



BALANCE

Spa by Valamar

VALAMAR OBERTAUERN HOTEL

11:00 - 20:00
(Monday - Sunday)

ESCAPE TO THE MOUNTAINS

Blending local heritage with the healing properties of authentic ingredients, we pay homage to this mesmerising destination. Our selection of treatments, massages and rituals are inspired by the culture, local traditions and Alpine nature.

The spa experiences and relaxation areas cover 420 m² and have everything you could want and more.

SPA ZONE

Immerse your senses in the private sanctuary of calm and tranquillity of our spa zone. Unwind in style with Bio sauna, Finnish sauna, Steam bath, Infrared cabin and a special winter treat - the Snow room.

BEAUTY TREATMENTS

These signature face and body treatments combine home-sourced ingredients to offer authentic mountain experiences.

MASSAGES AND RITUALS

Authentic and individually designed to relax you completely or boost your energy, the spa massages incorporate precise and balanced techniques.

SPA ETIQUETTE

In order to make your stay in our wellness centre as pleasant as possible, please read the following instructions before using any of the services and keep them in mind during your stay.

1. All the facilities and services in the Balance Spa by Valamar are used at your own responsibility.
2. We cordially ask you not to disturb the peace and quiet and the relaxing atmosphere. Respect the intimacy and privacy of the people around you. Loud conversation is not appropriate.
3. If you want to cancel an appointment, please do so at least 6 hours in advance, otherwise we will charge 50% of the service value.
4. In the wellness area, it is not permitted to: smoke, consume alcohol or use mobile phones or cameras.
5. Do not bring valuables and money with you into the wellness centre as the hotel will not be responsible for them.
6. Prior to using the wellness facilities, please try to avoid: eating a short time before using the spa, depilation (may cause reactions on the skin), perfumes (because of allergic reactions), jewellery.
7. If you have not done so upon making your reservation, we cordially ask you to inform your therapist about any health issues or conditions that might affect your treatment.
8. Children accompanied by parents can use the wellness area from 12:00 - 15:00.
9. Robes and towels should be used in the spa zone (not swimsuits) along with slippers.
10. Out of consideration for our guests, we cordially ask you to stick to the stated sauna rules. Pre-showers and an underlying towel in the sauna are prerequisite.
11. Please note that the reservation of daybeds is not permitted and our wellness team reserves the right to remove towels from reserved loungers.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, INQUIRE WITH THE PERSONNEL - THEY ARE HERE TO HELP YOU.



MASSAGES

MOUNTAIN BALANCE



A body massage with 100% natural oils that nurture all skin types and restore the balance of body and mind.

Partial - back or legs	25'	35€
Full-body	50'	65€
Full-body, facial & feet	75'	95€

DE-STRESS



Efficiently releases tension in the parts of the body where it is most frequent, such as your back, neck and face.

Partial - back or legs	25'	40€
Full-body	50'	70€
Full-body, scalp & feet	75'	100€

ALPINE SPORT

More profound pressure and specific technique with joint manipulation and stretching. This therapeutic massage improves circulation and eases muscular discomforts.

Partial - back or legs	25'	45€
Full-body	50'	70€
Full-body, feet & stretch	75'	100€

COUPLES MASSAGE - combine your favorite massages together in our room for two!



SPECIALS

ST BARTH BECOMING MUM



Using natural oils, this massage nurtures the skin and soothes the body and mind. It improves blood flow, relaxes your leg and back muscles and reduces the appearance of stretch marks. Treatment includes a facial serum and final cream chosen depending on the skin type and age. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

50' 75€

FOOT REFLEXOLOGY

A targeted, pressure-point feet massage that restores the flow of energy throughout the body.

25' 40€

TRADITIONAL THAI

Manual therapy without oil that involves bodily manipulation in which the therapist helps to rebalance the patient's body, energy and structure.

