



asaya



path's to well-being

DYNAMIC AGING	2 DAYS	3 DAYS
Personal Consultation 30 min.	1	2
Skin Analysis 30 min.	1	1
Sturm Lift Facial 30 min.	2	3
Radiance Facial Including	1	1
Healthy Lunch	2	3
Personal Training	2	3
Detox Massage Lymphatic Drainage 60 min.	2	3
Dr. Barbara Sturm Super Skin Anti-Aging Supplement	1	1
Anti-Aging Facial Peeling 30 min.	-	1
Steam Bath Peeling Scrub 30 min.	-	1
Antioxidant Detox Juices 3 times a Day	daily	daily

Discover the Dynamic Aging program at Asaya Spa! It's more than just a wellness program - it's your personal journey to rejuvenated vitality and well-being. Our program is a harmonious combination of revitalising therapies, antioxidant facials, relaxing massages and soothing sauna and steam baths. All of this is accompanied by nutritious meals that pamper body and soul. The benefits? Improved mental clarity, increased physical stamina and a more balanced pace of life. Leave stress behind and enjoy an improved quality of sleep. Asaya Spa's Dynamic Aging program is not just an experience, it's a transformative journey and a wise choice for your well-being. Think of it as your own personal investment in a healthier, happier life.

HOLISTIC DETOX	2 DAYS	3 DAYS
Personal Consultation 30 min.	1	2
Personal Fitness Training or Personal Yoga 50 min.	2	3
Detox Massage Lymphatic Drainage 60 min.	2	3
Mountain Stone Therapy 90 min.	-	1
Pause & Reset Massage 60 min.	1	1
Facial Lift Massage 60 min.	1	1
Detox Body Wrap 30 min.	2	2
Body Scrub 30 min.	1	2
Steam Bath Salt Sohle Detox Scrub 30 min.	2	2
Sauna Experience German Aufguss 30 min.	-	2
Super Anti-Aging Facial 75 min.	-	1
Health Lunch	2	3
Antioxidant Detox Juices 3 times a Day	daily	daily
Special Detox Tea during the Day (Room Setup)	2	3

Our detoxification package is more than just a treatment program; it's a journey towards revival and rejuvenation. With our tailored fitness or yoga sessions, relaxing detox massages and lymphatic drainages, and the invigorating effects of detox body wraps and body scrubs, you can look forward to a holistic experience. Enjoy healthy meals and antioxidant detox juices that assist in cleansing your body of toxins. Our special detox teas are available in your room at any time, providing a relaxing break from everyday life. Through the detox program, you can expect improved digestion, increased energy, better sleep, and radiant skin. These benefits will not only be felt in the short term but will have long-lasting effects on your overall well-being.

PEAK PERFORMANCE BIO-HACKING	2 DAYS	3 DAYS
Personal consultation 30 min.	2	3
Bioelectric Impedance Analysis 30 min.	1	1
Interval Hypoxia-Hyperoxia Training	1	2
Bone Density Analysis	1	1
Cryotherapy 3 min. 120 degrees	1	2
Personal training	2	3
Alpine cycling experience	2	3
Healthy lunch (based on targets)	1	1
Deep Tissue Massage 60 min.	2	3
Steam bath peeling Scrub 30 min.	–	1
Foot Revitalize Massage	1	2
Regional Herbal Stamp Revitalization	–	1

Our Bio-Hacking program is a personalized wellness journey designed to optimize your physical, mental, and emotional well-being. The program utilizes bioelectric impedance and bone density analysis to understand your body from the inside-out including additional components; Cryotherapy, interval hypoxia-hyperoxia training to boost aerobic capacity, a varied sports program, therapeutic massages, a nutrient-dense diet and custom supplements. Vitamin and mineral infusions target any deficiencies, and sauna sessions encourage detoxification and cardiovascular health. This program, suitable not only for athletes or sports enthusiasts but also to anyone interested in maintaining physical fitness and well-being.

