



STROBLHOF
LAKE GARDA

LAGUNA SPA

A warm oasis of peace and tranquillity by the lake.





CONTACT

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OPENING HOURS

SPA – Reception | Treatments
10:00 – 13:00 and 14:00 – 19:00

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PHILOSOPHY

Our wish and our commitment are to transform your stay into a precious moment in which you can live and define new goals, adding quality and meaning to your life.

We want you to perceive Laguna Spa as a place of the soul, where time slows down and every moment becomes an act of listening. A place where a holiday turns into a precious ritual, a gentle journey toward oneself, where heart and mind can rediscover harmony.

A space where dreams regain their voice, energy is renewed, and well-being becomes a daily art. Laguna Spa: a destination, an experience that enlightens, rebalances, and inspires, accompanying everyone toward a more authentic and radiant version of themselves.

We look forward to welcoming you to the Laguna Spa! Warm regards,

A handwritten signature in black ink that reads "the Fiercher family". The script is elegant and cursive, with the first letters of "the" and "family" being capitalized and stylized.

FACE RITUALS

Natural beauty comes from within. But you can also provide a little outside help.

ABOUT THALGO

At Laguna Spa, wellbeing meets the excellence of marine cosmetics. Our Thalgo facial rituals combine precious active ingredients from the sea, expert techniques, and an exclusive atmosphere overlooking Lake Garda. A refined sensory experience that gives the skin renewed radiance, balance, and vitality.

PERFORMANCE FACIAL TREATMENTS

SOURCE MARINE

For dehydrated skin

An intense infusion of hydration that restores freshness, comfort, and immediate radiance to the skin.

approx. 50 min. 99 Euro

COLD CREAM MARINE

For dry and sensitive skin

A comforting treatment that soothes, protects, and strengthens delicate skin, restoring balance and relief.

approx. 50 min. 99 Euro

PURETÈ MARINE

For impure and oily skin

A purifying ritual that rebalances the skin, refines its texture, and reveals a fresh and radiant complexion.

approx. 50 min. 99 Euro

SPIRULINA DETOX

For stressed and dull skin

An anti-pollution and detox treatment with spirulina, marine magnesium, hyaluronic acid, and vitamin C. It detoxifies, revitalizes, and protects the skin from oxidative stress, leaving it radiant, smooth, and fresh.

approx. 50 min. 99 Euro

PEELING MARINE

Enlarged pores, uneven skin texture

Algae acid ferments provide targeted exfoliation, stimulate skin renewal, and improve tone, firmness, and radiance.

Session 1: smoothness, radiance, hydration

Session 2: surface wrinkles, pores, skin tone

Session 3: deep wrinkles, even skin tone, firmness

approx. 25 min. 69 Euro/session

ABOUT QMS MEDICOSMETICS

A synonym for clinically tested, high-performance treatments, this brand uses 97% skin-identical collagen. Its targeted action addresses the causes of skin aging, corrects deficiencies, and supports the skin's natural regeneration process, ensuring consistent results for all skin types, tones, and genders.

COLLAGEN RENEWAL

Collagen treatment for stressed and tired skin. Enriched with QMS collagen, it helps reduce signs of aging and leaves the skin looking radiant and firm.

approx. 80 min. 159 Euro

NEO TISSUDERMIE

Elasticity-boosting treatment with exclusive QMS lifting effect. Stimulates skin regeneration, strengthens and stabilizes tired skin, improving structure, tone, and resilience. Leaves the skin firm, soft, and visibly fresher and more vital.

approx. 80 min. 159 Euro

SK ALPHA REVITAL

Intensive and toning treatment with high-performance active ingredients. The thermo-active mask stimulates microcirculation, detoxifies, and strengthens the skin, instantly restoring firmness and radiance.

approx. 80 min. 159 Euro

MEN: FACIAL TREATMENTS & BEAUTY SERVICES

Personalized rituals designed to enhance your appearance with discretion, style, and absolute excellence.

THALGO MEN

Enjoy the unique combination of a stay amidst the wonderful healing nature of the Alps together with the benefits of active ingredients from the sea. The care products are based upon marine algae extracts. Plants and microorganisms from the depths of the ocean contain extremely high concentrations of active ingredients, minerals and trace elements.

