celticspa

celticvital
Dream, escape, rest, enjoy relaxing treatments, and discover inner harmony:

The area of application of Celtic Vital is convincingly effective – for the benefit of your health and beauty.

Our Spa & Vital team is happy to advise you at our Vital reception.

Outside the opening hours of our Spa & Vital reception, our hotel reception staff will provide you with information; there you can also make appointments daily from 7 a.m. to 10 p.m.

That’s what we call wellness!
Awaiting you at the CELTIC VITAL are effective treatments that embody the Celtic world. Highlights include treatment lines SIRONA VITAL and MEDUNA VITAL, named after Celtic goddesses of healing:

**SIRONA treatments** (baths, packs, massages) restore harmony

**MEDUNA treatments** with milk and honey pamper your skin

But the CELTIC VITAL program also includes many classic treatments, combined with total relaxation afterwards in the Pine Room along with a cup of CELTIC VITAL tea.

We offer many of our treatments in combination with our exclusive organic herbal therapy products known as LEALIN®:

Allow yourself to be convinced by the amazing powers of Mother Nature.
CEL TIC VITAL PHILOSOPHY & TEAM

Dream, escape, rest, enjoy relaxing treatments, and discover inner harmony: Aside from classic therapies which can be individually selected based on your physical issues, we also offer a treatment concept featuring exclusive Lealin® natural products, the ultimate in herbal therapy.

IN OUR CELTIC VITAL TREATMENT WORLD

The Celtic Vital offers a full spectrum of treatments. Exclusive herbal products containing domestic ORGANIC herbs. Lealin® stands for clear, natural, proven herbal remedies, many years of experience in herbal treatments – products developed with love, painstakingly brought together and inspected by Dr. Barbara Berling.

CELTIV VITAL TREATMENT & RELACATION WORLD

• 6 spacious treatment rooms featuring high-quality natural oak
• Partner treatments for couples
• 2 wellness loungers, padding filled with heated water
• Modern therapy treatment with natural lighting and own garden terrace
• Vital Lounge with tea and water
**WELCOME TO YOUR VITALITY TREATMENT!**

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CELTIC ENERGY BATH – THERMAL RADON BATH</strong></td>
<td>20 min</td>
<td>21,–</td>
</tr>
<tr>
<td><strong>CELTIC NATURAL MUD</strong></td>
<td>3 packs</td>
<td>25,–</td>
</tr>
<tr>
<td>Additional packs</td>
<td></td>
<td>à 5,–</td>
</tr>
<tr>
<td><strong>VITALITY EXERCISE</strong></td>
<td>25 min</td>
<td>48,–</td>
</tr>
<tr>
<td><strong>VITALITY MASSAGE</strong>*</td>
<td>25 min</td>
<td>31,–</td>
</tr>
<tr>
<td></td>
<td>50 min</td>
<td>59,–</td>
</tr>
<tr>
<td><strong>FACE MASSAGE</strong></td>
<td>25 min</td>
<td>38,–</td>
</tr>
</tbody>
</table>

* Do you wish to enjoy a classic specialty massage? If so, get in touch with us! You will receive all of your treatments from trained therapists (not all times are available for your appointment).
SPECIALTY MASSAGES
Lymphatic drainage  30 min 39,–  50 min 69,–
Breuss Massage  20 min 31,–
Meridian massages  30 min 39,–
Reflexology foot massage  25 min 35,–
Connective tissue massage  25 min 35,–

INDIVIDUAL MASSAGE
Enjoy individual massages that meet your needs and ask your massage therapist about which applications are most suitable for your personal wellbeing!  25 min 35,–

CHILDREN’S MASSAGE
We also particularly care about our future guests, and every massage comes with a little surprise gift!  20 min 31,–

At some point during your treatment time, be sure to enjoy a cup of CELTIC VITAL tea in our tea lounge. Unwind afterwards in our relaxing pine room.
Traditional herbal treatments in a modern interpretation. Convenient and pleasant. Developed, honed and tested over many years by Dr. Barbara Berling with a love for humankind and nature.

