

RELAX RELOADED

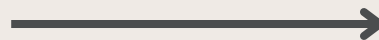


Welcome to our sumptuous 2200 m² spa
oasis, over the rooftop of Sölden!

**WE ARE
HERE FOR YOU:**



Sky BAR & Sky SPA Reception
9 a.m. - 7 p.m.



Sky Pool
7 a.m. - 8 p.m.

CONTACT US



www.berglund-soelden.at



skyspa@berglund-soelden.at



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Dorfstraße 114, 6450 Sölden

Sky SAUNA
1 p.m. - 8 p.m.

Sky FIT - Fitness / Gym
7 a.m. - 8 p.m.



**WE INSPIRE
YOUR SENSES!**

Greener goes Greener

We would like to contribute to environmental protection and ask for your support. Therefore, we have decided to no longer provide slippers in our rooms.

Under the motto "Small things can make a big difference," we aim to make a positive impact on the world together.

Thank you very much!





Julia,

Spa manager with passion and ambition

Julia is not only a passionate beautician, but also a born organizer.

With determination and a constant willingness to learn new things, she always achieves the best for our spa and our guests.

Julia's Motto:

"To do what I love - in a place where I feel comfortable and can develop."

OUR PHILOSOPHY

Holistic wellbeing with a touch of luxury.



WELCOME TO OUR BEAUTIFUL SKY SPA WORLD

BEAUTY TREATMENTS



At Sky SPA, we tailor our treatments to your individual needs using a digital skin analysis.

Beauty Age	80 min	179
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Beauty Energy	50 min	129
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[comfort zone] combines a well thought-out product selection with relevant scientific findings, innovative research and natural clinically effective ingredients with the holistic approach of harmonizing body, mind and soul. You can rely on our know-how and our many years of experience!

*all prices are in euros and include all taxes

MICRONEEDLING

Microneedling, also known as collagen-inducing therapy, is an aesthetic treatment method that improves skin texture, reduces wrinkles and minimizes scars. Tiny needles cause micro-injuries that stimulate natural collagen production and make the skin firmer and more youthful.

25 min

75



This treatment requires a certain amount of recovery time. The degree of discomfort and recovery time can vary from person to person, but usually the downtime after a microneedling treatment is relatively short.



NATURALLY BEAUTIFUL

Each treatment is tailored to your individual needs.

Beauty Klassik	75 min	145
Beauty Basic	50 min	115

Alpienne embodies a clear commitment to regionality and sustainability.

This exquisite natural cosmetic is a tribute to the inexhaustible wonder of alpine nature and forms a perfect symbiosis of innovative thinking and sustainable action.

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Andrea,

our experienced beautician,
with a sense of beauty and a keen eye for
detail.

Andrea has mastered a diverse repertoire of
skills, including facials, manicures & pedicures,
massages & body treatments.

Her true passion, however, lies in the
application of kerosene baths.

Her credo is: "Work becomes pleasure when
passion and creativity come first."

BEAUTY EXTRAS:

**Eyebrow styling	15
*Eyebrow tinting	15
*Eyelash & eyebrow tinting	29
*Hairless upper lip & chin	22
*Ionto or microdermabrasion	39

Beautiful Eyes
(eye mask, serum,
special massage & eye care)
25 min 59

Eyelash push-up
(eyelash lift & eyelash tinting)
50 min 99

Facial massage
25 min 59





*Professional care
just for you...*

Sky SPA Manicure

50 min 85

Business manicure
(shape & nailpolishing)

25 min 59

***UV manicure**

(only in combination with manicure)

25 min 39

*all prices are in euros and include all taxes



*...those who love their feet should pay
attention to them
and give them...*

Sky SPA pedicure

50 min 85

Business pedicure

(shape & nailpolishing)

