



BALANCE

Mediterranean Spa by Valamar

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VALAMAR OBERTAUERN HOTEL

# ESCAPE INTO THE MEDITERRANEAN

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

The Spa's experiences and relaxation areas cover 420 m<sup>2</sup> 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 such as sea salt, olive oil and lavender to offer authentic Mediterranean experiences.

## **MASSAGES AND RITUALS**

Authentic and individually designed to relax you completely or boost your energy, the Spa's 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 Mediterranean 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 15:00 - 18:00.
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.



# FACIALS

Give your face the care and protection that will deeply nourish it and defend it from the harmful effects of the environment. The cosmetics created as a combination of nature and science will provide your skin with a feeling of softness, lightness and regeneration. The abundance of organic ingredients balances your skin with nature and draws the best out of it.

<b>LIFTING MASSAGE</b>	Light facial massage stimulates circulation and the result is fresh and shiny skin. 20'	<b>35 €</b>
<b>HYDRAMEMORY</b>	Deep hydration that helps skin dehydrated by stress, sun, weather and polluted air. 50'	<b>70 €</b>
<b>REMEDY</b>	Soothes, protects and restores balance to sensitive and gentle skin that is prone to redness, broken capillaries and rosacea. 50'	<b>65 €</b>
<b>ACTIVE PURENESS</b>	Deep cleansing that restores vigour, balance and compactness to the skin, perfect for oily and combination skin. 50'	<b>70 €</b>
<b>ORGANIC RECOVER FACIAL</b>	 A vitamin-enriched treatment that acts as an antioxidant, nourishing, soothing and releasing the skin from daily stress. 75'	<b>105 €</b>
<b>SACRED NATURE FACE</b>	A treatment that hydrates and replenishes the face with nutrients using 100% organic products. 50'	<b>80 €</b>
<b>DELUXE FACIAL EXPERIENCE</b>	This premium anti-ageing, firming and brightening treatment helps to revitalise dull, lacklustre skin. Includes a cooling eye treatment and restores skin fitness, essential to the youthful behaviour of skin cells. 90'	<b>170 €</b>
<b>FACIAL SKIN CONDITION FOR MAN</b>	Refreshing care specially developed for male skin with innovative active ingredient concepts for convincing results, even with visibly stressed skin. 50'	<b>70 €</b>



## ANTI-AGING

### LONGEVITY EXPRESS

Treatment with hydration and antioxidative effect in 5 steps - cleansing, peelin, serum, mask + massage and final cream. 25'

40 €

### LONGEVITY COMPLETE / DETOX

A detox-moisturizing treatment that includes gentle double cleansing, scrub with micro-particles of rice powder, steam bath and a mask with extracts of depolluting moringa. Ridokis are used to oxygenate skin and increase efficiency, followed by tonifying shiatsu massage. 50'

90 €

### SUBLIME SKIN DELUXE LIFT

Stimulates cell regeneration, increases skin tone and volume and smoothes out wrinkles, perfect for autumn and winter. 75'

100 €

### PRO-COLLAGEN AGE DEFY

Regeneration of both young and mature skin. The highly effective ingredient complex of active peptides, proteins and matrikines supports the body's own collagen synthesis, restructures and stabilizes collagen fibers. 50'

60 €

## EXTRA BEAUTY

### EYEBROW SHAPING

20 €

### EYEBROW COLORING

20 €

### EYELASH COLORING

20 €



## MASSAGES

The nature contained in the fine textures of essential oils that we use in massages absorbs into all the pores of your skin and relaxes your body and mind.

### MEDITERRANEAN BALANCE



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

Partial - back or legs	30'	40 €
Full-body	50'	75 €
Full-body, facial and 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. 30/50' 45/80 €

### SWEET ORANGE AROMA



A full-body massage bathed in the fragrances of Mediterranean nature and aromatic sweet orange balsams. 50'

80 €

### MEDITERRANEAN BREEZE



Laid-back and relaxing, just like the Mediterranean lifestyle, this massage relaxes your body and mind with carefully crafted undulating motions. 50'

85 €

### TRANQUILLITY



A facial and body massage with an aromatic essential oil blend for complete relaxation. 50'

90 €

### ORGANIC MUM TO BE



Using natural organic olive or almond oil, this massage nurtures the skin and soothes the body and mind. 50'

90 €



**FOOT  
REFLEXOLOGY**

A targeted, pressure-point massage that restores the flow of energy throughout the body. 30'

60 €

**CANDLE MASSAGE**

Stress relieving massage which incorporates medium pressure, muscle stretching and candle warmth. Warm oil applied to the skin immediately stimulates microcirculation. 50'

