



**THERME
LAA**

HOTEL | SILENT SPA | VILLAS

MASSAGES & COSMETICS

YOUR TIME OUT FOR BODY AND MIND.

TAKE A DEEP BREATH & IMMERSE YOURSELF OUR WORLD OF RELAXATION.



PURE RECOVERY

Leave stress and worries behind and immerse yourself in our world of relaxation and recreation. Professional advice from our continuously trained staff, tailored to your individual needs, provide you with an all-round service in which we strive to fulfill all your wishes.

In line with our convictions, we work exclusively with high-quality, natural and above all regional cosmetic and massage products such as Vinoble Cosmetics, Babor and hemp oil from the countryside around Laa. Your health and well-being are very important to us. **Let us pamper you, we are here for you!**



THINGS TO KNOW

Treatment without a spa visit

You can also enjoy our wellness treatments without visiting the spa. Simply check in at the spa cash desk. In addition to the duration of the treatment, the departure and changing times are also taken into account.

Advice and information

Ask our specialists which type of application is best suited to you. Our therapists will also be happy to respond to your wishes during the treatment.

Clothing for spa and hotel guests

Please come in your bathrobe and bathing shoes, which we recommend for your own safety (risk of slipping).

Valuables

Keep your valuables in your hotel room, lock them as a spa day guest in a safe in the cloakrooms or in your personal safe in the Silent Spa. Thermal Spa Resort Laa accepts no liability in the event of theft or loss.

Delay and cancellation

If you are late, your treatment time will be shortened. You can cancel your appointment free of charge up to 12 hours before the treatment. We ask for your understanding that the full amount of the treatment will be charged for later cancellations.

Pregnancy and illnesses

Please let us know if you are pregnant or have any medical conditions so that we can help you choose the right treatments.

Payment

As a hotel guest, your treatments will be charged directly to your room bill. Thermal spa day guests book all services cashless and conveniently on the electronic chip wristband.

THERMAL SPA RESORT LAA

OUR SPA OFFERS AT A GLANCE

Early booking

In order to be able to organise your preferred date for you, we recommend that you book in advance by calling **+43 (0) 2522 / 84 700 555**, sending an email to spa.reservierung@therme-laa.at or online at shop.therme-laa.at/reservations/category/



Vouchers

You can also give treatments as a gift voucher. If you would like to redeem a voucher that includes a treatment, please make an appointment in good time - by telephone or e-mail.

Preparation

As preparation for classic massages, we recommend a steam bath or sauna session up to 60 minutes beforehand. Rich food and alcoholic drinks immediately before the treatment reduce the positive effects. For facial treatments for men, you should have shaved at least 2 hours beforehand.

| | |
|---|----|
| Classic massages | 4 |
| Signature Treatments Thermal Spa Resort Laa | 5 |
| Special treatments | 6 |
| Massages for children Treatments during pregnancy | 7 |
| Body treatments | 8 |
| Individual massages SPA offers for two | 9 |
| SILENT SPA Silentium Levitas | 10 |
| SILENT VILLAS Otium Libertas | 11 |
| Facial treatments for women | 12 |
| Facial treatments for men | 13 |
| Manicure & pedicure Hair removal with warm wax | 14 |
| Imprint | 16 |

TAKE A DEEP BREATH & IMMERSE YOURSELF

CLASSIC MASSAGES



Back massage

Tension in the neck, shoulders and back are relieved with classic massage techniques.

25 min.
€ 48,00

Full body massage

Classic massage techniques loosen your muscles, relieve tension and release new energy.

50 min.
€ 88,00

Foot reflexology massage

Targeted treatment of the reflex zones on the feet mobilises the body's self-healing powers, which can have a calming or stimulating effect on both a physical and emotional level.

25 min.
€ 48,00

Head, neck and facial massage

This wonderfully gentle and relaxing massage pampers anyone who wants to take a short break.

25 min.
€ 48,00

Honey massage (back)

Our honey massage stimulates the metabolism and improves circulation. The sticky effect of the honey has a slightly detoxifying and purifying effect by quickly lifting the hands.

25 min.
€ 48,00

Back and foot reflexology massage

Allow yourself to be pampered with this effective combination of classic back massage and foot reflexology massage.

50 min.
€ 88,00



THERME LAA SIGNATURE TREATMENTS



Intensive back massage

A combination of massage, forearm technique and cupping treats your tensions in a targeted and effective way.

40 min.
€ 73,00

Manual lymphatic drainage

This gentle, stroking massage technique with its draining and decongesting effect stimulates the lymph flow and strengthens the immune system.

50 min.
€ 88,00

Hot stone massage

The muscles are loosened and stimulated by the application of warm lava stones. A massage with warm stones is a particularly relaxing experience.

60 min.
€ 101,50

Brush massage

The stimulation of the brushes stimulates the blood circulation of the skin and the underlying tissue. This helps the body to detoxify. Has a balancing and relaxing effect.

50 min.
€ 88,00

Laa hemp oil massage

A relaxing combination of gentle and flowing massage with hemp oil - only available here at the Thermal Spa Resort Laa.

