



Hotel KRISTIANIA LECH

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Spa Guide

THE SEVENTIES SPA

Kristiania Lech presents the Seventies Spa, where scented candles and fresh flowers create the ultimate comfort zone matched by spa treatments that meet various personal goals, from relaxation to skin renewal and working out the knots from a muscle-busting ski day. Your spa journey starts with a rejuvenating herbal elixir formulated to restore clarity and energy. Plan time to enjoy the complimentary thermal spa area, taking advantage of the warm sensory shower, the bubbling waters of the whirlpool tub, the aromatic sauna and the serenity lounge.

KRISTIANIA SPA RECOMMENDATIONS

As an optimal preparation we recommend to relax 30 minutes before your Spa treatment and if required to use a body scrub of SUSANNE KAUFMANN™. Your therapist will contact you for your appointment.

SUSANNE KAUFMANN PRODUCTS

For all spa treatments, we use Susanne Kaufmann natural skin and beauty products, which are produced in the Bregenzwald region of Austria. They are renowned for native alpine ingredients and essential oils, and have a gentle aroma. Susanne Kaufmann products are designed for both men and women, and a selection is available for sale at the Seventies Spa.

SPA DETAILS

Arrival: Be sure to arrive at least five minutes before your appointment, and bring or wear your bathrobe and slippers.

Lateness Policy: Arriving late cuts into your treatment time. Your appointment will end as originally scheduled as a courtesy to the guest with the next appointment.

Cancellation Policy: 24-hour notice is required to cancel spa appointments. Same-day cancellations and no-shows are charged in full.

Spa Hours: 2 to 8 p.m. daily.

Gratuities: Tips are not included in the treatment fee. Please handle this directly with your spa therapist.

Quiet Zone: Please refrain from using cell phones, pagers and computers in the spa in order to maintain the peaceful atmosphere.

TREATMENT SELECTIONS

KRISTIANIA SIGNATURE RITUAL 90 Minutes

Start with a foot ritual, followed by a bath filled with fragrance and flower petals surrounded by flickering candles. With mind and muscles fully relaxed, the body massage can go deeper for a more healing and transcendent experience. Finish with a glass of Champagne.

MADLOCH BODY SCRUB AND MASSAGE 90 Minutes

A body scrub with elements from the Alps buffs off rough, dry skin. After showering, your skin is calmed and soothed with herbal lotion. Then the all-over body massage ensures a new glow radiating from the inside out.

ESALEN MASSAGE 90 Minutes

Developed in the 1960s at the Esalen Institute in Big Sur, California, this practice is based on a combination of Oriental and Swedish massage techniques. Esalen is light and gentle in nature, emphasizing nurturing and empathy. The strokes are soft, easy, and slow, prompting deep relaxation and uplifts and restores the mind and body.

DEEP TISSUE BODY MASSAGE 60 Minutes

Excellent for sports enthusiasts and those with chronic muscle tightness. Deep, penetrating pressure stimulates circulation, relieves tension and increases oxygen flow to inflamed tissues, while stretches enhance flexibility. This helps release toxins and lactic acid, returning your muscles to a healthy state. The results of this body massage are often felt the following day.

AYURVEDIC MASSAGE 60 Minutes

Balancing Ayurvedic massage. Enjoy a massage created to complement your individual constitution - your dosha. Select a blend of of scented essential oils for your specific palate and needs. After this soothing experience, the perfect refreshment: a calming cup of Ayurvedic tea.

KRISTIANIA LECH RELAXING MASSAGE 60 Minutes

Long sweeping strokes create light to moderate pressure, enveloping you in serenity. Synchronized hands soothe aches and tension as you drift into pure tranquility.

OLYMPIC SKIER'S LEG MASSAGE 30 Minutes

This special half-hour massage is designed to treat sore muscles in the quads and calves of the legs, and work out any knots that have formed during a day challenging vertical ski terrain, interspersed with cold stints on the ski lifts.

RUEFIKOPF PEAK RELIEF 30 Minutes

This targeted neck, shoulders and head massage will help to clear your head of all worry, and help relieve physical and mental tension in the spots where people hold chronic pain and stress.

FACELIFT MASSAGE 60 Minutes

Based on traditional European techniques, this treatment begins with a stimulating lymphatic massage to help remove toxins from your tissues by using lightly lifting movements with special toning strokes and acupressure. This unique session is like an exercise session for the face, giving the facial and neck muscles a great "workout." Your face, neck and shoulders will be massaged with botanical serums, and your face will be rehydrated and you'll receive a valuable face cream from Susanne Kaufmann

TONIC MASSAGE

60 Minutes

This Swedish massage uses gentle pressure with long gliding strokes to soothe the nervous system and stimulate circulation. It creates a surge of energy from head to toe.

REFLEXOLOGY

30 Minutes

This pressure point massage is based upon the premise that each organ in the body corresponds to a specific point on the foot. Relieves stress and tension from the entire body through rhythmic manipulation of the reflex points of the feet and lower legs (not recommended during pregnancy).

JET LAG RESCUE

60 Minutes

Once you arrive at the hotel, you may want a specific treatment to counter the effects of flying, which include dehydrated skin, stiff muscles and swollen extremities. Massage works out the kinks and knots, lymphatic pressure encourages fluid circulation to relieve discomfort, and essential alpine oils hydrate the skin.

EXTREMITIES RELIEF

60 Minutes

Pressure point and lymphatic massage can relieve swelling in the ankles and feet from strenuous exercise, and edema in certain areas from low oxygen levels and atmospheric pressure changes. Lymph drainage also helps detoxify the body. Reiki is integrated into the massage to boost energy flow.

Instead of selecting a certain treatment, simply reserve „time“ and leave the rest to us.