



[PLACES SPA]

11:00–20:00
(Monday – Sunday)

OBERTAUERN
[PLACESHOTEL]
BY VALAMAR



DISCOVER YOUR MOUNTAIN ZEN

Your go-to place for post-ski bliss. Live your alpine winter fantasies with the perfect pairing of powder action and spa relaxation. At OBERTAUERN **[PLACESHOTEL]** we've redefined the art of chilling after hitting the slopes. Swap snow for pampering at our indoor pool oasis with a pick of top-to-toe **[PLACESSPA]** treatments, designed to soothe those weary limbs and cocoon you in cosy comfort. Just a word of caution: once you're there, you might never want to leave.

SKI N' SPA

After a day on the slopes, dive into our swish zen zone and drift away in the 80m2 indoor freshwater pool and whirlpool or take it super-easy on our fancy sundeck area. To steam away the chill, hop into a sauna or cosy up by the fireplace in the relax area. If you need an energy boost, head to our Vitality bar for a quick pick-me-up or hit the **[PLACESGYM]** 24/7. The **[PLACESPOOL]** is all about those chill vibes, finding your inner chi and living your alpine adventure to the fullest.

SNOW BEAUTY TREATS

Once you've had your fill of snowy thrills, take a path to ultimate bliss and get down to some serious post-piste pampering. Cosy up and melt your aches and pains away in our indoor and outdoor saunas and whirlpools, while our bespoke face and body treatments will leave you silky smooth and mountain fresh.

MASSAGES AND RITUALS

Whether you're after total zen or a spirited energy boost, our signature massages and rituals are crafted with expert techniques and a personal touch, leaving you feeling like you're on top of the world.

MINDFUL SPA MANNERS

We want you to enjoy your post-ski pampering to the max. To make it smooth sailing for you and your fellow chill-seekers, here are some yays and nays, along with top tips for spa bliss.

1. You're your own boss here. Enjoy the fab facilities and services of the **[PLACESSPA]** at your own responsibility.
2. Let's keep the chill feel of our spa for other cool cats to enjoy. It's all about being high on zen, low on volume.
3. We get that plans sometimes change. If you need to cancel an appointment, give us a shout at least 6 hours ahead, so others don't miss out on a pampering slot. Any later than that, sorry, but you'll need to pay 50% of the service price. No-shows are charged at full price.
4. To keep our spa zone as zen as can be, know that smoking, alcohol, mobile phones and cameras are all big no-nos around here.
5. We promise to take care of your comfort but can't do the same for your treasures. Please don't bring bling or stash cash in your spa robes.
6. Right before you hit the spa, hold off the snacks for relaxed tummies, skip hair-removal and perfume (no one wants itchy skin or allergies) and leave your jewellery safely behind.
7. Give your therapist the lowdown on any health stuff you've got going on, so they can work their magic while keeping things super-safe.
8. Leave your swimsuit behind when heading to the spa. Slip on some soft slippers and wrap up in fluffy robes and towels instead.
9. When in sauna, do as the sauna pros do. Take a quick shower before you dive into steamy heaven. Once inside, don't forget to place a towel underneath you.
10. We're all about sharing the good vibes here. To spread spa love, resist saving your spot with a sneaky "towel on lounge" move, or our wellness wizards may just make it disappear.

QUESTIONS OR CONCERNS? NO SWEAT! OUR SPA PROS ARE HERE TO ASSIST, SO FEEL FREE TO REACH OUT WHENEVER YOU NEED.

MASSAGES



PEAK BALANCE

A soothing body massage that's like a spa hug with 100% organic oils to pamper every skin type and bring body and mind back to sweet harmony.

DE-STRESS

Feel stress and discomfort melt away as we target those common tension spots in your back, neck and face with this stress-releasing massage that will lift just about any bad mood.

SPORTY SOOTHER

Experience a massage that shows some serious muscle. Think deep tissue massage, expert joint tweaking and targeted stretching to ease those muscle aches and perk up circulation.

GOING SOLO

Treat yourself to a massage of your choice from the options above.