100 €

**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 €

**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'

80/100 €

**APRÈS SKI**

**PHYSIO-SPORT**

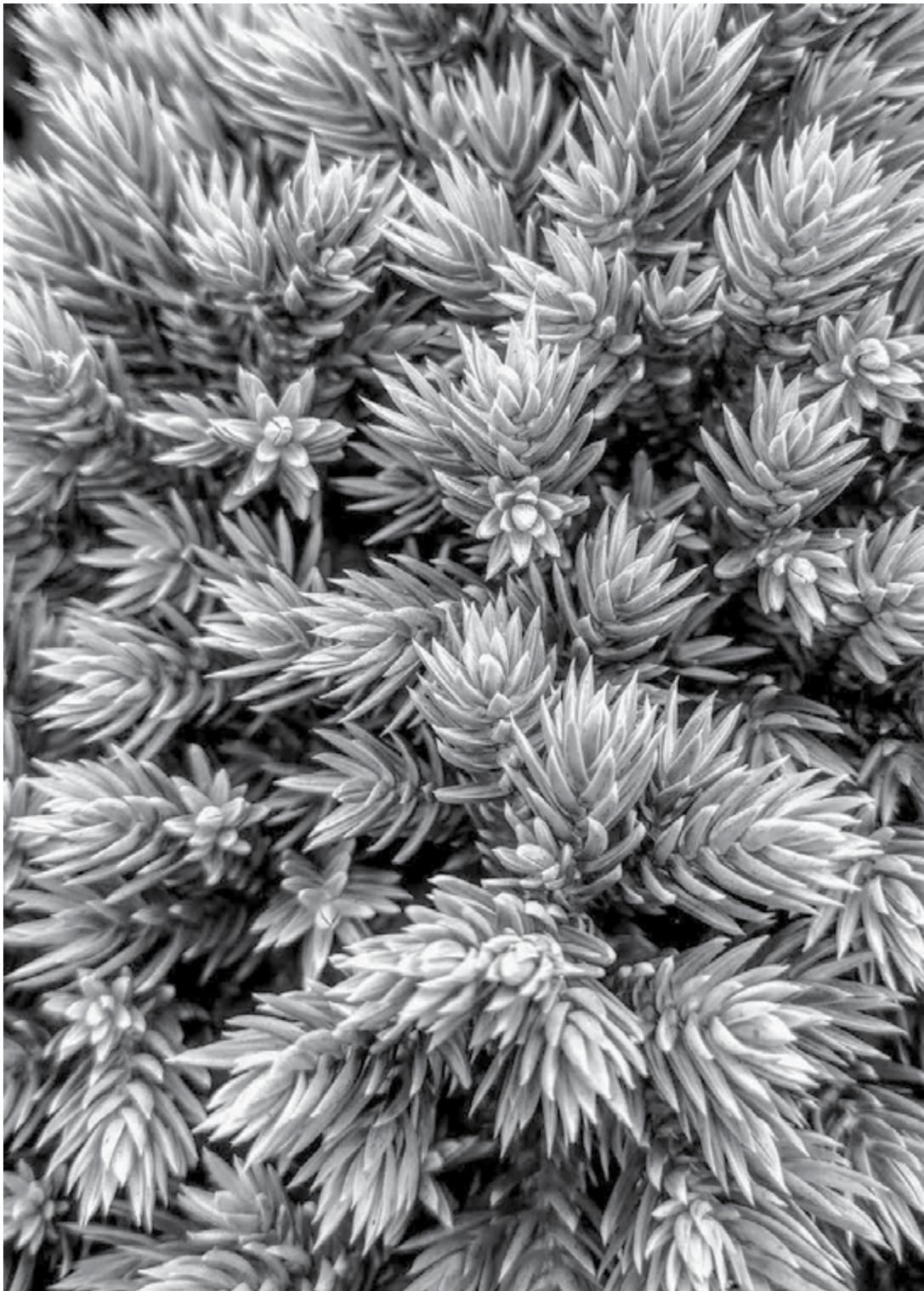
More profound pressure and specific technique with joint manipulation. This therapeutic massage improves circulation and eases muscular discomforts. 50/75'

95/115 €

**AFTER SKI  
RECOVERY**

Muscle relieving leg massage that combines fast impulsive movements and stretching to deal with sore muscles and cramps. 25'

45 €



## RITUALS

Each of our rituals is a story, and each is interpreted through a carefully designed palette of sensations, movements and scents of the Mediterranean. Choose the one you prefer, indulge in a new dimension of wellness and discover the authentic side of our destination that you will long remember.