HOLISTIC SLEEP WELL	2 DAYS	3 DAYS
Personal consultation 30 min.	1	2
Personal Fitness training, Hiking or Personal Yoga 30 min.	4	6
OTO Sleep Soundly Experience 90 min.	1	1
Dr. Barbara Sturm Revitalizing scalp massage 20 min	1	1
Dr. Barbara Sturm Exoso-metic growth factor facial 80 min.	1	1
Nutritious sleep food menu	2	3
Special Detox Tea during the Day (room setup)	2	3
Dr. Barbara Sturm good night supplement	1	2
Sauna Experience German Aufguss 20 min.	1	2
Steam bath Salt Sole detox scrub 20 min.	1	2
Alpine aromatherapy experience 90 min.	–	1
Regional Herbal Stamp Revitalization 90 min.	–	1

Our comprehensive 'Sleep Well' program is designed to enhance sleep quality and overall well-being. It includes a range of therapies such as massages, breathing exercises, guided meditations, and personalized fitness activities. Participants receive targeted treatments like the OTO Sleep Soundly Experience, revitalizing scalp massage by Dr. Barbara Sturm, and Exoso-metic Growth Factor Facial treatment. The program is complemented by nutritious meals and beverages that promote better sleep, access to top-tier facilities, sleep hygiene workshops, and serene room setups that foster deep relaxation. Personal guidance from our therapists or wellness director is provided throughout the program, ensuring a customized experience based on individual needs.



asaya skin health

STURMGLOW FACIAL

BY DR. BARBARA STURM

60 MINUTES

This is the signature SturmGlow facial - it incorporates techniques created in our German clinic for cleansing, exfoliating, potent hydration and firming massage, with cutting edge molecular efficacy. This revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and evens out the appearance of any irregularities on the complexion.

3X RADIANCE

BY EVIDENS

60 MINUTES

The efficiency of The Triple Collagen - an exclusive cellular complex that is used in all EviDenS de Beauté cosmetic formulas, boosting cell regeneration and visibly improving skin hydration and elasticity. Maximum results will archived due the 3x radiance by EviDenS to help tighten skin, promote collagen production and more youthful and radiant complexion. The EviDenS de Beauté Serum associated to a high performing Bio Collagen mask infused with the best ingredient will restore moisture & luminosity.

THE ADVANCED LIFT

BY EVIDENS

90 MINUTES

It combines the efficiency of The Triple Collagen - an exclusive cellular complex that is used in all EviDenS de Beauté cosmetic formulas, boosting cell regeneration and visibly improving skin hydration and elasticity. Maximum results will archived due the 3x radiance by EviDenS to help lift, tone, promote collagen production and more youthful and radiant complexion. The EviDenS de Beauté Serum associated to a Japanese Lifting Massage and a high performing Bio Collagen mask infused with the best lifting and anti aging ingredients will restore moisture, luminosity and density.

ACNE FACIAL

BY DR BARBARA STURM

60 MINUTES

Adult Acne Facial was formulated specifically for blemish-prone skin and works to directly improve the skin's barrier and help to restore its natural balance. The active ingredient complex reduces discomfort and alleviates skin sensitivity and irritation for an instant calming effect, while addressing the signs of aging by reducing the appearance of fine lines and wrinkles.

EXOSO – METIC GROWTH FACTOR FACIAL

BY DR BARBARA STURM

80 MINUTES

The Exoso-Metic Growth Factor Facial includes the Exoso-Metic Eye Serum and Exoso-Metic Face Serum and targets the appearance of fine lines around the eyes, helps smooth and firm the complexion and supports skin rejuvenation, resulting in a more youthful and radiant-looking complexion. Exosomes contain a high amount of growth factors which have a potent rejuvenating effect

The Exoso-Metic Growth Factor Facial combines potent exosome technology with active ingredients including Vitamin C, Vitamin E, Evening Primrose Seed Extract and Green Tea Leaf Extract to boost skin's firmness and radiance and provide powerful regenerating effects.

