

KRISTIANIA SPA GUIDE



The KRISTIANIA is all about a love of the outdoors. But after a day in the snow and cold, our spa is exactly the right place to unwind and warm your body and soul. In the basement of the hotel, you will find our unique spa suite next to the sauna and the relaxing area.

Enjoy a cup of tea with special herbs, detox your body in the sauna and complete your relaxation with a massage or one of our treatments.

For our spa treatments we use Susanne Kaufmann products –a high-end Austrian organic skin and body care line that focuses on the healing properties of nature.

Spa Details

Spa Hours: daily 13:00 - 20:30

*Upon request you can also use the spa in the morning time. Please contact the reception for availability and reservations (Phone number: 10).

Arrival time: Please arrive 10 minutes earlier than your appointment with your bathrobe and your flip flops. Feel free to use the sauna prior to you appointment to warm up your muscles.

Cancellation policy: Out of consideration for other guests we kindly ask you to make any changes or cancellations at least 24 hours in advance. Otherwise we will have to charge the treatment to the full amount. Thank you for your understanding!

Hygiene: In the spa area pets are not permitted. Furthermore, please be so kind not to enter with street shoes or ski boots.

For women: In case of pregnancy, please let your therapist know beforehand. Pregnant women under 14 weeks should have their doctor's permission to use the spa.

Children: Please kindly note that children under 16 are not allowed.

CALM IN THE SNOW

The St. John's Wort bath consists of delicate bath crystals that completely dissolve in the water and create a wonderfully velvety sensation on the skin. The nourishing and soothing properties of St. John's Wort have an anti-irritating and protective effect. This light bath comforts and nourishes the skin while relieving the effects of environmental influences such as stress, dry heater air or sunburn. Its pleasant scent and versatility also make it an ideal, relaxing bath for the entire family.

NOURISH TO YOUR SOUL

The whey bath nourishing with ingredients from linden and chamomile soothes and relaxes the senses after a busy day. Linden flowers are known for their healing, calming and relaxing properties. Chamomile brings lasting care to the skin. The whey has a detoxing effect.

HERBAL RELIEF

The herbal whey bath with active substances derived from lavender and lemon balm relieves tension and soothes after a strenuous day. The whey nourishes the skin and has a detoxifying effect. The bath has a pleasant scent and leaves skin feeling velvety soft.

ALPINE REFRESH SCRUB

Combination of body scrub in combination with body butter. The body scrub removes dead skin and invigorates the body in a gentle and pleasant way. The body butter pampers the skin with a high-quality combination of shea butter and olive oil.

* per person including tea à 25 EUR

*per person including a glass of champagne and fruits à 40 EUR

**We recommend you to contact the spa therapist for more products tailored to your needs, to combine with your bath and have a complete home spa experience.

BODY CARE

BATH BUTLER SERVICE

Dear Guest,

The signature high-end-Austrian bath products of Susanne Kaufmann are designed to promote restful sleep, invigorate, create a romantic mood or ease sore muscles after a busy day on the slopes. The selection includes fragrant bath oils or bath salts, aromatherapy candles and ambient lighting. Enjoy a private in-room spa in your own room comfort. The specially trained Bath Butler will be pleased to serve the bath to your room upon request, at any time you wish.

We wish you pleasant moments!

FOR THE SENSES

The oil bath for the senses, consisting of the essential oils of the ylang-ylang tree, patchouli plant and lavender, is a relaxing, aphrodisiacal experience after a strenuous day. The luxurious oil bath leaves the skin feeling soft and nourished. Relaxes your mind and rejuvenates your body.

PRECIOUS TIMES

The witch hazel bath is particularly beneficial with dry and flaky skin. The active ingredient derived from the medicinal witch hazel plant helps the skin regain its balance and regulates its oil content. Leaves the skin feeling soft and nourished. Hydrating and moisturizing. Skin is gently cared for and soothed.

BUBBLY MOMENTS

The mallow blossom bubble bath with skin caring mallow extract and effective oils from mountain pine and juniper, which have a supportive effect on the immune system and the respiratory tract. The luxurious foam and finely tuned aromas turn the bathroom into a soothing experience. Particularly suitable for cold and seasonal mood swings.

PRIVATE SPA SUITE

Ideal for couples, friends or families of up to 4 people. Get the whole pampering experience exclusively to yourself:

- Three hours of exclusive spa use
- Exclusive use of sauna and hot tub
- Massage or facial treatment for all*
- Bottle of champagne, chocolate pralines & cheese platter with fruits (and soft drinks for children)

*30 and 50 minutes massages/treatments of the menu

3 hours à EUR 400

RITUALS

Enjoy a combination of treatments to get fully pampered.

KRISTIANIA RITUAL

A full body massage with medium pressure, focused on the most tensed parts. Including a foot bath in the beginning.

80 minutes à EUR 190

APRÈS MOUNTAIN RITUAL

After a long day on the mountain a full body massage with precious oils and a facial treatment for extra moisturizing is all you need.

90 minutes à EUR 220

MASSAGES

RELAXING

A full body massage with light pressure. Aims to decrease stress levels and relax body and soul.

50 minutes à EUR 120/ 80 minutes à EUR 160

DEEP TISSUE

A full body massage with strong pressure, focused on the deeper layers of the muscles. Reliefs even the chronic pain and helps the mobility of the tensed muscles.

50 minutes à EUR 130/ 80 minutes à EUR 180

SPORTS

Ideal for people who work out. A full body massage with medium to strong pressure, focused on the trigger points, combined with stretches and heated towels on the tensed areas.

90 minutes à EUR 200

HOT STONES

A full body massage with medium pressure. The heat reliefs the pain of the soft tissues, encourages the blood flow and reduces the stress.

70 minutes à EUR 170

LEGS

Tailor made leg massage. Ideal for tired or swollen legs, especially after flights or mountain activities.

40 minutes à EUR 110

UPPER BODY

Back, neck and head massage, focused on the trigger points of the upper body, reliefs from headaches and reduces the stress. Ideal for jet lag or anxiety.

30 minutes à EUR 80/ 50 minutes à EUR 130

FACIAL TREATMENTS

REGENERATING

Starting with a footbath, this facial treatment is tailor made to your skin's needs. Including a fascia massage in the décolleté and face area with antiaging effects. Combined with hands and feet massage.

70 minutes à EUR 150

ANTI-AGING

Intense moisturizing and anti-aging facial treatment ideal after a day in the snow. Combined with facial massage.

50 minutes à EUR 120

DEEP HYDRATING

Cleansing and removing impurities of the skin, while keeping the skin extra hydrated. Combined with facial massage.

50 minutes à EUR 110

EXPRESS MOISTURE

A short facial treatment ideal before mountain activities. Keeps the skin moisturized and protected from the sun.

30 minutes à EUR 80