ALN® Applied Lealin Naturality

guaranteed natural herbal treatments embedded into an integrated treatment concept - developed, studied and tested by Dr. Barbara Berling
Lealin® herbal philosophy

Ancient knowledge with a new twist
People have always known about the power and the effect of herbs. Ancient books on herbs even talk about the „nature“ of a plant. Traditional Chinese medicine also believes that it is vitally important to precisely distinguish these plant properties to be able to select the right combination of plants to suit your physical condition. TCM has always been about balanced team work and cooperating in a special way.

Exklusive Lealin® herbal blends
Lealin® herbal blends are carefully composed in accordance with their „nature“ and their intended combined effect. Complex knowledge from East and West, combining tradition and modernity, to meet the complex needs of our times - safely and naturally.

Bathing in the boundless wealth of nature
Medicinal plants have always been used for external application - in the form of dressings, baths or compresses. To this day it is still a completely natural treatment without artificial additives. It’s best to use the method early on, when you’re not rushed for time, to experience the feel-good factor. A soothing herbal bath in the cold time of the year, a relaxing stomach compress from time to time. With the Lealin® herbal products, you can apply traditional treatments safely, naturally and easily. You can do it at home or treat yourself to a treatment with an experienced therapist in a relaxed atmosphere. The certified ALN® therapists with their special herbal expertise provide particularly optimised treatments with the Lealin® herbal blends.
to allow the I to feel good in its skin

Lealin® protect balm

The team headed by lady’s mantle and horsetail protects the I using nurturing and strengthening components. With organic jojoba oil, perfect for daily care and soothing massages

Lealin® protect balm, 15 ml: 27,- €
Lealin® protect balm, 50 ml: 49,- €

Horsetail  Equisetum arvense (Acker-Schachtelhalm)

strengthen the connective tissue, cares for the skin

Focusing on the essential, avoiding the superfluous - that’s what the survival motto of the horsetail could be described as. With plenty of success, as you can see: for more than 300 million years this giant from primeval times - now shrunk to half a metre in size - has been holding its ground as a living fossil. It is anchored in the soil up to 2 metres deep, entirely without ballast, because the 10% minerals it contains serve as a support scaffold. 2/3 of these supporting substances are made from silicic acid, part of which is water-soluble - a natural mineral smoothie!

Find out more about Lealin® herbs at www.lealin.de
soothing after exercise and promotes physical wellbeing

Vervain Verbena officinalis

*astringent, anti-inflammatory*

This herb has been held in high esteem for centuries, not for its beauty, but for its inner values: the Romans valued it as a „herb for diplomats“, and the Celts used it for more than just to heal wounds, people even thought that it has the power to uncover hidden treasures.

Lealin® vitality balm

The team led by saffron and vervain promotes the permeability of the energy channels and lets the I flow freely. 
With crystal clear Gastein mineral water, non-greasy

Lealin® vitality balm, 15 ml: 39,- € (approx. 45 applications)
Lealin® vitality balm, 50 ml: 98,- €

Lealine® original herb body praline

Exclusive body pampering programme with precious herbs, velvety cocoa butter and nurturing shea butter

Lealine® Arolla pine, citrus or vanilla
9 pieces in a wooden box, 85 g: 36,- €
Sirona bath
Spring-fed baths with handmade Lealin® herbal pouches 32,–

Sirona pack
Natural mud (3 packs) and Lealin® herbal pack 49,–

Sirona Massage
Classic massage with Lealin® balm and nurturing meridian treatment with Lealin® vitality balm to support energy flow, followed by a classic massage with Lealin® protect care balm with additional connective tissue action and special skin care treatment 30 min 44,–

Sirona massage ALN®
Massage on the wellness couch with heated water cushions original ALN® meridian treatment with glass suction heads and a special massage technique with Lealin® balm and care, the herbal massage with deep action, cares for the skin and is relaxing, let your I flow freely 50 min 75,– 75 min 99,–

