WELLBEING

STEP BY STEP!

Be active. Regain strength. Find peace.

The new Boutique Spa Coburg harmonizes movement and sports, balance and relaxation, energy and flow. Small, exquisite, personal and individually designed, and deliberately uncrowded – here you'll find the space you need. Whether hiking, biking, skiing, or simply enjoying the mountains – we support your active lifestyle with targeted treatments.

We invite you to rediscover your body and mind in our personal wellness space: with select yoga and fitness classes, deep-acting massages, and mindful body treatments. With the opening of our year-round heated infinity pool, gym, and lounge garden, our spa has become a place where vitality, lightness, and design merge in a truly unique way. It's the perfect retreat for everyone who wants to combine movement, relaxation, and aesthetics – and where pure enjoyment is guaranteed.

Longevity & More – COMING SOON

Medical meets Boutique – your body deserves more than wellbeing. A new era of holistic health begins at Boutique Spa Coburg. Stay tuned – the future of wellbeing starts here.

BOUTIQUE SPA COBURG

SPA BROCHURE

BOOK NOW

Visit us at reception for
our daily activity schedule and
appointment availability or book on
the App,
Kristina from Spa Team

+43(0)3687 21707
Coburgstrasse 833
8970 Schladming
www.chaletscoburg.at

MASSAGE

45 minutes, with high quality
BIO products from our local Pharmacy

- **Swedish** - full body relaxation and stress relieving 70€
  Pregnancy pillow available
- **Lymphatic Drainage** - oil free, full body, detoxification and metabolic activation 70€
- **Head, Neck and Shoulders** - relieving tension with strong pressure points 75€
- **Legs and Feet** - relieving inflammation and muscle soreness 75€
- **Sport** - choice of full body or only problem area, injury prevention and muscle regeneration 80€
- **Hot Stone** - (60 minutes) full body massage to promote blood circulation and deep relaxation 90€

BODY TREATMENTS

High quality products from Wiener Kosmetikum

- **Sea Salt Exfoliation** - (45 minutes) Full body scrub, leaving your skin soft and regenerated, finished with a full body oil application 70€
- **Body Wraps**
  Full body (45 minutes) 80€
  Legs only (30 minutes) 60€
- Choice of: anti aging or muscle regeneration, includes scalp massage

BEAUTY

- **Brow Bar** - Brow tint 15€, Lash tint 25€, Brow wax 20€
- **Face Massage** - (30 minutes) Techniques used to plump up your face, lymphatic drainage to help with inflammation and oil to leave your skin glowing and hydrated 40€

YOGA CLASSES

Complimentary 30 Minute Classes

- **Pre Ski Yoga** - activate your muscles and awaken your energy with this dynamic session that prepares your body and mind for a day on the slopes
- **Après Ski Yoga** - recover and reset your body and mind with targeted movements, along with breath work to relieve sore muscles and enhance mobility
- **Hatha Yoga** - a practice focused on using the fundamental poses and breath work to help you feel more grounded and focused
- **Yin Yoga** - a meditative practice, holding poses for 3-5 minutes, targeting your connective tissue to help increase mobility and flexibility, while leaving your mind clear and calm
- **Flow Yoga** - a vibrant blend of all yoga styles to help you feel more positive and energetic

FITNESS CLASSES

Complimentary 30 Minute Classes

- **HIIT** - High Intensity Interval Training, a full body powerful workout, designed to boost your endurance and energy
- **Booty burner** - a high energy session to sculpt your glutes and legs, leaving your lower body toned and strong
- **Core Crusher** - build a rock solid core with this abdominal focused class
- **Circuit Training** - a full body class using weights to improve your strength and endurance, and body weight for agility and stability
- **Zumba** - boost your endurance and coordination with this upbeat dance workout
- **Pilates** - a low impact exercise that focuses on full body toning, improving mobility and body awareness

HEALTH & WELNESS

Health Coaching 50€
60 Minutes

Reset, refocus, and thrive with this personalized session to help you get on track with your wellness goals. Let's create a realistic and effective fitness, nutrition and well-being plan that compliments your everyday life.

Personalized Meditation 30€
30 Minutes

A guided meditation to help you find balance in your mind and relieve any challenges you are facing in life. Topic of your choice, please share topic day before the session.

Personal Training 60€
60 Minutes

A session personalized to your goals, fitness level and preferred training style. Helping you to reach your greatest potential.

Functional Training €50
45 Minutes

A session to help you learn the basics of fitness training, at home workouts, how to build strength and improve mobility.