

celtic spa



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celtic vital

Spend some  
time alone  
every day.

– Dalai Lama





# CELTIC VITAL

***Dream, escape, find peace, enjoy relaxing treatments and rediscover your inner harmony.***

The treatment area of Celtic VITAL captivates with its effective programs – for your health and beauty. Our SPA & VITAL team at the spa reception desk is happy to consult with you about how to meet best your personal needs.

Outside the regular opening hours of the SPA & VITAL reception, our team at the main hotel reception desk will be glad to assist you and set up appointments daily between 8 AM and 10 PM.







CELTIC VITAL

## Treatments for body & mind

**Effective treatments, inspired by the ancient Celts, are awaiting you at our Celtic VITAL. Highlights include the treatment lines SIRONA VITAL and MEDUNA VITAL, named after the Celtic goddess of healing.**

**SIRONA applications** (baths, compresses, massages) to restore harmony

**MEDUNA treatments**, nurturing the skin with body butter

You can also find classic treatments in our Celtic VITAL program. Relax afterwards in our Pine Room as you enjoy a cup of herbal tea. We offer many of our treatments in combination with our exclusive organic herbal products. **Allow yourself to be convinced by the power of nature.**



### **Philosophy of our Celtic VITAL treatment world**

Dream, escape, find peace, enjoy relaxing treatments and rediscover your inner harmony. In addition to all classic techniques, each tailored to your personal needs, we also feature a treatment concept that meets the very highest of expectations.

### **Celtic VITAL Treatment & Relaxation World**

- 6 cabins for massages and body treatments
- Partner treatments
- 2 cabins for Gastein energy baths with radon-infused thermal water
- Softpack bed for mud- & Sirona wraps
- Spa reception and spacious relaxation lounge



Celtic VITAL  
Treatments

Celtic VITAL  
Exclusive concept



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CELTIC VITAL

# Treatments

<b>Celtic energy bath</b> Radon thermal bath	<b>20 min</b>	<b>25.00</b>
<b>Celtic natural mud</b>	<b>3 wraps</b>	<b>31.00</b>
	<b>additional wrap à</b>	<b>8.00</b>
<b>Vitality massage*</b>	<b>25 min</b>	<b>36.00</b>
	<b>50 min</b>	<b>66.00</b>
<b>Lymphatic drainage</b>	<b>25 min</b>	<b>45.00</b>
	<b>50 min</b>	<b>72.00</b>
<b>Back massage using Breuss technique</b>	<b>40 min</b>	<b>63.00</b>
<b>Meridian massage</b>	<b>25 min</b>	<b>42.00</b>
<b>Reflexology foot massage with ointment</b>	<b>25 min</b>	<b>39.00</b>
<b>Children's massage with chocolate body butter</b>	<b>20 min</b>	<b>31.00</b>
	<b>40 min</b>	<b>58.00</b>
<b>Sports physiotherapy / Physiotherapy by HARZER**</b>	<b>25 min</b>	<b>43.00</b>
	<b>50 min</b>	<b>73.00</b>

\* Classic massage for the back or whole body / \*\* Bookable every Wednesday 6 – 8 PM

REFRESHING & RELAXING

# Even more therapeutic in combination

<b>Anti-Stress Massage</b> Relaxing back massage using Breuss technique and a foot massage with natural alpine herbs.	<b>50 min</b>	<b>72.00</b>
<b>Relaxation for the back</b> Celtic natural mud wrap in the softpack bed, followed by back massage.	<b>50 min</b>	<b>67.00</b>
<b>Refreshingly beautiful feet</b> Beneficial for sports fans and hikers with tired, heavy legs. A foot bath soothes the legs, while the massage with an alpine-herb-based salve brings you a renewed sense of lightness.	<b>35 min</b>	<b>45.00</b>



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MINERALIZED & ENRICHED WITH NATURAL RADON