Sirona
Sirona is the Celtic goddess of medicine and therapeutic treatments. The Sirona treatments combine our healing and wild herbs, healing water, natural mud and manual treatments. You can feel the results
**Lealine® - original herb body praline**
Made by hand with love

Exclusive body pampering programme with precious herbs, velvety cocoa butter and nurturing shea butter. For stressed, dry and sensitive skin, calming after sunbathing in the summer and gently enveloping in the winter: original Lealine® offers gentle care with feel-good factor

**Meduna massage**
Nurturing massage with original Lealine® herb body praline  
30 min  44,–  
50 min  75,–

Choose your favourite Lealine®:
- **Arolla pine**: with marigold, rosemary and balancing Arolla pine
- **Citrus**: with Lealin® protect herbal blend and the fresh aroma of lemon-scented tea tree
- **Vanilla**: with Lealin® protect herbal blend and real vanilla or with one of our latest seasonal scents.

**Meduna gold bath**
Soothing spring-fed bath with milk, honey and gold  32,–

**Meduna XL**
The pamper package, Meduna bath and massage with Lealine® herb body praline plus exclusive Lealine® as a give-away  107,–

**Tip for more wellness at home:**
Turn your 100% natural lotion into a body care treatment yourself; apply onto wet skin after showering or taking a bath and Lealine® will moisturise, protect and nurture you for velvety skin, without any artificial additives

**Meduna**
As a Celtic goddess she was associated with healing and warming springs and with honey preparations. The Meduna bath is a balmy, milky honey treatment that contains real gold. The Meduna massage is particularly nurturing with its exclusive Lealine® herb body praline, and it has a balancing effect on your whole body.
Gastein thermal water

The thermal water in the Gastein valley is weakly mineralised and enriched with natural radon. Studies have shown that the precipitation water trickles down at approx. 1,800 metres above sea level, sinks down to a depth of 2,000 metres, heats up while it is there and then reappears at an altitude of approx. 1,000 metres - it emerges from 17 different springs, which yield five million litres per day.

What is radon and what are the effects of this radioactive substance? When taken at therapeutic doses, the mild natural radioactivity of this noble gas only has positive effects on the body. It escapes from the thermal water and enters the body via the respiratory tract and the skin. That's where it exerts its healing effect before being completely broken down again some 3 hours later. It stimulates the body’s defence system and its natural warmth promotes blood flow. The therapeutic success is further reinforced by the altitude of the Gastein spa region. Our body adapts to the altitude, produces more red blood cells, and the ability to release oxygen into the tissue is increased.

The Gastein spa regime has a considerable success rate. Up to 90% of patients benefit from it: they suffer less overall, their quality of life improves and they can cut down on any medication they may already be taking.

Radon therapy is above all used to successfully treat chronic diseases of the musculoskeletal system, of the respiratory tract and of the skin. Radon therapy also has potent immunoprophylactic properties.
For our guests wishing to do something for their health

**TRIAL DAYS**
1 radon thermal bath  
2 25-minute massages  
1 herbal or mud pack  

89,–

**Vitality weeks – 14 days**
Medical examination  
6 radon thermal baths  
6 30-minute massages  

349,–

**Vitality weeks – 21 days**
Medical examination  
9 radon thermal baths  
9 30-minute massages  

490,–

**Vitality weeks – 21 days**
Medical examination  
12 radon thermal baths or mud packs  
12 30-minute massages  

619,–
The brand [comfort zone]

FOUNDED IN SCIENCE, STRENGTHENED BY PASSION
The [comfort zone] brand was conceived and launched in 1996 as the skincare division of The Davines Group, which was founded in Parma, Italy, in 1983 by the Bollati family. What began as a research laboratory for the development of high-quality, highly effective products has grown into an internationally successful professional spa brand with a diverse range of product and treatment offerings. The foundation of the brand rests in the scientific background of Dr. Davide Bollati, who has always valued extensive clinical research and utilization of nature’s most efficacious ingredients in the development of our proprietary formulations.