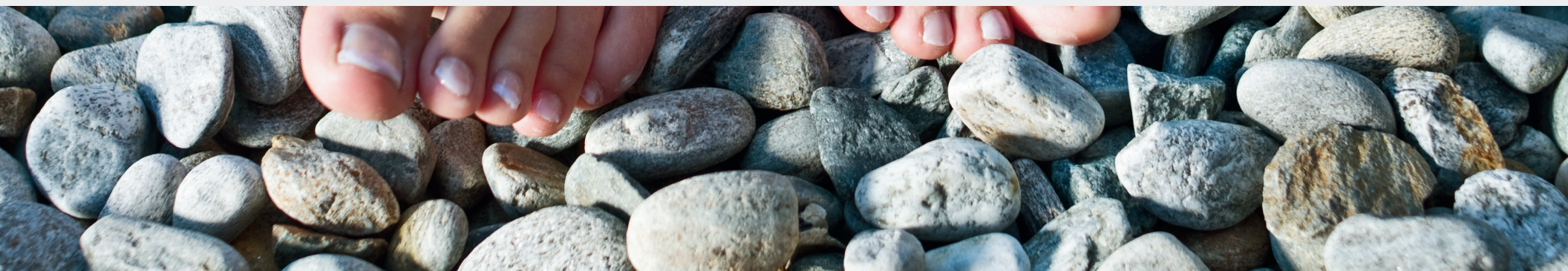
25 min 59

***UV pedicure**

(only in combination with pedicure)

25 min 39

*all prices are in euros and include all taxes





COMPLIMENTS!

YOU HAVE DECIDED FOR SUPPLE HANDS & FEET!

The beneficial effect of kerosene baths for skin care was already recognized in ancient Egypt.

The kerosene bath is a proven method for intensive skin care and also provides relief for rheumatic distress.

Immersing your hands and feet in the warm kerosene wax deeply moisturizes them, opens the skin pores and enhances blood circulation.

Sky SPA Manicure de Luxe
80 min 129

Sky SPA Pedicure de Luxe
80 min 129

*all prices are in euros and include all taxes

SKY SPA

SIGNATURE MASSAGE

a holistic treatment concept,
that perfectly combines the techniques of
classic massage, aroma oil therapy,
hot stone and Thai massage,
to promote relaxation and well-being.

You reserve the time, we adapt the massages
effectively to your needs.

Signature massage	25 min	58
	50 min	109
	80 min	149



Tensions arise from stress.
Back pain often results from
strained muscles and ligaments or
from wear and tear on the spine
and discs.

Depending on the cause of the
back pain, there are various
treatment options.

Discuss individually with our
therapists during a Signature
Massage what you need.

SIGNATURE

TREATMENT PURITY:

THE SECRET TO BEAUTIFUL SKIN!

Choose your individual body scrub to get rid of dead skin particles and experience a refreshing feeling. After the Signature Massage, you will feel reborn, deeply relaxed and stronger. This combination offers you not only a smoother skin feeling, but also a deep regeneration of body and mind.

Body scrub & full body massage
80 min 145



Try it and treat yourself to your time out, that you really deserve!

SIGNATURE TREATMENT

VITALITY

Would you like a little bit more?...

as a subsequent supplement to the peeling you can extend your treatment with a nourishing body wrap. Wrapped in cozy warmth, the skin is supplied with selected nutrients.

Body scrub & wrap & massage
110 min 175

...a journey to yourself, where nature & care merge into an unforgettable experience...

BERGLAND NATURAL OR ALPINE TREATMENT:

We start with a light brush massage, which prepares your body optimally for the valuable ingredients of the mud pack. The peat alpine herb pack, combined with the warmth of the water bed, activates the metabolism, promotes blood circulation and relieves muscle tension. The soothing massage with arnica and Swiss stone pine milk noticeably intensifies your body's well-being. A holistic experience that brings body and mind into harmony and pampers your senses.

Brush massage, mud pack & massage

50 min	125
80 min	165



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BERGLAND FASZINATION TREATMENT

...deep in the Alps, where fresh arnica wafts and the scent of mountain herbs , a peel which renews your skin and gives it lightness.

The hay flower bath is like a fragrant walk that enchants your senses. Let yourself be enchanted by the magic of zeolite and the sheep's wool ball massage, which easily dissolves stress and tension and allow you to glide into incomparable deep relaxation.

