



SILVRETTA  
THERME ISCHGL



# Pleasurable relaxation in a new Wellness paradise

Health, relaxation and regeneration: Minimalist, yet elegant, Silvretta Therme Ischgl is the perfect place for everyone who wants to combine sport and relaxation.

**Luxury pool with whirl tower**  
Impressive relaxation

**Sports pool**  
For sports and fitness enthusiasts

**Pool bar with panoramic Alpine views**  
Raise a toast to the fresh mountain air

**Salt water grotto and Whirlpool**  
Gentle relaxation in the warmth of the saltwater pool

**Indoor and outdoor children's area**  
Extra secure splash pool and children's pool

**Exclusive sauna area**  
including whirlpool with panoramic views and guaranteed lounge space

**Spa**  
Exquisite Wellness treatments on the Wellssystem lounge or in the innovative chill cabins

**Fitness**  
High-end fitness area with state-of-the-art training equipment

**Panorama ice rink**  
**WINTER ONLY**  
With 250 m tunnel and Ice bar with the impressive mountain panorama forming the backdrop

**Versatile culinary offer**  
In the Italian Trattoria, the Therme buffet and sophisticated Grill Lounge



Find out everything about your stay in Silvretta Therme here

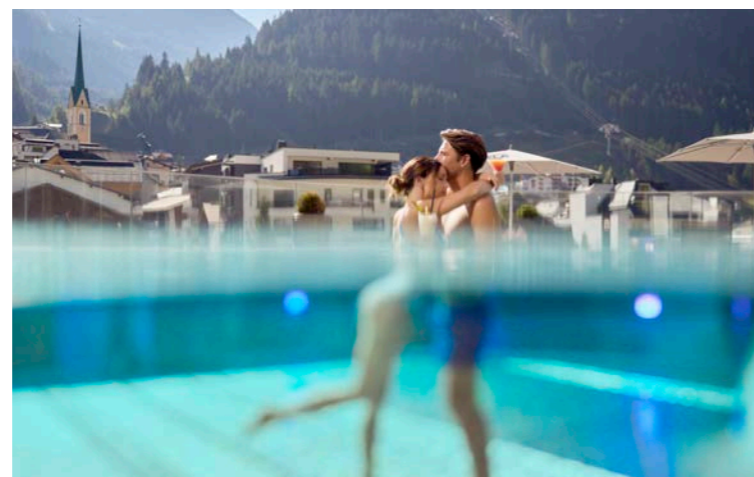
PANORAMA POOL AREA

## Water in its loveliest guise

Sports fans and relaxation seekers alike will be delighted in the pool area at Silvretta Therme. The best thing: the mighty summits of the Tyrolean Alps are always in view.

However the view is all the more impressive when combined with Ischgl's invigorating mountain air - in the superb outdoor area, complete with pool bar.

The 25-metre sports pool provides plenty of space for everyone who wants to relax and practice their laps. Discover relaxation in the saltwater grotto, in the luxury pool and in the unique whirl tower. Meanwhile our littlest bathing guests can splash about carefree in the infants area.





SAUNAS

# Lasting warmth

In the building to the rear of Silvretta Therme there is a paradise for all those of you enjoy heat – the impressive Silvretta Therme sauna area.

A 'sweat inducing' selection awaits guests here: five different saunas and two steam baths invite you to do your body a good turn. There is also an outdoor pool with whirlpool, two plunge pools, a Kneipp facility, snow grotto and extensive sauna garden.



Please note that all saunas and pools in the sauna area are 'naked' zones. Bathing attire is **not permitted** in the textile free zone. In this area only towels made from natural materials are to be used. No drinks may be consumed in the sauna pool, we apologise for any inconvenience.

- 🕒 **Natural infusions**  
 We produce many of our sauna infusions **in-house ourselves** – using a gentle process in the **vacuum rotary evaporator** with organic herbs from the local Alpine flora. Our guests even get to **experience this process live!**
- 🕒 **Intensive training**  
 Our sauna experts undergo Training programmes for **several weeks** with the best infusion experts in Europe.
- 🕒 **Minerals from the region**  
 Some sauna ceremonies are carried out using minerals from the **mountains around Ischgl** – for a unique experience.
- 🕒 **Plenty of lounge spaces**  
 Our sauna area is designed in such a manner that there is **always plenty of lounge space available** for all.