OUR COMPANY & VALUES
[comfort zone] represents a complete system of care for the skin, body, and soul. Our exclusive collection of products, treatments, and rituals has been created with an unwavering commitment to finding the most powerful ingredients and delivering the most effective results. We believe in working from the inside out and from the outside in to improve the human condition and treat the whole body. We seek to promote a
holistic, healthy and sustainable lifestyle, based in science and strengthened by passion.

**WE SEEK TO HUMANIZE SCIENCE**
[comfort zone] embodies the convergence of science and emotion -- it is founded in thorough scientific research and is powered by a love of the whole person. The core attributes of the brand are found within four central „zones“, together they create the high standard of excellence that is adhered to for all products and services developed by [comfort zone] and make us who we are.

**EXPERT, LOVING HANDS**
The [comfort zone] logo represents the expert, loving hands of the researchers, estheticians, and therapists that provide an exclusive ‘space’ of rejuvenation. The brackets are a symbol of science’s embrace that protects and cares for the self. The graphic patterns utilized throughout the brand elements are derived from structures found in the natural world, and reflect an artistic, emotional representation of the scientific sources that are the basis for our formulations.

**SUSTAINABILITY & ETHICS**
All [comfort zone] products are developed and produced in Parma, Italy, in a facility that uses 100% of its energy from renewable sources. Reforestation projects by the company seek to offset the environmental impact related to the production of [comfort zone] products and packaging. The company’s Carta Etica manifesto, composed in 2006 with contributions from all employees of The Davines Group, outlines the values desired by the company in order to foster a benevolent and collaborative professional environment. The project was inspired in part by the concept of beauty found within an ancient philosophy that unmistakably likens “beautiful” with “good”. The values addressed in the Carta Etica include communication, responsibility, respect, constructive spirit, excellence, and beauty. These values have become fundamental to our vision of beauty and we work daily to ensure that they are echoed in the quality of our products and services, as well as in the relationships with our partners and customers.
SMOOTHING/PEELING
AROMA SOUL VOLCANIC SAND PEEL
A peel of fine volcanic sand mixed with nourishing Shea butter smoothens and nurtures the skin. Select your own aromatic fragrance. Choose from:

SPRING FRAGRANCE – warms and opens with jasmine and vanilla

SUMMER FRAGRANCE – cools and refreshes with basil and lemon

AUTUMN FRAGRANCE – energizes and revitalizes with patchouli and frankincense

WINTER FRAGRANCE – warms and cocoons with ginger and cedar

25 min 39,–

TONING/FIRMING
BODY STRATEGIST + FIRMING
Active plant-based ingredients guarantee perfect tone and elasticity, restore moisture balance within the skin, and serve as an effective complement to all body-care programs. An ideal treatment during pregnancy.

50 min 69,–
DETOXIFY/REMOVE FLUID/RELAX MUSCLES
BODY STRATEGIST + GROTIA GIUSTI SPA MUD
Warm therapeutic mud from Tuscany containing calcium and magnesium has positive effects upon the whole body. It relaxes the muscles, cleanses, mineralizes, and nourishes the skin. After the treatment, you will feel fit and completely rested.

50 min  79,—

SLIMMING/CELLULITE
BODY STRATEGIST + CELLULITE MUD THERAPY
Cellulite treatment with sea mud. The cold-and-warm effect stimulates metabolism in problem zones, resulting in cleansing and slimming. The treatment guarantees deep-reaching re-mineralization, firmer and more relaxed tissue, and better blood circulation.

50 min  69,—

ANTI AGE
LONGEVITY BODY TREATMENT
A revolutionary body treatment in just 30 minutes guarantees visible results. The cocktail of active anti-aging ingredients with longevity complexes gives the skin softness and tone. The innovative Kobot massage technique enhances the effectiveness of the treatment.

30 min  39,—

DEEP RELAXATION
TRANQUILITY RITUAL TREATMENT
Precious, sensuous synergy with gentle textures and aromatherapy fragnances which, in combination with the power of the massage, promote a unique feeling of deep relaxation for body and mind. Conveys a pleasant sensation of well-being, relaxes the muscles, improves blood flow, supplies deep-penetrating moisture and invigorates.

