

RELAX RELOADED

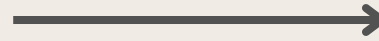


Welcome to our sumptuous 2200 m² spa
oasis, over the rooftop of Sölden!

**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



+43 5254 2240-552



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!**



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	184
Beauty Age Plus	80 min	199
Beauty Energy	50 min	139

[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!

*all prices are in euros and include all taxes

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



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

*only in combination
with a
beauty treatment

MANICURE

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

Business manicure
(shape & nailpolishing)
25 min 64



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.

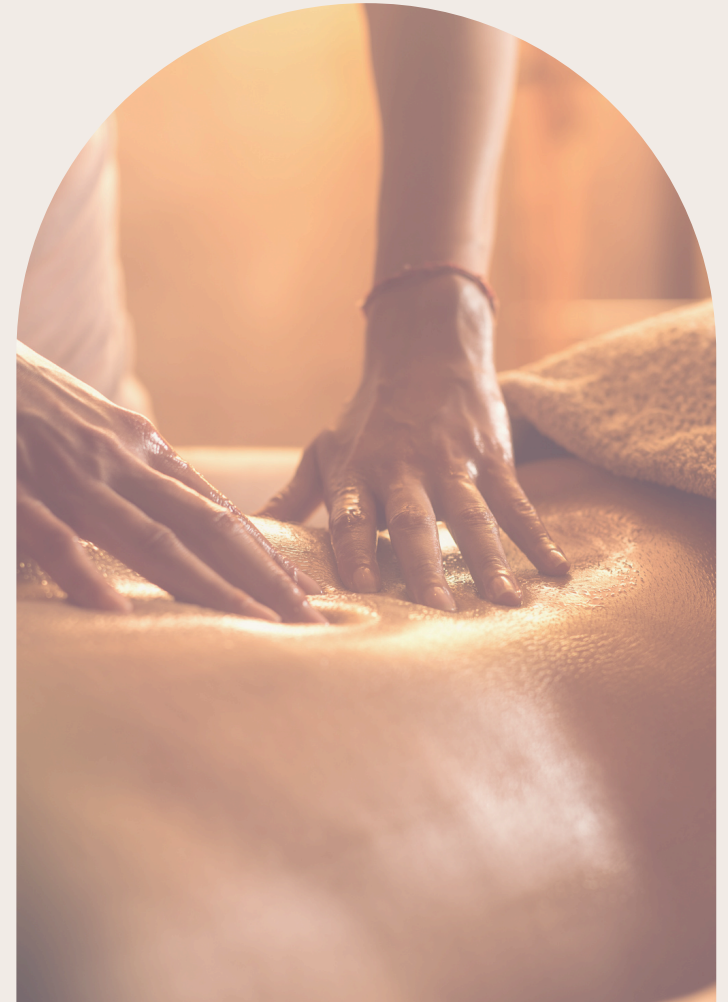
You reserve the time, we adapt the massages
effectively to your needs.

Signature massage	25 min	69
	50 min	119
	80 min	159

SPORTS MASSAGE

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

Sports Massage	50 min	134
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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 159



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 179

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 124



HERBAL STAMP MASSAGE

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

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

Herbal Stamp Massage

50 min

134

...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	139
80 min	179



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BERGLAND FASZINATION TREATMENT

...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.

