

PRESS RELEASE

AQUA DOME - TIROL THERME LÄNGENFELD
FALL

08/2025



Everything's new this fall at Tyrol's largest wellness area, AQUA DOME – Tirol Therme Längenfeld

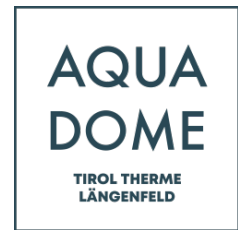
With even more quality and new “thermal longevity” programs for wellness in fall

AQUA DOME – Tirol Therme Längenfeld was recently awarded the World Spa Award as the “World's Best Mineral & Hot Springs Spa 2024” for its outstanding achievements in the spa and wellness sector. This recognizes it as the highest-quality thermal resort in the alpine region. We have now invested in a new outdoor sauna in the middle of the beautifully designed sauna garden, five new relaxation rooms for more individual comfort and personal space, as well as a stylish facelift in the Thermendom, the heart of the AQUA DOME. Wooden walls on the galleries reflect the wave motion of the water, producing new sensations of tranquility. The AQUA DOME combines exciting architecture, 250 three-thousand-meter peaks, and the elemental power of thermal water—drawn from a depth of 1,865 meters.

Fall is the perfect time to enjoy activities in milder temperatures and relaxation in the thermal baths. Accompanied by nature's colorful spectacle, our four hiking and biking guides at the AQUA DOME will take you out to discover the region's hidden gems. An endless 1,600 km of hiking trails are waiting to be explored, and 50 in-house bikes are available for biking. Afterwards, it's time to relax in the AQUA DOME. Tip: Float in the open-air “shell pools” and marvel at the mountain peaks. Or dive deeper and test the new “thermal longevity” concept in kick-off or deep dive retreats. It is designed to be holistic—from nutrition to treatments and activities to mental health. Always based on scientifically sound, personalized principles, complemented by the effects of the thermal water. The high-quality alpine cuisine, whether classic or in a health-conscious “longevity” version, adapts ingredients and production methods from the alpine region; an essential part of holistic well-being, ensuring lasting relaxation. Short text: 1,813 characters

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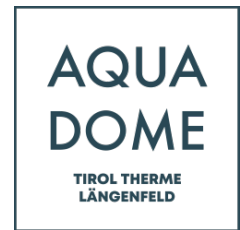
In fall, the milder temperatures encourage you to get outside and be active, accompanied by nature's colorful spectacle. No one knows better where the larch forests change color most beautifully or where the deep red splendor of the "Granten" can be found (as cranberries are called here, grown on mountain heaths at altitudes above 1,400 meters)—than the four hiking and cycling guides at the AQUA DOME. All four guides lead daily tours to places in pristine nature. Conveniently, and without any complicated preparation of your own, you can discover the Ötztal Valley through the eyes of the locals. Afterwards, float in the "shell pools," the "trade-mark" of the AQUA DOME. Under the open sky, you will feel the power of the thermal water drawn from a depth of 1,865 meters and the energy of the 3,000-meter peaks all around. This lifts both body and spirit: Lift Your spirit! Tyrol's largest wellness area offers a total of 20,000 square meters for thermal baths and wellness: 2,200 square meters of water in 12 indoor and outdoor pools, 11 saunas and steam baths, a large fitness area, and three restaurants. Families can let off steam in the Alpen Arche Noah children's world—the separate "Alpen Arche Noah" thermal spa ship has just added new attractions such as a climbing garden on board. Those seeking peace and quiet will find a luxurious spa experience in the exclusive Spa 3000 for hotel guests. First work out, then relax comfortably at the AQUA DOME. That's how active recreation works.

New saunas and relaxation rooms for even more spa comfort

After extensive renovation and expansion, the sauna area offers a completely new wellness experience. Investments have been made in individual rooms and even higher quality. The new features in the sauna area are real discoveries: a glass elevator takes you from the gorge sauna to the newly designed sauna garden with loungers by the stream, a waterfall, and a harmoniously rounded outdoor sauna with automatic infusions. The outdoor whirlpool, accessible via a "waterway," also has a new look in bright turquoise in front of a green wall. And inside, there's a new "nature garden" with floating loungers—the perfect spot to relax. Four new premium relaxation rooms, including reserved loungers in the spa area, have been joined by a new relaxation room in the sauna area with a view of the hotel's west wing. Discreetly integrated into the overall architecture, it nestles harmoniously as a new extension to the sauna building and offers generous space for up to 60 people. Indoors is furnished in a modern, linear style with subtle natural tones and wide, comfortable loungers. Outside, there's a covered wooden veranda. More personal space is just as important as the feeling of high-quality materials.

Two new longevity retreats

For those who want to live healthier and more fulfilling lives, the AQUA DOME offers two new, sophisticated "longevity" program: as a "kick-off retreat" (2 nights) or "deep dive retreat" (5 nights). Our lifestyle has more influence than our genes on whether we can fill our years with health, holistic vitality, and lots of positive life energy—while slowing down the aging process. AQUA DOME - Tirol Therme Längenfeld has developed the new "thermal longevity" concept as a pioneer for the 5 other thermal resorts of VAMED Vitality World. With a holistic effect on body and mind, the content ranges from nutrition to individual treatments and activities to



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mental health. It is always based on scientifically driven, personalized principles, such as uVida's personal respiratory metabolism analysis as the basis for tailor-made strategies in the areas of nutrition, training, and health management. The effective power of Längenfeld's thermal water optimizes the offer.

Cuisine: The alpine arc meets longevity

The principles of the AQUA DOME alpine arc cuisine and longevity nutrition complement each other perfectly. Regional and selected ingredients result in tasty dishes—always freshly prepared and sustainably sourced. We aim to rediscover local vegetables and spices and adapt traditional production methods to create modern and contemporary dishes. At the AQUA DOME, the culinary diversity of the cuisine of the alpine arc combines taste, health, and sustainability into a holistic experience. **Long text: 6,100 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.