



ALPINE . LUXURY . WELLNESS

Take some time to enjoy the good things in life ...

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HOW MUCH SPACE DOES THE SOUL NEED TO FIND
COMPLETE EXPRESSION? HOW MUCH PEACE THE
MIND? HOW MUCH SECURITY THE HEART?

”

Here in our 5-star hotel DAS CENTRAL, we are happy to answer all these questions for you. A wellness holiday with us means finding yourself, surrounded by protective and majestic 3,000m peaks. Allowing the body’s energy fields to reconnect with its sources. Recharging your batteries. Submersing yourself. In a world of well-being which offers unique and exquisite pampering.

Explore a world of well-being for your body, mind and soul. In our exclusive ‘ALPINE . LUXURY . SPA’ we have combined the very best of nature with the latest treatment methods, enabling you to submerge yourself in a wonderful world of relaxation, beauty and well-being. Our exquisitely trained team of therapists impress with their competence and personal advice and offer a sophisticated range of popular and effective SPA treatments.

Choose from our spa menu, ask for advice and enjoy your individually tailored programme of relaxation and recreation with us at the 5-star hotel DAS CENTRAL - ALPINE . LUXURY . LIFE.

“ SPA ETIQUETTE ”

OPENING HOURS

Beauty and Wellness Residence	9 am – 7.30 pm
Swimming pool	7 am – 8 pm
Sauna area (bad weather)	11 am – 8 pm
Sauna area (fair weather)	2 pm – 8 pm
Gym	7 am – 8 pm

CONTACT DETAILS SPA RECEPTION

T: 0043 5254 2260-545
M: wellness@central-soelden.at



Our recommendation for men.



Our recommendation for pregnant women.

SPA APPOINTMENTS

Booking early ensures the treatment of your choice can be carried out at the time of your choice. We recommend making your appointments before you arrive by email wellness@central-soelden.at or call us on +43 (0) 5254 2260-545.

APPOINTMENT MANAGEMENT

We kindly ask you to be at the spa reception 10 minutes before your appointment. Tea, water and magazines are available to keep your waiting time to a minimum. If you arrive late for an appointment we will, of course, endeavour to offer you the best treatment possible. However, since we have other appointments to keep, we may well have to adapt or shorten your treatment as a result.

CANCELLATION

Booked appointments are considered binding. Nevertheless we accept that cancellations are sometimes unavoidable. Please understand that we will have to charge 50% of the treatment costs if a cancellation is not made at least 6 hours prior to the start of the appointment. If you fail to notify us of a cancellation and forfeit your appointment, you will be charged for the full price of the treatment.

TEAM OF THERAPISTS

Our team consists of male and female therapists. Please inform us at the time of booking if you have any preferences or if you want to request a particular member of the team for your treatment. Otherwise, please appreciate that complaints in this regard cannot be taken into consideration at a later time.

HEALTH ISSUES

Please let us know at the time of reservation if you have any health issues such as allergies, injuries, etc. or other conditions that may affect your treatment. It is not only important to ensure your wellbeing, but it also means we can tailor the applications to meet your specific needs. See also our special programme for mums-to-be!

DAY GUESTS

Day guests are just as welcome in our Wellness Residence as our hotel guests. Changing facilities are available; a bathrobe is provided for the duration of your spa treatment.

BEFORE STARTING THE TREATMENT

Please take a shower before your treatment. This prepares your body to receive the full benefits of the carefully chosen skin care products. Come to your appointment in your bathrobe or comfortable sports clothes.

