



VALLUGA SPA MENU

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



BODY TREATMENTS

NIEVE DE COCO TREATMENT

90 min. 120 €

Immerse yourself in the unique experience of the Coconut Snow treatment, where the freshness of snow combines with the softness of coconut to offer you a journey of total relaxation and renewal. This treatment is designed to exfoliate, hydrate, and relax your body, leaving your skin soft and your mind at ease and includes:

- Coconut Exfoliation
- Coconut Massage

Benefits

- Deep exfoliation that leaves skin soft and radiant.
- Intense hydration thanks to coconut oil.
- Reduction of stress and muscle tension.
- A feeling of freshness and renewal

VALLUGA ESCAPE

90 min. 120 €

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. 120 €

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

VALLUGA DREAM

90 min. 100 €

Lavender, Rose or Ginger

Relax & breathe deeply! Immerse yourself in the soothing scent of wild lavender, roses or ginger 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 oils.

WINTER AWAKING

90 min. 100 €

Prepare body and mind for the mountains – with a refreshing 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 EXFOLIATION

45 min. 60 €

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.

THE SERENITY RITUAL

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 MASSAGE

60 min. 80 €

45 min. 60 €

Experience a deeply calming treatment designed to reduce stress, stimulate circulation, and restore harmony between body and mind. Gentle, flowing pressure movements melt away tension, guiding you into a state of profound relaxation and inner peace. Awaken your senses and complete your journey by choosing your personal essence of joy. Available for expectant mothers from the 14th week of pregnancy

MIND & SOUL HARMONY MASSAGE

90 min. 120 €

60 min. 80 €

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.

Awaken your senses and complete your journey by choosing your personal essence of joy.

AROMATIC MOUNTAIN MASSAGE

60 min. 80 €

Immerse yourself in an oasis of tranquillity with our exclusive aromatic massage, inspired by the natural beauty of the Austrian mountains. Indulge in 60 minutes of pure relaxation: soothing, firm pressure combined with gentle, flowing movements releases even the deepest tension, restores harmony between body and mind, and renews your energy. Enveloped in the warm scent of pure pine oil – fresh, earthy, and invigorating – you will feel the power of nature. This precious oil not only relaxes, but also clears the mind and fosters a deep connection with nature. Close your eyes and let yourself be carried away – to the very heart of the Alps.

The ALPINE RENEWAL

60 min. 80 €

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 TISSE MASSAGE

60 min. 100 €

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.

HOT STONE MASSAGE

90 min. 120 €

60 min. 80 €

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.

SIGNATURE FUSION MASSAGE

60 min. 80 €

Immerse yourself in a unique experience that harmoniously blends traditional and modern techniques.

Your treatment begins with a personalized consultation, allowing our therapist to tailor each movement to your body's needs. Enjoy a fusion of Swedish and deep tissue massage, enhanced by aromatic essential oils that both revitalize the body and calm the mind. This deeply relaxing journey releases tension, improves circulation, and restores balance. Choose your preferred essence to make this experience truly your own, and leave feeling refreshed, renewed, and full of energy.

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. 120 €

60 min. 80 €

Legs or Arms & Chest

45 min. 60 €

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. 80 €

30 min. 40 €

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.

CRANIAL MASSAGE

30 min. 40 €

Our Cranial Massage gently focuses on the head, scalp, neck, and shoulders, using soft, rhythmic movements that combine pressure, friction, and stretching techniques. This soothing treatment helps to release stored tension, stimulate circulation, and restore a profound sense of well-being.

Skilled fingertip pressure is applied to specific points on the scalp and skull, with intensity adjusted to your needs. The result is a deeply calming experience that eases headaches, reduces stress, and enhances mental clarity. Allow yourself to drift into a state of serenity, inner balance, and renewed focus.

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

A 100% charge applies for cancellations within 24 hours or in case of no-show.

Contact

From your room: #9