



RELAX RELOADED



Welcome to our sumptuous 2200 m² spa oasis, over the rooftop of Sölden!

**WE ARE
HERE FOR YOU:**



Sky BAR & Sky SPA Reception

9 a.m. - 7 p.m.

Sky Pool

7 a.m. - 8 p.m.

CONTACT US



www.bergland-soelden.at



skyspa@bergland-soelden.at



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Dorfstraße 114, 6450 Sölden

Sky SAUNA

1 p.m. - 8 p.m.

Sky FIT - Fitness / Gym

7 a.m. - 8 p.m.



**WE INSPIRE
YOUR SENSES!**

GREENER GOES GREENER

We would like to contribute to environmental protection and ask for your support. Therefore, we have decided to no longer provide slippers in our rooms.

Under the motto "Small things can make a big difference," we aim to make a positive impact on the world together.

Thank you very much!





JULIA,
Spa manager with passion and ambition

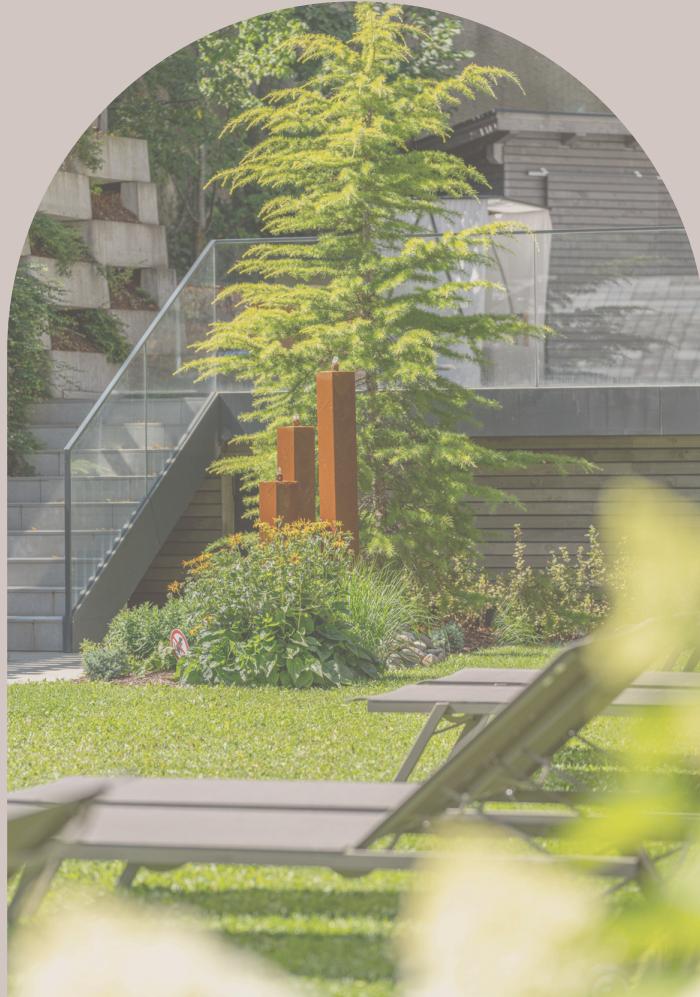
Julia is not only a passionate beautician, but
also a born organizer.

With determination and a constant willingness
to learn new things, she always achieves the
best for our spa and our guests.

Julia's Motto:
"To do what I love - in a place where I feel
comfortable and can develop."

OUR PHILOSOPHY

Holistic wellbeing with a touch of luxury.



WELCOME TO OUR BEAUTIFUL SKY SPA WORLD

BEAUTY TREATMENTS



At Sky SPA, we tailor our treatments to your individual needs using a digital skin analysis.

Beauty Age	75 min	179
Beauty Age Plus	80 min	194
Beauty Energy	50 min	134

[comfort zone] combines a well thought-out product selection with relevant scientific findings, innovative research and natural clinically effective ingredients with the holistic approach of harmonizing body, mind and soul. You can rely on our know-how and our many years of experience!

MICroneedling

Microneedling, also known as collagen-inducing therapy, is an aesthetic treatment method that improves skin texture, reduces wrinkles and minimizes scars. Tiny needles cause micro-injuries that stimulate natural collagen production and make the skin firmer and more youthful.

