

PRESS RELEASE
AQUA DOME - TIROL THERME LÄNGENFELD
TREATMENT & SPA



01/2025



[Honoured in 2024 with the 'World Spa Award': The largest wellness area in Tyrol is located in the AQUA DOME - Tirol Therme Längenfeld](#)

Lift your spirit with signature rituals & regional SPA inspirations

The power of opposites can release energy and joy. You can feel our slogan 'Lift your Spirit' when the rugged Ötztal nature outside meets thermal spa luxury inside and the thermal water from 1,865 metres below meets 3,000-metre peaks in the AQUA DOME. These kicks allow your body and soul to recharge their batteries and relax. The SPA offer supports this goal in an architecturally unique atmosphere and with a special selection of feel-good experiences. Many of these are signature treatments specially developed for and in the AQUA DOME, such as the WAVE Rituals or treatments with the hotel's own 'thermal deep' product line. There are also regional wellness ideas with Swiss stone pine and honey, state-of-the-art high-tech beauty treatments and wellness for two in the Private SPA Suite. The 'World's Best Mineral & Hot Spring Spa 2024' radiates a very special inspiration that will have a long-lasting effect. Supported by an offer in the thermal baths, saunas and SPA 3000 that is second to none.

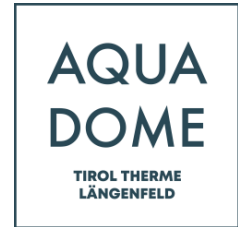
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The most architecturally impressive thermal spa resort in the Alps in the heart of the Ötztal offers an extraordinary wellness concept spread over 65,000 m², utilising the healing power of nature and the resources of the Alps. Experience it not only in the futuristic-looking water and sauna world with 'floating' shell pools and the crystal-shaped glass spa dome, but also in the 2,000 m² award-winning SPA 3000 on two levels of the roof of the spa building. The area is reserved exclusively for guests (aged 15 and over) of the 4-star superior hotel in the AQUA DOME and showcases the power of the Ötztal valley in sauna and treatment experiences.

Elementary wellness in SPA 3000

The mountain fire sauna at SPA 3000 offers the most beautiful view of the spruce forest and mountains, as well as the most elemental sauna experience. Afterwards, you can relax in hanging baskets and gaze upwards through triangular windows at the play of colours in the sky, atmospherically contrasted by the flickering of the fireplace, the warm light of the designer chandeliers wrapped in fabric, spruce wood and granite. But at SPA 3000, guests can expect much more than a perfectly staged modern alpine sauna experience: in the Ötztal mineral bath, you can inhale the power of the mountains, exfoliate your skin and relax after a mineral shower in the floating relaxation area or in the moss pump – surrounded by backlit salt stones or natural moss walls. After a break on the herbal tea veranda, you may want to take a herbal

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wrap bath, in which nourishing body wraps with Ötztal herbs and flowers are applied in the warm steam bath. Afterwards, you can savour local herbs in the Alpine herbal sauna.

WAVE rituals for deep relaxation & regional specialities from Tyrol

If you want even more regionally specific wellness, book the unique AQUA DOME Signature Treatments at the Treatment & SPA, which focus on the elemental power of the Alps. Mountains, water and the original energy of the Ötztal: three fields of action whose potential is utilised in the WAVE Signature Rituals on the waterbed. Especially for the AQUA DOME. On the innovative Wave Balance lounger, the body can really let go, supported by gentle music and vibrations. This personalised full-body treatment is adapted to individual needs, using pleasant stretches and special grip techniques. WAVEsoft is a gently swaying wellness experience that is even ideal for pregnant women. Speaking of which, the AQUA DOME SPA has put together a selection of treatments for the special time of the baby moon. There is also a focus on regional treatments, such as the Tyrolean honey and Ötztal stone massage or the Swiss stone pine luxury ritual.

Thermal deep: Signatures with Längenfeld thermal water

From a depth of 1,865 metres, the most precious of all elements bubbles to the surface from centuries-old springs. In the past, Längenfeld's thermal water was used for the soothing 'Bauernbadl', but today it meets the effects of regional herbs in the exclusive AQUA DOME 'thermal deep' signature line. High-quality, certified natural cosmetic, vegan and with purely organic ingredients. With a subtle, fresh herbal fragrance, 'thermal deep' lets you experience alpine exclusivity in soothing signature treatments for face, body and mind. An exciting combination of Ötztal nature and a current trend from Asia is 'thermal deep meets Gua Sha': this 'thermal deep' facial treatment also uses smooth Gua Sha stones made of jade or rose quartz during the facial massage. The former are used to remove toxins from blemished skin and promote circulation, while the latter are used to reduce wrinkles and stimulate collagen production in mature skin. For detox or anti-ageing – with the aim of achieving rosy, radiant skin.

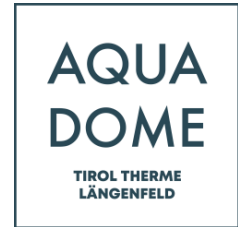
High-tech luxury for the skin and wellness for two

What is best for which skin? To create a customised treatment plan, it is worth starting by looking deep under the skin: the VISIA® skin analysis system is a modern imaging technology that enables a detailed analysis of the current condition of the skin. Visia® simply sees everything that is often invisible to the naked eye: hyperpigmentation, spots and UV sun damage, as well as lines and wrinkles, porosity, redness and more. The scientifically based premium brand QMS Medicosmetics or the intelligent skin care concept from FUHLENDORF® – which combines high-tech cosmetics and efficient active ingredient gels – can help, depending on the skin condition. New to the AQUA DOME and an absolute beauty luxury for quickly visible results is JetPeel™, an innovative high-tech method for skin rejuvenation: it is non-invasive, gentle on the skin and yet deeply effective. A finely focussed aerosol jet delivers highly effective, specially developed original active ingredients to the deep layers of the skin; contact-free and without irritating the skin.

If you book a wellness holiday as a couple, you'll want to spend time together in the spa. The pinnacle of SPA luxury are our couple rituals in the absolute privacy of the Private SPA Suite, with undisturbed cuddling time at the highest wellness level including Finnish sauna, steam bath, luxurious Bovi stone bathtub, massage lounger and a relaxation area for dreaming together. For romantic togetherness, we recommend 'Mountain Worlds for Two': full body



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massages with honey-ginger oil are complemented by face masks and warm beeswax packs for the back. An all-round pampering experience for two, rounded off with cuddling time in the BOVI stone bathtub in the Private Spa Suite.

Long text: 6,906 characters

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

About the VAMED Vitality World

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

