

**Time for
elemental.**

ALPENTHERME.COM



ALPENTHERME
GASTEIN



2 hours ago,
you still had
200 problems.





Element of Life

The mountains of Gastein Valley guard a special treasure: Genuine thermal water containing healing elements, emerging from the rock at 1,000 meters above sea level with a temperature of 46 °C. At Alpentherme Gastein, you are then able to experience the pleasantly warm 32–36 °C water in its full invigorating power. Pure, genuine and diverse.

Surrounded by the incomparable panoramic view of the glacial world inside Hohe Tauern National Park, the grounds of the thermal spa, spanning 36,000 square meters, afford ample space to relax completely. Feel the energy of the water, restore your good health, or simply experience a reenergizing and unforgettable day with your loved ones. We invite you to discover the worlds of Alpentherme Gastein.

Time for Genuine.

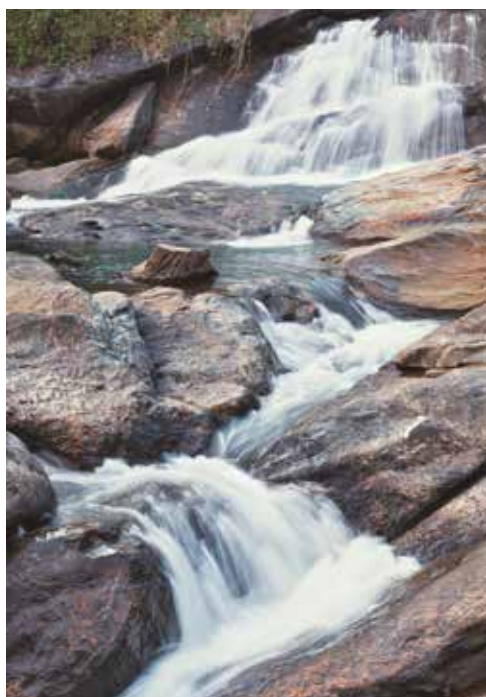
Soothingly warm. And invigorating. With many opportunities for activity and recuperation: In the in- and outdoor pools of Relax World, you will experience the power of genuine Gastein thermal water on your own skin. Meanwhile, the magnificent views of the Hohe Tauern mountains provide for an imposing atmosphere. The unique "Smaragd See" makes every summer visit to our spa resort a refreshing experience.

Relax World Indoors

- ▶ Thermal pool with relaxation loungers, geysers and massage jets
Water temperature: 33–34 °C
- ▶ Activity pool with relaxation and activity program (led by a fitness trainer)
Water temperature: 33–34 °C
- ▶ Spring pool with geysers and massage jets
Water temperature: 36–37 °C
- ▶ Quiet zones with comfy relaxation beds and panoramic view
- ▶ Infrared heat cabin
- ▶ Physiotherm heated loungers
- ▶ Tanning bed

Relax World Outdoors

- ▶ Thermal pool with geysers and massage jets
Water temperature: 33–34 °C
- ▶ Sports pool, length: 25 meters
Water temperature: 24–25 °C
- ▶ Thermal swimming pond "Smaragd See"
Water temperature: ca. 25 °C (weather-dependent), pure thermal water no chlorine added, open from spring until autumn
- ▶ Sunbathing lawns
- ▶ Fitness platform



Time for relaxation.

Pleasantly warm or stimulatingly hot – 12 sauna chambers where you are certain to discover your personal favorite. Special highlight: daily infusions in the Cascadia sauna. Be captivated by the artistry of our sauna master. And by the pure essential oils which are so gloriously fragrant. And after sweating, cool off. And relax. In total comfort, inside or outdoors in the Sauna garden.