Short & Sweet 25' **35€**

Take Your Time 50' **65€**

Extended Bliss 75' **95€**

TWIN PEAKS

To share a spa treat for two, simply pick a massage from the options above.

Short & Sweet 25' **70€**

Take Your Time 50' **130€**

Extended Bliss 75' **190€**

SPECIAL TREATS



ST BARTH MOM-TO-BE

Get ready to groove into your motherhood adventure with the ultimate pampering experience to help you on your way. Using lovely natural oils, this massage does wonders for your skin and gives your body and mind a serious relaxation boost. It gets your blood flowing, eases those aching leg and back muscles and even takes a swing at those annoying stretch marks. Plus, you get a facial serum and a final cream that's handpicked for your skin type and age, for that gorgeous mom-to-be glow.

50' **70€**

THAI TOTAL

Time to loosen up those knots and kinks with a classic Thai massage. With its gentle stretching movements and expert body manipulation, this oil-free massage will leave you feeling energised and totally in sync.

Full-body 50' **75€**

Full-body & head 75' **105€**

ROCK'N'HOT STONES

Great for anyone dealing with muscle tension, pain, insomnia or stress, our hot stone massage is a soothing relief for achy muscles and damaged soft tissues all over your body.

75' **110€**

AYUR-WELL-DONE

Go with the flow and enter a world of total zen with the age-old Indian healing art of Ayurveda. Clear out those chakras, let the energy flow and give your body and mind a sweet reset. This massage isn't just relaxing, it's like a superhero for all your organs, tissues and internal pathways. With soothing warm oils and one-of-a-kind combo of deep acupressure and lymphatic detox, you'll re-discover your fully centred and utterly blissed-out self.

75' **120€**

RITUALS



(ST BARTH) SCENT-UAL ZEN

You're one of a kind, so we've got a custom full-body massage just for you. Our fantastic St Barth oils cover all the bases: enriching coconut oil for dry skin, cold-pressed avocado oil to boost elasticity, camphor & menthol oil to relax and invigorate, firming ivy gel for silky smoothness and ultra-hydrating aloe vera gel. As the grand finale, pick your favourite luxe body lotion fragrance for that extra pampering touch.

75' **110€**

OMOROVICZA GOLD RUSH

Add sparkle to your day with this invigorating golden sugar body scrub to boost circulation, paired with a soothing massage using luxe oil enriched with ylang-ylang and gold particles. Guaranteed to leave your body feeling soft, well-hydrated and positively glowing with health.

75' **120€**

MEDITERRANEAN PICK-ME-UP

Unwind with long, flowing strokes that boost circulation along with deep tissue massage and full-body reflexology. Melts away pain and muscle tension, while slow deep strokes reduce stress and improve sleep.

75' **130€**

PRIVATE TIME



JUST FOR YOU

Your very own spa hideaway comes complete with a bio and infrared sauna, showers, a chill-out area and the Vitality bar, perfect for up to four guests.

60' **30€** per person

SO ROMANTIC

A special treat for two: unwind side by side with our De-stress massage, then enjoy an hour in the private spa with saunas, a chill-out area and the Vitality bar.

110' **190€**

ALL-OUT ROMANTIC

A special treat for two: get pampered hand in hand with St Barth Scent-ual zen ritual, our custom-, full-body oil massage crafted just for you. Followed by fancy sparkling wine and an hour in our private spa with saunas, chill-out area and the Vitality bar.

140' **260€**

LET'S FACE IT

A detailed microscopic image of skin tissue, showing various layers and cellular structures in shades of blue and white. The image is used as a background for the advertisement.

NATURA BISSÉ O2 BLISS

A refreshing pick-me-up for tired skin, ideal for frequent fliers and jetsetters. This cleansing and ultra-hydrating treatment helps banish those little imperfections and give your skin a much-needed boost. Even the dullest of skins will breathe a sigh of relief as the life-giving oxygen blows stress away and brings back your healthy glow.