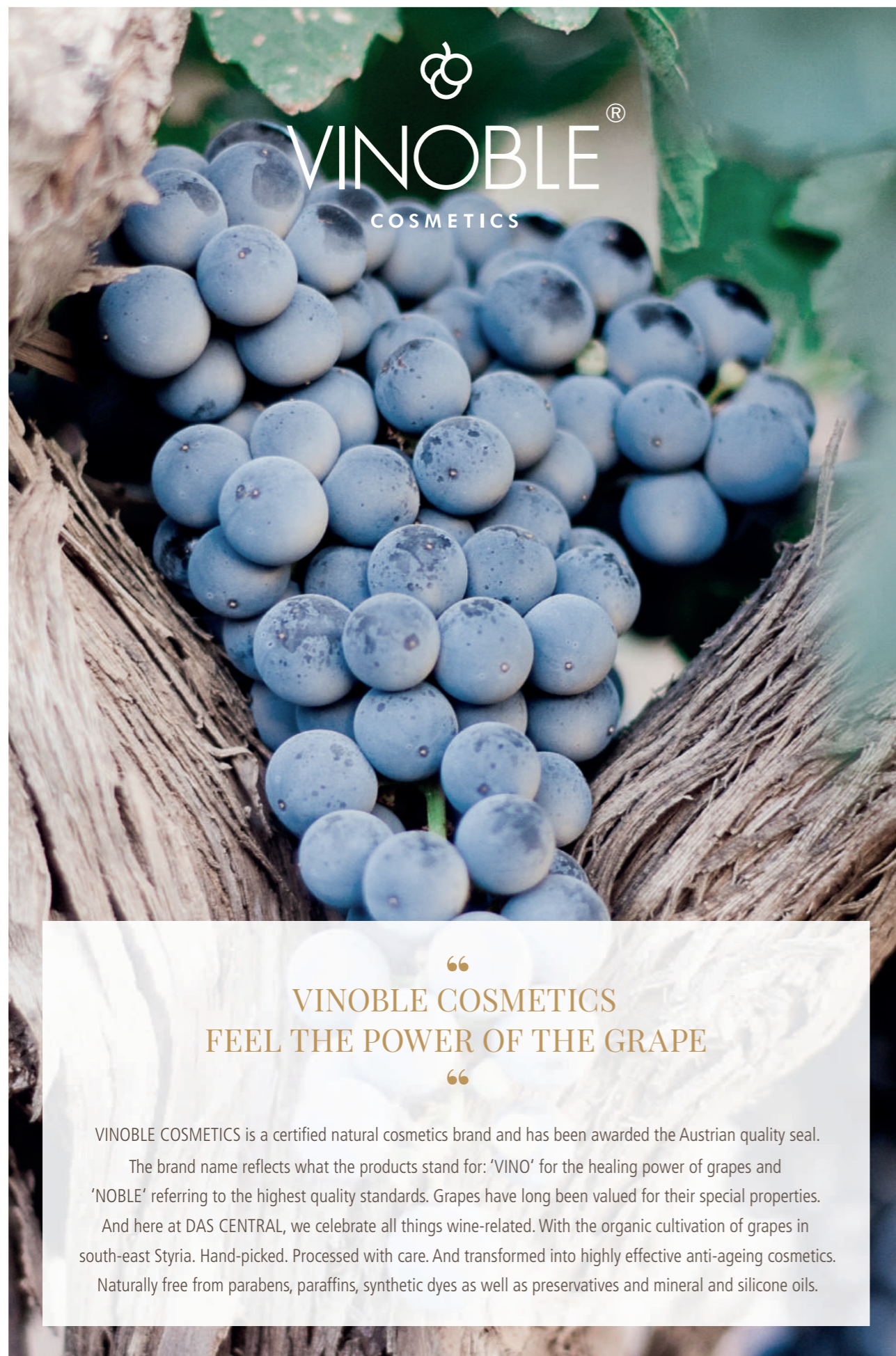



REST AREA

Our Beauty & Wellness Residence as well our water world Venezia is a sanctuary of rest and relaxation. Please support this atmosphere by keeping your voice to a minimum and leaving your mobile phone, pager or camera behind. All areas of our spa are non-smoking.

VALUABLES

Please leave any valuables in your room safe or in a locker in the changing area. The hotel assumes no liability for lost valuables.





VINOBLE[®]
COSMETICS

“
VINOBLE COSMETICS
FEEL THE POWER OF THE GRAPE
”

VINOBLE COSMETICS is a certified natural cosmetics brand and has been awarded the Austrian quality seal. The brand name reflects what the products stand for: ‘VINO’ for the healing power of grapes and ‘NOBLE’ referring to the highest quality standards. Grapes have long been valued for their special properties. And here at DAS CENTRAL, we celebrate all things wine-related. With the organic cultivation of grapes in south-east Styria. Hand-picked. Processed with care. And transformed into highly effective anti-ageing cosmetics. Naturally free from parabens, paraffins, synthetic dyes as well as preservatives and mineral and silicone oils.

“ VINOBLE BEAUTY TREATMENTS ”

VINOBLE facial treatment CLASSIC



A FRESH COMPLEXION! Valuable grapeseed extracts from the grape skins and vines smooth out the skin and provide protection against premature ageing. This treatment results in a deep cleansing and gentle exfoliation of the skin. A refreshing face mask is then applied, tailored to the skin’s requirements along with a revitalising facial massage for a fresh and rejuvenated complexion.