# Gastein Thermal Water

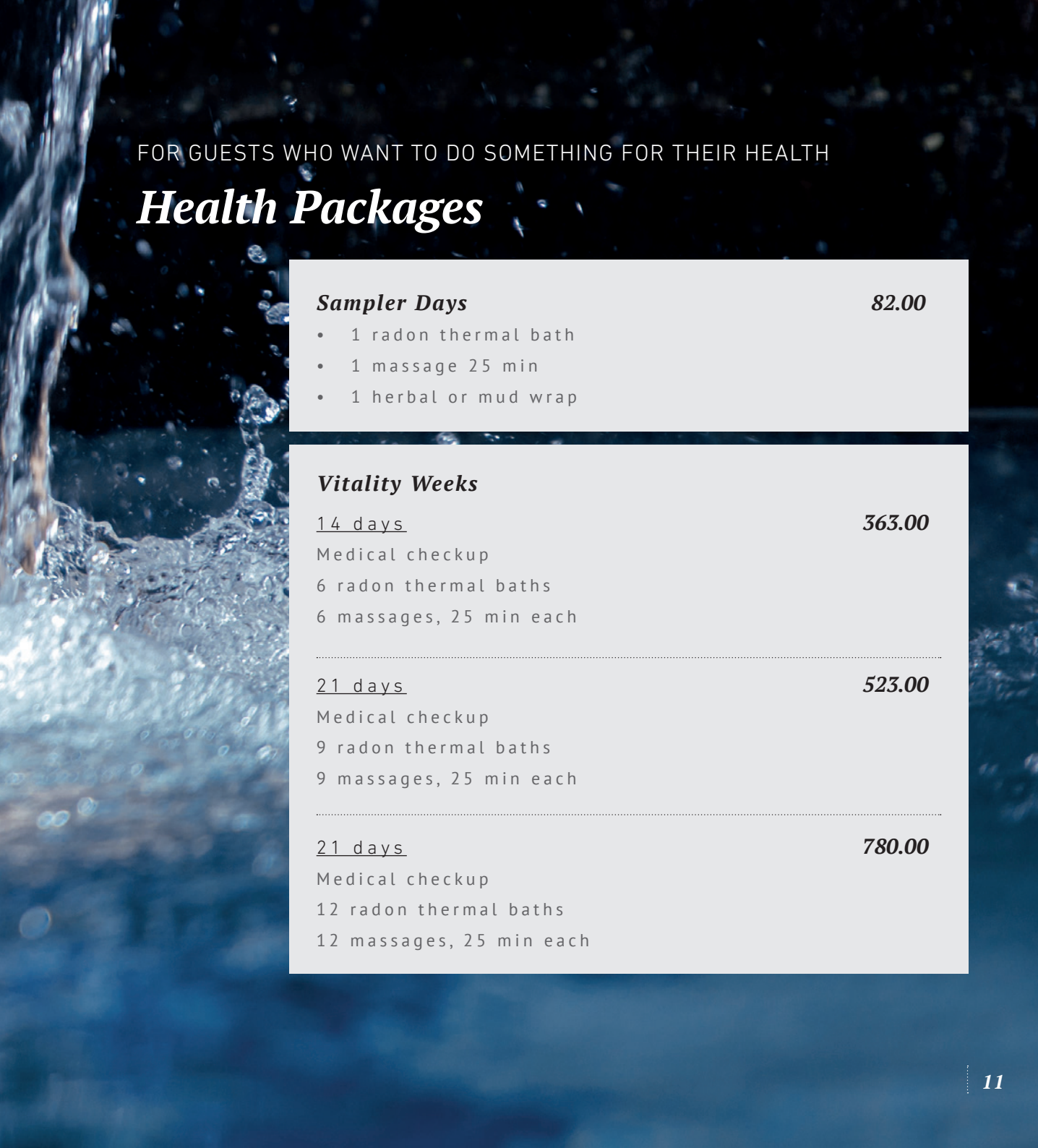
*Studies showed that water from precipitation seeps into the ground at around 1800 m above sea level, gradually sinks to 2000 m, warms up in the depth of the earth, then reemerges at an elevation of 1000 m from 17 different springs producing roughly 5 million liters per day.*

What is radon and how does this radioactive substance work?  
The mild and natural radioactivity has only benefits for the body when enjoyed within the framework of a therapy program. The gas escapes from the thermal water, after which it enters the respiratory passages and is absorbed through the skin into the body. Once there it develops its full healing benefits, until it is completely degraded after approximately 3 hours.  
Defensive mechanisms within the body are stimulated and the natural warmth stimulates blood circulation. The healing benefits are further enhanced by the alpine elevations of the Gastein region. The body adapts to the altitude, more red blood cells are produced, and the ability to supply oxygen to tissue increases.