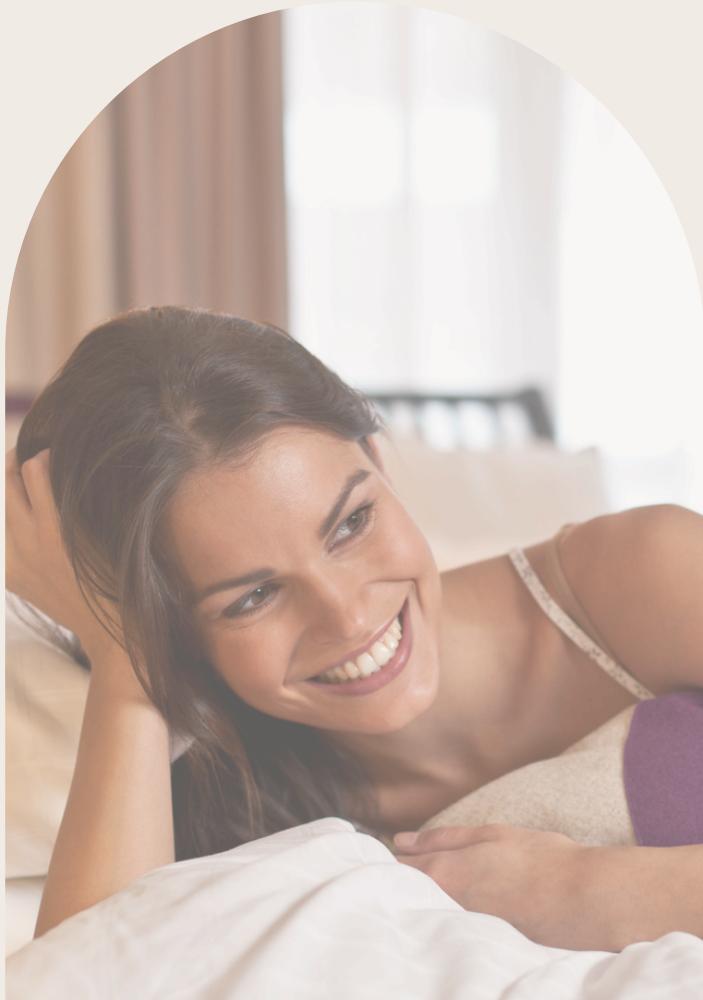
25 min

79



*all prices are in euros and include all taxes

This treatment requires a certain amount of recovery time. The degree of discomfort and recovery time can vary from person to person, but usually the downtime after a microneedling treatment is relatively short.



BEAUTY EXTRAS:

**Eyebrow styling 16

*Eyebrow tinting 16

*Eyelash & eyebrow tinting 29

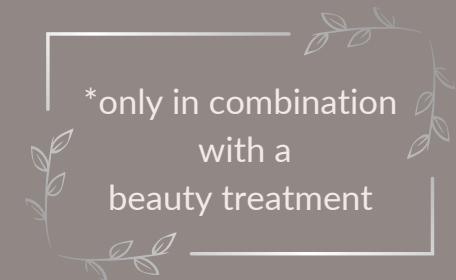
*Hairless upper lip & chin 24

Beautiful Eyes
(eye mask, serum,
special massage & eye care)
25 min 64

Eyelash push-up
(eyelash lift & eyelash tinting)
50 min 99

Facial massage
25 min 64

*all prices are in euros and include all taxes



NATURALLY BEAUTIFUL

Each treatment is tailored to your individual needs.



Beauty Klassik 75 min 149

Beauty Basic 50 min 119

Alpienne embodies a clear commitment to regionality and sustainability.

This exquisite natural cosmetic is a tribute to the inexhaustible wonder of alpine nature and forms a perfect symbiosis of innovative thinking and sustainable action.

MANICURE

Sky SPA manicure
without polish 45 min 84
with polish 50 min 94

Business manicure
(shape & nailpolishing)
25 min 64

***UV manicure**
(only in combination with manicure)
25 min 44



PEDICURE

Sky SPA pedicure
without polish 45 min 84
with polish 50 min 94

Business pedicure
(shape & nailpolishing)
25 min 64

***UV pedicure**
(only in combination with pedicure)
25 min 44

COMPLIMENTS!



YOU HAVE DECIDED FOR SUPPLE HANDS & FEET!

The beneficial effect of kerosene baths for skin care was already recognized in ancient Egypt.