## Saunas waiting you here with us

### Panorama sauna

The focal point is our impressive Infusion sauna with extensive Panoramic views – one of the biggest saunas in Austria. Its ideal location and size open up a unique view to the village of Ischgl.

🌡️ 80°C 💧 10-20%

### Mountain herb sauna

The stylish mountain herb sauna stands out thanks to its design and ambience: local herbs from the Silvretta characterise the aroma in this sauna and reflect the elements of the local nature.

🌡️ 75°C 💧 10-20%

### Luxury sauna

This classic Finnish sauna invigorates all the senses: With ingenious light and music elements, and special sauna ceremonies, you get to experience genuinely special Show infusions here.

🌡️ 85°C 💧 10-20%

### Steam bath

In the steam bath with its sophisticated design and high humidity level, you experience a high level of humidity which cleanses the skin, stimulates the metabolism and strengthens the immune system. Enjoy our special exfoliation ceremonies.

🌡️ 40-45°C 💧 100%

### Zollhütten sauna

This snug traditional Finnish sauna is modelled on a traditional customs house, that for centuries has been a symbolic tradition in Paznaun – conveying the charm of smuggling which characterised Paznaun.

🌡️ 90°C 💧 10-20%

### Swiss pine sauna

There is an irresistible aroma of Swiss pine, the 'Queen of the Alps' in this sauna. As well as the unique aroma, there is something to delight your eyes too: the silhouette of the most distinctive mountain summits in the Silvretta group are reflected in this sauna too.

🌡️ 60°C 💧 10-20%

### Alpine rose steam bath

The crimson blossoms of the Alpine rose cover the mountains in Paznaun for a short time every year and are one of the loveliest mountain flowers. In this steam bath you get to enjoy the view to this backdrop while relaxing.

🌡️ 40-45°C 💧 100%



## SPA AREA

## Active relaxation

Experience active regeneration and relaxing health in the wellness area at Silvretta Therme.

For many guests a spa treatment here with is the pinnacle of relaxation. Anyone who has already experienced how tight muscles relax knows that you feel re-born.

### Infrared heat cabins

Switch off and enjoy the warmth – with a targeted heat treatment on your back. Infrared heat is beneficial, relaxing and alleviates pain.