VINOBLE facial treatment SELECTION



THE SKINCARE EXPERIENCE FOR RADIANTLY BEAUTIFUL SKIN! Following a thorough cleansing of the skin, masks and serums are individually tailored to your skin type and penetrate into the skin. The eye treatment smooths out fine lines and provides renewed energy and freshness. The facial treatment is then rounded off with a relaxing massage and intensive face mask.

VINOBLE mini-lift facial treatment



FIRMER SKIN IN AN INSTANT! With this mini-lift facial treatment, a tartaric acid exfoliation, red wine ampoule and red wine mask result in a more youthful and radiant appearance. The secret lies in the powers of the ‘Sausaler’ Pinot Noir grapes: stem cells from the grapes and exquisite extracts of red wine visibly refresh and firm the skin. Free radicals and UV damage are also tackled. **In 2015, VINOBLE Cosmetics won the renowned ‘SPA DIAMOND AWARD’ for its mini-lift treatment in the ‘Beauty Green SPA Treatment’ category.**

VINOBLE anti-ageing facial treatment VINO DE LUXE



ANTI-AGEING HAS NEVER FELT SO LUXURIOUS! This facial treatment brings a whole new feeling to the skin and yields visible results from the very first treatment. It stimulates the formation of new cells and natural, highly effective ampoules penetrate into the deep layers of the skin. Signs of skin ageing are then reduced. At the end, you can choose between a warming thermal mask or cooling polyphenol peel-off mask.

VINOBLE facial treatment CLASSIC MEN



REFRESHED AND REVITALISED IN JUST 50 MINUTES! This classic facial treatment is perfectly tailored to meet the skincare requirements of male skin and provides an instant injection of energy thanks to its thorough cleansing, exfoliation and mask. A real boost for tired male skin!

VINOBLE facial treatment SELECTION MEN



A RELAXING SKINCARE EXPERIENCE FOR MEN! A balanced, refreshing facial treatment followed by a facial, neck and shoulder massage. The antioxidants contained in grape seeds protect and stimulate the cells and provide the skin with an immediate energy boost.

“ VINOBLE BODY TREATMENTS & MASSAGES ”

VINOBLE full-body relaxation massage VIGOROUS

50
minutes

80
minutes

VINO(BLE)THERAPY DELUXE! A nourishing salt and grape seed scrub removes dry skin cells and makes the skin beautifully smooth. Then a subsequent part or full-body massage, with nourishing grape seed oil, provides essential fruit acids that go deep into the skin. This treatment ensures a harmonious physical feeling as well as velvety soft skin.

VINOBLE body treatment LUXURY MOMENT

120
minutes

This luxury body treatment starts with a soothing and nourishing full-body grape seed & sea salt scrub before you are treated to a glass of wine and grapes in our luxury barrique bathtub. The highlight of this treatment is a relaxing full-body massage using bags of grape seeds and warm grape seed oil. *Our recommendation as a treatment for couples!*

VINOBLE salt & grape seed body scrub

25
minutes

PARTICULARLY SUITABLE FOR DRY & STRESSED SKIN! A delicately fragranced body scrub with extracts of grape seed, sea salt and nourishing grape seed oil. The exfoliation process removes dead skin cells, stimulates blood flow and leaves the skin feeling firmer and well cared for. After cleansing, the surface of the skin is then better able to absorb the high-quality fatty acids in the cold-pressed grape seed oil.

VINOBLE detox body pack

40
minutes

An activating detox body pack containing viniferin which promotes blood flow. Grape seed extracts relieve the load on the body's tissues, activate fat burning and ensure a firmer and more even skin tone while you simply relax on a floating recliner.