25' 30€

NATURA BISSÉ SKIN RESCUE

Boost your skin's mood with this calming, inflammation-fighting treat that's friendly to all skin types, even the super-sensitive ones. It's a comforting balm for your skin, soothing irritations, calming red blotches and taming dilated capillaries. Let Mother Nature do her thing with our gentle, plant-based goodies, while our skilled massage techniques sweep away imperfections and turn back the clock on signs of ageing.

50' 60€

NATURA BISSÉ C+C CITRUS ZING

Time to citrus-splash your way to radiant skin. Perfect for sun-worn, tired or saggy skin, our zesty Citrus Aromatherapy Ritual uses C+C Vitamin collection to brighten things up and restore that healthy glow to your skin. Add a dash of our multiple aminoacid cocktail to banish those pesky signs of ageing and bring back a fresher, more fabulous you.

50' 70€

LET'S FACE IT



OMOROVICZA DEEP CLEAN

Treat your skin to an instant uplift with this timeless facial massage, featuring mineral-packed Hungarian Moor mud. A deep cleanse, a mild facial scrub and an indulgent mud mask join forces to banish impurities and give your skin a firming boost. Our posh Moor mud cleansing balm and tropical fruit extracts team up to soothe sensitive skin and minimise those pores, leaving you looking fresh and radiant.

75' 80€

OMOROVICZA GOLD LIFT

Give dry, damaged skin some extra spa lovin' to bring back that youthful bounce. Our hero is colloidal gold, a potent anti-inflammatory that works wonders for your skin's defences and repairs micro-damage. A double cleanse and gentle scrub kick those cells back into action, while our golden mask deeply nourishes and hydrates, instantly reviving your skin. We top it all off with an authentic Hungarian facial massage to stimulate cell renewal and collagen production, leaving you with firm, fresh and oh-so-glowing skin.

