



Wellness in the Alps

In recent years, health and wellness have been of more and more interest in people's spare time as well as at work.

Give your employees or clients a break from their everyday life, in order to let their body and soul seek higher levels, so that they at the end feels like a complete person again – full of energy and power!

In the Austrian Alps you have the possibility to achieve the optimum dose of well-being. Here your body and soul will be taken care of in beautiful surroundings, and especially the beautiful outdoor designed spa baths are something worth noticing. As your body is spoiled in the hot water, you have a nice view over the top of the Alps.

The possibilities are plenty – from fitness, aerobics and spa to massage, aroma therapy and treatment with hot stones.

During your stay you will be lodged in comfortable Feng-Shui furnished rooms with panorama balcony, mini bar and modern IT equipment. Each morning you will be welcomed in the restaurant with a sumptuous and healthy breakfast meal – freshly delivered from the surrounding country houses. After the breakfast you can choose to make use of some of Aqua Dome's countless indoor possibilities, or you can participate in one of the outdoor activities – for instance jogging or the "active awakening" walks.

This unique body and soul experience is offered as a 3 or 5 days packet solution. We make sure that you will get an exceptional experience where you will be in focus!

The event addresses both men and women and is relevant for both intern and extern purposes. For instance, you may use it as a pat on the shoulder to an employee for an exceptional effort, or as an appreciation of your clients.