60 min.
€ 101,50

Laa wine dream

Pampering and circulation-enhancing full body peeling followed by a full body massage.

70 min.
€ 118,00

THERMAL SPA RESORT LAA

SPECIAL TREATMENTS



Reiki

This energy-balancing Reiki treatment will leave you feeling balanced, relieved and enriched with a new, positive attitude to life.

60 min.
€ 106,00

Physiotherapy / subject to availability

Classical physiotherapy methods are tailored to your overall condition and the respective symptoms.

50 min.
€ 101,50

Laa muscle balance treatment

This therapy treats the muscles that are in fact always shortened or tense due to the typical sitting or working posture.

50 min.
€ 101,50

Laa anti-stress treatment

Tension in the neck, head and chewing muscles is alleviated, resulting in significant relaxation of body and mind.

50 min.
€ 101,50

Fascia treatment

The fascia treatment uses deep massage strokes to loosen the adhesions in the fascia. The connective tissue is better supplied with blood and made supple. Hardening, adhesions and muscular tension in the back and legs are released.

40 min.
€ 73,00

THERMAL SPA RESORT LAA

CHILDREN'S MASSAGES



Children's back massage

This gentle treatment allows children to be pampered just like adults.

25 min.
€ 47,50

Children's foot reflexology massage

This gentle stimulation of the feet provides balance and relaxation on a physical and mental level.

25 min.
€ 47,50

Children's Reiki

Reiki can release energetic blockages and help if, for example, your child is restless, often ill or lacks concentration.

25 min.
€ 47,50

THERMAL SPA RESORT LAA

APPLICATIONS DURING PREGNANCY



We can offer you the following treatments during pregnancy:

- Head, neck and facial massage
- Manual lymphatic drainage
- Reiki
- Facial treatments
- Manicure & pedicure

THERMAL SPA RESORT LAA

BODY TREATMENTS



Full body scrub

Classic full body scrub. Dead skin cells are removed and blood circulation is stimulated. Afterwards, the skin feels smooth and supple.

20 min.
€ 50,50

Evening primrose oil cream pack

The evening primrose oil cream pack pampers your skin with moisture and vitamins. Highly recommended for dry and sensitive skin.

30 min.
€ 51,50

Moor pack

The humic acids and special enzymes contained in the moor have a circulation-promoting effect.

30 min.
€ 51,50

Algae detox pack

A full-body scrub prepares your skin for the detoxifying wrap. The valuable ingredients of seaweed stimulate the metabolism and blood circulation and promote the elimination of waste products.

50 min.
€ 89,00

Alkaline peeling with brush

This alkaline peeling supports the skin's metabolism and restores the balance between bases and acids. The safe peeling with the brush has a harmonising, balancing and relaxing effect.

40 min.
€ 69,50

Oil foam bath

Let go and slow down: A bathing experience to relax and feel good.

30 min.
€ 49,50

THERMAL SPA RESORT LAA

INDIVIDUAL MESSAGES



A variable composition of classic massage elements, specifically tailored to your needs. In individual consultation with your therapist.

| | | | | |
|----------------|----------------|----------------|-----------------|-----------------|
| 25 min. | 40 min. | 50 min. | 60 min. | 75 min. |
| € 48,00 | € 73,00 | € 88,00 | € 101,50 | € 115,50 |

THERMAL SPA RESORT LAA

SPA OFFERS FOR TWO



Start your romantic break with a steam bath together in our exclusive spa suite. You will be pampered with a wonderful partner massage. A relaxing bath in our double bathtub awaits you. We will serve you small delicacies and a glass of Poysecco.

Spa Duet Superior

Steam bath, 25 min. partial body massage and relaxation for two in the double bathtub with subsequent relaxation.

90 min.
€ 186,00

Spa Duet DeLuxe

Steam bath, 50 min. full body massage and relaxation for two in the double bathtub with subsequent relaxation.

120 min.
€ 247,00

SILENT SPA - SILENT SIGNATURE TREATMENTS

SILENTIUM



The 'Silentium' treatment developed for the SILENT SPA strengthens your back, gives your legs a break and frees your mind from everyday stress:

STRONG BACK

Give your back a treat. Feel the nourishing properties of cold-pressed grape seed oil on your skin during this back massage.

LIGHT-FOOTED

A well-deserved break for your legs. We massage your feet and calves up to the knee. The subsequent wrap cares for your legs and leaves them feeling light.

HEAD FREE

The head massage, followed by a facial massage with a final face mask, ensures a clear head and complete relaxation.

EXCLUSIVELY BOOKABLE
FOR SILENT SPA GUESTS!

90 min.
€ 137,00

LEVITAS



Relaxation from head to toe: take some time out and treat yourself to a refreshing treatment for your face, hands and feet with 'Levitas':

VISIBLE

Gentle cleansing, tailored to your skin type and a peeling to unclog pores. This is followed by a relaxing facial massage and a facial mask. Finally, the eye and finishing care make your face glow again.

LIGHT-FOOTED

A well-deserved break for your legs. We pamper your feet and calves up to the knee with gentle strokes. The subsequent wrap cares for your legs and leaves you feeling light.

PURE WELL-BEING

Relaxation for your hands. Your hands can relax and regain their strength with a gentle massage.