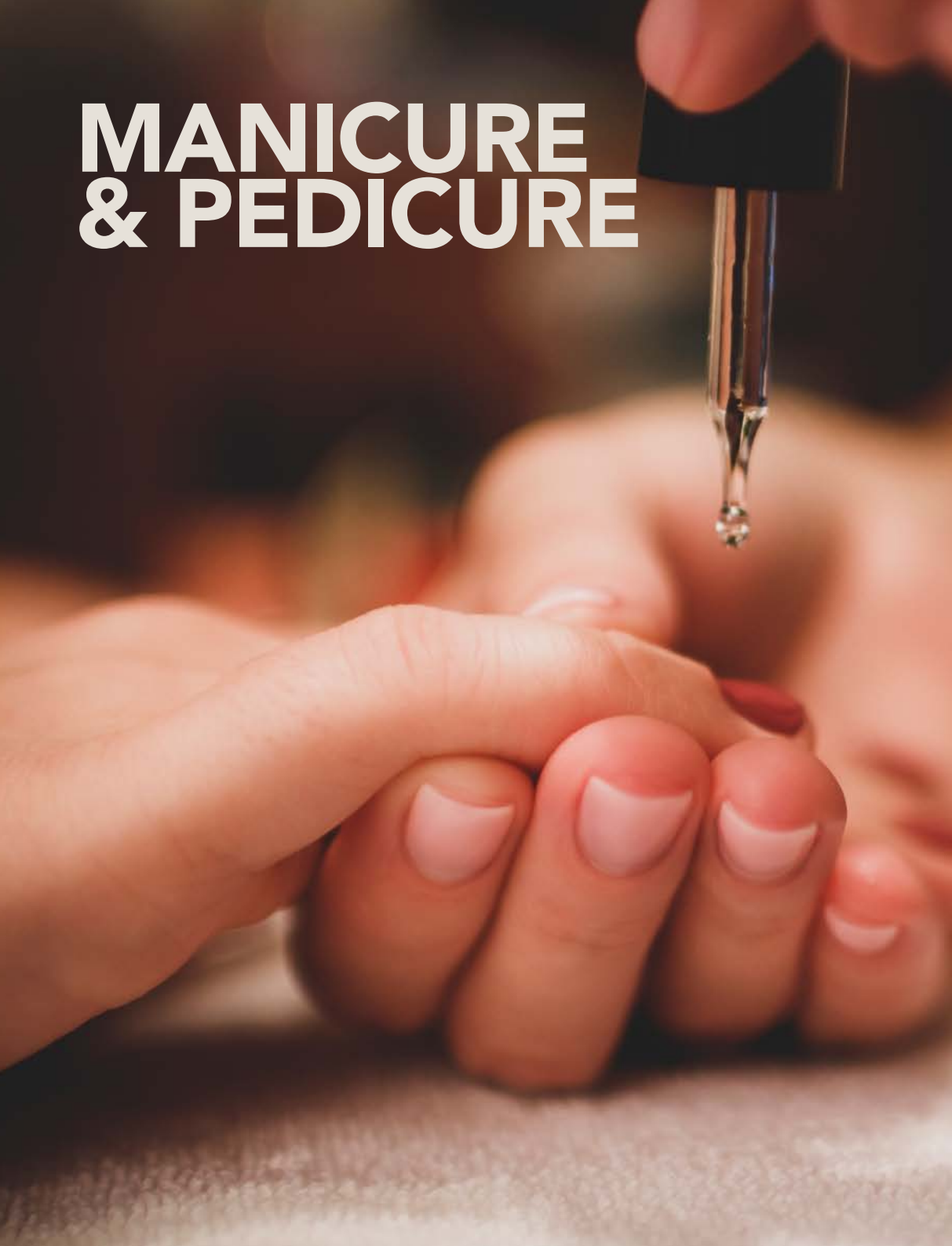
75' 100€

OMOROVICZA BLUE DIAMOND

Get ready to shine bright and reclaim that youthful glow with our revitalising facial treatment, ideal for sensitive and tired skin. Thanks to the cell-boosting diamond peptides, your skin will rediscover its youthful vitality. A double cleanse and a gentle enzyme peel team up to brighten your complexion and smooth things out. Then, our rose-scented mask plumps, nourishes and restores the skin's natural barrier. Add some skin-friendly radio frequency waves and an authentic Hungarian facial massage to jumpstart cell-renewal and collagen production for an instant uplift and natural radiance.

75' 125€

MANICURE & PEDICURE



FEET RE-FLEX

Feel the good vibes flow through your whole body with this energy-boosting foot massage that's all about hitting the right spots. Rooted in ancient Chinese wisdom, it targets specific pressure-points that connect directly to various organs and body parts. Say goodbye to stress and pain and say hello to better digestion and more restful sleep.

25' **40€**

MANI COUTURE

Give your hands the royal treatment they deserve. We start you off with a gentle salt hand bath, then let organic sugar scrub banish all that surface dry skin. Relax even deeper with a luxurious hand massage before we give your cuticles and nails a top-notch makeover and a lovely new lick of paint.

50€

MANI COUTURE FOR MEN

It's time to spoil those strong hands with some VIP care. We'll start with a relaxing salt hand bath, then let the organic sugar scrub work its magic on any rough spots. Lean back as we treat you to a heavenly hand massage and shape and buff your nails for a healthy, groomed look. Your hands will thank you with a high-five.

35€

MANICURE & PEDICURE

FOOT-PERFECT

Spoil those hard-working feet with a luxe treat they've been aching for. Step into a soothing salt footbath, then let our organic sugar scrub make them super-smooth. To top it off, we'll pamper your nails and cuticles and paint them with fresh new colour, making you feel like you're floating on air.

60€

FOOT-PERFECT FOR MEN

Treat yourself to some proper foot pampering that'll have you feeling top of the world. Kick things off with a soothing salt foot soak, followed by our premium organic sugar scrub for a polished look and feel. Finish strong with expert nail and cuticle care leaving you refreshed and impeccably groomed.

45€

SHELLAC ON **20€**

SHELLAC OFF **15€**

* These are extras you can throw in with your mani-pedi, not as standalone services.

GET IN TOUCH

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WELLNESS OPENING HOURS*
11:00 - 20:00 Monday / Sunday

* If the weather isn't playing nice for skiing,
we'll open the wellness area early just for you.

For morning appointments please
book in advance.

Read about our cosmetics
in the **RETAIL MENU**