage with the healing properties of authentic ingredients, we pay homage to this mesmerising destination. Our selection of treatments, massages and rituals are inspired by the culture, local traditions and Alpine nature.

The Spa's experiences and relaxation areas cover 420 m<sup>2</sup> and have everything you could want and more.

## **SPA ZONE**

Immerse your senses in the private sanctuary of calm and tranquillity of our Spa zone. Unwind in style with Bio sauna, Finnish sauna, Steam bath, Infrared cabin and a special winter treat - the Snow room.

## **BEAUTY TREATMENTS**

These signature face and body treatments combine home-sourced ingredients to offer authentic mountain experiences.

## **MASSAGES AND RITUALS**

Authentic and individually designed to relax you completely or boost your energy, the Spa's massages incorporate precise and balanced techniques.

# SPA ETIQUETTE

In order to make your stay in our Wellness centre as pleasant as possible, please read the following instructions before using any of the services and keep them in mind during your stay.

1. All the facilities and services in the Balance Spa by Valamar are used at your own responsibility.
2. We cordially ask you not to disturb the peace and quiet and the relaxing atmosphere. Respect the intimacy and privacy of the people around you. Loud conversation is not appropriate.
3. If you want to cancel an appointment, please do so at least 6 hours in advance, otherwise we will charge 50% of the service value.
4. In the Wellness area, it is not permitted to: smoke, consume alcohol or use mobile phones or cameras.
5. Do not bring valuables and money with you into the Wellness centre as the hotel will not be responsible for them.
6. Prior to using the Wellness facilities, please try to avoid: eating a short time before using the SPA, depilation (may cause reactions on the skin), perfumes (because of allergic reactions), jewellery.
7. If you have not done so upon making your reservation, we cordially ask you to inform your therapist about any health issues or conditions that might affect your treatment.
8. Children accompanied by parents can use the Wellness area from 12:00 - 15:00.
9. Robes and towels should be used in the SPA zone (not swimsuits) along with slippers.
10. Out of consideration for our guests, we cordially ask you to stick to the stated sauna rules. Pre-showers and an underlying towel in the sauna are prerequisite.
11. Please note that the reservation of daybeds is not permitted and our Wellness team reserves the right to remove towels from reserved loungers.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, INQUIRE WITH THE PERSONNEL - THEY ARE HERE TO HELP YOU.



## FACIALS

Give your face the care and protection that will deeply nourish it and defend it from the harmful effects of the environment. The cosmetics created as a combination of nature and science will provide your skin with a feeling of softness, lightness and regeneration. The abundance of organic ingredients balances your skin with nature and draws the best out of it.

### ORGANIC OLIVE ANTIAGING MASSAGE



Refreshing anti age massage for all skin types, including the most sensitive. Organic local olive based product will regenerate, hydrate and rejuvenate any face. 25'

45 €

### ORGANIC OLIVE ANTIAGING TREATMENT



Intensive universal anti age treatment based on olive pulp. Vast amount of herbal extracts in our local organic products will fight the signs of aging, regenerate and hydrate any skin type. 50'

75 €

### ST. BARTH PURENESS - SHORT

Invigorating face and neck treatment followed by perfectly matched care products. Includes cleansing, toning and exfoliation. 25'

50 €

### ST. BARTH PURENESS

A comprehensive face and neck treatment followed by perfectly matched care products. Includes cleansing, toning, exfoliation and a revitalising face and neck massage. While the clarifying mask takes effect, close your eyes and enjoy a soothing hand and arm massage. 50'

85 €

### ST. BARTH PURENESS MEN

A sophisticated face and neck treatment for men consisting of cleansing and exfoliation, a face and neck massage, mask and subsequent care. While the clarifying mask with clay takes effect, a hand massage ensures relaxation. 50'