50' 75€
75' 105€

HOT STONE

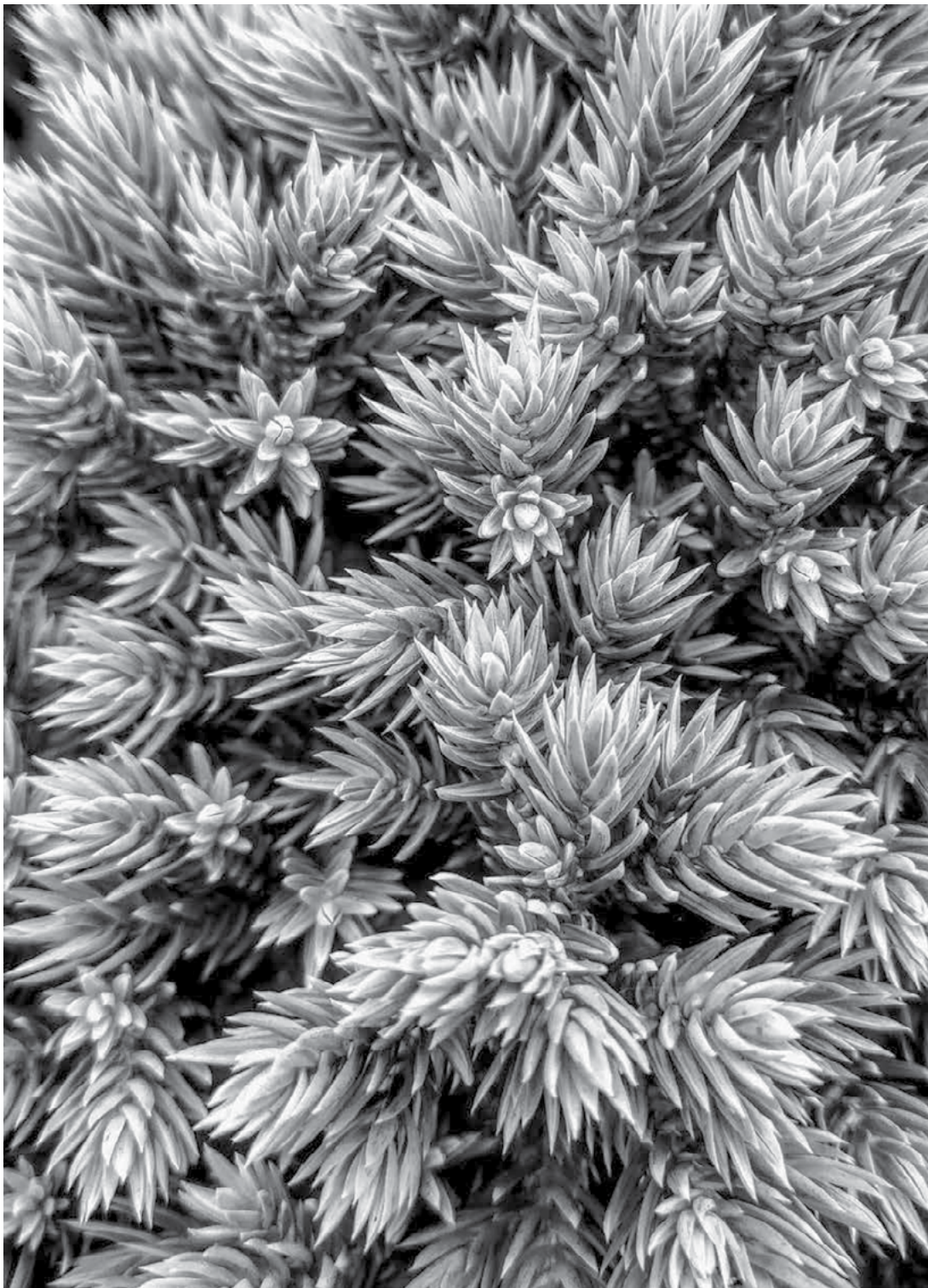
Helps to ease tense muscles and damaged soft tissues throughout the body for anyone who is experiencing muscle tension and pain, insomnia, or stress.

75' 110€

AYURVEDA HARMONY FOR BODY & MIND

Ayurvedic massage is based on Indian medicine. By clearing blockages in the energy system (chakras), it enables body balance. The massage has a deep relaxing effect. It acts on all tissues, organs, channels and revitalizes them. The treatment is done with different types of warm oils, using a special technique that uses a combination of deep treatment of acupressure points and relaxation of the body using lymphatic drainage.

75' 120€



RITUALS

ST BARTH AROMA HARMONY



Enjoy personal relaxation: the focus of the full-body massage and the care products used are tailored to individual needs. Coconut oil is used to care for dry skin, cold-pressed avocado oil to maintain the skin's elasticity, camphor & menthol oil and tautening ivy gel for revitalisation, aloe vera gel for intensive moisturising. A luxurious body lotion with your preferred fragrance rounds off the treatment.

75' 110€

OMOROVICZA GOLDEN BODY

This treatment involves an invigorating exfoliation with a golden sugar scrub, to help improve circulation, and a soothing massage with an oil redolent of ylang-ylang and enriched with gold particles. Guaranteed to leave the body softened, hydrated and radiant.

75' 120€

MEDITERRANEAN ENERGY BOOST

Long, gliding strokes that improve circulation combined with deep tissue massage and full body reflexology. Reduces pain and muscle tension, while slow and deep strokes offer greater stress and pain reduction and improved sleep.

75' 130€



FACIALS

NATURA BISSÉ OXYGEN FRESH WAVE

This purifying and supremely hydrating skincare ritual infuses your skin with a radiant glow to help minimize the appearance of imperfections and restore vitality, even for the duller complexions. It's perfect for frequent fliers and urbanites. A true oxygen treat for the skin - de-stresses and restores a healthy glow.