SUPER ANTI-AGING FACIAL

BY DR BARBARA STURM

80 MINUTES

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles. High-performance spa technologies help to contour the facial muscles for firmer, tighter skin. Long and short-chain Hyaluronic Acid molecules are infused with powerful antioxidants and potent ingredients which help to repair damaged skin and support regeneration.

This facial visibly lifts the skin, supports regeneration of collagen and helps reduce fine lines and wrinkles for a youthful-looking complexion.

asaya massage experiences

HERBAL HARMONY MASSAGE

LOW PRESSURE 60 MINUTES | 90 MINUTES

Immerse yourself in the tranquil beauty of the Austrian alps with our Herbal Harmony massage. Utilizing locally sourced herbs, this gentle yet invigorating treatment soothes the senses and rejuvenates the body.

DEEP TISSUE MASSAGE

FIRM PRESSURE 60 MINUTES | 90 MINUTES

Reflecting the serene beauty of the local lakes, this signature massage incorporates elements of Swedish and deep tissue techniques, promoting profound relaxation and stress relief.

MOUNTAIN STONE THERAPY

90 MINUTES

Our Mountain Stone Therapy utilizes warm stones from the Austrian mountains, combined with expert massage techniques. This treatment soothes muscle tension and promotes a deep sense of well-being.



asaya massages & body treatments

AMPLIFY ENERGY 60 MINUTES | 90 MINUTES

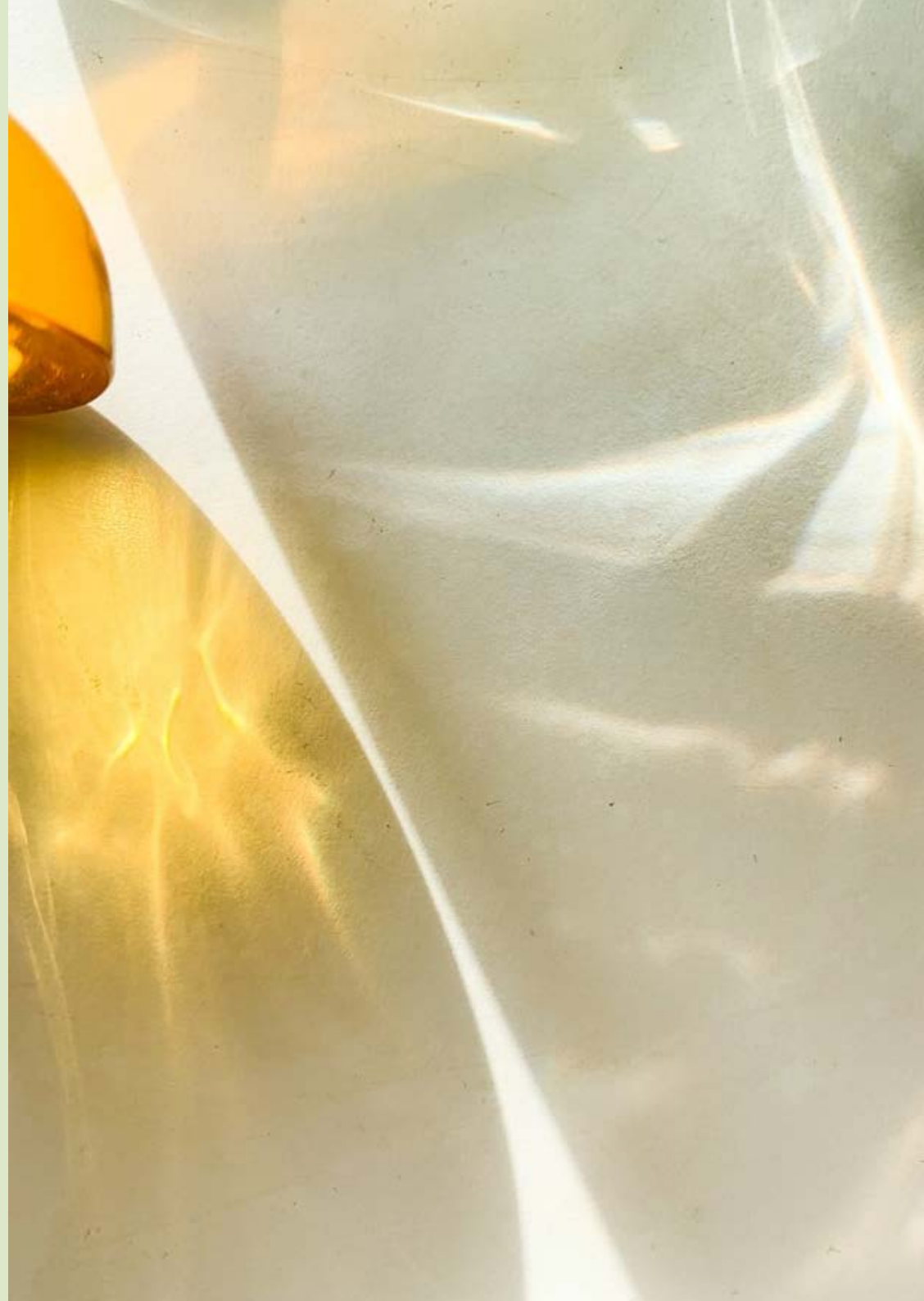
Designed to ease tension and unravel tightness in tired muscles. This full body treatment uses CBD oil infused with Bitter Orange, Grapefruit and Juniper Berry, coupled with a handcrafted bamboo roller to rejuvenate deeper levels of the muscle.