50 min  79,—
[ comfort zone ]

The products are also available here:

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural Remedies Aloe Gel 100ml</td>
<td>25,90</td>
</tr>
<tr>
<td>Natural Remedies Arnica</td>
<td>27,80</td>
</tr>
<tr>
<td>Tranquility body lotion 200 ml Tube</td>
<td>49,50</td>
</tr>
<tr>
<td>Tranquility body cream</td>
<td>90,80</td>
</tr>
<tr>
<td>Tranquility bath and body oil</td>
<td>93,80</td>
</tr>
<tr>
<td>Tranquility oil blend 50ml</td>
<td>76,40</td>
</tr>
<tr>
<td>D-Age cream 200ml</td>
<td>74,70</td>
</tr>
<tr>
<td>Skin regimen body cream 230ml</td>
<td>69,75</td>
</tr>
<tr>
<td>Skin regimen body scrub</td>
<td>47,75</td>
</tr>
<tr>
<td>body strategist + refiner cellulite 250 ml</td>
<td>66,00</td>
</tr>
<tr>
<td>body strategist + remodeller cellulite 150ml</td>
<td>64,00</td>
</tr>
<tr>
<td>body strategist + elasticizing oil 100ml</td>
<td>51,80</td>
</tr>
</tbody>
</table>
Our **Celtic Spa** is an extraordinary ultra-modern wellness oasis with deep roots in Celtic tradition, breathing the spirit of Celtic history and mythology:

Right at the entrance, you are greeted by the Celtic “Tree-of-Life Path” – and then you continue to immerse yourself deeper and deeper in this fascinating world: unique design, exquisite materials and magical light & color concepts produce a feel-good ambience in Celtic style.

The exclusive **Celtic Spa**, which was completed in 2014, leaves no wellness wish unfulfilled on its spacious 1500 square meters. Also awaiting you is the **Celtic Vital**: This treatment area of the **Celtic Spa** captivates with its effective therapies – both for your health and your beauty.

The way wellness should be!
In our wellness & sauna world **Celtic Spa**

For adults ages 16 and older: Unwind in our new, state-of-the-art sauna world that leaves no wish unfulfilled. One of the most beautiful sauna facilities in Gastein Valley offers you a Finnish sauna „Celtic Fin“, an organic sauna „Celtic Bio“, an infrared cabin „Celtic Infra“, a saltwater steam bath „Celtic Sole“ using a concentrated salt solution, as well as a spacious shower area with ice crusher.
After your sauna session, enjoy a glass of reenergized Celtic Water, then relax and lose yourself in dreams in our Celtic Relaxation room – featuring high-quality wooden loungers for singles and couples.

Celtic Sauna
In our sauna world, sauna lovers find everything their heart desires: from the Celtic Fin (90°C sauna), the Celtic Bio (60°C sauna), the Celtic Sole (45°C steam bath with 13 % salt content) to the Celtic Infra (infrared cabin), the Celtic Relaxation Room and a shower area with ice crusher to help you cool down.
Celtic Water
Our swimming pool is filled with the water from hot springs, maintained at a temperature of around 32° C, a perfect way to invigorate every cell in your body. And after your swim, unwind in one of three relaxation rooms – Celtic Silence, Celtic Dream or Celtic Senses. Modern lounge chairs and a magical shell to stretch out on add to your sense of glorious wellbeing.

Celtic Family
In our CELTIC SPA, the whole family is welcome. Awaiting you is a separate family area with a swimsuit sauna. This also offers
guests who prefer a little more privacy to enjoy the sauna as well. If you wish to enjoy completely undisturbed relaxation, you can also book the family area as your own “Private Spa” for € 30 per person.

