

celtic spa





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 your personal needs the best.

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.





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 and 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



Celtic SPA
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CELTIC VITAL

Treatments

Celtic energy bath Radon thermal bath	20 min	30.00
Celtic natural mud	3 wraps	34.00
	additional wrap à	8.00
Vitality massage Classic massage for the back or whole body	25 min	42.00
	50 min	72.00
Lymphatic drainage	25 min	45.00
	50 min	74.00
Back massage using Breuss technique	25 min	43.00
Foot and leg massage for tired legs with alpenglow oil	25 min	41.00
Reflexology foot massage with ointment	25 min	43.00
Children's massage with chocolate body butter	20 min	35.00
Sports physiotherapy / Physiotherapy by HARZER Bookable every Wednesday 6 – 8 pm	25 min	43.00
	50 min	73.00

REFRESHING & RELAXING

Even more therapeutic in combination

Anti-Stress Massage Gentle and relaxing back massage using Breuss technique and a foot massage with natural alpine herbs.	50 min	77.00
Relaxation for the back Celtic natural mud wrap in the softpack bed, followed by back massage.	50 min	71.00



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MINERALIZED & ENRICHED WITH NATURAL RADON

Gastein Thermal Water

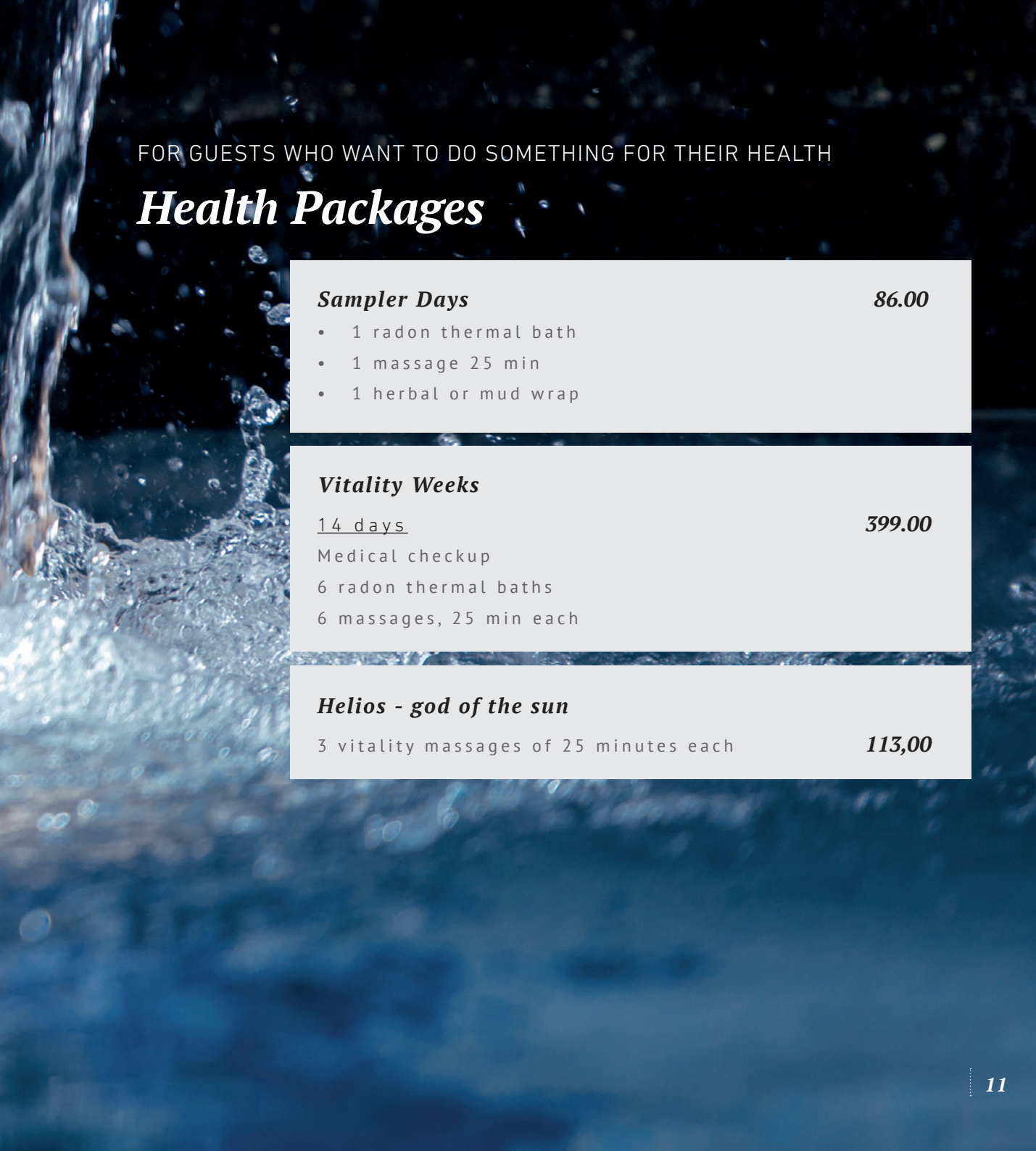
Studies showed that water from precipitation seeps into the ground at around 1800 m above sea level, gradually sinks to 2000 m, warms up in the depth of the earth, then reemerges at an elevation of 1000 m from 17 different springs producing roughly 5 million liters per day.

