

## INFORMATION AT A GLANCE

### AQUA DOME – Tirol Therme Längenfeld

<b>Location</b>	<p>The AQUA DOME thermal spa is situated within the community of Längenfeld situated in the middle of the Ötztal valley – one of the most favourite summer and winter destinations of the Austrian Alps. The mountain panorama can be seen from all areas of the AQUA DOME and is part of the overall experience of the unique ensemble, which covers over 50.000 m<sup>2</sup>.</p>
<b>Opening</b>	<p>1<sup>st</sup> October 2004</p>
<b>Management</b>	<p>The AQUA DOME is operated by VAMED – on behalf of a shareholder consortium comprising the Raiffeisenlandesbank Tirol, Bergbahnen Sölden, the Raiffeisenlandesbank of Upper Austria, the Raiffeisenbanken of the area Imst, VAMED and Ortner as well as the community and the tourism organisation of Längenfeld.</p>
<b>Managing director</b>	<p>Bärbel Frey</p>
<b>Staff</b>	<p>Approx. 180 employees</p>
<b>Concept</b>	<p>The combination of the Alps and thermal spa is the essence that provides the unique character that makes out the AQUA DOME.</p> <p>The thermal spa is surrounded by the 3000 m high summits of the Ötztal Alps and consists of a 2,200 m<sup>2</sup> bathing area.</p> <p>Additionally, a variety of saunas, spa area and fitness centre, special children section, VIP-area and a medical centre is offered.</p> <p>The thermal spa is completed by a 4 **** superior hotel. The modern architecture meets tradition and the hotel is ideally integrated in the mountains due to the spacious way it was built.</p> <p>The overall complex of the thermal spa and the Hotel is adjusted to Feng Shui to support well being, health, vitality and love of life.</p>

## Hotel

The 4 \*\*\*\* superior hotel offers 140 rooms and suites with a minimum size of 35 m<sup>2</sup>. The classic contemporary design is shaped by clearly defined lines but reflects the warm atmosphere of traditional alpine houses due to the choice of woods and fabrics.

All rooms are equipped with high quality materials and consist of a bathtub or shower, a separate toilet, a hair dryer, bath robes, a flat screen TV, a safe, a mini bar free of charge, a phone, a radio and a balcony. Additionally to the restaurant, lounge and bar the hotel offers seminar rooms for up to 270 persons.

The hotel and thermal spa are connected with a heated bath robe passage.

## MICE

The 4 \*\*\*\* superior hotel of the AQUA DOME consists of six seminar rooms flooded with light, which are equipped with modern presentation technology for seminars, conventions, events and incentives. The seminar rooms carry unconventional names such as „Kristallwissen“, „Ideenglimmer“ or „Erzg’scheid“.

Innovative activity programmes within the thermal spa and the attractive surrounding with its miscellaneous outdoor activities at any time of year ensure motivation, energy and creativity.

Seminar flat rates include fitness exercises and fresh snacks.

## Thermal spa

The thermal spa dome “*Ursprung*” resembles a glass crystal and is separated into two indoor pools with water temperatures of 34 und 36 degree Celsius.

In the open air thermal spring “*Talfrische*” three apparently floating “bowl pools” are located – a brine pool with underwater music and underwater light effects, a massage pool with thermal water geyser and a whirl pool. The three circular pools with a diameter of 12 to 16 metres are suspended on stilts and are accessible via the heated glass cone.

For sportive activities a 25m sport pool is available as well as an active pool with underwater sport equipments for a variety of aqua gymnastics.

Apart from the brine pool, the active pool and the children pool the water in all pools is enriched with ten percent of pure thermal water.

The glacier water from the up to 3000 m high mountains is filtered through numerous layers of rock and flows to the AQUA DOME from a depth of 1.865 m with a temperature of 40 degree Celsius.

Directly connected to the indoor thermal spa is a relaxing area, which is spread over several levels.

For hotel guests an own relaxation room is exclusively available, which is a vitrified panorama room with view onto the Ötztal Alps.

The restaurants of the thermal spa with overall 250 seats offer in self service and service culinary highlights.

Every Friday the AQUA DOME invites its guests to moonlight bathing where the thermal spa is open till midnight.

## **Children's Alpine Noah's Ark**

The Alpine Noah's Ark is separated from the main indoor thermal spa and offers unlimited possibilities for children to rage all day and to frolic around without disturbing guests who wish to relax. The entire area is shaped like a ship with two pools on deck and a 90 m long slide called "Schlingeschlange". A particular experience is the possibility of documenting the first diving attempts with the underwater camera.

The additional indoor area is particularly equipped for children's entertainment with a climbing wall, a little movie room and a creative room with space to tinker and to do handicrafts.

