



**AURELIO**
LECH



★★★★★

Aurelio SPA Menu Winter 2018/19

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AURELIO SPA AT ONE GLANCE

Opening hours

Every day: 9 a.m. - 3 p.m.

General Information

We offer on 1000m²

- Indoor activity pool (23 m)
- Fitness Centre
- Sauna area with Herbal bio sauna
 - Aroma steam bath
 - Finn sauna
- Cooling down pool
- Multi-sensory showers
- Jacuzzi
- Vital Bar
- Relaxing areas
- Snow Atrium

Product order

We would be delighted to send your desired spa products by mail to your home.

We accept your orders by phone or via e-mail.

Information and bookings

Phone: +43 (0)5583 – 2214

E-mail: office@aureliolech.com

No entrance for children under 12 years.

The spa menu is valid from December 2018. Previous rates lose their validity.

DAY SPA

Our Day SPA is open every day **for external guests**.

The Day SPA use for **55.00 EUR** guarantees you the use of the 23m long swimming pool, sauna, steam bath, Jacuzzi and gym.

Please understand that Day SPA visits, beauty treatments and massages are only possible upon availability and prior reservation.

We look forward to welcoming you in our SPA!

For any questions, individual consultation or an appointment please contact us anytime by phone on +43 (0)5583 2214 or via e-mail at office@aureliolech.com.



MASSAGES

Full Body

The full body massage takes 60 minutes. During this massage, the therapist devotes himself to the entire body, especially the head, back, legs, feet, arms and hands.

Partial Body

The partial body massage takes 40 minutes. Before the massage, you may choose between a partial massage of head, neck and shoulders or legs and feet.

ENJOY A TOUCH OF CHRISTMAS AND WINTER EXPERIENCE VERY CLOSELY.

FROM THE 5TH OF DECEMBER UNTIL THE 31ST OF JANUARY.

DIVE INTO THE WORLD OF WINTER SCENTS AND ENJOY A SPECIAL FULL BODY MASSAGE WITH THE ESSENTIALS OF APPLE AND CINNAMON.

FULL BODY

60 MIN

EUR 115.00

SWEDISH MASSAGE

This treatment focuses on all body points with tension. Enjoy the scents and healing benefits of our high-quality essential oils and the calmative, reviving effect, which achieves absolute body relaxation and mental and sensorial rejuvenation.

Partial body

40 min. EUR 90.00

Full body

60 min. EUR 120.00

INDIVIDUAL MASSAGE

Focus

This massage is carried out on a massage table. Depending on your preferences, the therapist uses different therapeutic methods from classic medical massages to international massage techniques.

Partial body

30 min.

EUR 65.00

40 min.

EUR 90.00

Full body

60 min.

EUR 120.00

Relax

The massage is carried out on a massage table and is customized to your needs. We use various relaxation techniques from Swedish (classic) and international massage styles. This massage helps with stress-related problems such as insomnia, exhaustion, jet lag and overexertion.

Partial body	30 min.	EUR 65.00
	40 min.	EUR 90.00
Full body	60 min.	EUR 120.00

GOLDEN MASSAGE

Gold is regarded as one of the oldest remedies of humankind. According to Traditional Chinese Medicine (TCM), gold activates Qi, our life energy. It also has antioxidant properties that can free the body from toxins and counteract cell aging. It is optimally absorbed by the skin cells and counteracts ageing processes from the inside out.

For special moments, we combine the massage with gold. Enjoy a relaxing oil massage enriched with gold powder.

60 min.	EUR 140.00
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SPORTS MASSAGE

This massage is individually tailored to you. The therapist uses specific massage techniques, which penetrate the deeper muscle fibre layers. This treatment helps the muscle to recover from stress.

60 min.	EUR 120.00
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MEDICAL MASSAGE

After you have enjoyed the steam bath with eucalyptus scent, you will receive a full body massage tailored to your medical history.

60 min.	EUR 120.00
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DEEP TISSUE

This sport massage increases muscular flexibility. A powerful experience desired to fit individual needs and to reduce stress and muscular tension.

Excellent anatomy knowledge is a prerequisite for this medically highly effective massage therapy. It should only be used on certain parts of the body.

Partial body 30 min. EUR 65.00

Partial body 45 min. EUR 95.00

DEEP RELAXATION BENEFICIAL MASSAGE

An intensively relaxing full body and head massage, enriched with special essential oils. Enjoy a special hot steamy treatment with camomile tea. Ideal for those who are tense and suffer from insomnia or seek to experience a deep sleep.

60 min. EUR 120.00

AROMATHERAPY

An effective combination of different movement techniques and essential oils, which are suitable for your individual needs and lead to relaxation of the entire musculature.

Partial body 40 min. EUR 90.00

Full body 60 min. EUR 120.00

HOT STONE MASSAGE

This type of massage is a holistic alternative treatment with heated volcanic basalt stones. Hidden energy is transferred to the body. The therapist combines oils and relaxation techniques that soothe and balance the nervous system and give a feeling of well-being and rejuvenation.

75 min. EUR 140.00

FOOT REFLEXOLOGY

There are seven thousand nerves ending in the feet which are associated with all parts of the body. By pushing certain points and zones on the feet we achieve general stress release and relaxation of the whole body.

40 min. EUR 90.00

VALMONT ANTI CELLULITE MASSAGE

This massage is mainly applied to the limbs of the pelvis and abdomen. It stimulates microcirculation in the capillaries and shapes the body where necessary. For better results, the treatment begins with warming the body, followed by a strong and intensive massage with special Valmont products to improve the blood circulation and the absorption of the different ingredients.

45 min. EUR 95.00

MEDITERRANEAN MASSAGE

Experience the feeling, scents and healing effects of the Mediterranean Sea. This treatment includes a 15-minute steam bath before the massage, followed by a 20-minute full body peeling with Mediterranean salt, rosemary and orange bark. Take a deep breath and relax during the 60-minute massage, after which you will have a smooth and regenerated skin like the Greek beauty goddess Aphrodite.

90 min. EUR 155.00

PANTAI LUAR (HERBAL MAGIC FROM EASTERN ASIA)

Treat your body and mind to the wonderful experience of an Indonesian massage. A treatment that opens up new horizons for you.

At first, your body is carefully massaged with warm oil to prepare it for the treatment, then freshly prepared herbal stamps are applied to the body. The therapist starts to gently massage with the stamps and then gradually intensifies the pressure. These massage techniques strongly warm the body, stimulate and strengthen the metabolism and help the body to clean itself.

60 min. EUR 130.00

ALPINE WRAPING

The most effective cleansing element in nature is mud. Detox your body and give yourself time to relax. After this treatment, your skin will be toned and your body and mind will be relaxed like never before.

30 min. EUR 75.00

Due to constant research the cosmetic company VALMONT produces nowadays some of the most exclusive care products worldwide. All products are based on the most recent achievements of biotechnology and consist of living cell extracts of Alpine herbs from Switzerland, Triple-DNA, effective antioxidants and glacier water from the Valais Alps.

Microdermabrasion

The diamond microdermabrasion (MDA) is a gentle yet effective intense exfoliation technique. Clinical studies have shown that MDA reduces pore size, noticeably increases skin elasticity, firms, tones the skin, and reduces wrinkle depth. A Treatment including microdermabrasion also encourages the skin's own production of collagen and elastin.

For an effective, long-lasting radiant look, we recommend the microdermabrasion facial treatment that the active ingredients of the products can penetrate into the deeper layers of the skin.

VALMONT AND AURELIO's MICRODERMABRATION

The use of microdermabrasion makes light lines disappear, the active ingredient of the VALMONT products penetrate the deep layers of your skin. Your complexion radiates smooth and even.

75 min. EUR 180.00

VALMONT TOUCH OF GOLD

Your skin is a masterpiece. The essence of L'Elixir des Glaciers unfolds in a sensual treatment. An exquisite, highly effective treatment in homage to beauty.

30 min. EUR 80.00

VALMONT VITALITY OF THE CLACIERS

As beauty booster, this treatment stimulates the skin's energy and cell renewal – both of which diminish over time. After the treatment, the complexion is once again fresh and radiant, the features are relaxed, and the skin has never been fuller.

Complete	75 min.	EUR 150.00
Intensive	90 min.	EUR 200.00

VALMONT SOURCE OF BISSES

This treatment regulates the skin's moisture content. As moisturizing bath, Source of Bisses quenches even the thirstiest skins. Filled with water, the skin comes back to life and the dermis becomes plump, smoothing wrinkles and dehydration lines. An essential treatment, it leaves the skin as fresh as the morning dew.

Complete	75 min.	EUR 150.00
Intensive	90 min.	EUR 200.00

VALMONT SUMMIT OF THE CERVIN

With this resolutely lifting and firming expert treatment, Valmont showcases its technical expertise in 5 steps, as a tribute to the 5th highest peak in the Swiss Alps.

After this treatment the skin is lifted and smoothed and the face volumes appear sculpted and plumped.

Complete	75 min.	EUR 150.00
Intensive	90 min.	EUR 200,00

VALMONT BRIGHTNESS OF ICE

An original Valmont creation, the Brightness of Ice treatment is dedicated to restoring youthful purity and freshness to the complexion. With this exclusive treatment, we offer the perfect solution for gently awakening a bright and even complexion and it improves the texture of the skin while providing extensive anti-aging action.

Complete	75 min.	EUR 150.00
Intensive	90 min.	EUR 200.00

EXTRAS FOR HER

Eyebrow shaping		EUR 25.00
Eyebrow dying		EUR 25.00
Dying of eyelashes		EUR 25.00
Eyebrows and eyelashes dying and shaping		EUR 50.00

BEAUTIFUL HANDS AND FEET

EXPRESS MANICURE

without nail polish	40 min.	EUR 60.00
with nail polish	55 min.	EUR 75.00

DELUXE MANICURE

without nail polish	60 min.	EUR 70.00
with nail polish	75 min.	EUR 85.00

EXPRESS PEDICURE

without nail polish	45 min.	EUR 60.00
with nail polish	60 min.	EUR 75.00

DELUXE PEDICURE

without nail polish	75 min	EUR 70.00
with nail polish	90 min	EUR 85.00

<i>NAIL POLISH WITHOUT MANICURE OR PEDICURE</i>	15 min	EUR 15.00
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<i>FRENCH POLISH WITHOUT MANICURE OR PEDICURE</i>	25 min	EUR 25.00
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Extras

Nourishing hand scrub with a relaxing hand massage.

20 min.	EUR 40.00
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HAIR REMOVAL WITH WARM WAX

Armpits	EUR	30.00
Arms	EUR	45.00
Upper lip	EUR	20.00
Face	EUR	20.00
Lower legs	EUR	45.00
Legs	EUR	60.00

EXTRAS FOR HIM

<i>MANICURE</i>	45 min	EUR	60.00
<i>PEDICURE</i>	45 min	EUR	60.00

HAIR REMOVAL WITH WARM WAX

Armpits	EUR	30.00
Arms	EUR	45.00
Back	EUR	45.00
Chest	EUR	45.00
Legs	EUR	65.00



FITNESS UND PERSONAL TRAINING

Our gym is equipped with the latest Techno Gym equipment.

INDIVIDUAL AND HIGHLY EFFECTIVE PERSONAL TRAINING

Ideal for active athletes who want to improve their performance potential even further.

Perfect for people with back problems and for people who want to get athletic, slim and toned.

We have a special full body workout.

40 min. EUR 60.00

60 min. EUR 100.00

A second person will be charged separately with 35.00 EUR.

10 x Day SPA Ticket

EUR 450.00

7 day pass for the use of the gym

EUR 170.00



How to SPA

TRY SOMETHING NEW

Our professional SPA team will plan the perfect and individual spa package for you. Do not hesitate to try something new – it will change your SPA experience.

LET US ADVISE YOU

Everybody is different and each skin type requires a different kind of care. Please inform our therapists about your special health conditions before booking a treatment. Speak to our experienced therapists and inform them about your preferences (music, temperature, light effects, massage, pressure, etc.).

TAKE YOUR TIME

The best way to prepare yourself and your body is a visit of our thermal suite (aroma steam room or the herbal bath). This will get your circulation going, heat up your body and open your pores. We kindly ask you to check in at the SPA reception 10 minutes before your treatment appointment.

RELAX AND UNWIND

As a hotel guest it is best to come to the SPA in bathrobe and slippers. Please take a shower before your massage starts. Our therapists will provide you with disposable undergarments for the body treatments.

JEWELLERY AND VALUABLES

Please leave all valuables in your room's safety deposit box or the lockers in the changing rooms. The Aurelio Hotel is not responsible for lost valuables.

PAYMENT ARRANGEMENTS

The Aurelio SPA is able to charge SPA services to your room account. Guests may also pay in cash or by credit or debit card.

LATE FOR THE APPOINTMENT OR CANCELLATION

We ask you to call off your treatments at least 12 hours in advance. For later cancellations, we charge 50% of the treatment costs and 100% if you fail to appear or your appointments are cancelled with less than 1 hours' notice. Arriving late may shorten the time of your treatment.

KIDS

Minimum age at the Aurelio SPA area is 12 years.