THALGO FORCE MARINE MEN

Regenerates and strengthens tissues, smooths the skin even in the deeper layers, reduces signs of fatigue, and leaves a toned, fresh, and revitalized appearance.

approx. 50 min. 99 Euro

THALGO EYE CONTOUR TREATMENT

An essential, effective, and sensory ritual that reduces puffiness, dark circles, and signs of tiredness. Designed for men seeking a rested and impeccable look.

approx. 25 min. 47 Euro

THALGO PURIFYING BACK TREATMENT

A purifying ritual that eliminates impurities and rebalances the skin.

The marine algae wrap, combined with vitamins, minerals, and trace elements, stimulates, hydrates, and regulates sebum production. Leaves the skin fresh, smooth, and renewed.

approx. 50 min. 99 Euro

QMS MEDICOSMETICS

QMS – The Excellence of Luxury Medical Skincare. Clinically tested, high-performance treatments for visible results.

COLLAGEN RENEWAL

A collagen treatment for tired skin that helps reduce signs of aging and leaves the skin looking youthful, radiant, and firm.

approx. 80 min. 159 Euro

NEO TISSUDERMIE

Elasticity-boosting treatment with the exclusive QMS lifting effect. Stimulates skin regeneration, strengthens the skin, and improves tone, structure, and firmness for a fresher, younger appearance.

approx. 80 min. 159 Euro

SK ALPHA REVITAL

Intensive and toning treatment with high-performance active ingredients. The thermo-active mask stimulates microcirculation, detoxifies, and strengthens the skin, instantly restoring firmness and radiance.

approx. 80 min. 159 Euro



NEW!

An innovative mirror for skin diagnosis. This new mirror analyses your individual skin condition and recommends treatments and products tailored to your specific needs. Look forward to a personalised consultation using state-of-the-art technology.

BEAUTY SERVICES

Die Kunst des Details – Exzellenz im Ergebnis.
Targeted add-ons to enhance any treatment and highlight your beauty.

COLORING

EYEBROW COLORING

Intense, long-lasting color for a defined and harmonious look.

approx. 10 min. 30 Euro

EYELASH COLORING

Deep, durable color to naturally enhance your gaze.

approx. 15 min. 35 Euro

HAND OR FOOT MASK

Intensive nourishment and immediate comfort.

approx. 15 min. 25 Euro

WAXING

EYEBROWS	25 Euro
UPPER LIP	25 Euro
CHIN	25 Euro
CHEEKS	25 Euro
FOREARMS	30 Euro
ARMS	45 Euro
UNDERARMS	30 Euro
CHEST	30 Euro
ABDOMEN	30 Euro
CLASSIC BIKINI	40 Euro
BACK	45 Euro
HALF LEG	45 Euro
FULL LEG	65 Euro

EYE AND LIP CONTOUR

EYE CONTOUR TREATMENT – THALGO

A targeted protocol for the periocular area. After thorough cleansing and exfoliation, special plumping patches visibly smooth wrinkles. A massage with a marine active complex strengthens delicate skin, reducing puffiness, dark circles, and signs of fatigue.

approx. 25 min. 39 Euro

LIP CONTOUR TREATMENT – QMS

A targeted protocol for the lip contour. It reduces fine lines and wrinkles, visibly smooths and firms the upper and lower lips, improving elasticity and definition for a more youthful and harmonious appearance.

approx. 25 min. 39 Euro

LAMINATION

EYEBROW LAMINATION

Redefines, shapes, and adds volume to the brow arch for full, harmonious eyebrows.

Includes coloring and aftercare.

approx. 40 min. 89 Euro

approx. 55 min. 75 Euro (total in combination with eyelash lamination: 150 euros)

EYELASH LAMINATION

Lifts and intensifies natural lashes for an open, radiant look.

Includes coloring and aftercare.

approx. 50 min. 89 Euro

approx. 55 min. 75 Euro (total in combination eyebrow lamination: 150 euros)

HANDS & FEET

Caring for hands and feet completes elegance.

Select your manicure or pedicure treatment and enhance it with any desired add-ons at the time of booking, including polish removal.

DELUXE MANICURE

A complete ritual for regenerated hands, including scrub, hand bath, nail care, and a final massage.

approx. 50 min. 79 Euro/with polish 89 Euro

DELUXE PEDICURE

A complete ritual for regenerated feet, including scrub, foot bath, nail care, and a final massage.

approx. 50 min. 79 Euro/with polish 89 Euro

ADD-ONS:

- | | |
|-------------------------------|-----------|
| ▪ French Polish | + 17 Euro |
| ▪ UV Polish | + 27 Euro |
| ▪ UV French Polish | + 32 Euro |
| ▪ UV Polish Removal | + 30 Euro |
| ▪ Nail Reconstruction Removal | + 40 Euro |

PEELINGS

MARINE PEELING

A precious blend of French sea salt provides gentle exfoliation, promoting cellular turnover. Natural oils of almond, apricot, and sunflower deeply hydrate, nourish, and protect the skin. The result is regenerated, elastic, and radiant skin, with a fresh fragrance that awakens the senses.