FOCUS THE MIND 60 MINUTES | 90 MINUTES

Designed to calm and refocus a busy mind. This full body treatment with stimulating scalp and foot massage, uses CBD oil infused with Ginger, Black Pepper, and Frankincense, renowned for their anti-inflammatory and soothing properties. Focusing on reflex points to align the body and mind.

LYMPHATIC SCUPLT & TONE MASSAGE 90 MINUTES

The Lymphatic Scupt & Tone Massage features a combination of techniques designed to promote the breakdown of fat cells and reduce fluid retention for a smoother, contoured body. It includes vigorous, firm and deep manual massage movements along the whole body, kneading, pinching, and sliding to reach deeper tissue layers and boost circulation. The treatment also helps minimize cellulite for a more toned, sculpted and smooth appearance.



HERB GARDEN LAVENDER BLISS

60 MINUTES

Begin with a gentle body scrub using local sourced salt mixed with herbs from the countryside thyme, rosemary, and lavender. The essential oils will rejuvenate your skin. This scrub will exfoliate your skin, leaving it soft and refreshed. Next, enjoy a soothing body wrap with fango mineral mud, known for its deep-cleansing and detoxifying properties. While you relax, enjoy a scalp massage to ease any lingering tension. Thyme, rosemary tea will be served.

SCHLOSS FUSCHL HONEY GLOW

FOR SENSITIVE SKIN

60 MINUTES

Indulge in a sweet treat with our own Schloss Fuschl Mountain Honey. Start with a body scrub made from finely ground alpine oats and locally sourced Salzburg honey. This mixture will gently exfoliate and nourish your skin. Follow this with a body wrap using fungo mud infused with Austrian chamomile essential oil. While cocooned in this healing wrap, enjoy a calming foot massage to complete your relaxation experience. Chamomile Tea with our own Schloss Fuschl Honey will be served.

THE EXFOLIATION

BY OTO WELL-BEING

60 MINUTES

Full body exfoliation ritual designed to renew skin. Using our luxury Cleansing Jam body exfoliator, enriched with jojoba seeds to encourage the removal of dead skin cells and an added micro-exfoliation with AHA fruit acids and hyaluronic acid.