The success rate for the “Gastein Cure” is impressive: Up to 90 % of the patients reap the benefits in form of decreased symptoms, improved quality of life and a reduction of medications.



*Radon therapy is a successful treatment for chronic disorders affecting the musculoskeletal apparatus, the respiratory system and the skin. Additionally, therapy incorporating radon is an outstanding form of preventive care.*



FOR GUESTS WHO WANT TO DO SOMETHING FOR THEIR HEALTH

# Health Packages

## ***Sampler Days*** **82.00**

- 1 radon thermal bath
- 1 massage 25 min
- 1 herbal or mud wrap

## ***Vitality Weeks*** **363.00**

- 14 days  
Medical checkup  
6 radon thermal baths  
6 massages, 25 min each

## ***21 days*** **523.00**

- Medical checkup  
9 radon thermal baths  
9 massages, 25 min each

## ***21 days*** **780.00**

- Medical checkup  
12 radon thermal baths  
12 massages, 25 min each



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***With MARIAS® – regional, concentrated, organic & fair trade.***

MARIAS® is not rooted in a business idea, but rather in a lifestyle concept: the desire for closeness to nature and an authentic way of life, as well as sustainable values for ourselves and our children's future.

The first line of care products was handmade over 30 years ago in Styria.







CELTIC VITAL MARÍAS®

Beauty & Body Treatments

Organic MARIAS® hydrosols of orange- and rose blossoms refresh you and give your skin a boost of active ingredients, including a wide variety of minerals and amino acids.

Celtic VITAL facial treatments start with a classic cleansing, followed by a gentle peel, tailored to your needs. Afterwards, you will be pampered with a PURE aloe vera gel from our highly effective MARIAS® organic hyaluronic serum. The subsequent facial massage will soothe you and prepare your skin for the intensive wrap to follow.



FOR HIM & HER

**Facial treatment PURE** 50 min 72.00  
Especially for dry, dehydrated skin, particularly suitable for allergy sufferers, since PURE really does mean PURE: clean, clear, simple and reduced to the essentials!

**Facial treatment WILD ROSE** 50 min 77.00  
Especially for ladies and gentlemen who want even more, this facial treatment pampers you with its high vitamin content, fruit acids, minerals and trace elements, active ingredients from wild roses or rose hips stimulate skin metabolism and protect you from premature skin aging.

**Facial treatment SPECIAL** 25 min 42.00  
For ladies and men whose focus is a massage that relaxes and unwinds, with our light and clear MARIAS® products.

**MARIAS® coconut-vanilla, sugar peel & wrap** 35 min 44.00  
A special pampering for the skin and senses: Fine crystal sugar from local organic sugar beets moisturizes and peels, cleansing deep into the pores. Coconut flour coddles the skin and together with real bourbon vanilla, your skin will become fragrantly sweet and soft as satin.

**MARIAS® wild-rose LUXURY body treatment** 90 min 102.00  
This luxurious treatment with the active ingredients of wild rose combines a peel, wrap and massage, all-in-one! It stimulates your body's metabolism, simultaneously relaxing body and mind.



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# Our Pampering Time

## IN PACKAGE FORM

PACKAGES  
bookable for 2 days

### **CALLIRIUS Package** **196.00**

160 delectable minutes of pampering

WILD ROSE facial treatment	50 min
MARiAS® wild rose LUXURY body treatment	90 min
Foot reflexology massage with revitalizing ointment	20 min

### **BELENUS Package** **151.00**

110-minute relaxing pampering

Facial treatment SPECIAL	25 min
Refreshingly beautiful feet plus reflexology foot massage	35 min
Sirona massage	50 min

*Callirius*

Goddess of the forest

*Belenus*

Goddess of healing

### **BIROG Package** **124.00**

If you don't have much time to spare – our small 85-minute package

MARiAS® short facial	25 min
Meduna massage	25 min
Relaxing foot massage with footbath	35 min

### **MAPONOS Package** **128.00**

90-minute pampering

MARiAS® chocolate body-butter massage Vital	25 min
MARiAS® facial treatment PURE	50 min
Sirona bath with herbs	20 min

*Birog*

Druidess

*Maponos*

Goddess of youth







[ comfort zone ]

***Our goal is to promote a holistic, healthy and sustainable vision of our lifestyle. A twofold approach to our body is essential: on the one hand, reaching the surface of our body, our skin, from the inside out, on the other, caring for our outer appearance, thereby enhancing our inner well-being.***

The brackets from our logo [ comfort zone ] represent the experienced and attentive hands of people in research, science, cosmetics and therapy. Within these brackets, the ideal space is created for protection, safety and care.