SALT SCRUB

Sicilian sea salt cleanses and regenerates, while wild peppermint from Piedmont awakens the senses. Green tea and ginseng extracts tone and stimulate the skin's metabolism, leaving it silky, even, and luminous.

NOURISHING & REMINERALIZING BODY PEELING

Gently exfoliates, deeply nourishes, and envelops the senses in a sweet, exotic fragrance. White sand, sea salt, and coconut shells blend with nutrient-rich algae and precious oils for silky, radiant, and revitalized skin.

OPTIONS:

SCRUB

approx. 40 min. 79 Euro

SCRUB AND WRAP

approx. 50 min. 95 Euro

BATHS

DETOX-BAD

Dead Sea salts purify and detoxify the skin, while açai berries, with their antioxidant and toning properties, regenerate body and mind. For soft, radiant skin—an exclusive bathing experience.

RELAXING BATH

Designed to dissolve tension and transform stress into positive energy. Aquatic mint and rosemary essential oils provide a relaxing and refreshing effect. The intense, fresh fragrance envelops the senses, creating an exclusive experience that revitalizes body and mind.

ATHLETE'S BATH

Designed to relax and regenerate muscles while relieving joints. Bath crystals enriched with arnica extract and essential oils of cabreuva, rosemary, and pine provide a revitalizing and soothing effect. Skin is nourished as body and mind regain harmony, energy, and lightness.

REFRESHING BATH

The bath essence with eucalyptus and mint essential oils promotes respiratory wellbeing and releases tension. The fresh, aromatic fragrance awakens the senses, while the gentle warmth provides a deep sense of comfort.

OPTIONS:

BATH FOR ONE PERSON:

approx. 45 min. 69 Euros
(incl. 20 mins. resting by candlelight)

BATH FOR TWO:

approx. 45 min. 89 Euros
(incl. 20 mins. resting by candlelight)



AEMOTIO



EVERYTHING YOU NEED TO KNOW

At our Laguna Spa, we offer exclusive body wraps designed to meet individual wellness and regeneration needs. Treatments are performed on the multifunctional AEMOTIO bed, equipped with a heated water mattress, steam bath, and chromotherapy.

Perfect for hydrotherapy, peelings, body wraps, and massages, the water mattress ensures deep relaxation, promotes spinal elongation, and reduces muscle tension.



BEAUTY TIP:

We recommend performing a body scrub (see page 7) prior to any body wrap to enhance the treatment's effects.

ALGAE WRAP

A thalassotherapy treatment that detoxifies, remineralizes, and regenerates the body. Combines three precious algae – laminaria, fucus, and lithothamnion – which help remodel the silhouette and restore vitality. The infusion of trace elements and vitamins promotes wellbeing, energy, and harmony, leaving the skin nourished, toned, and revitalized.

COLD CREAM MARINE WRAP

An exclusive ritual for very dry and sensitive skin that soothes, regenerates, and gently protects. Marine algae oil from phytoplankton provides essential omega-3 fatty acids, along with valuable trace elements and minerals, deeply nourishing the skin.

MUSCLE & JOINT WRAP

This arnica montana cream wrap (no rinse) is especially recommended for muscular tension. It promotes circulation, relieves stiffness, and alleviates muscle and joint discomfort. Ideal after sports or intense physical activity, it provides an immediate feeling of lightness.

OPTIONS:

WRAP

approx. 25 min. 56 Euro

SCRUB + WRAP

approx. 50 min. 99 Euro

WRAP + PARTIAL CLASSIC MASSAGE

approx. 50 min. 99 Euro

MASSAGES

CLASSIC MASSAGE

Expertly modulated massage techniques stimulate circulation and naturally release tension. A wellness experience designed to restore harmony and psychophysical balance.

approx. 50 min. 99 Euro

PARTIAL CLASSIC MASSAGE

approx. 25 min. 59 Euro

SPORT MASSAGE

A targeted massage that relieves muscle contractures, supports recovery, and helps eliminate metabolic waste, aiding both post-workout recovery and preparation for the next physical activity.