OUR WELLNESS & SPA AT A GLANCE

„Celtic SPA Sauna World“
• Celtic Fin (90° C)
• Celtic Bio (60° C)
• Celtic Infra
• Celtic Saltwater (45° C with 13 % salt solution)
• Spacious shower area with ice-crusher to cool off
• Sauna relaxation room with high-quality wooden loungers for singles and couples
• Supervised Celtic sauna infusions based on the season

„Celtic SPA Water & Family World“:
• Newly renovated indoor hotel pool (32° C) with massage jets
• Indoor relaxation area by the indoor pool (20 loungers)
• Family swimsuit sauna (50° C), can also be enjoyed as a private spa
• 6 different relaxation rooms for you to discover
• Family sunbathing area outside the family sauna
• 3 drinking fountains with refreshing revitalized Celtic Water
Sport your spa robe on the way to the spa resort!

One special luxury enjoyed by all guests of Hotel Norica is an underground walkway leading directly to Alpentherme Gastein. This heated corridor makes it possible to wear your spa robe from your hotel room to the spa – regardless of the time of year or weather outside.
Wyda, the European form of kinesiatrics, gives you physical and mental agility into old age. Regular Wyda exercises promote performance and spiritual and mental balance as well as concentration and flexibility. It is thought that Wyda was an important element in the philosophy of the Celts, especially the druids. The gentle exercises are based on mindfulness and bring awareness and joy.

In some ways the exercises resemble yoga, which is not surprising given that Indians and Celts are both peoples of Indo-European origin. It is likely that the priests or Brahmans in India had a similar role to the Celtic druids. What’s more, there are similarities between Wyda and other holistic movement exercises of traditional teachings.

*Wyda is offered all the year round only in the Celtic Spa or outdoors for € 10 per person and hour. If you are interested, please contact reception for more details!
Celtic Vital - Appointments
We would be delighted to offer you an appointment that best meets your wishes. Please book your treatments as early as possible, and be sure to keep your appointments. We recommend that you arrive 10 minutes before the treatment is due to begin, which will allow you to get yourself in the perfect frame of mind as you sip on a cup of tea or a glass of reenergized Celtic Water from our own springs.

Late Arrival
Unfortunately, if you should arrive late we will not be able to extend your treatment beyond the originally scheduled time. If you arrive for your appointment late, your treatment time will simply be that much shorter.

Canceling your Celtic Vital Appointment
If you are unable to make your appointment, please cancel at least 24 hours in advance of your scheduled treatment time. Please note that, if you cancel less than 12 hours beforehand, or if you are a no-show, we will be obliged to bill you 100% of the charges. Thank you for understanding!

Celtic Vital
Out of consideration for the other guests, we ask you to switch off your mobile phone for the duration of your visit to the entire wellness & spa area. Our Celtic SPA & Vital is smoke-free. In deference to your fellow guests, please reduce conversation to a minimum and talk in a low voice in all areas.
Precautions – Your Health
Please inform us prior to commencing treatment of any current health concerns such as high blood pressure, heart complaints, metabolic disorders, allergies, pregnancy, recent operations, as well as other physical problems or impairments.

Dress Code, Hygiene & Intimacy:
We recommend that you wear a spa robe and slippers. Prior to full-body treatments and massages, we recommend taking a soothing, warm shower (you are welcome to use our „Celtic SPA“ shower areas, if you wish). Our therapists are instructed to cover you appropriately during treatments.

Valuables:
It is best to deposit all valuables in your room safe. We are more than happy to look after your personal items, though we assume no liability for valuables.

Sauna Areas & Nude Zone:
Saunas and the relaxation zone outside saunas at the „Celtic SPA Sauna World“ are nude areas. Please use sauna towels to cover yourself as needed. In the saunas, as well as the saltwater steam bath and the infrared cabin, we ask that you make use of towels. Admission to the „Celtic SPA Sauna World“ nude area is restricted to guests ages 16 and older. The family swimsuit sauna „Celtic SPA Family & Water World“ (next to the indoor pool) may be used by children ages 2 and up when accompanied by a parent. We ask that you shower both before and after using the family sauna.
Area map

Celtic Spa & Celtic Vital