### Cryo cold cabins

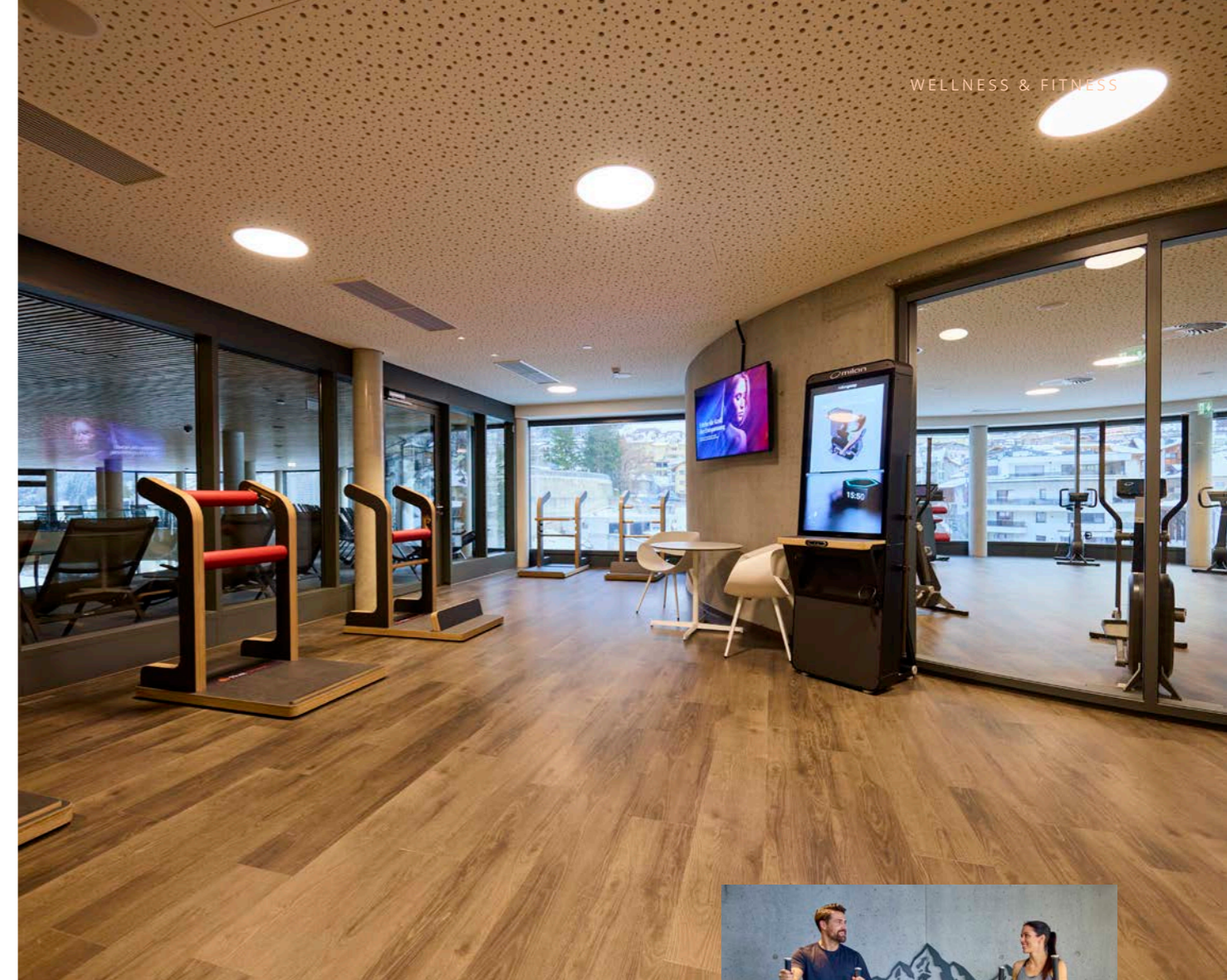
A session in the cryo chamber provides numerous benefits, alleviating skin problems, pain and inflammation, among others. This whole-body treatment has a positive effect, providing an invigorating experience that is suitable for both wellness and beauty treatments. Athletes in particular benefit from the strengthening of their immune system by using the dry cold environment in the cryo chamber, where temperatures dip **down to -85°C**.

### Above-water massage Wellssystem

Warm, arch-shaped jets of water in even movements from underneath, massage your body in our Wellssystem lounge.

### Private Spa

**For anyone who is looking for something exclusive, we recommend our Private Spa – with space for up to four people.** With a separate sauna, steam bath, infrared cabins, bath and relaxation zone. The tariff includes, as well as two combi day tickets, a treatment in our Wellssystem lounge or a cryotherapy treatment.

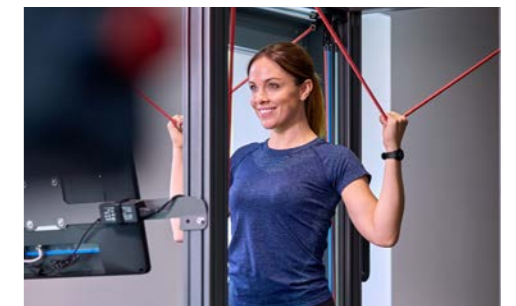


## FITNESS CENTRE

## Power that endures

Any search for weights in our high-end fitness area will be in vain. In their place, our guests train on state-of-the-art equipment which mobilises every movement as efficiently as possible.

The focus is on training using your own body weight and contemporary approaches to stretching. Our fully digital equipment by milon, Skillcourt and Sensopro ensure the maximum fitness and muscle strength.



## THERME RESTAURANTS

# To my taste

Whether it is pizza, a drink at the Eisbar, delicious Mediterranean food or specialities from the charcoal grill: discover a variety of culinary delights for your senses.

We place a great deal of importance on sustainable, healthy food. With that in mind, we always freshly prepare our meals using original recipes and high-quality ingredients.



## Grill Lounge: Fine cuisine 'on top'

**Sophisticated indulgence with a glass of wine by a crackling, open fire:**

Our Grill-Lounge offers pleasure-filled variety with grill specialities, a separate 'Dry Aged' cabinet and a contemporary lounge with elegant bar.



## Trattoria: Mediterranean pleasure at its very best

Pizza, pasta and more – perfected. The Trattoria is located in the entrance area of the main building and provides space for delectable food and pleasure – open to the general public, with direct access from the outside.

No entry to those wearing bathing attire.