The kerosene bath is a proven method for intensive skin care and also provides relief for rheumatic distress.

Immersing your hands and feet in the warm kerosene wax deeply moisturizes them, opens the skin pores and enhances blood circulation.

Sky SPA Manicure de Luxe

80 min 129

Sky SPA Pedicure de Luxe

80 min 129

SKY SPA

SIGNATURE MASSAGE

a holistic treatment concept,
that perfectly combines the techniques of
classic massage, aroma oil therapy,
hot stone and Thai massage,
to promote relaxation and well-being.

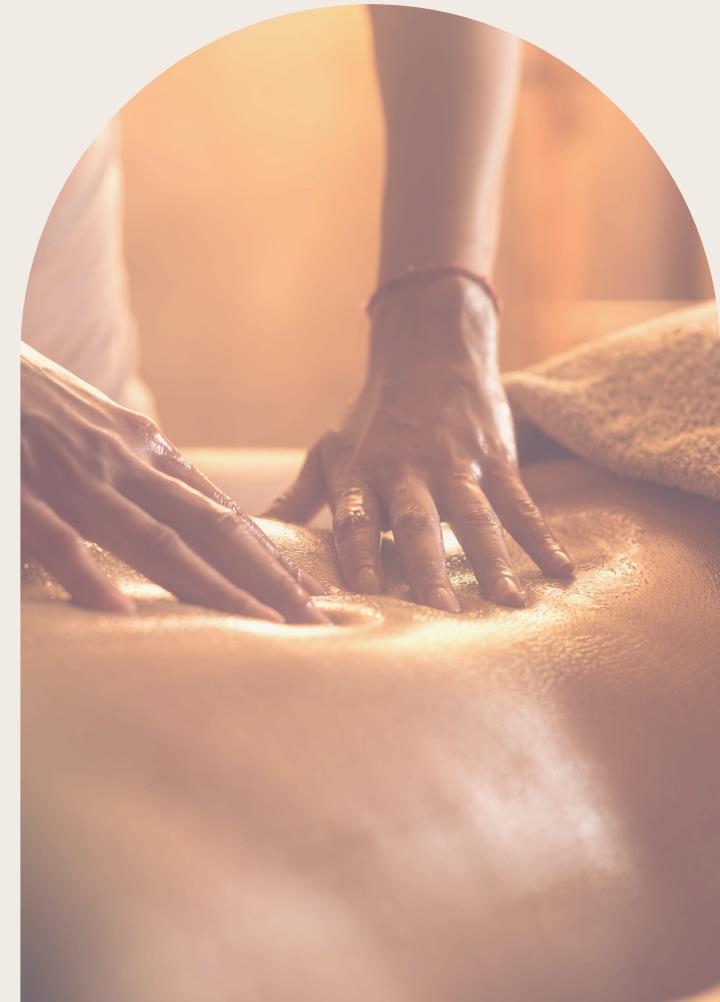
You reserve the time, we adapt the massages
effectively to your needs.

Signature massage	25 min	59
	50 min	114
	80 min	154

SPORTS MASSAGE

A deep and intensive massage – ideal for preparation or recovery after sports.

Sports Massage	50 min	129
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SIGNATURE TREATMENT PURITY: THE SECRET TO BEAUTIFUL SKIN!

Choose your individual body scrub to get rid of dead skin particles and experience a refreshing feeling. After the Signature Massage, you will feel reborn, deeply relaxed and stronger. This combination offers you not only a smoother skin feeling, but also a deep regeneration of body and mind.

Body scrub & full body massage
80 min 149



SIGNATURE TREATMENT VITALITY

Would you like a little bit more?...

as a subsequent supplement to the peeling you can extend your treatment with a nourishing body wrap. Wrapped in cozy warmth, the skin is supplied with selected nutrients.

Body scrub & wrap & massage
110 min 174

SIGNATURE TREATMENT VELVET TOUCH

Perfect for short, intensive relaxation and a smooth skin feeling.

Touch the skin below

Body scrub & silky-soft cream treatment
50 min 119



A massage with history:
This treatment originates from
Eastern healing traditions and
was once used by monks for
deep relaxation.

HERBAL STAMP MASSAGE

The perfect combination of a
classic massage and the deep-
acting warmth of herbal
stamps.

Herbal Stamp Massage

50 min

129

...a journey to yourself, where nature & care merge into an unforgettable experience...