approx. 50 min. 105 Euro

ANTISTRESS MASSAGE

Dedicated to deep relaxation, helping you leave behind daily fatigue and tension. Long, harmonious movements restore energy while a delicate ambient fragrance enhances the treatment, creating a sensory harmony that reestablishes emotional and mental balance.

approx. 50 min. 105 Euro

approx. 80 min. 160 Euro



SPECIFIC MASSAGES

FASCIAL MASSAGE

A deep treatment that targets the muscle fascia, releasing accumulated contractures and tension. Using a harmonious combination of palms and elbows, the massage incorporates traction, stretching, and compression for a targeted effect. Restores elasticity and lightness, supports postural balance, and promotes joint wellbeing. An intense experience of relief and regeneration.

approx. 50 min. 105 Euro

DRAINING MASSAGE

Performed without oil, this technique stimulates lymphatic flow through slow, gentle pumping and stroking movements. It supports the drainage of excess fluids and the elimination of toxins, leaving the body feeling light and revitalized.

approx. 50 min. 105 Euro

FOOT RITUAL

A wellness journey that begins with a relaxing herbal foot bath accompanied by a cervical massage, followed by a targeted foot massage. This technique stimulates specific points corresponding to internal organs, promoting balance, relaxation, and deep wellbeing.

approx. 50 min. 105 Euro

HOT STONE MASSAGE

A sensory journey of pure wellness using basalt stones that retain heat and gradually transfer it to the body. Promotes energy channel balance, muscle relaxation, and tension relief. The ritual leaves mind and body with a profound sense of lightness and serenity.

approx. 75 min. 155 Euro

LOMI LOMI NUI

An ancient Hawaiian holistic massage, often called „Loving Hands,” designed to rebalance body, mind, and spirit with fluid, enveloping, and rhythmic movements resembling ocean waves. Hawaiian background music completes the experience, immersing body and mind in deep relaxation and wellbeing.

approx. 80 min. 160 Euro

BACK MASSAGE WITH CUPPING

A ritual of pleasant relief for the back, neck, and shoulders. Deep massage techniques combined with cupping stimulate circulation and help release toxins and muscular tension. Provides immediate relief and profound wellbeing.

approx. 50 min. 119 Euro

DETOX MASSAGE

A treatment that stimulates the body's natural purification, promoting the drainage of fluids and toxins. The experience is complemented by a detox drink made with spirulina, chlorella, marine magnesium, and natural vitamin C, providing a true boost of energy and wellbeing.

approx. 50 min. 139 Euro

PRENATAL MASSAGE

A gentle ritual for expectant mothers, designed to relieve lower back pain and the feeling of heaviness in the legs. Performed with sweet almond oil, the massage nourishes and hydrates the skin, leaving it soft, silky, and enveloped in a pleasant sense of wellbeing.

approx. 50 min. 99 Euro

SILHOUETTE

Treatments designed to enhance the harmony of body contours and redefine your silhouette.



SLIMMING TREATMENT

An exclusive experience for reshaping and refining the silhouette. Highly effective active ingredients work deeply, targeting the abdomen, thighs, and hips. The skin appears firmer and smoother, while the silhouette becomes more harmonious and defined. A unique ritual that enhances the body's natural elegance.

approx. 50 min. 99 Euro

FRIGIMINCE WRAP

A pleasantly refreshing ritual. Bandages soaked in Frigimince lotion gently promote fluid drainage, support microcirculation, and contribute to progressive firming. Ideal for sensitive skin, it is recommended for treating cellulite and localized fat on the legs and glutes, leaving an immediate sensation of lightness.

approx. 50 min. 99 Euro

NEW!

HEAD SPA RITUALS, BY BIO THAY

Beauty unfolds from the inside out with 100% natural cosmetic products. Treat yourself to a unique sensory experience – with massages using ancient Thai techniques and natural oils that regenerate the skin, revitalise the hair fibre, restore vitality to the hair and give it a radiant shine. Enveloping textures, functional aromatherapy and botanical active ingredients ensure a transformative experience that appeals to the whole person.

approx. 45 min. 90 Euro



AYURVEDA

Körper, Geist und Seele ins Gleichgewicht bringen.

Ayurveda has its roots in the ancient Indian tradition, dating back over 5,000 years. According to Ayurveda, each person is unique, composed of a specific combination of three fundamental energies, called doshas: Vata, Pitta, and Kapha. Every treatment is personalized according to individual constitution, promoting deep relaxation, tension release, and restoration of inner harmony.