## Therme buffet: Self-service culinary break

**WINTER ONLY**

What is part and parcel of a Therme spa day? You've got it – at least one culinary stop-off to top up your energy reserves.

In our classic Therme restaurant, which is self-service, with crispy fries, burgers, as well as a fresh salads and pasta dishes.



## Pool bar in our swim pool area

The pool bar in our swim area awaits Therme guests and provides an impressive panoramic view as you enjoy refreshing drinks in the warm water.

## Cool, cooler, Eisbar!

**WINTER ONLY**

Ice-skating in the fresh air works up an appetite and a thirst. Ideally located, our Eisbar invites you to enjoy some well-deserved refreshments in between meals.



SKIING AND WELLNESS:  
THE PERFECT COMBINATION






## From spa to piste

The border spanning Silvretta Arena ski area in Ischgl leaves you wanting for nothing. Where a ski holiday becomes an unforgettable experience.

Located in the middle of the Tyrol Alps in Paznaun, Ischgl provides the perfect setting for winter sports enthusiasts, connoisseurs and anyone looking for some time out from day-to-day life. It is **particularly easy to enjoy yourself here** – a variety-packed selection of pistes, snow-assured location at 2872 metres altitude as well as the ski swing to the shopping paradise of Samnaun in Swiss Graubünden, make Ischgl an Alpine lifestyle Mecca for holidaymakers.

**The best thing: Silvretta Therme Ischgl creates the perfect balance.**

In Silvretta Arena Ischgl you will find everything to send skiers and snowboarders hearts racing:

-  239 kilometres of pistes
-  Separate Snowpark for freestylers
-  Range of pistes for beginners, those at an advanced level and professionals
-  46 state-of-the-art cable cars and chairlifts
-  **Top of the Mountain concerts**  
Unique open-air stage on the Idalp featuring top acts every Easter, Spring Blanc and at the end of the season
-  9 mountain restaurants