During summer an additional area is arranged outdoors with two more pools for children. Moreover, specifically trained employees ensure fun with games and entertainment all day long while the parents can use their time for relaxing and enjoying what the thermal spa has to offer.

### **Fitness centre – Gipfelsturm**

The fitness centre “*Gipfelsturm*” offers training facilities with modern equipment for weight training and exercising, aerobic and gymnastics, a separate spinning room. An own department provides power diagnostics and effective and specific personal training.

All Yoga, Power Yoga or Qi Gong units are announced with a gong.

### **Sauna complex – Gletscherglügen**

The name “Gletscherglügen” stands for the sauna complex, which is stretched over 2000 m<sup>2</sup> and offers a variety of saunas that comprises different sauna sessions with light and music special effects:

Loft sauna, correlates with the Finnish sauna (capacity: 70 persons)

Earth sauna, ranks as the origin of the sauna culture and is created as a log house. One half of it is built into the earth (40 persons)

Hay sauna (16 persons)

Steam dome, steam bath (65 persons)

Herbal chamber, variation of sauna with light and music effects (10 persons)

Salt water steam bath (8 persons) and salt water grotto with warm water with temperatures from 30 up to 35 degrees Celsius.

Canyon sauna offers an imposing view in a canyon of the Ötztal valley (60 persons)

Additionally, the sauna complex provides a shower with weather effects – tropical rain, water fall or fog.

The sauna complex is completed by a whirl pool, open air pool, ice cave, Kneipp path, resting areas as well as a spiral garden, panorama whirl pool, open air area and a sauna bar.

### **Spa & Beauty - Morgentau**

The spa and beauty area “*Morgentau*” of the AQUA DOME is separated into 17 treatment rooms for an encompassing treatment programme.

A speciality is the AJARAN rituals, which base upon south east Asian wisdoms of beauty, youth and health.

The treatments last from 30 minutes up to 2.5 hours and comprise elements such as the Balinese massage, warming body masks made of spices, rice powder and blossoms, tea ceremonies and tropical aroma baths in an exotic ambience with glowing healing crystals.

Moreover, the spa offers different massages such as the Ötztal stone massage or sound bowl massage, soft pack treatments, men's specials i.e. the manager anti stress programme and many more therapies.

The ambience alone represents harmony and relaxation; mineral water, tea and a skin diagnosis with skin care recommendations are included.

The spa experience is rounded off with the utilisation of products of renowned cosmetic producers such as Shiseido, Biosel, Carita or Ajaran.

## **VRP area**

### **„Hochplateau“**

#### **Spa day „de luxe“**

The spa day "de luxe" enables access to the exclusive area "Hochplateau". The key idea is to become a "VRP" instead of a VIP – become a very relaxed person.

For VRP's the full AQUA DOME range is available as well as an exclusive area with indoor pool, a lounge with small snacks and refreshments and relaxing rooms.

A speciality is the high energy room – a room of mediation for depth relaxation and purification of the aura. The room was designed by the Feng Shui planner Heinrich Zak, who adjusted the entire thermal spa complex to Feng Shui. The guests are accompanied by music and a meditation guide followed by 15 minutes of absolute silence.

The guests who book a spa day "de luxe" can also use a solarium free of charge. Furthermore, reductions are granted on beauty treatments and products of the in-house sport shop and a 10 Euro culinary voucher is given as part of the spa day "de luxe".

## **Medical centre – 4health**

4health is the medical competence centre of the AQUA DOME and offers comprehensive services in the areas of prevention, wellness, fitness and beauty. A network of medical specialists is available for check ups, from health to sport and power checks through to mental and beauty checks.

Based on these checks guests receive individual programmes such as training plans, nutrition recommendations, relaxation techniques, anti stress therapies etc. Operative procedures including aesthetic surgeries are performed in nearby special clinics and are coordinated and pre- and post-supervised by the 4health team.

Furthermore, baths in pure thermal water are offered under medical supervision.

## **Outdoor activities**

The renowned ski regions of Sölden and Obergurgl are easily accessible by a shuttle bus.

More than 300 kilometres of pistes and 70 modern ski lifts are available for winter pleasures in the Ötztal valley.

The cross-country skiing areas (60 km of trails) are awarded with the “Tiroler Loipensiegel” and start off directly on the doorstep of the AQUA DOME.

During summer the Ötztal valley allures with a huge Nordic walking route network (120 km marked routes in Längenfeld, 1,300 km marked hiking trails in the Ötztal valley), mountain bike tours, glacier trips, hikes, mountain tours or refreshing picnics on the mountain pastures.

## **Address**

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## **Getting there**

Längenfeld is easily accessible by car via the Inntal Autobahn A12, exit Ötztal. The closest train station is "Ötztal Bahnhof" – from there a bus runs regularly to Längenfeld. The nearest airport is Innsbruck.

## **For further press information**

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