VINOBLE body pack HONEY & WINE

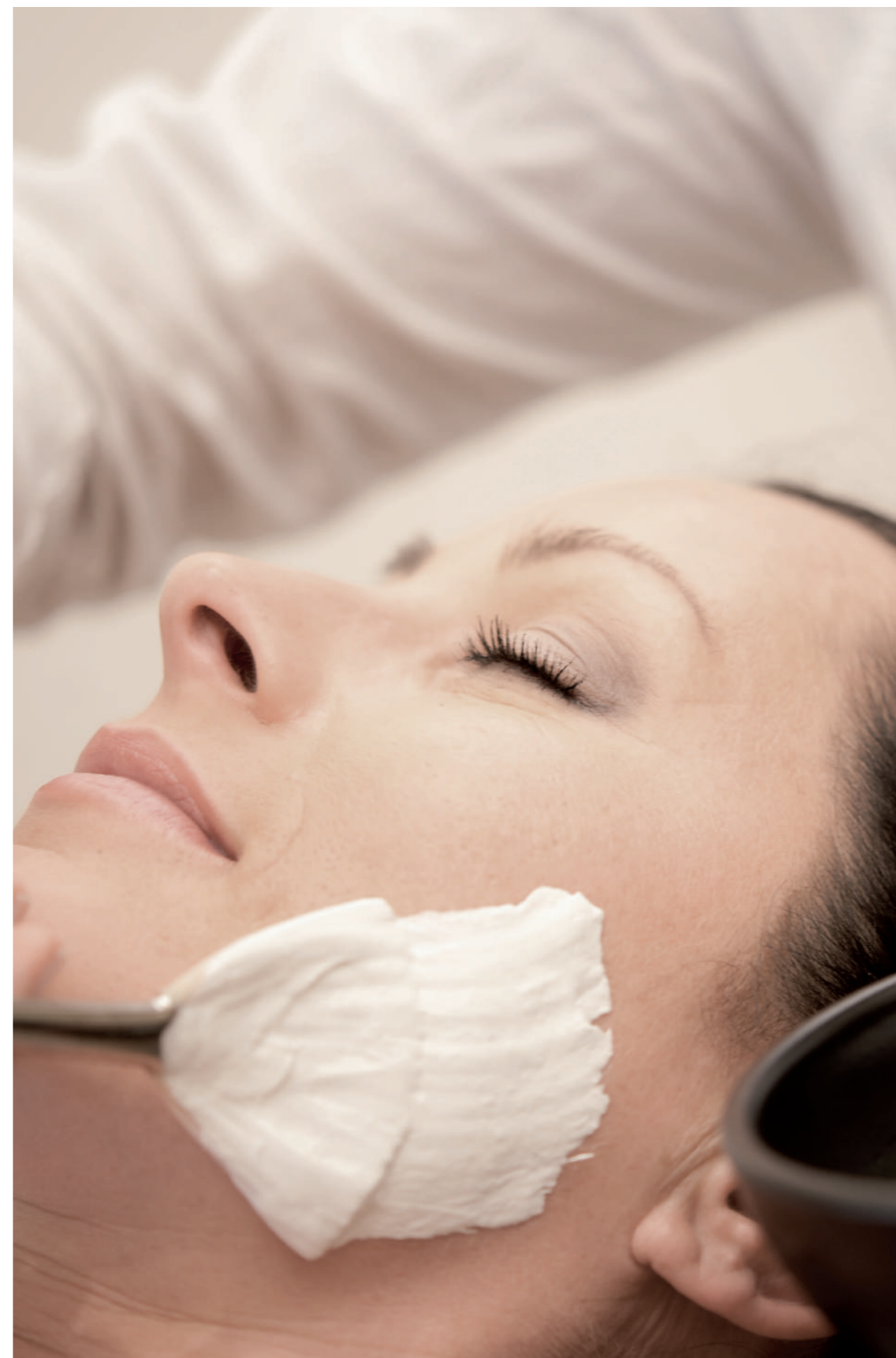
40
minutes

Based on gentle stroking motions, the high-quality honey body pack, soothing oils, grape essences and ground grape seeds are applied to the skin before you relax and enjoy your time on the floating recliner.

VINOBLE structural essences body wrap WINE THERAPY

50
minutes

FIRMER SKIN, REDUCED PROPORTIONS & DETOXIFICATION GUARANTEED! The special technique of this treatment, based on an aromatherapy essences wrap containing viniferin and adapted to the needs of your skin, supports the elimination of waste and significantly reduces cellulite. To achieve better results, we recommend booking the VINOBLE essences wrap paired with the VINOBLE detox body wrap (applied over a period of two days).





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ALPIENNE
FEEL THE POWER OF THE ALPS
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As powerful as Tyrolean nature itself, we dedicate our full passion and commitment to these top-class treatments from ALPIENNE. Embrace the essence of the impressive Tyrolean mountains in these body treatments and massages which penetrate deep down into the body. The motto here is: the purity of nature – carefully captured and made accessible – in the art of healing. Each natural product from ALPIENNE is based on the healing powers of Alpine plants and their effects unfold to the full in our SPA treatments.