BERGLAND NATURAL OR ALPINE TREATMENT:

We start with a light brush massage, which prepares your body optimally for the valuable ingredients of the mud pack. The peat alpine herb pack, combined with the warmth of the water bed, activates the metabolism, promotes blood circulation and relieves muscle tension. The soothing massage with arnica and Swiss stone pine milk noticeably intensifies your body's well-being. A holistic experience that brings body and mind into harmony and pampers your senses.

Brush massage, mud pack & massage

50 min	134
80 min	174



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BERGLAND FASZINATION TREATMENT



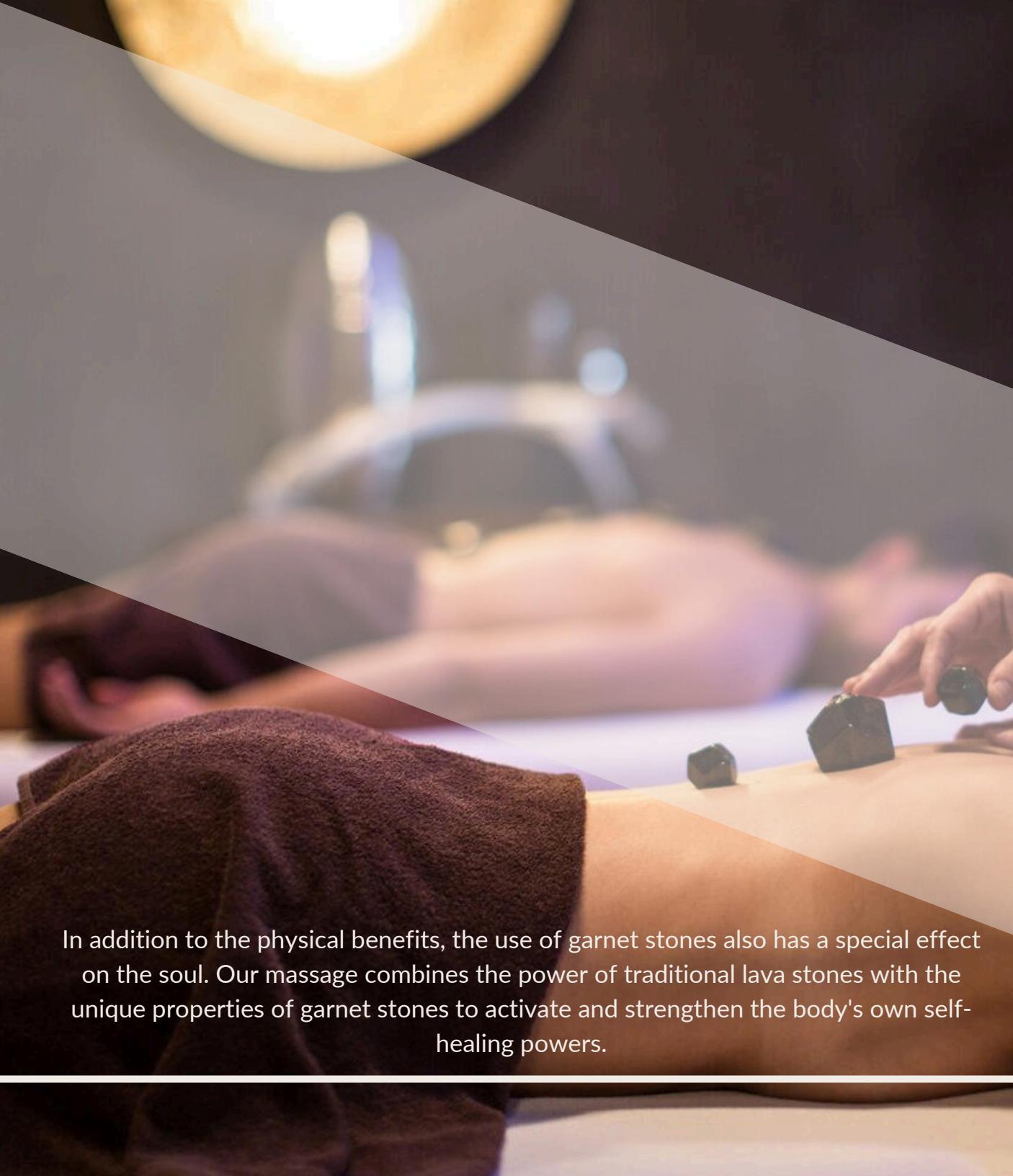
Your personal souvenir:
our sheep's wool balls -
the connection to
to this special place.

...deep in the Alps, where fresh arnica wafts and the scent of mountain herbs , a peel which renews your skin and gives it lightness.

The hay flower bath is like a fragrant walk that enchants your senses. Let yourself be enchanted by the magic of zeolite and the sheep's wool ball massage, which easily dissolves stress and tension and allow you to glide into incomparable deep relaxation.

PEELING, HAY FLOWER BATH & SHEEP'S WOOL BALL MASSAGE

85 min 174



In addition to the physical benefits, the use of garnet stones also has a special effect on the soul. Our massage combines the power of traditional lava stones with the unique properties of garnet stones to activate and strengthen the body's own self-healing powers.

Did you know that the roots of hot stone massage go back more than 2000 years in history? This ancient art of relaxation is transformed into a holistic experience with the addition of Ötztal garnet stones and arnica oil.

ALPINE STONE

with the power of the Ötztal
Garnets & arnica

80 min 174

*all prices are in euros and include all taxes

SOMETHING SPECIAL?

Lymphatic drainage	50 min	119
Foot reflexology massage	50 min	119

PULSATION MASSAGE

Manual massage meets gentle pulsation: Classic techniques and rhythmic vacuum pressure loosen the tissue, promote circulation, and relax the muscles.

Pulsation therapy	50 min	129
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SKY SPA Asia Thai Massage

Are you already familiar with the original concept of the Wat Po Temple in Bangkok?

The Wat Po Thai massage is characterized by its blend of pressure and stretching techniques and targeted massage along energy lines.

This enables effective relaxation and releases tension and blockages in the body.

Nuad Thai massage

50 min	119
80 min	159

*all prices are in euros and include all taxes

BODY WRAPPING



...in a tranquil oasis of relaxation & renewal...
where we say "Bye, Bye" to cellulite!

Our treatment begins with a gentle wooden massage roller, which activates the lymphatic system and stimulates blood circulation. This massage technique naturally removes water retention and toxins from the body. We then apply our specially developed Cello Cream to improve skin elasticity and increase collagen production. The comforting warmth of the water massage bed and the wrapping technique enhance the effect of the cream while stimulating the metabolism.

Single treatment	50 min	96
For best results: 3-pack cure	150 min	259

MOUNTAIN RESET

Imagine your body taking a deep, refreshing breath – like a pristine mountain stream after a summer rain:

cleansing, invigorating, liberating.

Infused with the power of alpine herbs and essential oils, your body enjoys a soothing reset.

Metabolism awakens, tissues feel lighter – and a sense of renewed energy flows through you.

Foot bath, back & foot massage, liver pads

Detox • 50 min • 129 €



*all prices are in euros and include all taxes



PRIVATE SKY SPA

Romeo&Juliet

After a luxurious body scrub with mother-of-pearl extract, enjoy a glass of Prosecco while soaking together in the aroma bath for two. The high-quality Soft & Silky body wrap provides deep hydration and leaves your skin feeling smooth and supple. Flowing movements of the signature massage release tension and stimulate metabolism.

Body Scrub & Wrap & Bath & Massage

120 min

179 p.P.

ALPINE HEAVEN

Experience the power of the Alps and their precious healing herbs. Deep warmth from the infrared cabin relaxes the body, while the edelweiss crystal scrub remineralizes and pampers the skin. Then, immerse yourself in a soothing hay flower bath – close your eyes and savor the moment. The heavenly scent of the wild berry body wrap and the flowing movements of the signature massage melt away stress, leaving you in pure relaxation.

Infrared & Body Scrub & Wrap & Bath & Massage

140 min

194 p.P.

*all prices are in euros and include all taxes



PRIVATE SPA – MOUNTAIN LOVE

Private Spa – Your very own retreat above the rooftops of Sölden

When the slopes close and snowflakes dance outside, your moment of togetherness begins in our Private Spa: soothing warmth, relaxing touches, and delights that melt on your tongue.