EXCLUSIVELY BOOKABLE
FOR SILENT SPA GUESTS!

90 min.
€ 148,00

SILENT VILLAS - SILENT SIGNATURE TREATMENTS

OTIUM



The 'Otium' massage, specially developed for the Silent Villas, gives your body a break and frees your mind from everyday stress. In addition to the full body and head/neck/face massage, your hands will also be pampered. Soothing massage candles are used in this exclusive treatment. While you relax, a Hydra hand and eye mask provides your skin with sufficient moisture. To top it all off, the whirlpool tub with special fragrance awaits you.

65 min.
€ 134,00

85 min.
€ 177,00

EXCLUSIVELY BOOKABLE FOR SILENT VILLAS GUESTS!

LIBERTAS



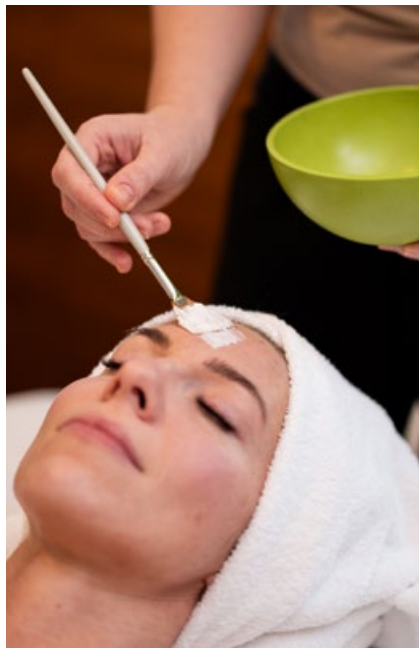
A cosmetic journey of renewal, developed for the Silent Villas: with the exclusive 'Libertas' treatment, you can enjoy a classic facial and manicure. The Hydra hand-foot and eye mask provide a comprehensive refreshing treatment. Take time for yourself and let yourself be carried away into a world of deep relaxation.

100 min.
€ 168,00

130 min.
€ 217,00

EXCLUSIVELY BOOKABLE FOR SILENT VILLAS GUESTS!

FACIAL TREATMENTS FOR WOMEN



ADDITIONAL APPLICATIONS

Familiarization application

This treatment introduces you to our cosmetic products, which are specially tailored to your skin type. Cleansing, peeling, short massage, mask and a final treatment (without deep cleansing).

45 min.
€ 79,00

Mini-Lifting

This mini-lifting rejuvenates your skin, which then looks visibly fresher, firmer and more radiant. Cleansing, fruit acid peeling, infiltration of ampoules, short massage, hyaluronic acid mask, final care (without deep cleansing).

50 min.
€ 113,00

Classic facial treatment

The classic facial treatment includes cleansing, peeling, short massage, mask and extensive final care.

60 min.
€ 99,00

Anti-aging facial treatment

Exclusive facial treatment for face, neck and décolleté. Small wrinkles are tightened and the connective tissue regenerates. Cleansing, peeling, deep cleansing, massage, insertion of serums, mask, final care.

90 min.
€ 148,00

Shaping eyebrows

€ 18,00

Eyebrow tinting

€ 20,00

Shaping and colouring eyebrows

€ 29,50

Eyelash tinting

€ 22,00

Eyelash and eyebrow tinting

€ 30,00

FACIAL TREATMENTS FOR MEN



Familiarization application

The care experience for men to get to know. Includes cleansing, peeling, short massage, mask and extensive final care.

45 min.
€ 79,00

Facial treatment

The classic facial treatment includes cleansing, peeling, short massage, mask and extensive final care.

60 min.
€ 99,00

ADDITIONAL APPLICATIONS

Chest depilation

€ 36,00

Depilation of the back

€ 36,00



MANICURE & PEDICURE



Spa Manicure

With a soothing hand bath, trimming and shaping nails as well as final hand and cuticle care.

45 min.
€ 58,00

Spa manicure with nail polish

With a soothing hand balm, trimming and shaping nails as well as final hand and cuticle care.

60 min.
€ 67,50

Spa pedicure

With a soothing foot bath, removal of the calluses, shortening and shaping nails, foot and cuticle care.

45 min.
€ 58,00

Spa pedicure with nail polish

With a soothing foot bath, removal of the calluses, shortening and shaping nails, foot and cuticle care with nail polish.

60 min.
€ 67,50

Nail polish service (hand or foot)

We paint either your hand nails or toenails with a nail polish of your choice.

15 min.
€ 20,50

HAIR REMOVAL WITH WARM WAX

Chin or upper lip

€ 10,50

Armpit and bikini area

€ 49,50

Chin and upper lip

€ 14,00

Lower leg

€ 36,00

Armpit area

€ 29,00

Legs complete

€ 62,00

Bikini area

€ 29,00



WE WISH YOU A WONDERFUL AND RELAXING TIME-OUT!

THERME LAA | HOTEL | SILENT SPA | VILLAS

Thermenplatz 1, 2136 Laa an der Thaya

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spa.reservierung@therme-laa.at

WWW.THERME-LAA.AT

Ein Resort der:

