

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 best to meet 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

Awaiting you at Celtic VITAL are effective treatments inspired by the ancient Celts: Highlights include treatment lines SIRONA VITAL and MEDUNA VITAL, named after Celtic goddesses of healing:

SIRONA applications (baths, compresses, massages) to restore harmony
MEDUNA treatments, nurturing the skin with body butter

Many classic treatments also take their rightful place on the Celtic VITAL program as well, followed by a relaxation session in our Pine Room as you sip on 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 symptoms, 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
General

VITAL & SPA
Etiquette & map



CELTIC VITAL

Treatments

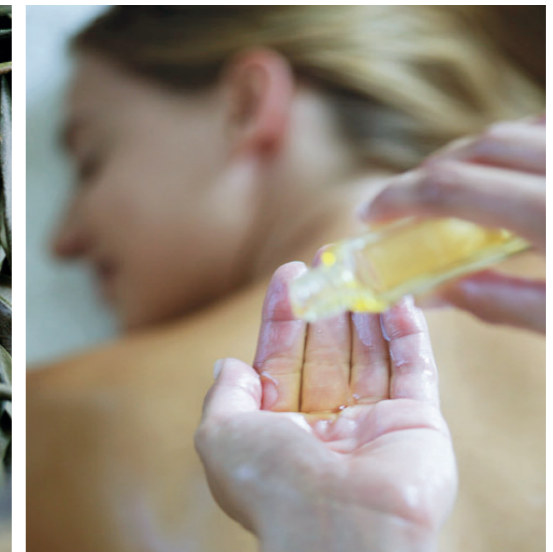
Celtic energy bath Radon thermal bath	20 min	22.00
Celtic natural mud	3 wraps	28.00
	additional wrap à	5.00
Vitality massage*	25 min	33.00
	50 min	63.00
Lymphatic drainage	30 min	42.00
	50 min	69.00
Back massage using Breuss technique	40 min	60.00
Meridian massage	30 min	39.00
Reflexology foot massage with ointment	25 min	36.00
Children's massage with chocolate body butter	20 min	28.00
	40 min	55.00
Sports physiotherapy / Physiotherapy by HARZER**	25 min	40.00
	50 min	70.00

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

REFRESHING & RELAXING

Even more therapeutic in combination

Anti-Stress Massage Relaxing back massage using Breuss technique and a foot massage with natural Alpine herbs.	50 min	69.00
Relaxation for the back Celtic natural mud wrap in the Softpack bed, followed by back massage.	50 min	64.00
Refreshingly beautiful feet 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.	35 min	42.00



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MINERALIZED & ENRICHED WITH NATURAL RADON

Gastein Thermal Water

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

What is radon and how does this radioactive substance work?

Its mild, natural radioactivity has nothing but positive benefits for body when enjoyed within the framework of a therapy program. The noble gas radon 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 broken down 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. Our body adapts to the altitude, more red blood cells are produced, and our ability to supply oxygen to tissue increases.

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



Radon therapy is a successful treatment above all 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

79.00

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

Vitality Weeks

14 days

360.00

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

21 days

520.00

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

21 days

677.00

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





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

Manufacturer MARIAS® is rooted, not in a business idea, but rather a lifestyle concept: the desire for closeness to nature and an authentic way of life, as well as sustainable values both for ourselves as well as our children's future! Their first line of care products was made by hand in Styria over 30 years ago.

GREEN & SUSTAINABLE – global themes. Living holistically, protecting our environment, buying fair-trade products – all of which has become a very important topic nowadays. For the well-being of all. No wonder, then, that the philosophy of MARIAS® touched our hearts. We can enjoy it with a clear conscience, while at the same time gladly shouldering our personal responsibilities.





CELTIC VITAL MARIAS®

Beauty & Body Treatments

Organic MARIAS® hydrolates 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 begin with a classic cleansing, followed by a gentle peel, tailored to your needs. Afterwards, you will be pampered with a PURE aloe vera gel for 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** **69.00**

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** **74.00**

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 GENTLEMEN'S SPECIAL **25 min** **39.00**

For men whose focus is on a massage that relaxes and unwinds, with our light and clear MARIAS® products.

MARIAS® coconut-vanilla, sugar peel & wrap **25 min** **39.00**

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 as soft as satin.

MARIAS® wild-rose LUXURY body treatment **90 min** **99.00**

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





Our Pampering Time

IN PACKAGE FORM

PACKAGES
bookable for 2 days

CALLIRIUS Package	193.00
<u>160 delectable minutes of pampering</u>	
WILD ROSE facial treatment	50 min
MARiAS® wild rose LUXURY body treatment	90 min
Foot reflexology massage with revitalizing ointment	20 min

BELENUS Package	148.00
<u>110-minute relaxing pampering</u>	
Facial treatment GENTLEMEN'S SPECIAL	25 min
Refreshingly beautiful feet plus reflexology foot massage	35 min
Sirona massage	50 min

BIROG Package	124.00
<u>If ever you don't have much time to spare – our small 85-minute package</u>	
MARiAS® short facial	35 min
Peeling massage and compresses for the back	25 min
Relaxing foot massage with footbath	25 min

MAPONOS Package	119.00
<u>90-minute pampering for children and teens</u>	
MARiAS® chocolate body-butter massage	20 min
MARiAS® facial treatment PURE	40 min
Hand & foot massage – relaxation for schoolchildren	30 min

Callirius
Goddess of the forest

Belenus
Goddess of healing

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 stresses on the environment even more. This applies especially to the production and packaging of Sacred Nature and Aromasoul.