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 **86.00**

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

Vitality Weeks **399.00**

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

Helios - god of the sun **113,00**

- 3 vitality massages of 25 minutes 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 MARIAS®

Beauty & Body Treatments

Organic MARIAS® hydrosols of orange- and rose blossoms refreshes you and gives 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	78.00
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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	81.00
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Especially for those 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.

Short facial treatment	25 min	45.00
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For those whose focus is a massage that relaxes and unwinds, with our light and clear MARIAS® products.

MARIAS® coconut-vanilla-sugar peeling or alpine herbs	35 min	47.00
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A special pampering for the skin and senses: Fine crystal sugar from local organic sugar beets moisturizes, peels and cleanse 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	112.00
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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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Treatments

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Our Pampering Time

IN PACKAGE FORM

PACKAGES
bookable for 2 days

CALLIRIUS Package **202.00**

Relaxation

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

BELENUS Package **159.00**

For the health

Short facial treatment	25 min
Detoxifying with thermal mud	50 min
Vital massage	25 min

Callirius

Goddess of the forest

Belenus

Goddess of healing

BIROG Package **129.00**

From head to toe

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

MAPONOS Package **140.00**

Natural powers

Annea Massage	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

Tone / Firm	50 min	87.00
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.		
Deep Relaxation	50 min	81.00
For deceleration and enjoyment, nourishing the face and body. Body massage with aroma-therapy fragrances relaxes and deep-moisturizes the skin.		
Anti-Aging Full-Body	35 min	46.00
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.		
Detox Pack	50 min	81.00
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.		
Detoxifying with thermal mud from Tuscany	50 min	81.00
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

39.00

Thermal bath with Relax-Emotion Herbal.

Sirona Massage

25 min

45.00

50 min

75.00

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

Meduna Massage

25 min

45.00

50 min

75.00

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

45.00

50 min

75.00

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

Grannus Hot Stone

25 min.

45,00

50 min.

84,00

Soothing massage with warm basalt stones. The massage has a positive effect on the body to release tension in the muscles.



Sirona

Goddess of
medicine and healing

Annea

Local mother
goddess

Meduna

Goddess of
hot springs and mead



Grannus

Goddess
for healing
sources



Our Tip

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





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 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 m² area. The treatment area of Celtic VITAL captivates with highly effective treatments – for your health and beauty. **That's how wellness works.**



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 sauna master 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 m² 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 are looking 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 your 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.