Products from [ comfort zone ] are conceived and produced exclusively in Parma. During the manufacturing process, we are 100 % committed to renewable energy. Furthermore, our company supports projects dedicated to reforestation of the rainforest, thereby reducing stress on the environment. This applies especially to the production and packaging of Sacred Nature and Aromasoul.

IDEAL PROTECTION & SKINCARE

Body Treatments

<b>Tone / Firm</b>	<b>50 min</b>	<b>85.00</b>
Plant products give elasticity and tone to your skin. While it is allowed to absorb, we pamper you with a facial or foot massage. Ideal during pregnancy.		

<b>Deep Relaxation</b>	<b>50 min</b>	<b>77.00</b>
For deceleration and enjoyment, nourishing the face and body. Body massage with aroma-therapy fragrances relaxes and deep-moisturizes the skin.		

<b>Anti-Aging Full-Body</b>	<b>35 min</b>	<b>44.00</b>
A cocktail of anti-aging active ingredients brings softness and tone to the skin. This full-body treatment is further enhanced by the effectiveness of the products.		

<b>Detox Pack</b>	<b>50 min</b>	<b>77.00</b>
Sea mud is applied on the problem zone, detoxifying and slimming. While it is allowed to absorb, we pamper you with a facial or foot massage.		

<b>Detoxifying with thermal mud from Tuscany</b>	<b>50 min</b>	<b>77.00</b>
Relax in a thermal mud that nourishes your skin. While it is allowed to absorb, we pamper you with a facial or foot massage.		

[ comfort zone ]

A holistic, healthy and sustainable approach to improve quality of life.







INDIVIDUAL, JUST FOR YOU

# CELTIC VITAL EXCLUSIVE CONCEPT

**Sirona Bath** 36.00

Thermal bath with Relax-Emotion herbal.

**Sirona Wrap** 41.00

Celtic wrap with natural mud and Relax-Emotion herbal bag, in the softpack bed.

**Sirona Massage** 25 min 42.00  
50 min 72.00

Treatment of the energy pathways with glass suction cups and the power of 37 native herbs, with deep-reaching benefits.

**Meduna Massage** 25 min 42.00  
50 min 72.00

Exclusive pampering program for your body, with gently melting body butter for tired, stressed and sensitive skin. Provides gentle skincare with that added feel-good factor.

**Annea Massage** 25 min 42.00  
50 min 72.00

This gentle massage technique with fine hemp oil cleanses and detoxifies your stressed body.

*Sirona*

Goddess of  
medicine and healing

*Annea*

Local mother  
goddess

*Meduna*

Goddess of  
hot springs and mead



## Our Tip

Enjoy unwinding after your treatment in our relaxing pine oasis, sipping a cup of Celtic VITAL tea.



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Exclusive concept



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CELTIC SPA – RELAX LIKE THE CELTS

## *Pure enjoyment, our wellness & sauna world*

***Our Celtic SPA is a state-of-the-art and quite extraordinary wellness oasis, influenced by the culture of the ancient Celts. For adults aged 16 and older: Unwind in our modern, new sauna world that leaves no wish unfulfilled.***

Unique design, exquisite materials as well as a magical lighting and color concept produce a feel-good setting with a Celtic style. The exclusive Celtic SPA caters to your every wish on a spacious 1,500 m<sup>2</sup>. The treatment area of Celtic VITAL captivates with highly effective treatments – for your health and beauty. **What wellness is all about!**



## celtic spa



### ***Celtic Sauna***

In our sauna world, sauna lovers find everything their heart desires: from the Celtic Fin (90°C sauna), Celtic Bio (60°C sauna), Celtic Sole (45°C steam bath with 13 % salt water), to the Celtic Infra (infrared cabin), the Celtic quiet room, and a spacious shower area with a crushed-ice machine to cool off. Once an hour, our Saunameister guides our guests from one sauna infusion to the next.