IDEAL PROTECTION & SKINCARE

Body Treatments

Tone / Firm	50 min	82.00
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	74.00
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	25 min	39.00
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	74.00
Sea mud is applied to 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	74.00
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 improved quality of life.





INDIVIDUAL, JUST FOR YOU

CELTIC VITAL EXCLUSIVE CONCEPT

Sirona Bath **33.00**

Thermal bath with Relax-Emotion herbal bag.

Sirona Wrap **38.00**

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

Sirona Massage **25 min** **39.00**

50 min **69.00**

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

Meduna Massage **25 min** **39.00**

50 min **69.00**

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 Wrap **50 min** **69.00**

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 on 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 ages 16 and up: 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 m². 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 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 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 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 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 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

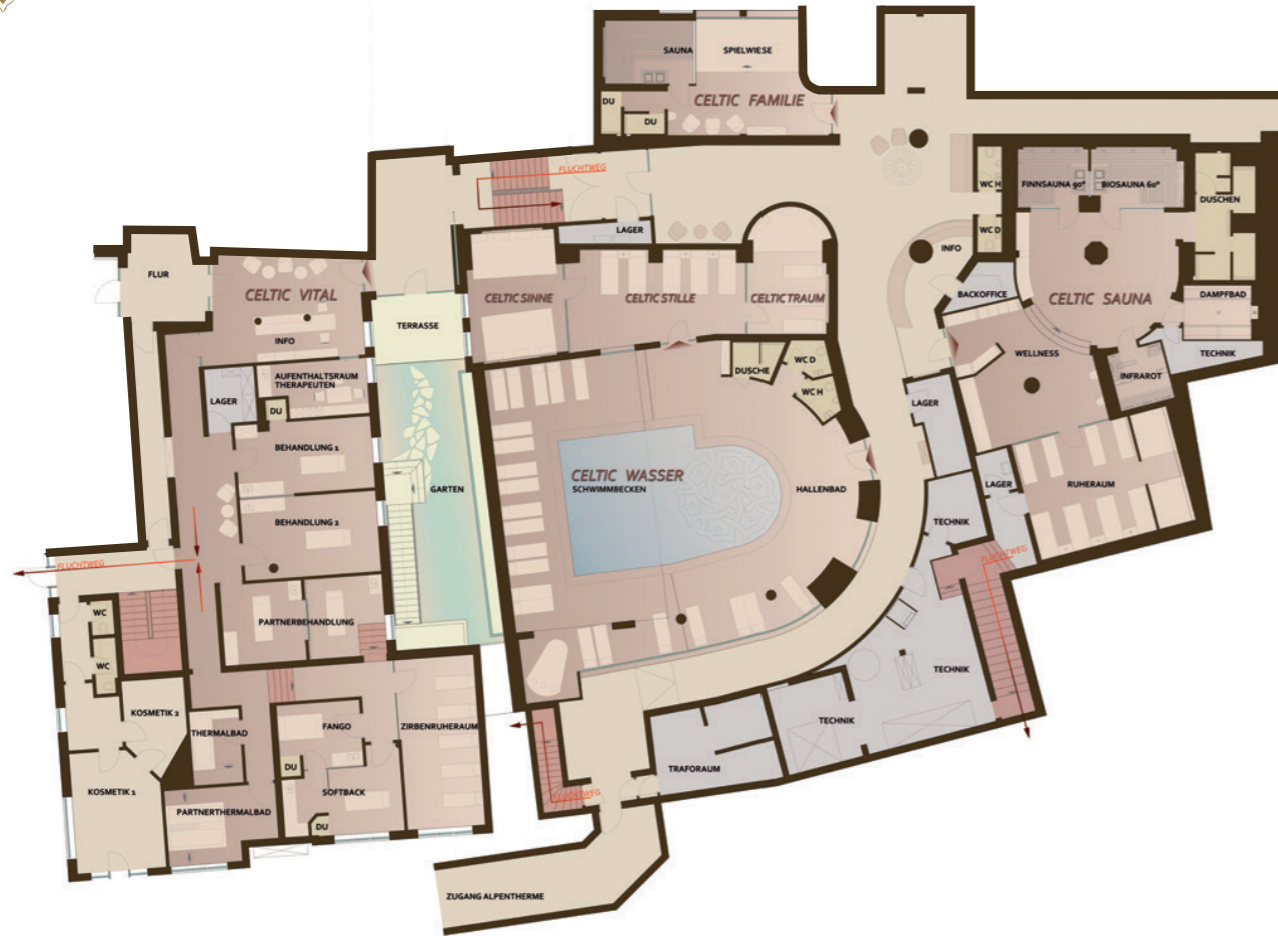
The saunas and sauna relaxation zones in our Celtic SPA are nude areas. If necessary, use sauna towels to cover yourself. In the saunas, as well as the saltwater steam bath and infrared cabin, please use towels to sit/lie on. Admission to the nude spa area of the Celtic SPA is restricted to guests ages 16 and up. 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



Do something good
for your body so
that your soul
wishes
to reside in it.

– Theresa von Ávila

