

**PRESS RELEASE**  
**AQUA DOME - TIROL THERME LÄNGENFELD**  
**TREATMENT & SPA**



01/2023



**The AQUA DOME – Tirol Therme is Tyrol's largest SPA resort**

## **Experience the power of the Ötztal Alps at the spa**

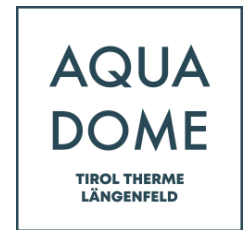
Towering peaks and deep gorges, icy glaciers and blooming meadows – the Ötztal Valley in Tyrol is full of contrasts. At the heart of this beautiful alpine valley lies the village of Längenfeld, home to the AQUA DOME – Tirol Therme. This most modern and eye-catching of resorts covers over 65,000 square metres and offers a spa and beauty concept harnessing the resources and the natural healing power of the Alps. An unforgettable experience awaits guests in the futuristic-looking spa and sauna world with its “levitating” spring-water bowls clustered around the crystal-shaped thermal dome, while those in search of ultimate relaxation can enjoy one of the AQUA DOME's signature treatments such as the thermal deep facial intensive, the Tyrolean honey massage or the Ötztal stone massage in the Treatment & SPA area. Guests aged 15 and over staying at the 4-star superior AQUA DOME hotel also have exclusive access to the award-winning SPA 3000, a luxurious 2,000m<sup>2</sup> private sauna and treatment area spread over two floors and offering magnificent views of the Ötztal Valley.

The Mountain Fire Sauna in the SPA 3000 offers the most authentic sauna experience and the finest views of the pine forest and surrounding mountains. After exiting the sauna, sit down in one of the hanging wicker baskets and watch as the reflection of the flickering flames and rich colours of the sky outside contrast with the soft chandelier, pinewood and granite decor inside. Yet there is so much more to the SPA 3000 than just a perfect sauna experience in traditional alpine surroundings. Inspired by the power of the mountains, the Ötztal Valley Mineral Bath relaxes and exfoliates the skin ready for an invigorating mineral shower or a relaxing soak in the Moss Pool surrounded by crystal lights and moss-covered walls. After a cup of tea on the veranda it's then time to apply a body wrap using local herbs and flowers before heading into the steam room to open up the pores and prepare the skin for chamomile, peppermint and lavender infusions in the Alpine Herb Sauna.

### **Regional signature treatments – also available for couples**

Those looking for even more treatments inspired by the beautiful nature of the Ötztal Valley can book one of the AQUA DOME's signature treatments in the Treatment & SPA area, such as the Ötztal Valley Stone Massage or the Mountain Herb Massage.

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Or why not treat yourself to a juniper berry, thyme or lemon balm bath followed by a massage with local Tyrolean honey? The ultimate relaxation experience, though, is surely the Moon Wood Relaxation Bath complete with pinewood shavings and essential pinewood oils – the ideal way to reduce stress and guarantee a good night's sleep. The term "moon wood" refers to pine trees felled in the Alps according to the lunar calendar and in strict accordance with the principles of sustainable forestry. A new highlight is the Treatment & SPA, a full-body exfoliation ritual that uses mountain pinewood to stimulate the circulation and prepare the body for a relaxing massage with pinewood oil. Couples in search of the ultimate chill-out experience should try the Alpenrelax treatment: a hay flower exfoliation followed by some time alone in a solid stone bathtub and completed with a full-body massage with juniper berry and hay flower extracts.

**High-quality natural products and the "BYO" beauty revolution**

The AQUA DOME's SPA concept has always been based on the natural resources and healing power of the Alps, combined with the meditative effect of the majestic mountain scenery. This is complemented by the use of natural oils, high-quality natural products and customised treatments for individual needs: beauty and relaxation for body and face, massages, special applications for men and women, and made-to-measure packages for couples.

The thermal deep cosmetic line, specially developed for AQUA DOME, is the experience of the region's elemental power on your body. One thing all products and treatments have in common is their commitment to nature – all product ingredients are 100% natural, and all treatments are authentic. Brands used at the AQUA DOME include QMS, with each application adapted to the guest's individual skin type. The AQUA DOME is also home to a small revolution in the world of beauty: BYO – Bring Your Own Cosmetics. This approach is ideal for all those who worry about their skin reacting badly to new products and therefore wish to use brands they are familiar with. All you have to do is bring along your favorite beauty product and leave the rest to our team of trained professionals. Finally, don't miss out on the many different essential oils and infusions used in the sauna world. Sit back, close your eyes and breathe in the invigorating scent of herbs, pinewood or lavender as the steam slowly rises before cooling off again with some glacier ice cubes – the AQUA DOME's very own homage to Ötzi, the famous Stone Age ice mummy discovered in the Ötztal Valley.

**More Information: AQUA DOME – Tirol Therme Längenfeld, Oberlängenfeld 140, A-6444 Längenfeld, Tel: +43 5253 6400, [www.aqua-dome.at](http://www.aqua-dome.at), E-Mail: [marketing-pr@aqua-dome.at](mailto:marketing-pr@aqua-dome.at)**

**High-resolution images of the AQUA DOME Tirol Therme Längenfeld are available for download on our homepage in the Press section. Picture credits required: ©AQUA DOME.**

**About VAMED Vitality World**

The international health care group VAMED has been actively involved in the thermal spa and wellness sector since 1995. VAMED Vitality World was founded in 2006 and operates six of the most popular resorts in Austria: AQUA DOME – Tirol Therme Längenfeld, SPA Resort Geinberg, Therme Laa – Hotel & Silent Spa, St. Martins Spa & Lodge in Frauenkirchen, Therme Wien, TAUERN SPA Zell am See – Kaprun. This makes VAMED Vitality World the leading operator of thermal spa resorts in Austria.