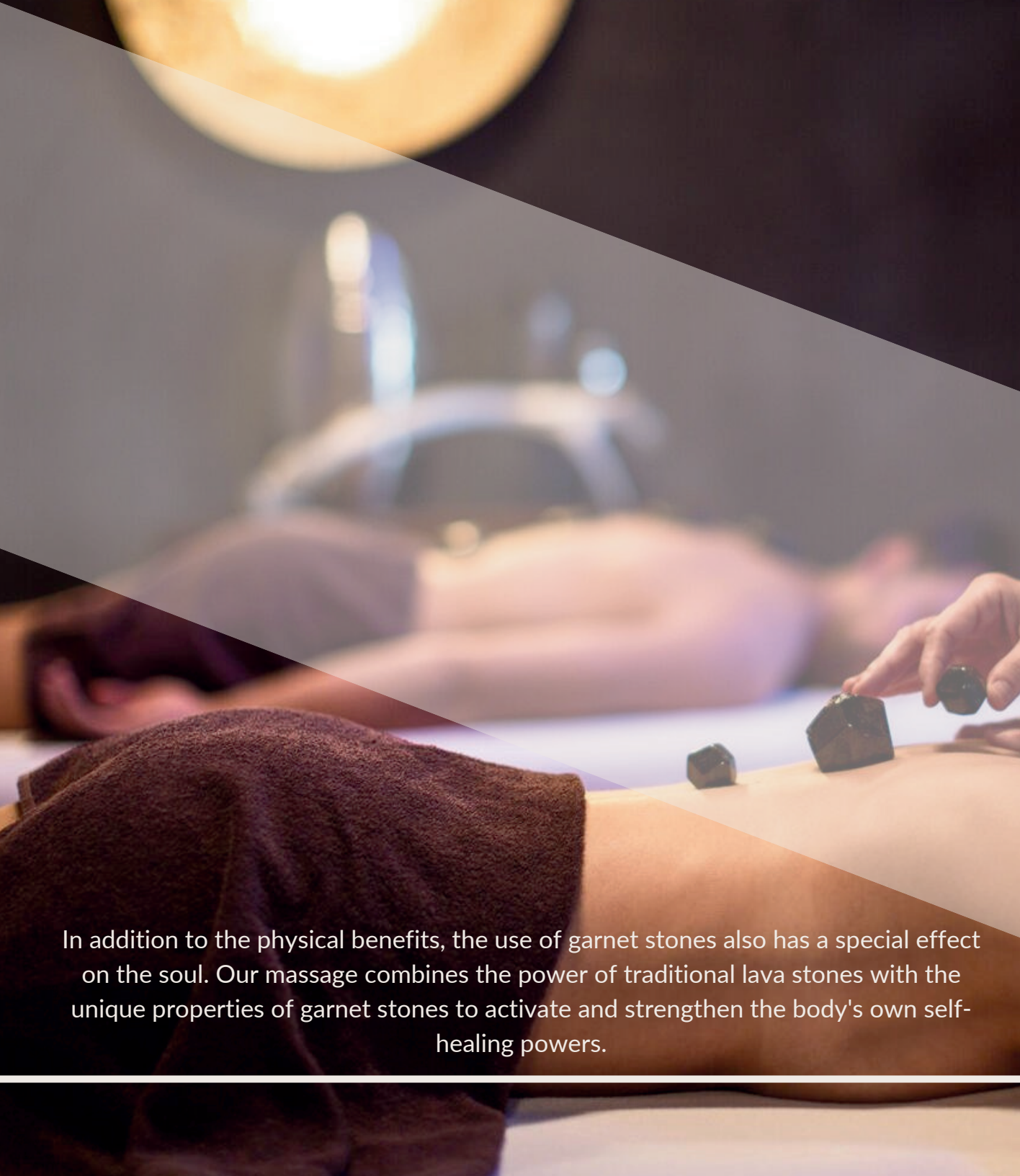
PEELING, HAY FLOWER BATH & SHEEP'S WOOL BALL MASSAGE

90 MIN	165
120 min	195



Your personal souvenir:
our sheep's wool balls -
the connection to
to this special place.

*all prices are in euros and include all taxes



Did you know that the roots of hot stone massage go back more than 2000 years in history? This ancient art of relaxation is transformed into a holistic experience with the addition of Ötztal garnet stones and arnica oil.

In addition to the physical benefits, the use of garnet stones also has a special effect on the soul. Our massage combines the power of traditional lava stones with the unique properties of garnet stones to activate and strengthen the body's own self-healing powers.

ALPINE STONE
with the power of the Ötztal
Garnets & arnica
80 min 169

*all prices are in euros and include all taxes

SOMETHING SPECIAL?

Lymphatic drainage 50 min 115

PNEUMATRON

PNEUMATIC PULSATION THERAPY

A gentle and efficient therapy or massage based on the principle of gliding suction massage with rhythmically pulsating negative pressure thresholds. The optimal combination of massage, cupping, fascia therapy and lymphatic drainage.

Pulsation therapy 45 min 109

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Agnes

from Hungary enriches our **team** as a **physiotherapist** and **lymphatic therapist** since this season.

With her calm and friendly demeanor, she brings not only expertise but also a deep dedication to the **well-being** of our guests. In her free time, she loves all forms of **movement**, enjoys being in **nature**, and has a special passion for dogs.

PRIVATE SKY SPA – DINNER FOR 2

For special moments which will be remembered forever:
Marriage proposals, anniversaries, birthdays or to simply say
"I love you"...

Your unforgettable evening begins at 19:00 at our SKY SPA reception, where you choose the menu. Together you enter the private spa, where an enchanting atmosphere with candlelight and a relaxing bath awaits you. You start with delicious starters, followed by a main course, which is served at around 7:45 pm.

A heavenly dessert awaits you as the crowning finale. The PRIVATE SPA is all yours until 10:30 p.m. so that you can fully enjoy this special evening.



265 for 2 persons
350 for 2 external guests

*all prices are in euros and include all taxes

PRIVATE SKY SPA – only you

Welcome to our Private Sky SPA -
an exclusive retreat designed just for you!
An oasis of peace and relaxation awaits you on over 60 m²
and mutual pampering.
Spend precious moments together by
magic of the mountains
in a private atmosphere.

120 min

135

Our recommendation:

... Since the way to a man's heart is through his
stomach ...
you can order a delicious cheese platter
together with a bottle of wine at our spa
reception.

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Pilates

is a holistic training program, gentle but efficient, can be done regardless of age and fitness level, can be easily integrated into everyday life and sustainably improves quality of life. Stable posture, a tucked-in stomach and emphasized exhalation when tensing are very important for successful training.



Simone,
(Oct-April)

our esteemed fitness trainer, has been inspiring our guests since 2014 with her energy and skills.

She teaches Pilates and Thai Yoga and accompanies our guests on Nordic Walking and snowshoe hikes.

It is particularly important for her to promote regeneration after physical activity.

For this reason she recommends electrolysis foot baths & magnetic field therapy to increase the well-being of our guests.

Outside of work, she enjoys spending time in the mountains, where she draws strength and inspiration from nature.



ELECTROLYSIS FOOTBATH

Do you know the refreshing feeling of a walk after a summer thunderstorm?

We owe this unique feeling to the cleansing effect of the thousands of freshly formed ions in the air. The electrolysis footbath has a similar effect.

Through electrolysis, the salty water is ionized to a high degree and thus leads to natural purification and regeneration.

Elektrolyse Fußbad 25 min 49

MAGNETICFIELD THERAPY

The silent power of nature offers optimal support for intensive training training and regeneration.

16 min 16

24 min 24

Thai Yoga

includes effective stretching exercises in which targeted muscle tension and stretching are applied to specific muscle groups.

Fascia training

flexibility, precision and resilience that can be wonderfully combined to create a very effective aerobics class.





BODY WRAPPING

...in a tranquil oasis of relaxation & renewal...
where we say "Bye, Bye" to cellulite!

Our treatment begins with a gentle wooden massage roller, which activates the lymphatic system and stimulates blood circulation. This massage technique naturally removes water retention and toxins from the body. We then apply our specially developed Cello Cream to improve skin elasticity and increase collagen production. The comforting warmth of the water massage bed and the wrapping technique enhance the effect of the cream while stimulating the metabolism.

Einzelbehandlung 50 min 95
3er Kur 150 min 260



Our tip:
**We recommend the
electrolysis foot bath as the
ideal complement!**

Young Generation

*till 12 years!

Chill-out Massage
20 min 45

Young Face
Facial treatment
(Cleansing,
concentrate, mask)
50 min 105

First manicure
or pedicure
20 min 49

Colorful nails*
10 min 15
*bookable from
09.00 a.m. till
2.00 p.m

Package

Beauty Express
Fresh kick facial
treatment
Business manicure
Business pedicure
100 min 195

Pure relaxation
Body scrub,
body wrap in the
water floating bed,
Alpine stone massage
120 min 215



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Silvia ,
is a treasure in our team
and since 2019 acts as the first point of
contact for our guests
both
at the spa reception
as well as in the Sky Bar.
Silvia impresses with her
cordiality and helpfulness
and is known for
her tireless commitment
to make our guests happy.
Her motto "perfectly imperfect"
gives our work a special and authentic touch.