Cascadia

- ▶ Finnish Sauna | 85–95 °C
- ▶ Daily expert-led special/show infusions
- ▶ Infrared cabin | 40–50 °C
- ▶ Panorama quiet room

Sauna World Indoor

- ▶ Pine Sauna | 85–95 °C
- ▶ Starlight Sauna | 50–60 °C
- ▶ Infrared cabin | 40–50 °C
- ▶ Saltwater grotto | 43–46 °C
- ▶ Steam bath | ca. 45 °C
- ▶ Glacier Ice Lounge
- ▶ Relaxation rooms with waterbeds and comfortable loungers
- ▶ Water bar with refreshing spring water
- ▶ Sauna bar
- ▶ Tanning bed

Sauna World Outdoor

- ▶ Tauern Adventure Sauna | 80–90 °C
- ▶ Alpen Loft Sauna | 70–80 °C
- ▶ Sanarium / Gallery Sauna | 50–60 °C
- ▶ Finnish Crystal Sauna | 80–90 °C
- ▶ "Kristall See" thermal swimming pond, water temperature: ca. 25 °C (weather-dependent), filled with pure thermal water, no chlorine added
- ▶ Cold and warm mountain lake
Water temperature: 24–25 °C or 33–34 °C
- ▶ Sauna garden

Already heard?

In the Cascadia, we use pure essential oils to compose our infusions!





Tip:

Take advantage of our discounted rates for children and families! Free entrance for children under 6 years of age.

Time for Fun.

Play to your heart's content. Set new speed records on the water slides. Then catch your breath as you float gently down the Lazy River: Family World is an adventure playground for big and small. The multimedia dome features a water cinema with great lighting effects. As for the littlest ones? They will feel completely at home in the baby and toddler area.



Family World

- ▶ In- and outdoor pool
Water temperature: 31–32 °C
- ▶ Multimedia dome
- ▶ Lazy River
- ▶ Paradise for small children with pool for babies and toddlers, heated relaxation area
- ▶ Black Hole rafting slide with timekeeping, choice of backdrops and touchpoints
- ▶ Speed slide with timekeeping
- ▶ 4-lane wave slide in the outdoor area (open from spring until autumn)
- ▶ Outdoor pool for small children with slides, waterfall, fountain and more (open from spring until autumn)
- ▶ Baby buggies to borrow for free
- ▶ Spacious outdoor area with playground

Time for Beauty.



Enjoy a pampering top to toe ... Beauty World makes your perfect day at the Alpentherme complete. Massages, facials, pedicures – modern beauty treatments meet high-quality products. Custom tailored. Our pampering programs for men and women. The power of thermal water is also captured in the exclusive cosmetics line "Gastein Health & Beauty". Mixed with regional herbs, it refreshes the skin and spirit alike. Regardless of whether you visit the spa resort itself, Beauty World has a separate entrance. Want to dedicate some time to beauty? Then simply make an appointment!



Beauty World

- ▶ Classic and special massages
- ▶ Soft-Pack bed (soothingly warm waterbed used for treatments)
- ▶ Hammam bed
- ▶ Caracalla bath
- ▶ Facial and body treatments for her & him
- ▶ Antiaging treatments
- ▶ Manicures and pedicures

Tip:

Our beauty treatments are the perfect gift for many different occasions. Gift vouchers are available on our website as well as at the reception of Beauty World.



Time for Her.

Discover renewed energy in complete peace & quiet.

Thanks to Ladies World, it has never been easier, a special retreat exclusively for women. Clear your head, escape completely: steam bath, sauna and infrared cabin offer rejuvenating moments.

Cozy, pure and simple. Which also applies to the relaxation and treatment areas of Ladies World.



Ladies World

- ▶ Finnish Sauna | 80–90 °C
- ▶ Steam bath | ca. 45 °C
- ▶ Infrared cabin
- ▶ Quiet room
- ▶ Roof terrace



Time for Enjoyment.

Colorful salads, fresh vegetables, delicious dishes, prepared with regional products. Our kitchen team in the restaurant cooks with passion, prepares what each season has to give, and emphasizes balanced, high-quality products that convince with their flavor.

Perfect, in other words, whether you are just a little peckish or have a big appetite! Small snacks are also available in our Sauna bar.



Time for Motion.



Enjoy a fantastic workout. Fitness training in our Sports World will get you right back into shape. We promise. Our fitness team is right there at your side to assist with the cardio and strength equipment. Whenever needed, top up your empty batteries at the Fitness Bar with shakes and isotonic drinks. And to regenerate afterwards, combo tickets for fitness, spa resort and sauna are a hot tip.



Entrance to Sports World is possible without having to visit the spa resort itself.