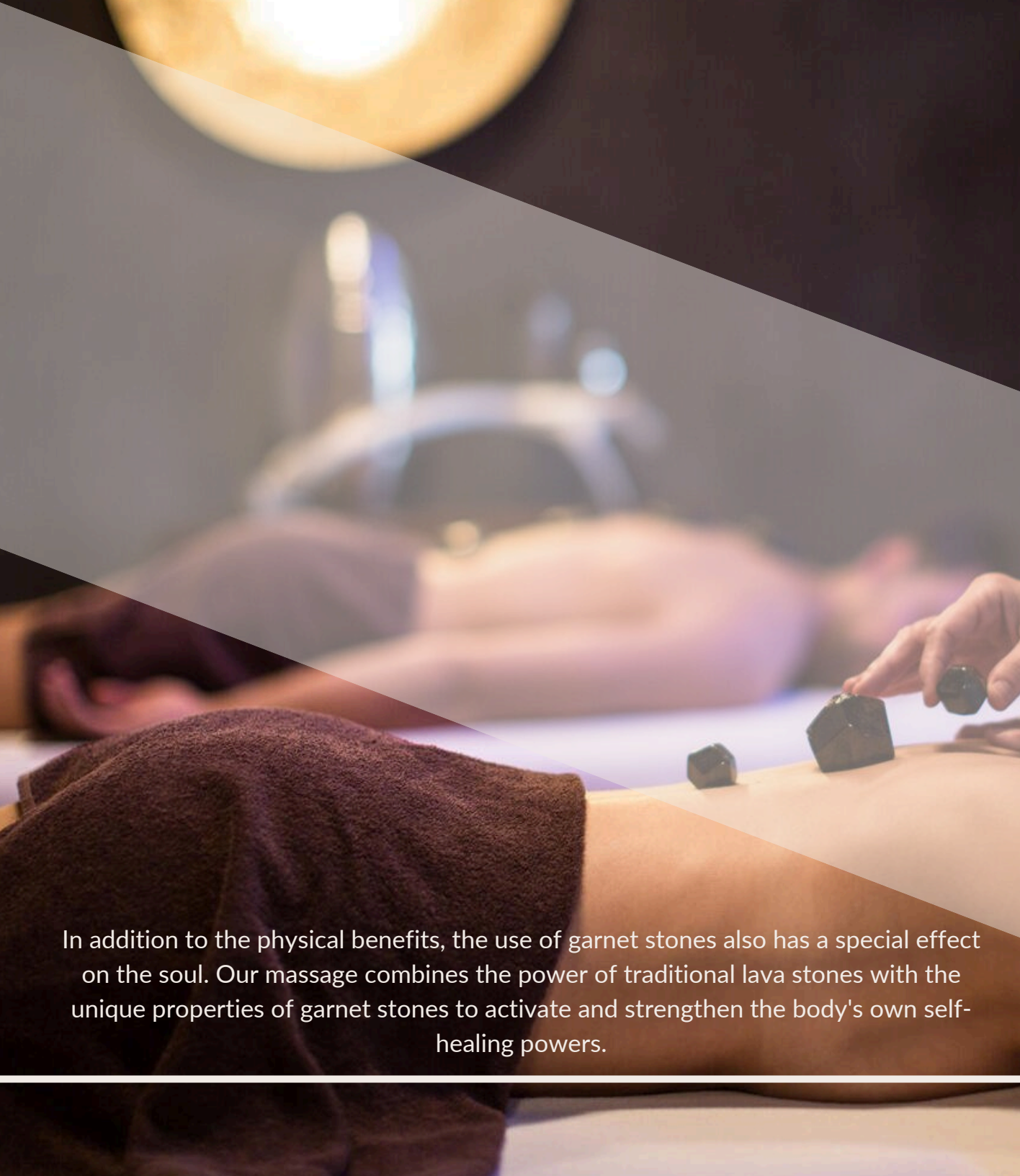
PEELING, HAY FLOWER BATH & SHEEP'S WOOL BALL MASSAGE

85 min

179



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



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.

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.

ALPINE STONE
with the power of the Ötztal
Garnets & arnica
80 min 179

*all prices are in euros and include all taxes

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

134





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	129
80 min	179

Please wear comfortable clothing for these treatments.

*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	119
For best results: 3-pack cure	150 min	299

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 • 134 €





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 184 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.

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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 Loeres Chardonnay 375 ml

120 minutes of pure relaxation

309

LUXURY EDITION

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

120 minutes of pure relaxation

359

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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.