2 signature massages of 25 minutes each

individually tailored to your needs

Infrared cabin for deep warmth

An aromatic herbal bath to relax body and soul

Choose your personal feel-good highlight:

ALPIN EDITION

Cheese platter with regional specialties & 1 bottle of Ried Lores Chardonnay 375 ml

120 minutes of pure relaxation

299

LUXURY EDITION

Seasonal fruit platter & 1 bottle of Louis Roederer Champagne 375 ml

120 minutes of pure relaxation

349

*all prices are in euros and include all taxes

PRIVATE SKY SPA – DINNER FOR 2

For special moments which will be remembered forever:
Marriage proposals, anniversaries, birthdays or to simply say
"I love you"...

Your unforgettable evening begins at 19:00 at our SKY SPA reception, where you choose the menu. Together you enter the private spa, where an enchanting atmosphere with candlelight and a relaxing bath awaits you. You start with delicious starters, followed by a main course, which is served at around 7:45 pm.

A heavenly dessert awaits you as the crowning finale. The PRIVATE SPA is all yours until 10:30 p.m. so that you can fully enjoy this special evening.

264 for 2 persons
349 for 2 external guests



*all prices are in euros and include all taxes

PILATES

combines strength, flexibility and body control into a flowing workout. Precise movements and conscious breathing strengthen the deep muscles, improve posture and promote flexibility.

THAI YOGA

includes effective stretching exercises in which targeted muscle tension and stretching are applied to specific muscle groups.

FASCIA TRAINING

flexibility, precision and resilience that can be wonderfully combined to create a very effective aerobics class.



YOUNG GENERATION

*till 12 years!

Chill-out Massage
20 min 46

Young Face
Facial treatment
(Cleansing,
concentrate, mask)
50 min 109

First manicure
or pedicure
20 min 49

Colorful nails*
10 min 15
*bookable from
09.00 a.m. till
2.00 p.m.

Package

Beauty Express
Fresh kick facial
treatment
Business manicure
Business pedicure
100 min 204

Pure relaxation
Body scrub,
body wrap in the
water floating bed,
Alpine stone massage
120 min 224



DAY SPA

We are also happy to welcome day guests to the Bergland SKY SPA, 2200 m² above the rooftop of Sölden! The sauna area with four saunas, whirlpool, outdoor and indoor pool, two relaxation rooms, fitness room and gym, participation in the activity program, bathrobe and towels are at your disposal.

In order to make your day as pleasant as possible, we ask you to book in advance.

DAY SPA EARLY BIRD

from 10 a.m. to 2 p.m.
58 p.P.

DAY SPA LOVELY MORNING

until 1.00 p.m.
(breakfast in our hotel restaurant & swimming)
94 p.P.

DAY SPA DE LUXE

(incl. breakfast in our hotel restaurant)
124 p.P.

