

For your body.  
For your soul.

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SPA Menu

aROSA 

# Dear Guest,

at the A-ROSA SPA, everything begins with a simple belief: every person is unique. That is why our treatments are not routines, but thoughtful recommendations — attuned to what feels right for you in this very moment. Whether you seek regeneration, activation, or deep relaxation, our experienced team of therapists is here to guide you with genuine expertise, attentive to your wishes and present with you throughout your journey.

What awaits you is not a promise of perfection, but an invitation — crafted with care, accompanied with sensitivity, and centred on what truly matters: you.

**A space for you. A moment for you. An experience for you.**



  
VINOBLE COSMETICS

[vegan. nachhaltig. intensiv-pflegend. unisex.]

## Our Partner: VINOBLE COSMETICS – the power of the grape.

With VINOBLE COSMETICS, we have found a partner who shares our values: natural purity, sensuality, and effectiveness in perfect harmony. Inspired by the power of the grape, the products blend the delicate scent of grapes and roses with highly concentrated active ingredients that bring renewed freshness and vitality to the skin. Pure in design, clean in formulation, and unmistakable in their results.

At the heart of this philosophy lies the knowledge of traditional European natural medicine, with a dedicated focus on vinotherapy. The result is an experience that reaches far beyond skincare: a moment of conscious mindfulness, a nurturing ritual for body and mind — exclusively at A-ROSA.



Care that  
touches the  
senses.

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# VINOBLE Lifting-Ritual

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- Cleansing
- Exfoliation
- Eye care
- Cream mask
- Hand care
- Facial massage
- Finishing care

- Cleansing
- Exfoliation
- Eyebrow shaping
- Concentrate cocktail
- Eye mask
- Special mask for face and décolleté
- Face, neck and décolleté massage
- Hand care
- Finishing care

A personalised facial treatment designed to restore freshness, vitality, and a beautifully refined complexion. Following a gentle cleanse and an exfoliation tailored to your skin's needs, a high-performance mask delivers deep nourishment and supports visible renewal. Harmonious massage sequences with precious essences encourage relaxation, enhance absorption of active ingredients, and promote a balanced, radiant appearance. A holistic beauty ritual that strengthens, smooths, and reveals your natural glow.

60 minutes | 139 €

90 minutes | 180 €



# The art of massage.

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# Individual Massages

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## Full body massage:

This treatment is tailored to your current needs, creating space for exactly what your body is asking for today. With gentle to more intensive massage techniques, targeted tension is released, circulation is encouraged, and your overall sense of balance is restored – for a feeling of wellbeing that supports you precisely in this moment.

60 minutes | 139 €

90 minutes | 180 €

## Partial body massage:

This soothing massage focuses on selected areas of the body — such as the back, neck, shoulders, or legs — wherever everyday tension tends to settle most. It's a targeted moment of release that gently eases the spots that need it most.

30 minutes | 85 €



## VINOBLE Foot massage

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A soothing foot massage that relaxes tired muscles after a day on the slopes and restores natural energy flow. Warm essences and targeted pressure points release tension, stimulate circulation, and bring a renewed sense of lightness. Ideal for revitalising the feet and calming both body and mind.

30 minutes | 85 €

60 minutes | 139 €

## VINOBLE Balance Ritual

Health & SPA Award Winner

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A harmonizing full-body massage using warm grape-seed sachets, gently releasing tension and restoring the natural flow of energy. Rhythmic massage movements encourage the release of feel-good hormones, support the immune system, and invite a deep sense of inner calm. An ideal treatment for easing stress and nurturing the body and mind back into balance.

75 minutes

155 €

## VINOBLE Vinotherapy

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An activating reflex point massage with a deeply purifying effect. Gentle pressure techniques stimulate lymphatic flow, release blockages, and boost the metabolism. Your body feels noticeably lighter, your inner balance is supported, and fresh vitality unfolds — an ideal companion for natural detox processes.

60 minutes

149 €

Our  
signature.

# A-ROSA Signature Ritual

Breathe in. Let go.  
Be here.

Experience the iconic A-ROSA pampering ritual – a celebration of the grape's natural power and the uplifting spirit of a getaway.

This deeply harmonious treatment brings together a soothing foot ritual, a refreshing full-body exfoliation, gentle balance-cushion massage sequences, and a relaxing head-shoulder-neck-décolleté treatment. A refining facial with mask and VINOBLE COSMETICS essence completes the journey. Every moment is curated with care, every touch designed to restore – leaving your body, mind, and senses perfectly aligned and immersed in a feeling of pure presence.

90 minutes

185 €



# Mindful enjoyment.

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## SPA etiquette

### **Cancellation:**

Please let us know at least 24 hours in advance if you wish to reschedule or cancel your appointment. For cancellations made with less than 24 hours' notice, we charge 100% of the treatment price.

### **Pregnancy:**

Congratulations! Many of our treatments are suitable during this special time. Please consult your doctor beforehand and share your preferences with us. We generally recommend treatments from the fourth month of pregnancy onward.

### **Preparation & Arrival:**

To begin your experience in a relaxed state, please arrive 5-10 minutes before the start of your treatment. In the event of a late arrival, the treatment time will be adjusted accordingly.

### **Quiet:**

Our spa is a sanctuary of serenity. We kindly ask you to help maintain a peaceful atmosphere and be considerate of other guests.

### **Retreat Areas:**

Our relaxation and quiet zones invite you to unwind, enjoy the lingering warmth of the sauna, pause for a moment, and replenish your energy.



- **Wellness area**

Find full relaxation in our two-level spa with panoramic views of the snow-covered Alps.

- **Indoor pool with natural spring water**

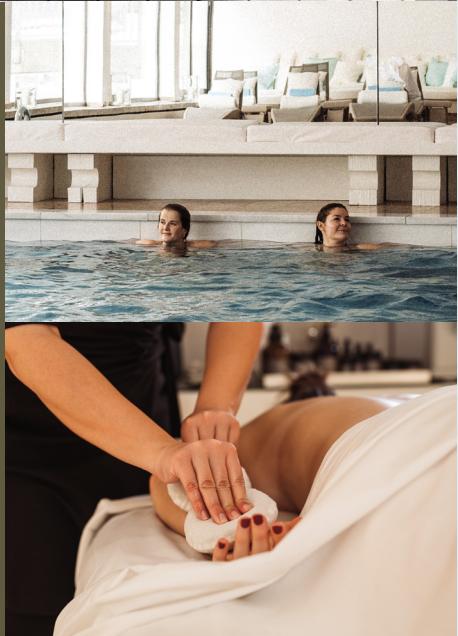
Enjoy a gentle swim, surrounded by nature.

- **A range of saunas**

Experience the soothing warmth of our Finnish sauna, gentle bio sauna and steam bath.

- **Relaxation area**

Relaxation area with a selection of teas and water.



You're welcome to book your relaxing break

at **+43 5583 2191**, email [spa.zrs@a-rosa.at](mailto:spa.zrs@a-rosa.at)  
or just reach out to us anytime.