“
ALPIENNE BODY TREATMENTS & MASSAGES
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ALPIENNE salt-crystal massage

80
minutes

Kick off with a natural salt scrub based on arnica or honey & stone pine to naturally cleanse and intensively nourish your skin before the following salt stone massage using genuine salt crystals. The subsequent salt stone massage boosts blood flow, relaxes the tissues and has a positive impact on the vegetative nervous system.

ALPIENNE athletes` massage



50
minutes

80
minutes

EMBRACE REGENERATION AND RENEWED VITALITY! We pamper mountaineers, hikers and skiers with a targeted relaxing sports massage, focused specifically on any tired muscles. A full-body massage is also carried out using Alpienne oils individually tailored to your requirements.

ALPIENNE body treatment DETOX DELUXE

80
minutes

A foot bath jump starts the natural detox process, stimulates circulation, deacidifies and detoxes. The back treatment which follows, with a detox gel and conducting pads for feet, liver, gall bladder and kidneys intensifies the metabolism and stimulates percutaneous removal and elimination processes.

ALPIENNE natural salt scrub HONEY & SWISS STONE PINE

25
minutes

The combination of stone pine, mountain honey, whey and fresh honeycomb extract is soothing on the skin. The skin-refining stone salt scrub containing natural exfoliating particles stimulates the body's own powers of protection and regeneration. The skin's metabolism is improved and its ability to produce moisture enhanced. Ideal for neurodermatitis in particular.

ALPIENNE body pack SPORT & ACTIVE



40
minutes

The ALPIENNE SPORTS product range has been specially developed for active, sporty people using the basic substances from powerful arnica blossom, gentian root and marmot oil. The 'Sport & Active' body pack warms and relaxes the muscles, boosts the circulation and reinvigorates painful joints.

ALPIENNE body pack REPAIR

40
minutes

The high level of marmot oil and gentian extract stimulates the skin's metabolism and boosts its regeneration processes. The body pack has a lipid balancing and moisturising effect, promotes blood flow and makes the skin silky smooth. Perfect as a regenerative treatment for the skin, muscles and joints – and ideal after sport!



“
LIGNE ST BARTH
FEEL THE POWER OF THE CARIBBEAN
 ”

The LIGNE ST BARTH brand embodies the clear atmosphere of this Caribbean island and draws on the source of nature. The secret lies in the harmony of natural ingredients and exotic fragrances. The products are carefully conceived and produced on the island, which gives them their unique character. Each product has its own story to tell and conveys its message in a piece of eternity.

“
LIGNE ST BARTH BEAUTY & BODY TREATMENTS
 ”

LIGNE ST BARTH facial treatment

Pureness

50 min

Freshness

80 min

Enjoy this special skin care treatment for the face, neck, décolleté and hands. The high quality skin care products with natural vitamins have a cleansing effect and stimulate the skin’s own activities. The soothing treatment process supports your profound relaxation. Enjoy a visibly clearer, fresher and more even complexion. In addition to the 80 mins ‘Freshness’ facial treatment we pamper your skin with fresh papaya and cucumber mousse and awaken a sense of Caribbean daydreams.

LIGNE ST BARTH body treatment HARMONY

50

minutes

Gentle massaging of ivy gel, menthol oil and body lotion firms and rejuvenates the skin and tissues and supports the relaxation and drainage of the lymph system, improves the elasticity of the tissues and has a smoothing and firming effect on the skin.

LIGNE ST BARTH body scrub SOFTNESS

25

minutes

A relaxing body scrub for a smooth skin. The fruit enzymes in fresh papaya and a special sea sand complex eliminate dead skin cells while coconut oil soothes and nourishes the skin with valuable nutrients. The ideal preparation for a long-lasting and even sun tan.

LIGNE ST BARTH body pack ELASTICITY

40

minutes

Intensive body pack on the floating recliner to improve skin tone using precious minerals and vitamins as a natural component of clay with a fresh cucumber mousse. Ivy, menthol and camphor activate and detox the tissues while cold-pressed avocado oil supplies some important nutrients. The result is visibly firmer and more refined skin.

LIGNE ST BARTH leg massage SLIMNESS

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25

minutes

A soothing and cleansing leg massage to quickly relieve tired legs. The ivy gel has a draining effect, strengthens the veins and stimulates the lymph system. Menthol and camphor boost the microcirculation and have a refreshing and invigorating effect.