Day SPA

We are also happy to welcome day guests to the Bergland SKY SPA, 2200 m² above the rooftop of Sölden! The sauna area with four saunas, whirlpool, outdoor and indoor pool, two relaxation rooms, fitness room and gym, participation in the activity program, bathrobes, towels and slippers are at your disposal.

In order to make your day as pleasant as possible, we ask you to book in advance.

DAY SPA LOVELY MORNING
until 1.00 pm
(breakfast in our hotel restaurant & swimming)
85 p.P.

DAY SPA DE LUXE
(incl. breakfast in our hotel restaurant)
118 p.P.

DAY SPA KLASSIK
(daily rate)
89 p.P.

DAY SPA RELAX
(for spontaneous visitors from 4 p.m.)
55 p.P.

We know what you should pay attention to.

Thank you for choosing to stay with us.

We are looking forward to your visit to our Sky SPA - your place of relaxation and would like to offer you the best service. Support this relaxing atmosphere with a subdued voice and a quiet walk.

Medical history

At the beginning of your visit, please check with us about your health and inform us of any contraindications, e.g. restrictions of the musculoskeletal system, high blood pressure, heart disease, metabolic disorders, allergies, recent surgery and pregnancy. Our therapists will of course treat this information confidentially and take your details into account when making recommendations.

Check in

We recommend that you arrive approx. 10 minutes before your treatment appointment to our Sky SPA reception and enjoy a healthy a healthy cup of tea, a glass of freshly freshly squeezed juice or Ötztal spring water to enjoy. Please come to your treatment in a bathrobe or comfortable clothing. To protect your privacy, we offer you a disposable slip for every treatment and work with various covering techniques. We expect you to wear comfortable clothing for sports and Nuad Thai treatments.

Appointments

We are happy to take your wishes into account when scheduling your treatments. It is best to book before you arrive and discuss your preferred time with us. Time is precious, so we reserve this time just for you and your wishes! If you are unable to keep an appointment, please let us know 24 hours in advance. We ask for your understanding that appointments not kept and cancelations on the same day will be charged 100 %.

Towels

You will find your personal bathrobe and slippers in the bath basket in your room, towels for the sauna and swimming pool are available for you at the Sky SPA reception. For hygienic reasons, please use large towels in the sauna so that your body does not come into contact with the wood. Showering before and after the sauna is a matter of course. Please treat the bathing and sauna equipment provided to you with care and responsibility. And, for the sake of our environment, avoid tons of dirty laundry.

Loungers

Out of respect for our other guests, we kindly ask you not to permanently reserve the loungers with personal items. While you are enjoying a treatment or taking part in the sports program, you are welcome to take your Sky SPA basket with you or we will keep it for you at the Sky BAR.

Relaxation area: Psssssst ...

Our guests' desire for peace and quiet is our top priority. Please allow yourself and all other guests to enjoy this peace and quiet. Please put your cell phone on silent. Our young SPA guests have unlimited access to the Sky POOL and the textile sauna. Access to the Sky SAUNA nude area is only permitted from the age of 16. However, because some guests appreciate deep relaxation in the evening, the last hour in the Sky SPA is all yours. From 6 p.m., we therefore ask young and old to be particularly quiet and considerate in the wellness area

Participation in the sports and activity program:

Participation in the daily sports and activities program is free of charge for our guests. Please register for all program items in the guest book at the main reception the day before. For safety reasons, guests aged 16 and over are not permitted to use the fitness equipment in the fitness room. (up to 16 years only when accompanied by parents). Parents are responsible for their children. From 6 p.m. onwards, special quiet is requested in the entire wellness area.

Jewelry:

For security reasons, please keep your jewelry in the safe in your room. Valuables found in bathrobe pockets are usually are usually no longer assignable.

Sky BAR

Enjoy tasty snacks and during the day in a cozy bathrobe. You can also get freshly squeezed juice, milkshakes and power drinks there. We only recommend drinking alcoholic beverages after a visit to the sauna.