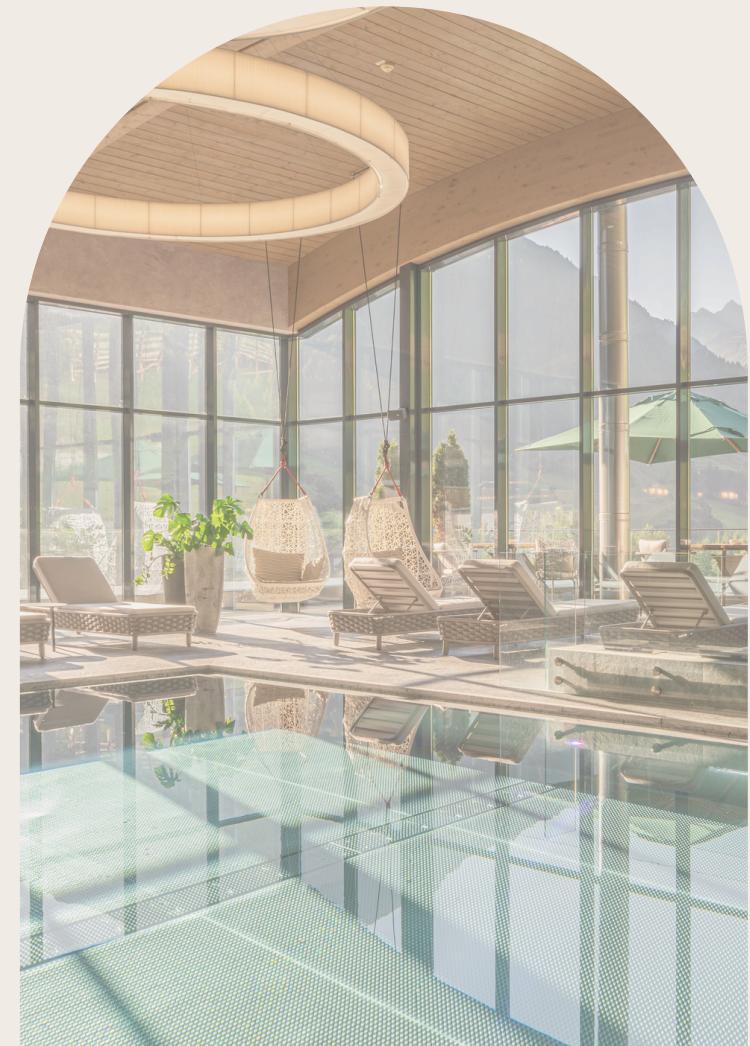
DAY SPA KLASSIK

(daily rate)
99 p.P.

DAY SPA RELAX

(for spontaneous visitors from 4 p.m.)
64 p.P.

As part of our sustainability initiative, we kindly ask you to bring your own bath slippers to help us reduce single-use products.



WE KNOW WHAT YOU SHOULD PAY ATTENTION TO.

Thank you for choosing to stay with us.

We are looking forward to

your visit to our Sky SPA - your place of relaxation and would like to offer you the best service. Support this relaxing atmosphere with a subdued voice and a quiet walk.

MEDICAL HISTORY

At the beginning of your visit, please check with us about your health and inform us of any contraindications, e.g. restrictions of the musculoskeletal system, high blood pressure, heart disease, metabolic disorders, allergies, recent surgery and pregnancy. Our therapists will of course treat this information confidentially and take your details into account when making recommendations.

CHECK IN

We recommend that you arrive approx. 10 minutes before your treatment appointment to our Sky SPA reception and enjoy a healthy a healthy cup of tea, a glass of freshly freshly squeezed juice or Ötztal spring water to enjoy. Please come to your treatment in a bathrobe or comfortable clothing. To protect your privacy, we offer you a disposable slip for every treatment and work with various covering techniques. We expect you to wear comfortable clothing for sports and Nuad Thai treatments.

APPOINTMENTS

We are happy to take your wishes into account when scheduling your treatments. It is best to book before you arrive and discuss your preferred time with us. Time is precious, so we reserve this time just for you and your wishes! If you are unable to keep an appointment, please let us know 24 hours in advance. We ask for your understanding that appointments not kept and cancelations on the same day will be charged 100 %.

TOWELS

You will find your personal bathrobe and slippers in the bath basket in your room, towels for the sauna and swimming pool are available for you at the Sky SPA reception. For hygienic reasons, please use large towels in the sauna so that your body does not come into contact with the wood. Showering before and after the sauna is a matter of course. Please treat the bathing and sauna equipment provided to you with care and responsibility.

And, for the sake of our environment, avoid tons of dirty laundry.

LOUNGERS

Out of respect for our other guests, we kindly ask you not to permanently reserve the loungers with personal items. While you are enjoying a treatment or taking part in the sports program, you are welcome to take your Sky SPA basket with you or we will keep it for you at the Sky BAR.

RELAXATION AREA: PSSSSSST ...

Our guests' desire for peace and quiet is our top priority. Please allow yourself and all other guests to enjoy this peace and quiet. Please put your cell phone on silent. Our young SPA guests have unlimited access to the Sky POOL and the textile sauna. Access to the Sky SAUNA nude area is only permitted from the age of 16. However, because some guests appreciate deep relaxation in the evening, the last hour in the Sky SPA is all yours. From 6 p.m., we therefore ask young and old to be particularly quiet and considerate in the wellness area

PARTICIPATION IN THE SPORTS AND ACTIVITY PROGRAM:

Participation in the daily sports and activities program is free of charge for our guests. Please register for all program items in the guest book at the main reception the day before. For safety reasons, guests aged 16 and over are not permitted to use the fitness equipment in the fitness room. (up to 16 years only when accompanied by parents). Parents are responsible for their children. From 6 p.m. onwards, special quiet is requested in the entire wellness area.

JEWELRY:

For security reasons, please keep your jewelry in the safe in your room. Valuables found in bathrobe pockets are usually are usually no longer assignable.

SKY BAR

Enjoy tasty snacks and during the day in a cozy bathrobe. You can also get freshly squeezed juice, milkshakes and power drinks there. We only recommend drinking alcoholic beverages after a visit to the sauna.