LIGNE ST BARTH body treatment LUXURY DREAM

120

minutes

Starting with a gentle full-body scrub based on coconut oil and fresh papaya mousse, followed by a relaxing bath with pure avocado oil. There is nothing standing in the way of your well-being with an exotic selection of fruits and relaxed ambience on offer. And finally we end the treatment with a full-body massage. *Our recommendation as a treatment for couples!*

LIGNE ST BARTH thalasso body treatment

80

minutes

Enjoy this sought-after pampering thalasso ritual with a sea salt scrub, skin pack with warm algae mud and a gentle massage using Ligne St Barth ivy gel and menthol oil. This body treatment has a drainage effect on the skin.



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RELAXING MESSAGES
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Feeling tense or exhausted and in need of relaxation? Massages are one of the oldest forms of healing known to man and today more than ever before are the perfect way out of stress and fatigue. Massages are the perfect way to relax the muscles and break down any blockages in the body. The world of well-being has a great deal to offer, which is why we have put together some of the best treatments from all over the world.

Full-body massage

This classic full-body massage is one of the oldest forms of treatment and is soothing for the body and soul. Tensions slip away and blood flow and oxygen uptake in the muscles and skin is promoted.



Partial massage

Blockages are broken down using classic massage motions – the back or legs can be targeted, as required.



Full-body relaxation massage with aroma oils

This relaxing massage based on aromatherapy oils decreases stress and tension and increases the sense of holistic well-being. Slow and rhythmic movements bring peace to the body, mind and soul. *Our recommendation as a treatment for couples!*



Foot reflexology massage

A REAL TREAT FOR YOUR FEET! Our feet are a mirror of the body. This treatment manually stimulates and positively influences the organs, muscles and joints. Tensions are relieved and the body's own powers of self-healing activated. You can opt for a stimulating or soothing effect on the body.



Manual lymph drainage

Lymph drainage is a massage which activates the lymphatic circulation using pumping massage motions. This can reduce swelling, sooth pain and help rid the body of waste and toxins.



Anti-stress head, shoulder & neck massage

Discover inner peace and balance as you lie back with grapeseed cushions over your eyes and enjoy a gentle massage to relieve tension. The result is an increase in concentration and refreshing sense of invigoration.



Combined massage: back massage & foot reflexology massage

A DOUBLE DOSE OF WELL-BEING! The combination of a relaxing back massage and stimulating reflexology massage relieves tension and soothes back pain through manual stimulation of the back and feet.



Intensive foot massage

Starting with a soothing foot bath and exfoliation, you can then relax with an intensive foot and calf massage. Recommended after any kind of sporting activity!



BREUSS back massage

This massage is a delicate and gentle massage treatment to relieve physical and mental tension. By carefully stretching the spine, intervertebral discs are aerated. This induces regeneration of the intervertebral discs.





Pantai Luar

Pantai Luar is a relaxing massage which has its roots in traditional Indonesian medicine. As part of this massage technique, the body is massaged using aromatic herb pouches and warm plant oil extract. The treatment results in a sense of relaxation, promotes blood flow and firms the skin.

50 minutes

La Stone massage

Warmth and cold are combined in harmony with the La Stone massage, resulting in a very special well-being experience. The heated basalt stones and cooled marble penetrate deep into the body and create a harmonious balance between the body, mind and soul. Alternate use of the stones stimulates the metabolism, boosts blood flow and lymph flow and relieves tension.



70 minutes



“ WELLNESS FOR HANDS & FEET ”

Your loveliest business card. We ‘grasp’ the world with our hands and explore it with our feet. Indulge yourself with attentive skin care and a classically beautiful finish for the hands and feet.

Manicure incl. peeling & hand massage

We file and polish each nail, remove any excess cuticle growth and pamper you with a high quality nail oil treatment and a gentle hand massage.



Pedicure incl. peeling & foot massage

After carefully removing any areas of corny skin and treating any pressure points, you can enjoy a nail care session, peel, nail oil treatment and magnificent foot massage.





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COUPLE TREATMENTS

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Far away from everyday life. Away from the chaos and stress. Time for two. Time for the good things in life. We ensure that this romantic moment is unforgettable – here where time passes more slowly, every breath feels lighter and the moment belongs to just the two of you. Submerge yourself in a world of relaxation with our specially selected couples treatments and top up your strength and energy levels.

VINOBLE body treatment LUXURY MOMENTS

120
minutes

This luxury body treatment starts with a soothing and nourishing full-body grape seed & sea salt scrub before you are treated to a glass of wine and grapes in our luxury bathtub with barrique essences. The highlight of this treatment is a relaxing full-body massage using bags of grape seeds and warm grape seed oil. Enjoy recuperation afterwards in our stone pine relaxation room.

