

## Wellbeing Breaks in Austria: 7 Spa Hotels You Need to Know

Imagine stretching your legs in an outdoor pool amidst three-thousanders, watching the sunset with a glass of bubble in your hand. Or a sauna with panoramic views of the Alps, followed by some sunbathing at the adjoint terrace. Then, there's the restorative yoga class with your mat facing the mountain peaks, in complete silence apart from a few birds chirping in the distance. And a massage to release all the tension that has built up in your body from constantly hunching over your laptop.

With city life taking the toll on many, it comes with little surprise that wellness holidays keep rising in popularity. After all, they are the perfect way to give your body and mind a break from everyday life. Let us show you seven hotels in Austria that perfectly fit the bill.

[Stanglwirt Green Spa Hotel](#) in Kitzbühel is an organic farm and luxury hotel both in one. Having welcomed guests for over 400 years, the hotel – with the Wilder Kaiser range as its dramatic backdrop – was transformed from a rustic inn into a five-star complex while keeping its Tyrolean charm. Stanglwirt's spa features a saltwater, rock and sports pool, a waterfall grotto, a natural swimming lake, five saunas, three steam baths, and a special area for children with several pools (kids can watch a movie right from the largest one!), a giant water slide, and a waterfall. Soothing massages are available alongside a range of face and body treatments. There's also a special [couple and cuddle package](#) for lovebirds.

[A-ROSA](#) is another luxury mountain retreat in Kitzbühel. Here, guests enjoy Alpine tradition and modern amenities in a castle-like environment. Breathtaking views of the Streif, the Hahnenkamm, and the Wilder Kaiser from the room and all the communal and outdoor areas included. The hotel features an impressive 3,000 m<sup>2</sup> / 32,000 sqft spa area called SPA-ROSA, with generously sized outside and indoor pools, five different saunas (the highlight being the "Panorama Sauna", where guests get a front-row seat to admire the Hahnenkamm), a pool bar service and various treatment options. All the spa facilities of the hotel are also open for day guests.

[Aqua Dome – Tirol Therme Längenfeld](#) is in the heart of the Ötztal and home to Tirol's largest spa. A whopping 12 pools await, including three futuristic outdoor basin pools that seem to float, a massage basin and a sports pool. A weekly highlight is the so-called [Moonlight Bathing](#) on Fridays when all the pools are open until Midnight and guests can star gaze right from the thermal water. Aqua Dome also has seven saunas, steam baths, a waterfall, and a Kneipp Walk. Massages and beauty treatments can be booked throughout the day, with special options available for couples and expecting mothers. Aqua Dome welcomes both overnight and day guests.

Luxury hotel [Das Central](#) in Sölden has recently upped its game with a stunning new Summit Spa. Guests can relax in the Summit Infinity Pool, the whirlpool or the adjoint sun terrace amidst three-thousanders, high above the roofs of the village of Sölden. The wellness area also features a new brine steam bath, a cold-water plunge pool and two saunas, a Finnish and a bio-panorama one. Plus, there's a beautiful indoor pool (with a chandelier!) and a winter garden. There's also an option to book a private spa area with a sauna, a bathtub and a postcard-perfect mountain view. Cap the day in style at their award-winning restaurant and try one of more than 30,000 bottles from their very own wine cellar.

[Mountain Resort Feuerberg](#) is a beautiful four-star alpine retreat on the Gerlitzen Alpe in Austria's southernmost province Carinthia. Eleven pools and saunas, 16 relaxation

areas and a swimming pond ensure hotel guests can fully relax their body and mind and take a break from the outside world. The highlight of Feuerberg's indoor spa world (called Carinthia's Mountain Spa) is the concert sauna, featuring sound bowl performances, soothing ceremonies, and even concerts in a cosy atmosphere. Travelling with children in tow? Head straight to the kids' sauna! Other special features at the hotel include regular Japanese tea ceremonies, herbal walks, forest bathing, yoga and meditation.

[Naturhotel Forsthofgut](#) in Leogang, SalzburgerLand, was a simple forestry business and farm in the early 17th century before the Schmuck family turned it into a luxurious hotel. Today, the stunning complex is run in the fifth generation and boasts Europe's first forest spa. The adults-only oasis has an old-wood sauna, herbal and steam paths, and a 25-m-long sports pool with mountain views. A standout feature is the onsen-style pool (42°C) and an authentic onsen washing area where traditional cleansing rituals are practiced. Besides the classic health and beauty treatments, Forsthofgut also offers selected ones in the middle of the forest, allowing hotel and day spa guests to completely switch off.

[DAS EDELWEISS Salzburg Mountain Resort](#), a 5-star haven nestled in the heart of the Austrian Alps, scores with a 7,000 m<sup>2</sup> / 7,500 sq-ft large Mountain Spa spreading over five floors, featuring five pools, four saunas, an infrared cabin, relaxation rooms and a sauna terrace. Families with children can make use of their separate Family Mountain Spa, with slides, kid-friendly saunas, and a baby pool. Relaxing spa treatments are available for both adults and children, with special packages for the later available. Couples looking for some alone time can opt for a private spa session (including prosecco) or even book the rooftop infinity pool entirely for themselves.

As always, we are happy to assist you with additional information, images, and research trips to Austria. Please get in touch at [pressuk@austria.info](mailto:pressuk@austria.info).

#### **Austria Tourism**

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