ABHYANGA

The traditional Ayurvedic massage that envelops the body, face, head, and cervical area, promoting relaxation and deep regeneration. Harmonious movements stimulate energy flow, help eliminate toxins, and soothe the mind.

approx. 50 min. 119 Euro

approx. 80 min. 160 Euro

SHIRODHARA – FOREHEAD OIL FLOW

A true ritual of deep balance. Initial movements release the mind and body from accumulated tension, fatigue, and stress. Warm sesame oil, poured in a harmonious flow, gradually leads to a state of intense inner calm and promotes restorative sleep. The ritual concludes with a soothing foot massage for an experience of harmony and profound wellbeing.

approx. 50 min. 145 Euro

ABHYANGA & SHIRODHARA

Massage combined with the Shirodhara treatment – the ultimate Ayurvedic ritual.

approx. 110 min. 219 Euro

PADABHYANGA:

HANDS, FEET & LEGS MASSAGE

The treatment begins with a relaxing herbal foot bath, accompanied by a hand or cervical massage. This is followed by a leg massage using slow, enveloping movements that promote lightness and deep relaxation.

approx. 50 min. 119 Euro

PRISTABHYANGA: BACK MASSAGE

Especially recommended for blocks, stiffness, and contractures caused by stress. Fluid, harmonious movements with warm sesame oil release tension in the back, shoulders, and cervical area, providing an immediate sense of relief and lightness.

approx. 25 min. 66 Euro

MUKABHYANGA:

FACE, HEAD & NECK MASSAGE

Particularly effective for anxiety, fatigue, and exhaustion, this treatment helps reduce headaches, cervical tension, migraines, and emotional stress. A regenerating massage that restores inner balance and harmony, promoting overall wellbeing of body and mind.

approx. 25 min. 66 Euro

CHILDREN

Pampering Our Little Ones (up to 11 years)

SNOW WHITE – FACIAL TREATMENT

„Mirror, mirror on the wall, who is the fairest of them all?“ As beautiful as Snow White, with the latest beauty trends! A fun, relaxing, and pampering facial to make little princesses or princes feel special.

Includes gentle facial cleansing, a fragrant face mask, and a relaxing head massage;

approx. 25 min. 56 Euro

ELF MAGIC – CHILDREN'S MANICURE OR PEDICURE

A fun and colorful treatment for our little guests. A joyful and pampering experience to delight young hands and feet.

Includes nail filing, gentle cuticle care, vibrant polish, and a sweet final surprise;

approx. 25 min. 56 Euro

RELAX MASSAGE FOR CHILDREN

A gentle, soothing massage designed for little ones. Performed with a nourishing chamomile and apricot balm, specially formulated for delicate children's skin. Promotes relaxation, wellbeing, and a special moment of pampering.

approx. 25 min. 56 Euro

ADOLESCENTS

Teen Relax (up to 14 years)

FACIAL TREATMENT

A facial designed for young skin, purifying and balancing with specific active ingredients that regulate skin appearance and help prevent blemishes. Leaves a refreshing and wellbeing-enhancing sensation.

approx. 50 min. 89 Euro

MANICURE OR PEDICURE FOR TEENS

For many teenagers, well-groomed hands and feet with polished nails are a must!

Includes nail filing, gentle cuticle care, and classic polish application;

approx. 25 min. 56 Euro



FAMILY WELLNESS

Nothing helps us on our way better than a relaxing break.



A relaxing experience to enjoy together, where adults and children can take care of themselves, share cuddles and smiles, and enjoy authentic, fun wellness moments.

CHOCOLATE RITUAL: PARENT & CHILD

A deliciously indulgent and beneficial ritual to share. The experience begins with a steam bath, followed by a gentle chocolate-scented exfoliation. Chocolate stimulates metabolism, pampers the senses, and encourages the release of endorphins. The ritual concludes with a relaxing chocolate-scented massage in the couple's treatment room, creating a shared moment of pure wellbeing.

approx. 75 min. 190 Euro – for 2 people

RELAX MASSAGE: SHARED SESSION

Two children or teens enjoy a gentle, relaxing massage in the same room, perfect for siblings or friends. A fun and pampering shared experience that promotes relaxation, wellbeing, and a sense of togetherness.

approx. 50 min. 155 Euro – Preis für 2 Personen

FAMILY PRIVATE SPA SUITE: PARENTS & CHILDREN

A Spa Suite experience for the whole family: shower, steam bath with chocolate exfoliation, soak in the large Jacuzzi, and two back massages for the parents. An unforgettable experience of relaxation, cuddles, and shared fun.

approx. 70 min. 250 Euro – max. 4 people

RITUALS IN PRIVATE SPA SUITE

Rituals can only be booked individually or as a couple.

