

FASCINATION WATER: AQUA DOME'S THERMAL SPA WORLD CELEBRATES BATHING FUN IN A NEW DIMENSION – IN THE MIDDLE OF THE TYROLEAN ALPS

The AQUA DOME - Tirol Therme Längenfeld stands for steam baths and crackling saunas, aromatic oils and the soothing touch of warm hands, bathing fun in a fascinating variety and a landscape with a breathtaking view during all 4 seasons. Beside the thermal spa the AQUA DOME combines a sophisticated sauna landscape, a spacious spa & beauty area and the so called *VRP area* for special amenities as a place for sanctuary – all included in the spa day deluxe – for “Very Relaxed People”.

The AQUA DOME celebrates its 6th anniversary this year and is one of Europe's most modern thermal spas with its innovative offers. The spa area comprises 50.000 square metres of which 2.200 square metres are covered with water. Centrepiece is the thermal spa dome *Ursprung* with two indoor pools with water temperatures of 34 und 36 degrees Celsius. The open air thermal spa *Talfrische* consists of three apparently floating “bowl pools”, which are located in front of the crystal of the thermal spa dome and convey a feeling of weightlessness. Each “bowl pool” is a new experience: music underneath and over the water as well as light effects accentuate bathing in the brine pool at a temperature of 36 degrees. A fountain of thermal water arises in the massage pool and the whirl pool is a unique oversized kind of its own. All three pools are connected via an illuminated glass cone. Every week's highlight is the moonlight experience until midnight – every Friday you can experience pure romantic below the starry sky of the Ötztal valley. Bathing in the bowl pools is always a pleasure – even if clouds obscure the stars and rain drops or snow flakes tickle the nose.

Hot embers and icy shocks, scenting steam and ice rain: The name *Gletscherglügen* stands for AQUA DOME's sophisticated sauna world. The unique experience starts with water effects in the showers such as tropical rain, waterfall or fog and continues with exceptional saunas, having the suitable experience of warmth ready for every constitution. The loft sauna with different tiers offers temperatures between smooth 55 degrees Celsius and hot 115 degrees Celsius depending on the sitting height. It is also getting quite hot in the earth sauna, which is considered as the original form of the sauna culture. The log cabin made out of pine wood is built half way into the earth, which makes a temperature of approx. 90 degrees Celsius mild and well-tolerated. The herbal chamber seduces with spicy aromas, music and light performances whereas ethereal oils develop in the 70 degrees hot hay sauna. The canyon sauna with a view into the Ötztal canyon is already an experience itself.

In addition various infusions in association with light and music effects are staged. Gentle sweating in an extravagant ambience is also offered in the steam dome. A brine grotto and brine steam bath calm respiratory tracts and irritated skin.

A cold contrast provides the vitalising ice rain in the glacier cave or the Kneipp facilities, whose approved principle stimulates the circulation and strengthens the immune system. The necessary relaxation after all these exciting stimulations is provided by the relaxation areas *Bergimpression*, *Almruhe*, *Naturgarten* and *Windgeflüster* with water beds, reading lamps, relax loungers, relaxation programmes and fantastic views in a pleasant ambience.

Inner peace and beauty are the principles of the SPA area *Morgentau*. A variety of treatments, an exclusive product line, highly qualified therapists and a pleasant ambience turn the *Morgentau* Spa of the AQUA DOME into an oasis for beauty & body. The encompassing treatment menu offers a pleasant break from everyday life – starting with the Ötztal stone massage, the Tyrolean vital massages through to extraordinary AJARAN treatments, one of the most significant spa and beauty cultures, epitome of beauty, youth and health. The spa offer is completed with renowned cosmetic series such as Shiseido, Biosel or Carita.

The perfect complement to the *Morgentau* spa is the fitness center *Gipfelsturm*, which works with holistic concepts under the instruction of qualified coaches. In addition to strength and cardio training on modern fitness equipment the AQUA DOME also offers fitness checks, personal training and nutrition consultation. The course offer ranges from Qi Gong to Spinning to Aqua Fitness and is likewise appealing to achievement-oriented athletes as well as epicures.

Our spa day deluxe combines all offers of the AQUA DOME and comprises moreover the exclusive sanctuary *Hochplateau*. Guests become "VRP's – Very Relaxed People". In the lounge with a sea water aquarium and a view over Austrian's mountain range guests are pampered with refreshments and small snacks. Additionally a pool room in a minimalist-meditative design ensures that guests come to rest. One of the most exciting and likewise relaxing areas is the high energy room "Raum der glückhaften Segnungen" – a meditation room in Feng Shui style. Those who relax on one of the eight waterbeds are supposed to get in contact with their most profound wishes and desires. After all, the spa day deluxe contains the free use of a sun bed, reduction on spa treatments and on purchases in our in-house sport shop.

For further press information

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