Sports World

- ▶ Cardio Zone with stationary bikes, treadmills, cross-trainers, elliptical trainers
- ▶ Strength Zone
- ▶ Exercise and stretching zone
- ▶ Direct access from the Fitness Center to the spa area
- ▶ Separate entrance, no need to visit the spa resort
- ▶ Bar and chill-out zone
- ▶ Tickets for one-time or multiple admissions, monthly and annual passes possible
- ▶ Personal training plan at no extra charge

Tip:

Give your training a solid foundation with the help of a sports-medicine performance test at the Alpenterme Gastein Health Center. Our sports scientists will also provide you a customized training plan and personal training recommendations.





Time for Health.

Gentle removal of blockages. Healing pain relief. Physical activity for prevention – and a healthy, sustainably and conscious lifestyle! On the path to greater wellbeing, at Alpentherme Gastein Health Center you will receive expert clinical care that is personal and holistic.

Always the focus: Gastein thermal water. Our natural curative which fully unfolds its beneficial effects during various forms of therapy. Supported by physiotherapy, massages, mud packs, electro therapy and much more.

Whether an inpatient stay, within the framework of outpatient therapy or during a holiday in Gastein, our doors are open to everyone who wants to do something good for their health. Whether sports medicine, dialysis, dietology, mental health or gait analysis – our team looks forward to working with you!

Tip:

Combine your spa holiday with the wide range of services offered by our Health Center.

Health Center

- ▶ Inpatient therapy/proactive preventive healthcare
- ▶ Outpatient therapy by prescription or privately financed
- ▶ Physician services
- ▶ Sports medicine
- ▶ Cryotherapy
- ▶ AlterG® – anti-gravity treadmill
- ▶ Gait analysis
- ▶ Nutrition counseling
- ▶ Psychological counseling
- ▶ Dialysis
- ▶ Dental services

Time for Gastein.

Special experiences 365 days a year. Offered to you by the Gastein recreation and sports region. In the colder season, our guests are drawn to the countless pistes, winter hiking paths and cross-country ski trails. In summer, the mountains invite you to go hiking and biking. In the valley, too, a wide range of recreational opportunities are waiting to be discovered. Gastein fascinates. With its hospitality, traditions and fascinating folk customs.



Enjoy your well-earned timeout in Gastein by staying at a Premium Partner of the Alpentherme. Premium Partners include spa and sauna enjoyment in their room price. As often as you wish. Whether a comfy B&B, a spacious apartment, a rustic farmhouse or a luxurious 4-star hotel – the choice is yours.



As a guest of one of our Service Partners, you can book admission to the Alpentherme in addition to your stay; and combine the two spontaneously. You will receive your vouchers for your day at the spa resort from your hosts, with convenient payment simply added to your room bill.



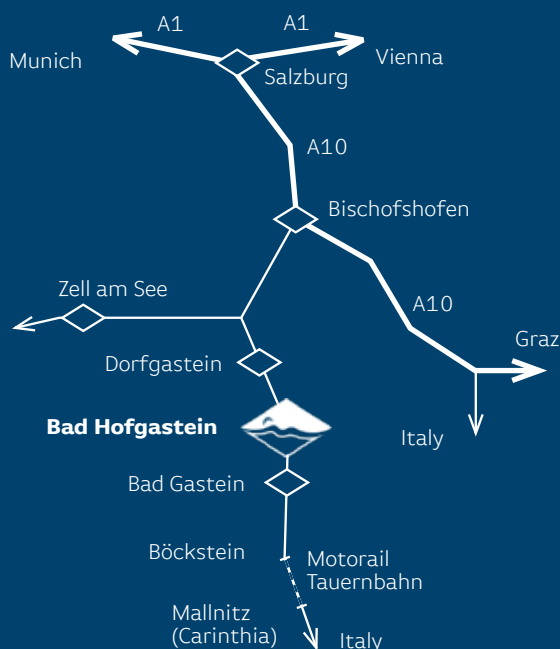
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ALPENTHERME

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Alpentherme Gastein | Sen. W. Wilflingplatz 1
A-5630 Bad Hofgastein | T +43 (0)6432/8293 - 0
F +43 (0)6432/8293 -14 | info@alpentherme.com
alpentherme.com
Opening Hours: daily from 9 AM



Gastein



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Sen. W. Wilflingplatz 1 | A-5630 Bad Hofgastein | T +43 (0)6432/8293-0 | F +43 (0)6432/8293-14 | info@alpentherme.com

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