ISCHGL IN SUMMER AND AUTUMN

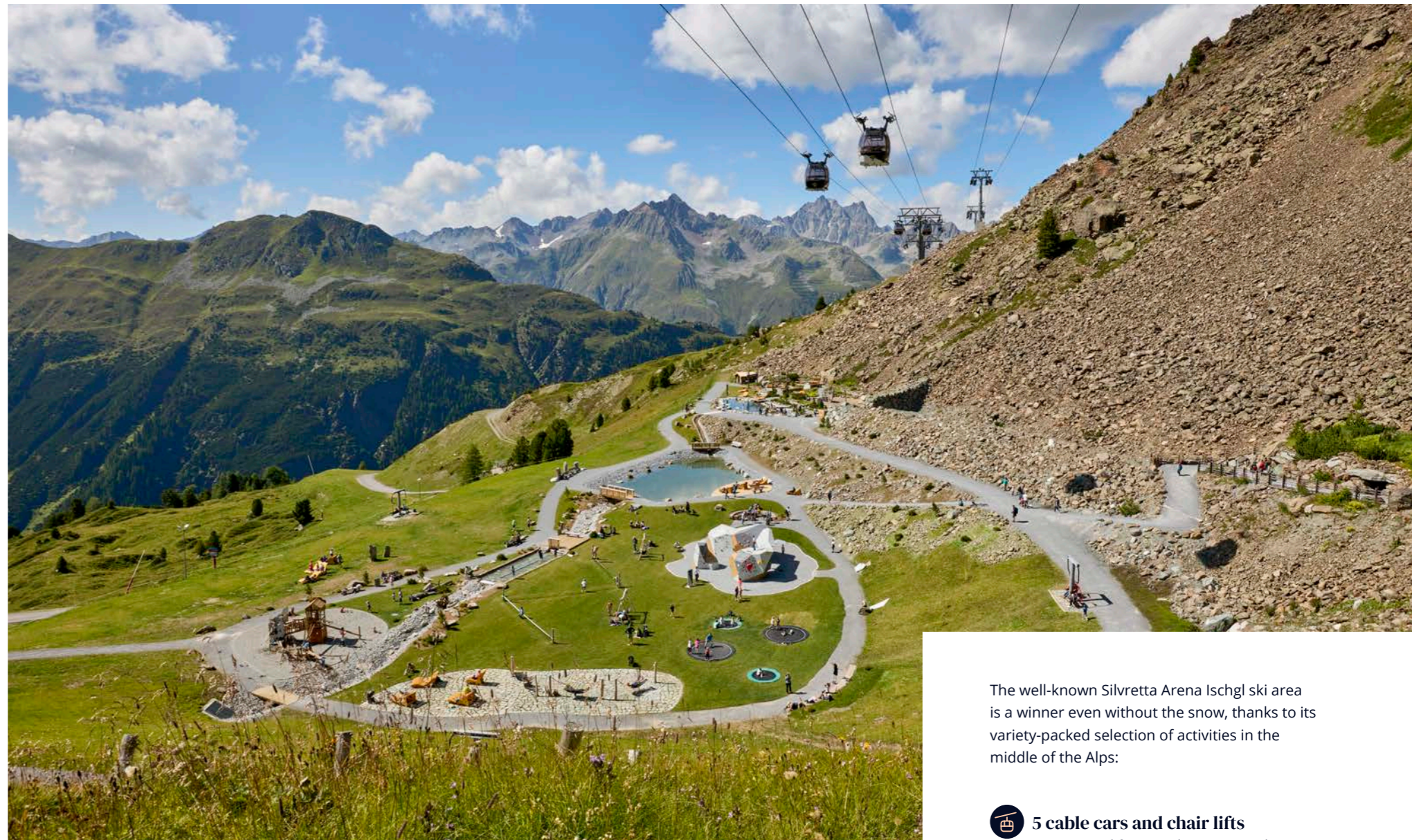


# Hiking, activity-oriented and gourmet holidays






Fantastic mountain world, summit tours on an E-bike and exquisite cuisine.

Why cast your sights afar when the loveliest experiences are within reach nearby? In Ischgl every visitor can experience the summer holiday they want. Packed full of versatile summer activities including hiking, mountain-biking and E-biking, Wellness and an abundance of pleasure. Each and every day is as multi-faceted as the guest and their fellow travellers themselves.

**Whether it is a holiday with the family, hiking, cycling or swimming.** Ischgl has all of that covered in the warm months of the year. The many and varied activities also have a programme to suit children of all ages.



The well-known Silvretta Arena Ischgl ski area is a winner even without the snow, thanks to its variety-packed selection of activities in the middle of the Alps:

-  **5 cable cars and chair lifts**  
Operational from 29th June to 13th October
-  **Consistent opening hours**  
No need to rush
-  **Skyfly**  
The two-kilometre zipline proceeds above a gorge, achieving speeds of up to 85 km/hour. Two people can even fly alongside each other.
-  **Vider Truja Adventure Park**  
Fun and games on the renowned Idalp, with water park, bouldering tower, slackline and barbecue areas, easily accessible from the Silvrettabahn and the Fimbabahn.
-  **Alpenhaus mountain restaurant and Alp Trida Sattel mountain restaurant**





WINTER  
ONLY



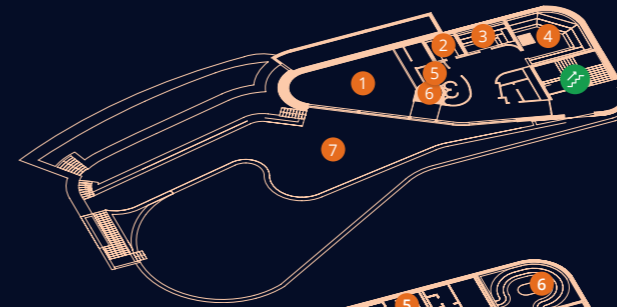
PANORAMA ICE RINK

## Invigorating, circuit after circuit

Anyone who thinks a visit to the Therme is 'only' about swimming, enjoying sauna sessions and wellness, obviously hasn't heard about the winter highlight at Silvretta Therme in Paznaun.

On an area spanning 1300 square metres there is an outdoor ice rink on the first floor which proceeds around the building and through a 250 metre tunnel. Skate hire, complete with grindery, curling areas and an Eisbar complete this exceptional offer.