ALPIENNE body treatment ALPINE RELAX

120
minutes

Nestled within the comfortable natural Alpine landscapes, we invite you to savour this treatment with its soothing skincare rituals and stages of relaxation. Start out with a full-body scrub based on Alpine herbs and nourishing oils. In the luxury bath, you will be treated to champagne and fruits. And then during the following full-body relaxation massage using warm stones and the finest natural oils, you can embrace deep relaxation. Enjoy recuperation afterwards in our stone pine relaxation room.

LIGNE ST BARTH body treatment LUXURY DREAM

120
minutes

Starting with a gentle full-body scrub based on coconut oil and fresh papaya mousse, followed by a relaxing bath with pure avocado oil. There is nothing standing in the way of your well-being with an exotic selection of fruits and relaxed ambience on offer. And finally we end the treatment with a full-body massage. Enjoy recuperation afterwards in our stone pine relaxation room.

Full-body relaxation massage with aroma oils

50
minutes

This relaxing massage based on aromatherapy oils decreases stress and tension and increases the sense of holistic well-being. Slow and rhythmic movements bring peace to the body, mind and soul. Enjoy recuperation afterwards in our stone pine relaxation room.

“ FIRMING & DETOXIFICATION ”

ALPIENNE body treatment DETOX DELUXE

80
minutes

A foot bath jump starts the natural detox process, stimulates circulation, deacidifies and detoxes. The back treatment which follows, with a detox gel and conducting pads for feet, liver, gall bladder and kidneys intensifies the metabolism and stimulates percutaneous removal and elimination processes.

VINOBLE detox body pack

40
minutes

An activating detox body pack containing viniferin which promotes blood flow. Grape seed extracts relieve the load on the body's tissues, activate fat burning and ensure a firmer and more even skin tone while you simply relax in a soft pack.

VINOBLE structural essences body wrap WINE THERAPY

50
minutes

FIRMER SKIN, REDUCED PROPORTIONS & DETOXIFICATION GUARANTEED! The special technique of this treatment, based on an aromatherapy essences wrap containing viniferin and adapted to the needs of your skin, supports the elimination of waste and significantly reduces cellulite. To achieve better results, we recommend booking the VINOBLE essences wrap paired with the VINOBLE detox body pack (applied over a period of two days).

LIGNE ST BARTH leg massage SLIMNESS

25
minutes

A soothing and cleansing leg massage to quickly relieve tired legs. The ivy gel has a draining effect, strengthens the veins and stimulates the lymph system. Menthol and camphor boost the microcirculation and have a refreshing and invigorating effect.

LIGNE ST BARTH thalasso body treatment

80
minutes

Enjoy this sought-after pampering thalasso ritual with a sea salt scrub, skin pack with warm algae mud and a gentle massage using Ligne St Barth ivy gel and menthol oil. This body treatment has a drainage effect on the skin.

LIGNE ST BARTH body pack ELASTICITY

40
minutes

Intensive body pack on the floating recliner to improve skin tone using precious minerals and vitamins as a natural component of clay with a fresh cucumber mousse. Ivy, menthol and camphor activate and detox the tissues while cold-pressed avocado oil supplies some important nutrients. The result is visibly firmer and more refined skin.

Algae body pack

40
minutes

The algae pack supports cell renewal and cell regeneration, has a moisturising effect and removes harmful toxins from the skin. This cellulite treatment improves the elasticity of the skin and stimulates lymph flow and the circulation.





“ ALPINE . LUXURY . FITNESS ”

With its magnificent mountains, the Ötztal valley is one of the most beautiful and natural playgrounds in the Alps. But it's not just the Ötztal mountains which bring a smile to the face – our extensive activity and relaxation programme also gets the happiness hormones going. Fitness here at DAS CENTRAL means submersing yourself in an infinite source of energy. The possibilities during an activity holiday here are simply endless. Whether in the 120m² gym or the workout and relaxation room – your sporting spirit will be reawakened every day with the support of our fitness coach.

Fitness check

Here at Das Central, fitness is not just about getting fit – it's fun too! To achieve your personal goals, we recommend undergoing a fitness check before you start your personal training.

- Consultation & fitness check (ergometer or treadmill)
- Determining training areas
- Setting goals together
- Creating a bespoke training plan

Personal fitness training

Personal training can benefit those who need motivation to tackle their inner 'couch potato' and who would like to exercise but need personal support.