### ***Celtic Water***

Our swimming pool with massage jets is filled with ca. 32°C thermal water that invigorates the cells. After your bath, unwind in one of three relaxation zones – Celtic Silence, Celtic Dream and Celtic Senses. Modern, high-quality wooden benches and partner beds as well as a magical shell to recline in contribute to your complete sense of well-being.

### ***Celtic Family***

In our Celtic SPA, the whole family is welcome. There is a separate family area where everyone can wear swimsuits. This also makes it possible for guests who prefer greater privacy to enjoy a sauna visit as well. If you wish to relax completely undisturbed, you can also book the family area as a “private spa” for € 30.00 per person.





## CELTIC SPA AT A GLANCE

### *Sauna World*

- Celtic Fin (90°C)
- Celtic Bio (60°C)
- Celtic Infra
- Celtic Steam Bath (45°C with 13 % salt solution)
- Spacious shower area with crushed-ice machine to cool down
- Sauna relaxation room with high-quality benches and partner beds
- Supervised Celtic sauna infusions, seasonal ingredients



### *Water & Family World*

- Newly renovated hotel indoor pool (32°C) with massage jets
- Lounging area at the indoor pool (20 reclining chairs)
- Family swimsuit sauna (50°C), also bookable as a private spa
- 6 different quiet zones for you to discover
- Family sunbathing area outside the family sauna
- 3 drinking fountains with reenergized Celtic water for your refreshment



## YOUR EXCLUSIVE BONUS

### *HEATED SPA-ROBE WALKWAY*

#### ***Plus all amenities of “Alpentherme Gastein”***

Underground heated spa-robe walkway to Alpentherme Gastein, for 32,000 m<sup>2</sup> of thermal enjoyment including “Sauna World”, “Family World”, “Ladies World” and “Beauty World”.



*Snuggly spa robes & sauna towels as well as bathing slippers can be found in the spa basket inside your room.*







FOR GREATER WELL-BEING & RELAXATION

# Spa & Vital Etiquette

## Celtic VITAL – appointments

We look forward to meeting your appointment wishes! Please book your treatments as early as possible and keep the appointments you set up. We recommend arriving 10 minutes before treatment is scheduled to begin, which will also give you time to get in the right mood with a cup of tea or a glass of invigorating Celtic water from our own spring.

## Celtic VITAL – late arrival

If you arrive late to your appointment, it will not be possible to extend your treatment beyond the originally scheduled time. If you do arrive later than expected, the length of your treatment will be shortened accordingly.

## Celtic VITAL – appointment cancellations

If you can't make it for your treatment appointment, please cancel at least 24 hours in advance. Please be aware that we will be obliged to charge you 100% of the cost, if your cancellation is received less than 12 hours before your scheduled appointment or if you are a no-show. Thank you for understanding!

## Celtic VITAL

Out of consideration for the other guests, we ask you to turn off your mobile phone during your visit to our wellness & spa area. Our entire Celtic SPA & VITAL area is smoke-free. To avoid disturbing the other guests, please be as quiet as possible and exercise restraint in all areas.

## Safety Precautions for Your Health

Please notify us before your treatment about any physical limitations you might currently have, including high blood pressure, heart disease, metabolic problems and allergies, pregnancy, recent surgery or other physical complaints.

## Valuables

We suggest storing all valuables in your room safe. We will be glad to look after your personal items, however we will be unable to accept any liability for their security.

## Dress Code, Hygiene & Privacy

We recommend you to wear the spa robes and bathing slippers provided in the spa bag in your room, or at our spa reception desk (for day-spa guests). We highly recommend taking a soothing, warm shower prior to full-body treatments and massages (including our "Celtic Spa" shower facilities). Our therapists have been instructed to ensure you are covered appropriately during treatments.

## Sauna Area & Nude Zone

The saunas and sauna relaxation zones in our Celtic SPA are nude areas. If necessary, use sauna towels to cover yourself. In the saunas, as well as the saltwater steam bath and infrared cabin, please use towels to sit/lie on. Admission to the nude spa area of the Celtic SPA is restricted to guests aged 16 and older. The family swimsuit sauna in the "Celtic SPA Family & Water World" (next to the indoor pool) may be used by children as young as 2 years of age if accompanied by a parent. Please take a shower before and after using the family sauna.