90 €



#### OMOROVICZA DEEP CLEANSING

Mineral-rich Hungarian Moor mud detoxifies and draws out impurities for deep cleansing. Moor mud mask follows a thorough cleansing and mild exfoliation. The iconic Moor mud cleansing balm as well as tropical fruit extracts, help to treat sensitive skin and reduce pore size. A classic facial massage instantly lifts and firms the skin. 75'

115 €

#### OMOROVICZA ILLUMINATING C

Designed to brighten and illuminate complexion, begins with a gentle peeling, enriched with copper for an anti-oxidant, collagen-stimulating punch. A unique facial massage soothes the senses and accelerates microcirculation, whilst mask plumps and nourishes the epidermis, to help reduce the appearance of fine lines and wrinkles. 50'

120 €

#### OMOROVICZA QUEEN HYDROMINERAL

Luxury facial treatment designed for all skin types. Soothes inflammatory processes on the skin surface, hydrates, drains and has a lifting effect. Captures the power of colloidal silver for its anti-bacterial and curative properties. Combined with niacinamide, it combats blemishes and breakouts. Salicylic and glycolic acids help to unclog pores to reveal clearer, smoother, healthier skin. Includes a light lymphatic drainage massage. 75'

120 €



# MASSAGES

The nature contained in the fine textures of essential oils that we use in massages absorbs into all the pores of your skin and relaxes your body and mind.

## MOUNTAIN BALANCE



A body massage with 100% natural organic oils that nurture all skin types and restore the balance of body and mind.

Partial - back or legs 25'	45 €
Full-body 50'	72 €
Full-body, facial & feet 75'	90 €

## DE-STRESS



Efficiently releases tension in the parts of the body where it is most frequent, such as your back, neck and face.

Partial - back or legs 25'	50 €
Full-body 50'	78 €
Full-body, scalp & feet 75'	97 €

## BLUEFIT SPORT

More profound pressure and specific technique with joint manipulation and stretching. This therapeutic massage improves circulation and eases muscular discomforts.

Partial - back or legs 25'	56 €
Full-body 50'	83 €
Full-body, feet & stretch 75'	101 €

## TRADITIONAL THAI

Manual therapy without oil that involves bodily manipulation in which the therapist helps to rebalance the patient's body, energy and structure.

Partial - back or legs 25'	56 €
Full-body 50'	83 €
Full-body, feet & stretch 75'	101 €



#### AFTER SKI - LEGS

Muscle relieving leg massage that combines fast impulsive movements and stretching to deal with sore muscles and cramps. 25'

55 €

#### ALPINE AFTER SKI - FULL BODY

Muscle relieving massage that combines fast impulsive movements and stretching. Combined with NATURE body oil (Alpine Herbs) it hydrates the skin, while the scent of alpine herbs has a soothing effect on the senses and muscles. Manual massage with this aromatic oil deals with sore muscles and cramps. 50'