OTO SLEEP SOUNDLY EXPERIENCE

90 MINUTES

Combining the signature OTO scent of Mandarin and Ylang-Ylang with high levels of CBD, this massage is ideal for the restless. Warmed stones and craniosacral connection harness the nervous system, while sound rebalances the energy field, releasing emotional heaviness. This treatment will renew the entire system holistically and encourage a full circadian rhythm reset.

lost remedies

Our wellness offerings are rooted in Kneipp's hydrotherapy, a holistic healing method for stress relief and rejuvenation that harnesses the power of water, heat, cold, and therapeutic exercises to bolster the immune system and detoxify the body. The incorporation of alpine herbs and regional fruits into our treatments enhances your well-being. Experience the nature, Kneipp's legacy, and the profound impact of our therapies for ultimate relaxation and revitalization.

REGIONAL HERBAL STAMP REVITALIZATION

90 MINUTES

Experience the unique healing power of our region with the Herbal Stamp Revitalization treatment. This therapy uses self-made herbal stamps, carefully filled with a selection of locally-sourced herbs. As these warm stamps glide over your body, they stimulate your senses, release tension, and rejuvenate the skin. This treatment not only promotes profound relaxation but also offers a unique aromatic journey through the Alpine meadows.

AROMATIC STEAM BATH RETREAT

30 MINUTES

Unwind in our Aromatic Steam Bath with Body Salt Scrub from Salzburg, infused with calming and invigorating Herbs. The steam opens your pores, allowing the beneficial properties of the pheromones to permeate your skin, promoting physical and emotional well-being.

KNEIPP BIER SAUNA, STEAM BATH

60 MINUTES

Experience the revitalizing effects of our Kneipp Aroma Steam Bath and Local Bier Aufguss / infusion Sauna experience treatment. The warmth of the steam bath opens the pores and relaxes the muscles. All of our Kneipp Bath & Pheromone Therapy sessions can be tailored to your preferences and are designed to promote relaxation, rejuvenation, and holistic well-being.

asaya nails

FEEL GOOD PEDICURE

60 MINUTES

Indulge in our "Feel Good Pedicure" - a luxurious treatment that goes beyond the standard pampering. This plush service, offered exclusively at Asaya Spa, begins with a comforting and relaxing foot soak. Our expert therapists then meticulously shape and buff your nails, following up with a gentle exfoliation to remove dry skin. A hydrating mask is then applied to rejuvenate and nourish your feet, while a soothing massage eases away any tension, leaving your feet feeling refreshed and beautifully soft. To elevate your experience, we serve a refreshing glass of freshly squeezed juice during the treatment and conclude with a complimentary glass of premium wine to enjoy in our serene relaxation area. This is more than a pedicure; it's a moment of indulgence, designed to make you feel good from head to toe.

SIGNATURE HAND REJUVENATION RITUAL

50 MINUTES

Experience the ultimate indulgence with our Signature Hand Rejuvenation Ritual, a transcendent journey of pampering beyond a typical manicure. Designed for all, this luxurious ritual begins with a soothing soak, nail shaping and buffing, and gentle cuticle management. Delight in the invigorating exfoliation that follows, ridding your hands of dry skin and leaving them revitalized. Discover the nourishment from a nutrient-rich mask that rejuvenates your hands. Finally, a tranquil hand massage stimulates circulation and leaves your hands feeling renewed. Complement this immersive experience with a detoxifying juice or a glass of sparkling wine. Come, revel in this moment of extraordinary pampering that will leave your hands feeling refreshed, revitalized, and impeccably polished.

body & mind

SUNRISE YOGA

30 MINUTES

Awaken your senses with our Sunrise Yoga Retreat. This early morning yoga session combines gentle yet energizing asanas, breath-work, and a guided meditation to set a positive tone for the day.

SPINAL MOBILIZATION MAGIC

30 MINUTES

Experience relief from back pain and improve your posture with our Spinal Mobilization Magic. This tailored workout session focuses on gentle movements to mobilize your spine, reducing stiffness and enhancing spinal health.