The Spa Suite can be booked exclusively to create truly special moments. The spacious Jacuzzi, steam bath, two massage tables, private shower, and relaxation area welcome you for a unique experience in a magical atmosphere!

FRENCH RIVIERA RITUAL

A sensory ritual inspired by the French Riviera: it begins with a revitalizing sea salt peeling, followed by a remineralizing algae wrap that restores hydration and firmness to the skin. The experience concludes with a toning and regenerating massage using self-heating jade stones, leaving the skin visibly refreshed, firm, and radiant, and providing profound wellbeing.

approx. 140 min. 199 Euro – per person

approx. 140 min. 398 Euro – for couple

PACIFIC ISLANDS RITUAL

A sensory journey through the Pacific: a steam bath infused with exotic fruits, followed by a dual-phase scrub with Bora Bora sand, sea salt, and plant oils to cleanse, exfoliate, and nourish the skin. This is followed by a scented regenerative bath and a Mahana couple's massage with warm poultices and Tahitian monoi oil, leaving body and mind relaxed and dreamy.

approx. 140 min. 199 Euro – per person

approx. 140 min. 398 Euro – for couple



RULES AND REGULATIONS



APPLICATION TIME

- It is best to arrive at least 10 minutes before your application start time
- The application time means the overall time from pick-up to departure
- If you arrive late the treatment time will be shortened



CLOTHING ADVICE

- Remove all jewellery and wear a bathrobe and bath slippers for the application
- Wear swimwear in the pool area



CHILDREN AND TEENAGERS

- Saunas and steam baths: from 16 years of age
- Sky Spa area: from 16 years of age
- Fitness equipment: parents must accompany children under 14 years of age



LOUNGERS

- Loungers may not be reserved: please make loungers free on leaving the quiet room
- Please note that we will remove any towels if a lounge is not used for longer periods



MEDICAL INFORMATION

- Please inform us in advance of any health concerns, illnesses or allergic reactions
- Consult your doctor if you are pregnant



PRIVACY

- You can change in private and undisturbed; disposable underwear is provided.
- All parts of the body that are not being treated are will be covered during treatment.
- No mobile phones, laptops and tablets are allowed in the textile-free spa area.



SMOKING AND EATING

- Smoking is prohibited throughout the entire spa area
- Eating is only permitted in the spa lounge



QUIET OASIS

- Please consider those guests seeking peace and quiet and switch your mobile phone to silent mode
- Jumping into the water and noisy play is only permitted in the family pools



SPA GIFT VOUCHERS

- Use our vouchers to gift your loved ones a spa experience or spa products
- Please bring the voucher with you to the treatment room



CANCELLATIONS

- Cancellation or postponement is free of charge up to 24 hours before treatment starts
- 100% of the cost will be charged in the event of cancellation, postponement less than 24 hours before the start of treatment or a no-show



BOOKING APPOINTMENTS

- Reserve your desired application before you arrive
- We will ask you about your wishes and are happy to advise you before the start of any application



REQUESTING THERAPISTS

- Our team consists of both male and female therapists. Please indicate any preference at the time of booking; we will do our best to accommodate your wishes as far as possible. For organisational reasons we cannot however guarantee that to a specific therapist will be available.



VALUABLES

- We accept no responsibility for any loss of valuables or jewellery
- It is best to keep jewellery and valuables in your room safe

MAP OF WELLNESS AREA AND OPENING HOURS

OPENING HOURS OF SAUNA AREA

Laguna Spa	10:00 – 13:00 14:00 – 19:00
Sauna	13:00 – 20:00
Fitness room and gym	07:00 – 20:00
Spa Lounge	11:00 – 19:00

OPENING HOURS OF POOL AREA

Indoor pools	07:00 – 20:00
Outdoor pools	07:00 – 20:00
Skypool	07:00 – 20:00

- 1 Kids water park
- 2 Organic bathing lake
- 3 Outdoor Pool
- 4 Indoor Pool
- 5 Quiet area
- 6 Finnish panoramic sauna
- 7 Showers
- 8 Steam bath
- 9 Exercise room
- 10 Fitness room
- 11 SPA Lounge/Pool Bar
- 12 Laguna SPA
- 13 Quiet area adults only 16+
- 14 Nude sunbathing area (adults only)
- 15 Skypool (adults only)
- 16 WC (male and female)







STROBLHOF
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