83 €

#### ST. BARTH BECOMING MUM

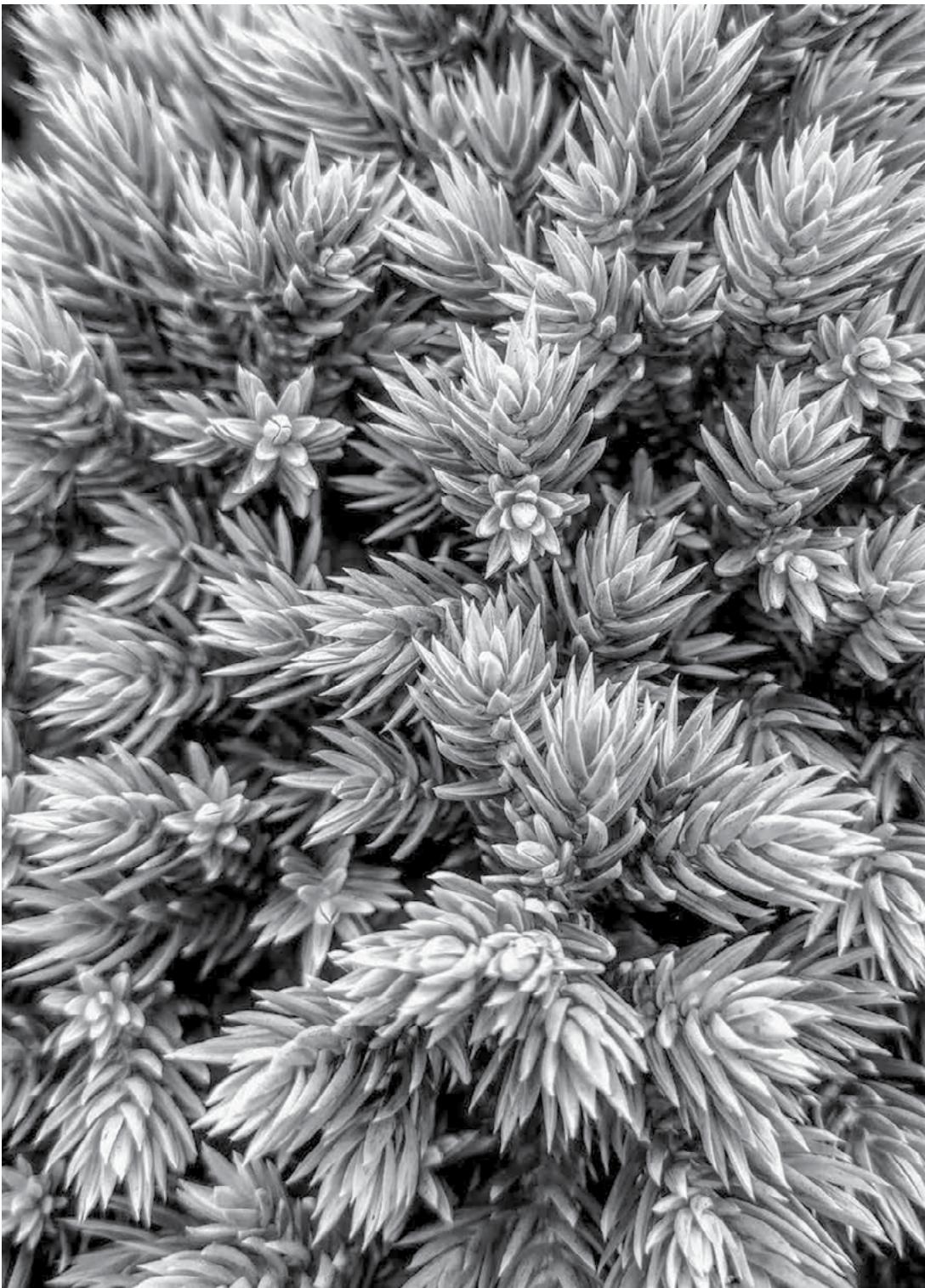
The pampering treatment is enduringly beneficial: a footbath and leg exfoliation, followed by a relaxing draining massage – avocado oil softens and moisturises the skin. Then gentle manual massaging motions loosen the neck area. A further feel-good moment is provided by the cleansing and nourishing facial treatment – it supplies the skin with vitamins and minerals and lends a glow to the complexion. 50'

90 €

#### HOT STONE

Helps to ease tense muscles and damaged soft tissues throughout the body for anyone who is experiencing muscle tension and pain, insomnia, or stress. 75'

125 €



## RITUALS

Each of our rituals is a story, and each is interpreted through a carefully designed palette of sensations, movements and scents of the Alps. Choose the one you prefer, indulge in a new dimension of wellness and discover the authentic side of our destination that you will long remember.