OVERVIEW PLAN



### Sauna area Level 5

- 1 Madlein relaxation 2 Alpenrose steam bath
- 3 Swiss pine sauna 4 Zollhütten sauna
- 5 Shower area 6 Plunge pool 7 Sauna garden



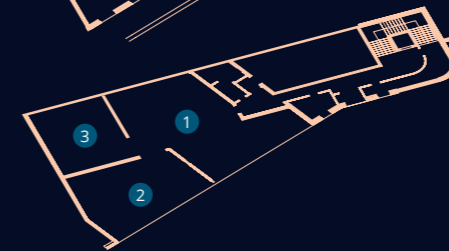
### Sauna area Level 4

- 1 Pardatsch relaxation 2 Panorama sauna
- 3 Snow grotto 4 Shower area
- 5 Plunge pool 6 Mountain herb sauna
- 7 Steam bath 8 Tread pool 9 Luxury sauna
- 10 Whirlpool 11 Grill Lounge



### Sauna area Level 3

- 1 Wellness reception 2 Hydro massage 3 Cryo cabins
- 4 Physiotherapy 5 Massage 6 Private Spa
- 7 Infrared cabins



### Sauna area Level 2

- 1 Silvretta relaxation oasis 2 Wood relaxation room
- 3 Salt relaxation room



### Level 4

- Outdoor pool
- Sauna area cross-over
- Grill Lounge
- VIP relaxation rooms Velill and Fimba



### Level 3

- Sauna changing area
- Fitness changing area
- Pay machine
- Therme Silvretta relaxation room



### Level 2

- Swim area
- Therme changing area
- Therme buffet
- Pay machine



### Level 1

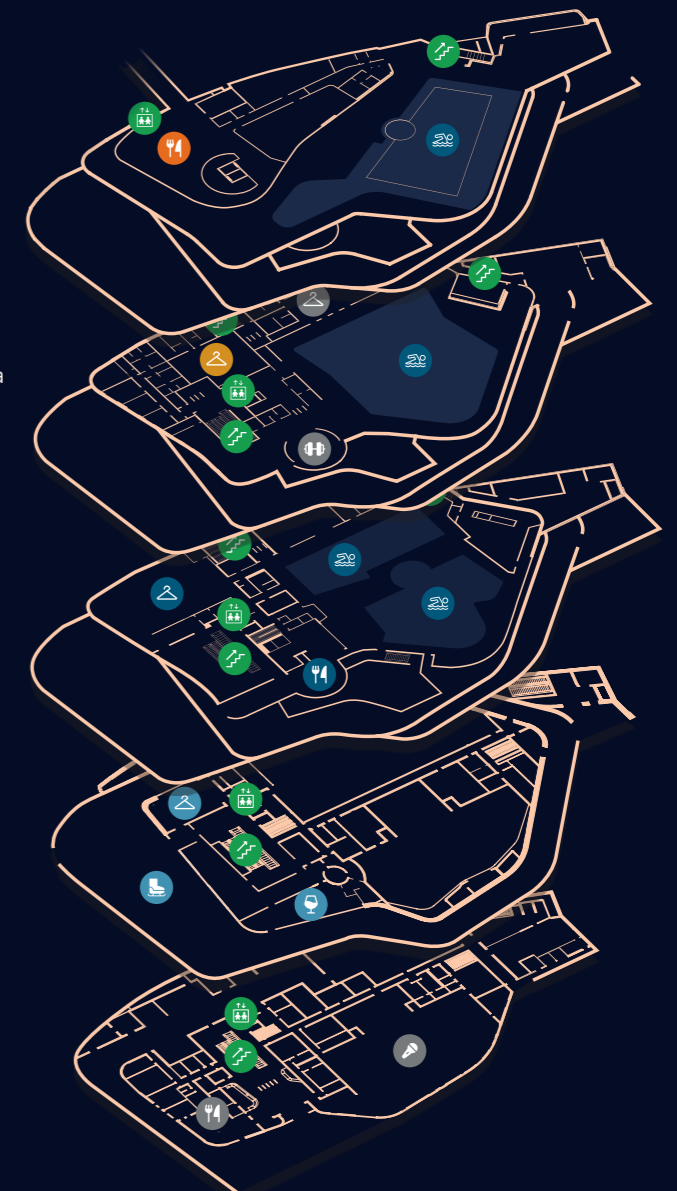
- Ice-rink incl. changing area
- Eisbar

WINTER ONLY



### Level 0

- Trattoria
- Event hall
- Cash desk







Information &  
Booking Spa  
+43 5444 606 444

Pizza Take-Away &  
Trattoria reservations  
+43 5444 606 450



Trattoria  
menu



FIND OUT EVERYTHING  
ABOUT YOUR STAY IN  
OUR FAQs