- General fitness training
- Guided strength training
- Running training & running analysis

Power Plate

Discover this exceptional and revolutionary body shaping technique for yourself. Power Plate offers some unique training opportunities. From muscle development to weight reduction and the targeted treatment of problem areas. You can also enjoy personalised exercises and a highly effective training programme under supervision.

- Targeted training of certain muscle groups
- Boosting agility, coordination and movement
- Increased effectiveness of sports training sessions



“ WATER WORLD VENEZIA ”

Pure relaxation. In the water. In the warmth. In peace and quiet. The water laps against your skin and relaxes your muscles. Warmth flows through your body and a soothing sense of relaxation sets in. There is no better place to shake off the stresses of everyday life and focus entirely on relaxation & recuperation than in our three-storey water world Venezia with its ten different saunas and steam baths. Here you can leave everyday stress far behind and simply be yourself.

Search for peace & discover relaxation

You can enjoy a very special sauna experience at our water world Venezia. To get your circulation going again after a sauna session, we recommend rubbing yourself with crushed ice from the ice fountain.

- Please note that our sauna area is divided into a nude and clothed area
- Children under the age of 14 are not permitted to enter the sauna area after 5 pm



FINNISH SAUNA

TEMPERATURE: 80–100° C | AIR HUMIDITY: 10–20% | 1 x TEXTILE SAUNA & 1 x NON-TEXTILE SAUNA | RECOMMENDED STAY: 8–10 min. | A classic Finnish sauna with a temperature is particularly beneficial after doing sports as it promotes the breakdown of lactate. The sauna principle is based on alternating between heat and cooling down.

ALPINE HERB SAUNA

TEMPERATURE: 60–65° C | AIR HUMIDITY: 40–50% | RECOMMENDED STAY: 10–18 min. | This is a slightly gentler sauna variant. The low temperature and moist air make the perspiration process a pleasant spa experience.

SOLE TEPIDARIUM WITH INFRA-RED

TEMPERATURE: 40–45° C | RECOMMENDED STAY: 20 min. | In this cosy ambience you will be surrounded by saltwater mist and sandstone walls as the warmth of the full infra-red spectrum enhances your physical and mental well-being. The inhalation of the salt-water mist has a positive impact on chronic infections of the airways or allergies, boosts the immune system and helps prevent disease.

STEAM BATH

TEMPERATURE: 42–45° C | AIR HUMIDITY: 100% | RECOMMENDED STAY: 15–20 min. | The steam bath has a purifying and soothing effect. Essential oils are used to intensify this effect. After about 15 minutes of perspiring, you can enjoy a refreshing cold shower.

TEPIDARIUM

TEMPERATURE: 39° C | TEXTILE SAUNA | RECOMMENDED STAY: 30 min. | The room temperature is close to body temperature and therefore generates an artificial ‘fever’ in the body which boosts your immune system without putting a strain on your circulation. The tepidarium has a prophylactic and curative effect and provides the perfect opportunity for relaxation and regeneration.

SALT STEAM-BATH

TEMPERATURE: 36–40° C | AIR HUMIDITY: 100% | TEXTILE SAUNA | RECOMMENDED STAY: 10 min. | The salt spring vapour is especially beneficial to the airways, cleanses the body and encourages blood circulation.

INFRA-RED SAUNA

TEMPERATURE: 30° C | TEXTILE SAUNA | RECOMMENDED STAY: 15 min. | Radiant heat from infrared sources thoroughly warms the connective tissue. Blood circulation conveys that heat to the muscles and strongly stimulates the metabolism. Infrared-induced perspiration has an especially curative effect, expelling around six times the amount of toxins compared to a regular sauna.

SWISS PINE STONE SAUNA

TEMPERATURE: 80–100° C | AIR HUMIDITY: 10–20% | TEXTILE SAUNA | RECOMMENDED STAY: 8–10 min. | The pleasant aroma and soothing effects of stone pine (also known as the ‘Queen of the Alps’) have a harmonising and gentle effect on the body. Take the time to slowly warm your body up and break out into a sweat.

HOT STONES

TEMPERATURE: 33° C | AIR HUMIDITY: 20% | TEXTILE SAUNA | RECOMMENDED STAY: 20 min. | Lie down on the warm stone recliner & savour some moments of relaxation. The effects of the warmth relieve tension and relax the muscles.





*With us, relaxation
already starts at home ...*

Please book your desired SPA treatment
or package with our spa team
before you arrive.

wellness@central-soelden.at
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DAS CENTRAL – ALPINE . LUXURY . LIFE

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