### ALPINE RECOVERY

Energizing ritual that reduces muscle tension and rebalances the body. It includes Finnish sauna combined with a detox tea and body peeling, followed by Alpine after ski massage. 75'

98 €

### ALPINE DE-STRESS

Relaxing ritual that helps to eliminate toxins and stress. It includes an aromatherapy detox treatment in the steam bath, facial relaxation using organic mask followed by St. Barth Sensation body wrap. 75'

115 €

### ST. BARTH CHILL OUT

The incomparable full-body massage with warm shells applies intensive manual massaging motions that always feel soft and flowing. They stimulate blood circulation, resolve muscle tension and can have a calming influence on stress-related strain. 75'

130 €

### ST. BARTH HARMONY

Enjoy personal relaxation: the focus of the full-body massage and the care products used are tailored to individual needs. Coconut oil is used to care for dry skin, cold-pressed avocado oil to maintain the skin's elasticity, camphor & menthol oil and tautening ivy gel for revitalisation, aloe vera gel for intensive moisturising. A luxurious body lotion with your preferred fragrance rounds off the treatment. 75'

140 €

### VOYAGER

A complete top-to-toe relaxation journey that echoes the movement of the sea combining both gentle and stimulating movements. Choose from: Uplift / Relax / Muscle relief. 90'

160 €



## BODY & SCRUBS

Body skin, as well as facial skin, requires care and attention. Targeted treatments using special massage techniques and certified organic products, rich in hydrating and beneficial nutrients, will regenerate, tone and deeply nourish your skin.

### ST. BARTH SOFTNESS

A fruity full-body exfoliating massage formula: the efficacy of the fresh, enzyme-rich papaya mousse unfurls; fine sand gently removes dead skin cells and rich coconut oil provides valuable nutrients. The skin is enveloped in an exotic fragrance and feels silky, soft and smooth. 50'

90 €

### ST. BARTH SENSATION

An opulent body wrap prepared from coconut or avocado oil and an individually selected favourite fragrance: vanilla, lily or tiare flower. Moisturising and nourishing, rich in lipids and precious unsaturated fatty acids. Relaxing massage with gentle sweeping movements intensifies the effect of the wrap, relaxes the body and caresses the senses. 75'

100 €

### OMOROVICZA GOLDEN BODY

This treatment involves an invigorating exfoliation with a golden sugar scrub, to help improve circulation, and a soothing massage with an oil redolent of ylang-ylang and enriched with gold particles. Guaranteed to leave the body softened, hydrated and radiant. 75'

120 €



# MANICURE & PEDICURE

## ORGANIC OLIVE FOOT REFLEXOLOGY



Exfoliation, mask and foot massage with natural olive products from organic olive groves. 25'

60 €

## ST. BARTH LUXURY SPA MANICURE

This gentle hand treatment begins with an exotically fragrant hand bath. Exfoliation with fresh papaya mousse and fine sand then helps to remove superficial dry skin. A hand massage ensures a moment of profound relaxation. Cuticles and fingernails are then pampered and treated.

70 €

## ST. BARTH LUXURY SPA PEDICURE

Foot care for enjoyment and well-being – starting with an exotically fragrant footbath. Exfoliation with fresh papaya mousse and fine sand helps to remove superficial dry skin. A foot massage with gentle pressure provides relaxation and stimulation. Finally, cuticles and nails are pampered and treated.

75 €

## SHELLAC

60 €

## REMOVE SHELLAC

30 €



## CHILDREN'S MENU

The imaginative and playful product textures, scented with vanilla, strawberries and chocolate, will make the treatments even more fun, while organic ingredients, such as honey and almond oil, will nourish delicate children skin.

The cosmetics are dermatologically tested and contain no parabens, silicones, sulphates, mineral oils, alcohol or phenoxyethanol.

### MINI FACIAL



A nurturing children's facial treatment. 25'

55 €

### MINI MASSAGE



A sweet balsam body and scalp massage. 25'

55 €

# CONTACT

## WELLNESS OPENING HOURS\*

11:00 - 21:00 (Monday - Sunday)

\*Children accompanied by their parents from 12:00 to 15:00h.

If the weather is not comfortable for skiing we open our wellness area earlier for you.

For morning appointments please book in advance.

Fitness room & swimming pool are available from 7:30 to 21:00h.

## Balance Spa by Valamar

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