

A woman with her hair in a ponytail, wearing a white bathrobe, is sitting on a bed with white linens and red pillows. She is smiling and reading a magazine. The bed is suspended by a large, intricate structure of orange ropes that converge at the top of the frame. The room has a modern, minimalist aesthetic with a light-colored wooden ceiling, dark grey walls, and several pendant lights with glass shades. A window is visible on the left side of the frame.

**MIRAMONTE SPA**

## THERMAL & MORE

### > HEALING GASTEIN THERMAL WATER

What seeped into the depths of the Tauern mountains as rainwater more than 3000 years ago now rises to the surface as healing water.

Every day, 5 million litres of fresh thermal water gush forth.

Enriched with natural radon over the millennia, it is valued as a valuable remedy.

The magical water has a regenerating, anti-inflammatory, vitalising, pain-relieving, cell-renewing, deeply relaxing and detoxifying.

Wonderful for tired joints and muscles!

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### THERMAL SPRING RITUAL

- > *20 minutes in the thermal bath* € 28
- > *for two* € 45
- > *20 minutes in the thermal bath with added magnesium* € 35
- > *for two with added magnesium* € 50

Allow yourself an hour's rest afterwards so that the full the full effect of the thermal bath.

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### > SALT-OIL BODY SCRUB WITH A THERMAL DIP

An exfoliating treatment for the whole body refines the and smoothes rough areas of the body.

*50 minutes* € 74

# MASSAGES

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> AVEDA ELEMENTAL NATURE MASSAGE

A personalised massage experience using your favourite Aveda aromas. Depending on your needs, a variety of massage techniques will be used with either an energising or calming effect.

*50 minutes*

€ 73

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> HOLISTIC FULL BODY MASSAGE

A holistic, customised massage that uses a wide variety of massage techniques.

*25 / 50 minutes*

€ 45 / 77

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> SPORT MASSAGE

Here we cater to the individual needs of our guests: loosen up, stretch, regenerate.

*25 / 50 minutes*

€ 45 / 77

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> REFLEXOLOGY FOOT MASSAGE

Has a balancing and deeply relaxing effect.

*25 minutes*

€ 45

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> VITAL MASSAGE

A popular and revitalising combination of foot reflexology and back massage.

*55 minutes*

€ 73

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> CRANIO SACRAL

This manual and holistic form of treatment, which originates from osteopathy, works with the craniosacral rhythm of the cerebrospinal fluid and uses targeted touch to activate the body's self-healing powers.

*25 / 50 minutes*

€ 45 / 77

# BEAUTY THERAPY

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## FACIALS

> *Apres Ski Facial*

Treat yourself to a skin vacation after a day of adventure. This facial will cleanse, exfoliate and hydrate your skin, while a soothing massage will relax and rejuvenate it. A nourishing mask will finish the experience, leaving your skin radiant and refreshed.

60 minutes

€ 79

> *Express Facial*

Need a quick pick-me-up for your skin? This facial will hydrate and smooth your complexion, while releasing muscle tension.

30 minutes

€ 40

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## BROW & LASH BAR

> *Shape & colour eyebrows*

Enhance your natural beauty with perfectly shaped and coloured brows. Let's frame your face and highlight your eyes.

30 minutes

€ 35

> *Lash lift*

Want to make your eyes pop? A lash lift will curl and lift your natural lashes, giving you a long-lasting and stunning effect.

60 minutes

€ 65

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## FLUFFY FEET

*Pedicure delight*

> Give your feet some love with this pampering pedicure. You'll enjoy a warm foot wrap, a nail care and a relaxing massage.

60 minutes

€ 70

*Express Pedicure*

> Need a quick fix for your feet? This pedicure will work on your nails and cuticles, making them more comfortable in your boots.

30 minutes

€ 30

# BREATHE

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## YOGA

- > morning yoga

60 minutes

€ 9

Please add your name to the list at reception

- > Yoga 1:1 personal training

60 minutes

€ 85

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## SAUNA / QUIET ROOM / SPA

- > Open daily from 15:00 - 20:00

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## SPA-APPOINTMENTS

Massages bookable from Wednesday to Sunday from 15:00 - 20:00

- > in person with our spa and reception team
- > by mail to: [spa@hotelmiramonte.com](mailto:spa@hotelmiramonte.com)
- > fone: +43 6434 2577

We will be happy to advise you on your personal relaxation programme!

## MIRAMONTE

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