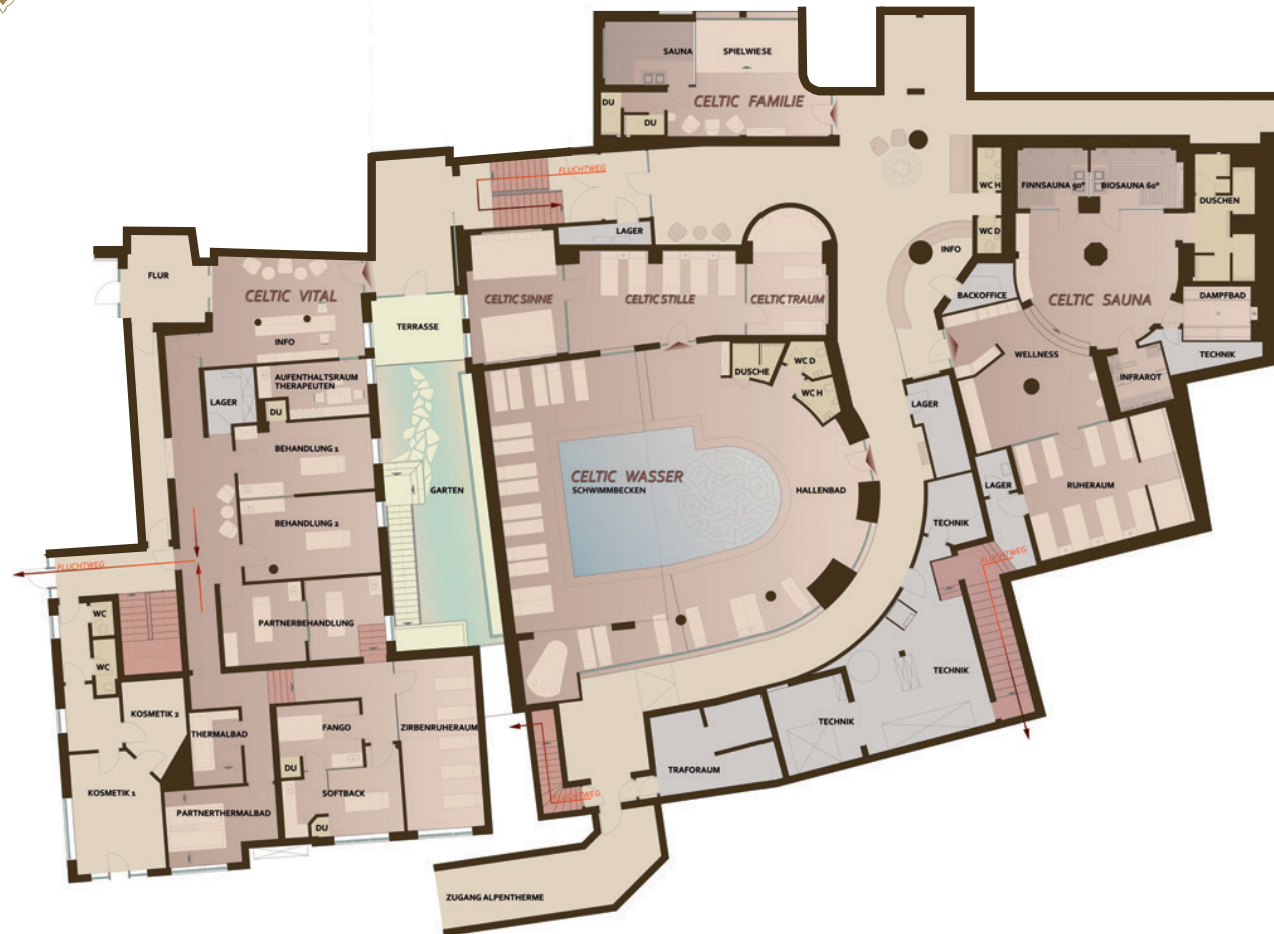




CELTIC VITAL & SPA



## Map







Changes, print - and punctuation errors  
and other errors reserved.

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Österreichischer Hof, Alpentherme Gastein,  
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Do something good  
for your body so  
that your soul  
wishes  
to reside in it.

– Theresa von Ávila