### MEDITERRANEAN ESSENCE RITUAL



Body exfoliation with lavender flowers in olive oil; Mediterranean Balance body and foot massage; face massage with grape seed oil. 75'

140 €

### MEDITERRANEAN SECRET RITUAL



Sugar body exfoliation with nourishing almond oil and sweet orange and tangerine essential oils; Mediterranean Balance Touch body, face and foot massage. 75'

140 €

### SEA SALT RITUAL



Body exfoliation with sea salt enriched with rosemary, lavender and lemon essential oils; Mediterranean Balance body, face and foot massage. 75'

140 €

### ORGANIC OLIVE PULP RITUAL



Exceptionally nourishing and relaxing, this ritual is dominated by the benefits of organically grown olives. It includes a massage, an exfoliation and a full-body, face and feet mask. 75'

140 €

### VOYAGER



A complete top-to-toe relaxation journey that echoes the movement of the sea combining both gentle and stimulating movements. Choose from: Uplift / Relax / Muscle relief. 90'

120 €

### SIGNATURE CEREMONY



A full body massage that resolves all tension, followed by a hydrating facial treatment that completes this moment of well-being for a feeling of immediate lightness. 100'

150 €



## BODY

Body skin, as well as facial skin, requires care and attention. Targeted treatments using special massage techniques and certified organic products, rich in hydrating and beneficial nutrients, will regenerate, tone and deeply nourish your skin.

### THERMAL MUD

A thermal mud treatment that enables body drainage and detox, while keeping cellulite at bay. 50'

90 €

### LIGHT LEGS

A successful treatment for cellulite and fluid retention that immediately makes you feel light on your feet. 50'

90 €

### BODY ACTIVE

An intensive anti-cellulite treatment that firms the body and skin with special massage techniques and wooden rollers. 50'

80 €

### FIRMING & NEW MUM

This hydrating treatment is intended for anyone who wants to improve their skin's elasticity and firmness, and is ideal for new mums. 50'

100 €



## SCRUBS

Regenerate and deeply nourish your skin and relax your body and mind with Balance signature peels. Sea salt and organic aromatic essential oils are some of the ingredients that will imbue your entire body with the feeling of wellbeing and happiness.

### MEDITERRANEAN ORGANIC BODY SCRUB

A sea salt and aromatic essential oil body exfoliation with organic Mediterranean herbs as the main ingredient that regenerates, deeply nourishes and protects the skin, mind and body. 30'

40 €

### SWEET ORGANIC BODY SCRUB

A sweet body exfoliation in soothing scented oil followed by the application of moisturising body lotion. 30'

40 €



## MANICURE & PEDICURE

<b>CLASSIC MANICURE</b>		Nails are clipped, cleaned and shaped and cuticles are eliminated.	<b>45 €</b>
<b>SPA MANICURE</b>		Classic manicure followed by organic peeling, mask and massage with nail polish for the final touch.	<b>60 €</b>
<b>CLASSIC PEDICURE</b>		Nails are clipped, cleaned, shaped and filed. Calluses and cuticles are eliminated.	<b>50 €</b>
<b>SPA PEDICURE</b>		Classic pedicure followed by organic peeling, mask and massage with nail polish for the final touch.	<b>70 €</b>
<b>ORGANIC OLIVE FOOT CARE</b>		 Exfoliation, mask and foot massage with natural olive products from organic olive groves. 60'	<b>40 €</b>
<b>APPLY/CHANGE NAIL POLISH</b>			<b>20 €</b>
<b>SHELLAC</b>			<b>60 €</b>
<b>REMOVE SHELLAC</b>			<b>20 €</b>



## CHILDREN'S MENU

The imaginative and playful product textures, scented with vanilla, strawberries and chocolate, will make the treatments even more fun, while organic ingredients, such as honey and almond oil, will nourish delicate children skin.

The cosmetics are dermatologically tested and contain no parabens, silicones, sulphates, mineral oils, alcohol or phenoxyethanol.

MINI FACIAL		A nurturing children's facial treatment. 25'	35 €
MINI MASSAGE	B	A sweet balsam body and scalp massage. 25'	35 €
MINI MANICURE		Nail shaping, cuticle care and nail polish.	35 €
MINI PEDICURE		Nail shaping, cuticle care and nail polish.	35 €
GLAMOUR TEEN	B	A refreshing and nurturing facial treatment for girls and boys according to skin type. 45'	55 €
TEEN MASSAGE	B	A body massage with scented Tranquillity oil. 30'	40 €
TEEN MANICURE		Nail shaping, cuticle care and nail polish.	40 €
TEEN PEDICURE		Nail shaping, cuticle care and nail polish.	40 €

# CONTACT

## WELLNESS OPENING HOURS\*

15:00 - 22:00 (Monday - Sunday)

\*Children accompanied by their parents until 18h.

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

For morning appointments please book in advance.

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