RESTORATIVE MUSCLE PILATES

60 MINUTES

Revitalize your muscles with our Restorative Muscle Pilates. This moderate intensity class focuses on strengthening your core, improving flexibility, and restoring balance in your body.

MINDFUL MEDITATION JOURNEY

60 MINUTES

Embark on a journey of inner peace with our Mindful Meditation Journey. This session is designed to help you cultivate mindfulness, relieve stress, and promote mental clarity.

PERSONALIZED FLEXIBILITY STRETCH

50 MINUTES

Improve your flexibility and posture with our Personalized Flexibility Stretch. This one-on-one session includes a series of stretches tailored to your needs, aiming to increase your range of motion and reduce muscle tension.

asaya active

ALPINE HIKE ADVENTURE

90 MINUTES

Immerse yourself in the beauty of the Austrian Alps with this guided hiking session. Designed to challenge your fitness in the clean alpine air, the session combines exercise with breathtaking vistas of the surrounding landscape.

GYM PERSONAL TRAINING

30 MINUTES | 60 MINUTES

Join us in our state-of-the-art gym facility for a rigorous strength and conditioning session. Tailored to your fitness level, this session focuses on building muscle strength and endurance using a blend of cardio and weightlifting exercises.

LAKE VIEW AQUA AEROBICS

50 MINUTES

Enjoy a refreshing workout in our pool with our Aqua Aerobics session. This low impact, high-energy class uses the resistance of water to enhance muscle toning and cardiovascular health.

POOLSIDE PILATES

90 MINUTES

Combine the serenity of our poolside setting with the core-strengthening benefits of Pilates in this class. The session includes a mix of Pilates exercises and stretches designed to improve balance, flexibility, and strength.

ALPINE CYCLING EXPERIENCE

90 MINUTES | 120 MINUTES

Get your heart pumping with a challenging cycling session amidst the Alpine panorama. This cycling adventure will test your endurance while offering spectacular views of the Austrian Alps.



asaya etiquette

Our spa environment is one of tranquility and relaxation. In consideration to other spa guests, please switch off mobile phones.

ARRIVALS

For a more comprehensive journey, you are invited to arrive at least 30 minutes prior to your scheduled appointment to enjoy the wellness facilities and to have consultation time with your therapist. Late arrivals will be finished within the scheduled treatment time while the feel will remain unchanged.

SPA AMENITIES

On arrival you will be supplied with a luxurious bathrobe and sandals as well as a locker for your clothing and personal belongings. You will also find ample soft cotton towels throughout the spa area. Upon request, we will provide additional spa amenities such as deodorants, mouthwash, sanitary napkins, hair styling products and a make-up remover. Discreet disposable underwear is provided for all body treatments.

SCHEDULING & CANCELLATIONS

We recommend advance reservation to ensure availability. If you wish to reschedule or cancel your reservation, please advise us 24 hours prior to scheduled reservation time for us to accommodate your request. No-show or last-minute cancellations will incur a 100% charge.

IN ROOM TREATMENTS

The spa offers in-room and in-suite massages. A surcharge will apply.

CHILDREN

Young adults over the age of 14 are welcome to visit the spa facilities. Upon special request and under the supervision of a parent or guardian, we can accommodate treatments tailored to children below the age of 14.

JEWELRY

We recommend that no jewelry be worn to the spa. Management accepts no responsibility for the loss of valuables brought onto the spa premises.

PREGNANCY

We have specially designed treatments for expectant mothers from the third to sixth month. Please allow us to assist you in selecting suitable treatments for this special time.

HEALTH CONDITIONS

Kindly inform us of any allergies or injuries that may impact treatment experience. We will be happy to advise safe options. If medical conditions prevail, please consult with your physician before taking any treatment or using our facility.

HOURS

Spa treatments are available from 9:00am to 9:00pm. However, we will always attempt to accommodate in-house guests that require treatment, outside of these hours, provided with sufficient notice. We recommend scheduling treatments well in advance to ensure availability and preferred appointment times.

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