25' 30€

NATURA BISSÉ SKIN COMFORT

A calming, firming, anti-inflammatory treatment for even the most sensitive skin. Helps soothe skin conditions such as red spots, dilated capillaries or irritations. The perfect combination of botanical ingredients and precise massage maneuvers will minimize the appearance of signs of aging and to pamper all skin types.

50' 60€

NATURA BISSÉ C+C VITALITY BOOST

Citrus aromatherapy ritual for radiant skin. This treatment uses the C+C Vitamin collection to return vitality and suppleness to skin aged by the sun, or that looks dull, or shows signs of sagginess. It includes a multiple amino acid cocktail to illuminate and fade the appearance of the signs of aging.

50' 70€



OMOROVICZA DEEP CLEANSING

Mineral-rich Hungarian Moor mud detoxifies and draws out impurities for deep cleansing. Moor mud mask follows a thorough cleansing and mild exfoliation. The iconic Moor mud cleansing balm as well as tropical fruit extracts, help to treat sensitive skin and reduce pore size. A classic facial massage instantly lifts and firms the skin.

75' 80€

OMOROVICZA GOLD HYDRALIFTING

The ideal prescription for dry or damaged skin, with lack of firmness and elasticity. Harnesses the skin strengthening power of colloidal gold, a potent anti-inflammatory that restores and repairs the skin's barrier. A double cleanse and mild exfoliation encourages cell renewal, golden mask instantly lifts, deeply hydrates and nourishes the skin while repairing micro damages. Finally, authentic Hungarian facial massage will stimulate cell renewal and collagen production, instantly lifting and firming skin.

75' 100€

OMOROVICZA BLUE DIAMOND

With cell-energising power of diamond peptides, this revitalising facial is the ideal to brighten and firm skin concerned with sensitivity and a lack of vitality: restoring skin fitness, it encourages skin to behave as it did in its youth. A double cleanse and enzymatic peel specially formulated for sensitive skin will brighten the complexion and refine skin texture. A rose-scented mask plumps, nourishes and restores the skin barrier. Radio frequency and authentic Hungarian massage will stimulate cell renewal and collagen production, instantly lift and firm the skin.

75' 125€



MANICURE & PEDICURE

SPA MANICURE

This gentle hand treatment begins with a salt hand bath. Exfoliation with organic sugar scrub then helps to remove superficial dry skin. A hand massage ensures a moment of profound relaxation. Cuticles and fingernails are then pampered and treated. Finally, nail polish will complete this all-round treatment.

50€

SPA PEDICURE

Foot care for enjoyment and well-being – starting with a salt footbath. Exfoliation with organic sugar scrub and a chemical peel then helps to remove superficial dry skin. A foot massage with gentle pressure then provides relaxation and stimulation. Finally, cuticles and nails are pampered and treated. Finally, nail polish will complete this all-round treatment.

60€

ADDITION TO MANI & PEDI

Shellac application **30€**
Shellac removal **15€**

GENTLEMEN'S MANICURE

This gentle hand treatment begins with a salt hand bath. Exfoliation with organic sugar scrub then helps to remove superficial dry skin. A hand massage ensures a moment of profound relaxation. Cuticles and fingernails are then pampered and treated.

40€

GENTLEMEN'S PEDICURE

Foot care for enjoyment and well-being – starting with a salt footbath. Exfoliation with organic sugar scrub and a chemical peel then helps to remove superficial dry skin. A foot massage with gentle pressure then provides relaxation and stimulation. Finally, cuticles and nails are pampered and treated.

50€



KIDS' MENU

SWEET DREAMS MASSAGE

Gentle massage of the scalp, neck and shoulders with organic honey-vanilla scented Rêve d'ange.

25' 30€
50' 65€

NOUGATINE PURETÉ FACIAL CARE

Facial care for teens over 10, ideal for skin problems related to puberty. Includes double cleansing with cotton candy face wash and micellar water. A candy apple double action facial scrub is followed by a purifying charcoal mask. Finally, skin is moisturized with candy apple scented mattifying hydrating fluid.

50' 75€

KIDS BALANCE RITUAL

A complete ritual that includes relaxing Sweet dreams massage and a nourishing luxurious facial skin care treatment.

50' 70€

ROYAL PAIR - CHILD & PARENT

Parent and child share a wonderful relaxing treatment in a double room that includes Sweet dreams massage for the child and Mountain Balance massage for the parent.

50' 140€

CONTACT

WELLNESS OPENING HOURS*

11:00 - 20:00 (Monday - Sunday)

*If the weather is not comfortable for skiing we open our wellness area earlier for you.

For morning appointments please book in advance.

Balance Spa by Valamar

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