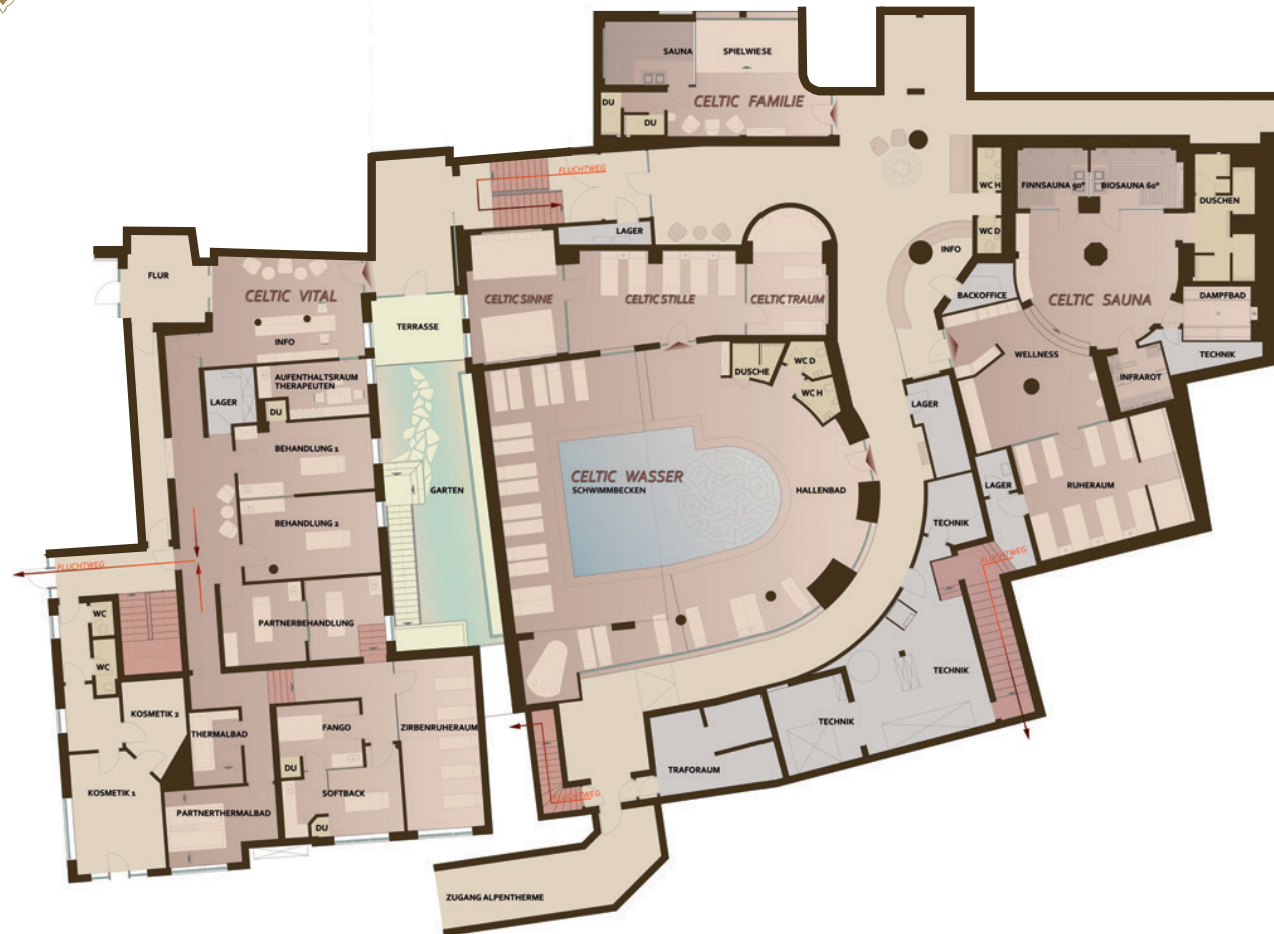




CELTIC VITAL & SPA



Map





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

DESIGN & LAYOUT:
pam1@gmx.at

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



celticvital@gmx.at