274 for 2 persons
369 for 2 external guests

PILATES

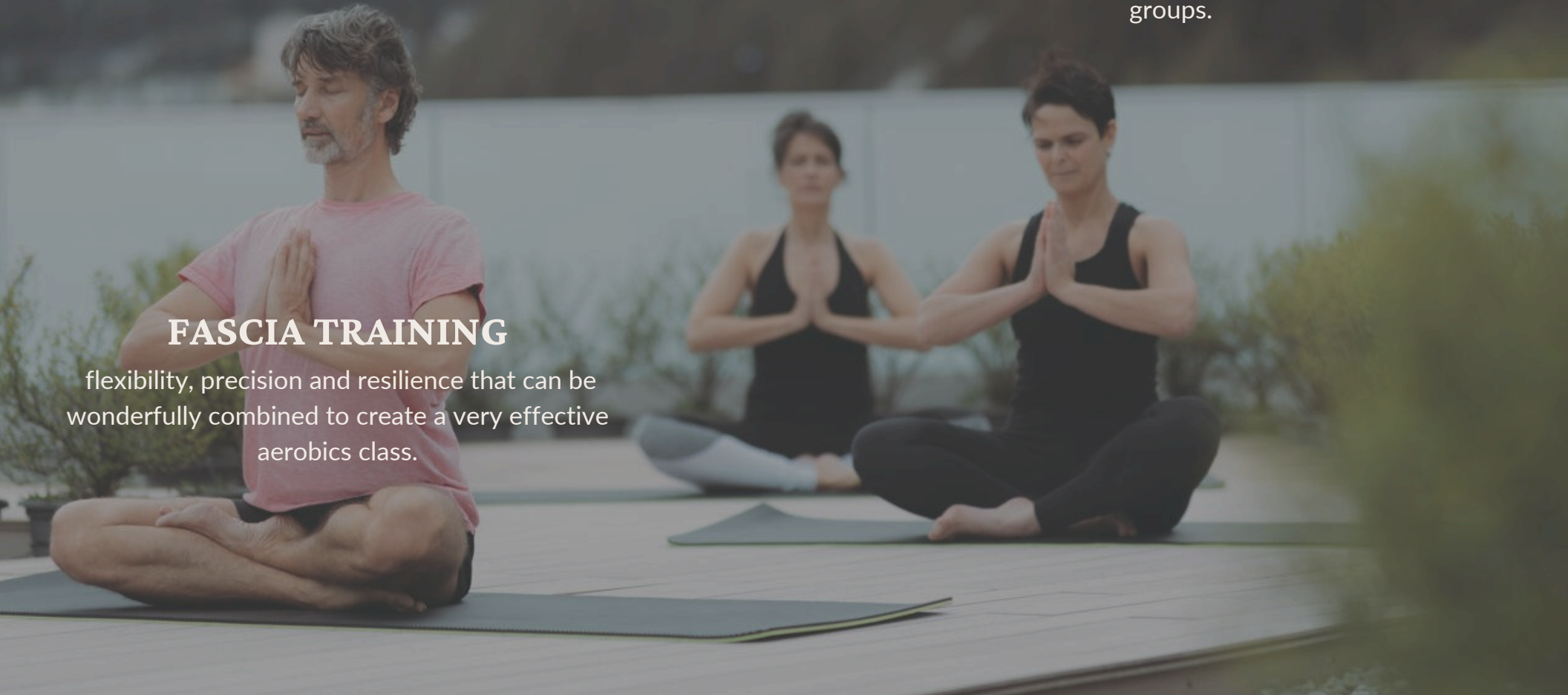
combines strength, flexibility and body control into a flowing workout. Precise movements and conscious breathing strengthen the deep muscles, improve posture and promote flexibility.

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 49

Young Face
Facial treatment
(Cleansing,
concentrate, mask)
50 min 114

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 224

Pure relaxation
Body scrub,
body wrap in the
water floating bed,
Alpine stone massage
120 min 244



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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.
(Sauna available from noon)
64 p.P.

DAY SPA LOVELY MORNING

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

DAY SPA DE LUXE

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

DAY SPA KLASSIK

(daily rate)
109 p.P.

DAY SPA RELAX

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

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

If needed, we are happy to provide slippers for €3.00 – the full amount will be contributed to our sustainability projects.

*all prices are in euros and include all taxes



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: PSSSSSSST ...

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.