



## VALLUGA SPA MENU

*Enjoy our treatments that are especially created for you to relax and recover after a day in the mountains.*

### BODY TREATMENTS

#### VALLUGA ESCAPE

90 min. 160 €

Enjoy the personalized execution of our traditional body ritual and choose between the soothing effects of organic lavender or the warming, healing properties of ginger – all wrapped in an invigorating full-body scrub. Following this, indulge in a relaxing full-body massage, where carefully selected areas of the body are treated with warm stones. This all-encompassing experience is rounded off with a luxurious foot massage and a deeply relaxing pressure point scalp massage – enveloped in a warm, protective cocoon.

#### REIKI ENERGY THERAPY

90 min. 100 €

Immerse yourself in an oasis of peace and well-being with our exclusive treatment that combines a relaxing massage and a Reiki session. This holistic experience is designed to release tension, balance your energy, and revitalize both body and mind.

Includes:

- **Relaxing Massage (45 minutes):** A gentle, enveloping massage that relieves stress and muscle tension, enhanced by the use of essential oils for a deeply soothing experience.
- **Reiki Session (45 minutes):** An energy therapy that channels healing energy to promote emotional balance and inner harmony.

Benefits:

- Reduction of stress and anxiety
- Improved circulation and flexibility
- Immune system stimulation
- Emotional and mental balance

## LAVENDER DREAM

90 min. 100 €

Relax & breathe deeply!

Immerse yourself in the soothing scent of wild lavender and let this unique treatment pamper you holistically. A gentle full-body scrub prepares your skin optimally, followed by a relaxing full-body massage with warm stones. The ritual concludes with a calming face and scalp massage using precious lavender oil.

## SUMMER AWAKING

90 min. 100 €

Prepare body and mind for the mountains – with a refreshing Turkish body scrub that revitalizes the skin and renews your energy. Afterward, enjoy a relaxing massage with precious Neroli oil, extracted from the delicate blossoms of the orange tree. This pampering ritual is rounded off with a calming head massage that releases tension and promotes deep relaxation.

## FULL BODY SCRUB

45 min. 50 €

Our Calm Mind Ritual brings body and mind into harmony – with a gentle aromatherapy made from wild, organic plants and flowers, providing deep calm and regeneration.

## HEAD, NECK & SHOULDER TREATMENT

30 min. 40 €

Experience a holistic treatment where soothing aromatherapy and targeted acupressure gently relieve tension, clear the mind, promote deep relaxation, and visibly alleviate physical discomforts such as stiffness and pain.

# MASSAGES

## VALLUGA MESSAGE

45 min. 55 €  
60 min. 70 €

A soothing full-body massage that helps reduce stress, stimulates circulation, and brings body and mind into harmony. With long, flowing pressure movements, this treatment provides deep relaxation and a sense of inner calm.

Available for expectant mothers from the 14th week of pregnancy.

## INDIVIDUAL ORGANIC AROMATHERAPY MESSAGE

60 min. 75 €  
90 min. 105 €

Breathe deeply and treat yourself to a new sense of well-being with this nourishing treatment.

Our unique Calm Mind Ritual provides comfort and inner serenity, while gentle aromatherapy made from wild, organic flowers, plants, roots, and leaves deeply relaxes body and mind.

With a guided selection of exquisite organic aromas – tailored to your mood and needs – follow your intuition and discover what best supports your well-being in the moment.

## MOUNTAIN RECOVERY

60 min. 70 €

Recharge and relieve targeted tension after an active day in the mountains. Enjoy a soothing back, neck, shoulder, and head massage with warm stones, which relax deeply and alleviate pain.

Afterward, we pamper your tired feet with an invigorating Thai foot massage – for lightness from head to toe.

## DEEP TISSUE MASSAGE

60 min. 80 €

Using slow, targeted pressure techniques, this deep-reaching massage treats the deeper layers of muscle tissue – ideal for relieving chronic tension and dissolving deep tension patterns.

## SPORTS MASSAGE

60 min. 70 €

This tailored massage is specifically designed to soothe stressed muscle groups. It combines all relevant techniques, adapted to the athletic needs of the guest. Through a mixture of stretching and deep kneading, muscle tension is effectively released, healing is stimulated, and recovery time after intense training or stressful days is significantly shortened.

## HOT STONE MASSAGE

60 min. 65 €  
90 min. 95 €

Nature and you! This ancient body therapy brings body and mind into balance, allowing you to experience deep harmony and peace. Heated basalt stones are strategically placed on specific points of your body to relax muscles, tissues, and the mind. The treatment is rounded off with an express facial cleansing and a soothing stone facial massage that further delights your senses.

## MAGNESIUM WELLNESS

60 min. 80 €  
90 min. 110 €

We work with warm balm to release muscle tension and use the powerful properties of magnesium to support the body's natural detoxification process. Simultaneously, cooling menthol is applied to the lower body to stimulate circulation and promote drainage.

## PARTIAL MASSAGE

30 min. 40 €

A targeted partial body massage that focuses on a specific area: back and neck, face and scalp, or legs and feet – for focused relaxation and relief.

## LYMPHDRAINAGE MASSAGE

Full body	90 min.	90 €
	60 min.	60 €
Legs or Arms & Chest	45 min.	45 €

Lymphatic drainage is a therapeutic massage technique designed to enhance lymph flow and reduce toxins in the body. This specialized massage is especially important before and after cosmetic surgeries and helps reduce bruising and inflammation in half the usual time. It is also an excellent detox treatment.

### Lymphatic drainage can:

- Relieve cold symptoms and accelerate recovery
- Reduce water retention
- Support weight loss
- Stimulate metabolism

## REFLEXOLOGY FOOT MASSAGE

60 min. 60 €  
30 min. 30 €

A warm, relaxing foot bath prepares you for a targeted therapeutic treatment focusing on pressure points and massage techniques on the feet. Reflexology foot massage helps relieve tension in the body and alleviate stress-related discomforts.

*Note: This treatment is not recommended for pregnant women.*

## SPA & WELLNESS

### Opening hours:

Swimming Pool: 07:00 AM to 08:00 PM

Relaxing Room: 07:00 AM to 08:00 PM

Sauna Area: 02:00 PM to 08:00 PM

### Massages & Body Treatments

Wednesday to Sunday: 10:30 AM to 5:30 PM

### Age Requirement

The minimum age for access to the SPA is 16 years.

Some SPA treatments are also available for younger guests – accompanied by a parent.

Please contact our SPA team for more information.

### Cancellation Policy

Cancellations within 24 hours or no-shows will incur a full charge  
(100% of the treatment cost).

### Contact

From your room: #9



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