



## Welcome to the Wellness paradise of Silvretta Therme Ischgl

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



### Luxury pool with whirl tower

Impressive relaxation

### Sports pool

For sports and fitness enthusiasts

### Pool bar with Alpine panorama

Raise a toast in the fresh mountain air

### Salt water grotto and Whirlpool

Gentle relaxation in the salt water pool

### Indoor and outdoor children's areas

Extra secure splash pool and children's pool

### Exclusive sauna area

Includes a whirlpool with panoramic views and a guaranteed lounge space

### Spa

Exquisite wellness treatments in the Wellsystem lounge and in the innovative cold cabins

### Fitness

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

### Panorama ice rink

**WINTER ONLY**

250 m tunnel and Eisbar and a superb mountain panorama

### Variety-packed culinary offer

In our Italian Trattoria, the Therme buffet and at the sophisticated Grill Lounge

#### PANORAMA POOL AREA

### Our pool area with superb panorama

Whether it is for fitness or to relax: in the extensive water realm at Silvretta Therme Ischgl, sports fans and relaxation-seekers alike will be happy. And no wonder, after all the pool area inspires with many highlights.

#### Relaxation at its best

Our bathing area is particularly prized for its spacious relaxation zones. Whether in the spa gallery or in the Silvretta relaxation room – you will come across a quiet little spot to enjoy relaxing in at Silvretta Therme Ischgl in next to no time.

What makes the water area in our wellness oasis so special? That can be expressed without words – one look from the warm water to picturesque Ischgl and the surrounding mountains is all it takes! **Rest assured:** the spectacular views from our panorama pool area are unrivalled.



#### SAUNA AREA

### Wellness paradise come true

An oasis of relaxation awaits in Silvretta Therme Ischgl, offering a tranquil antithesis to the hustle and bustle of Ischgl. Our sauna area promises relaxation at its very best and is only accessible to guests over the age of 15.

#### Sauna pleasure in the Tyrol Alps: Natural & organic

Surrounded by the spectacular panorama of the Tyrol Alps, in our sauna area you experience an unadulterated, pure sauna experience. The focus here is on nature and this is reflected in our sauna ceremonies and materials.

Enjoy natural aromas and the beneficial effect of mountain herbs in our sauna area.

We cordially invite you to relax in our sauna area, to invigorate your senses and unwind from the stress of the daily grind. Dive in and enjoy a very special sauna experience.

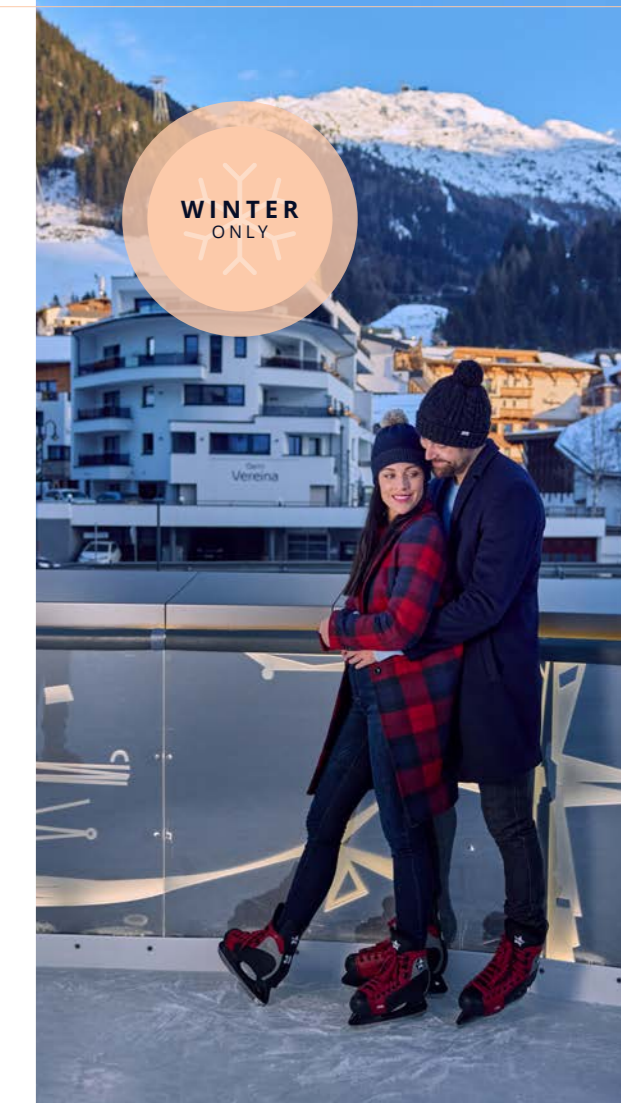


#### PANORAMA ICE RINK

### Magical ice-skating fun with the Alps forming the backdrop

Experience magical moments at our ice rink around Silvretta Therme Ischgl. The exceptional ice area offers a unique winter sports experience in the middle of the breath-taking Tyrol Alps.

Elegantly glide across the ice as you enjoy views that are beyond compare and take in the unique atmosphere our ice rink provides. In between times treat yourself to a break and some refreshing drinks at our Eisbar.



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#### Highlights in the sauna area. What awaits:

In our extensive sauna area – one of the most upmarket in all of Austria – you can look forward to a “deluxe sauna experience”.



#### A wide variety of themed saunas

Experience the various saunas and their different temperatures, included panorama, luxury and mountain herb sauna.

#### Steam bath and outdoor pool

Relax in the steam bath or in the leisurely outdoor pool which has views to the Pardatschgrat.

#### Extensive sauna garden

Relax in our extensive sauna garden and enjoy the fresh mountain air.

#### Other facilities

Avail of two plunge pools, an infrared cabin, Kneipp facility and our snow grotto for special sauna experiences.

#### Natural materials in the sauna

No chemically produced infusion media or artificial aromatics are used here. For the most part we use our own organic dried herbs and high quality, pure essential oils.

#### Minerals from the Ischgl mountains

The natural power of the Tyrol Alps flows into our sauna ceremonies, which are carried out using minerals from the Ischgl mountains.

Drop by and enjoy an unforgettable winter sports experience at our unique ice rink which provides views to the majestic Tyrol Alps. The ice rink at Silvretta Therme Ischgl extends a warm welcome to you!



#### 'Artistic ice skating' with LED elements by Georg Salner

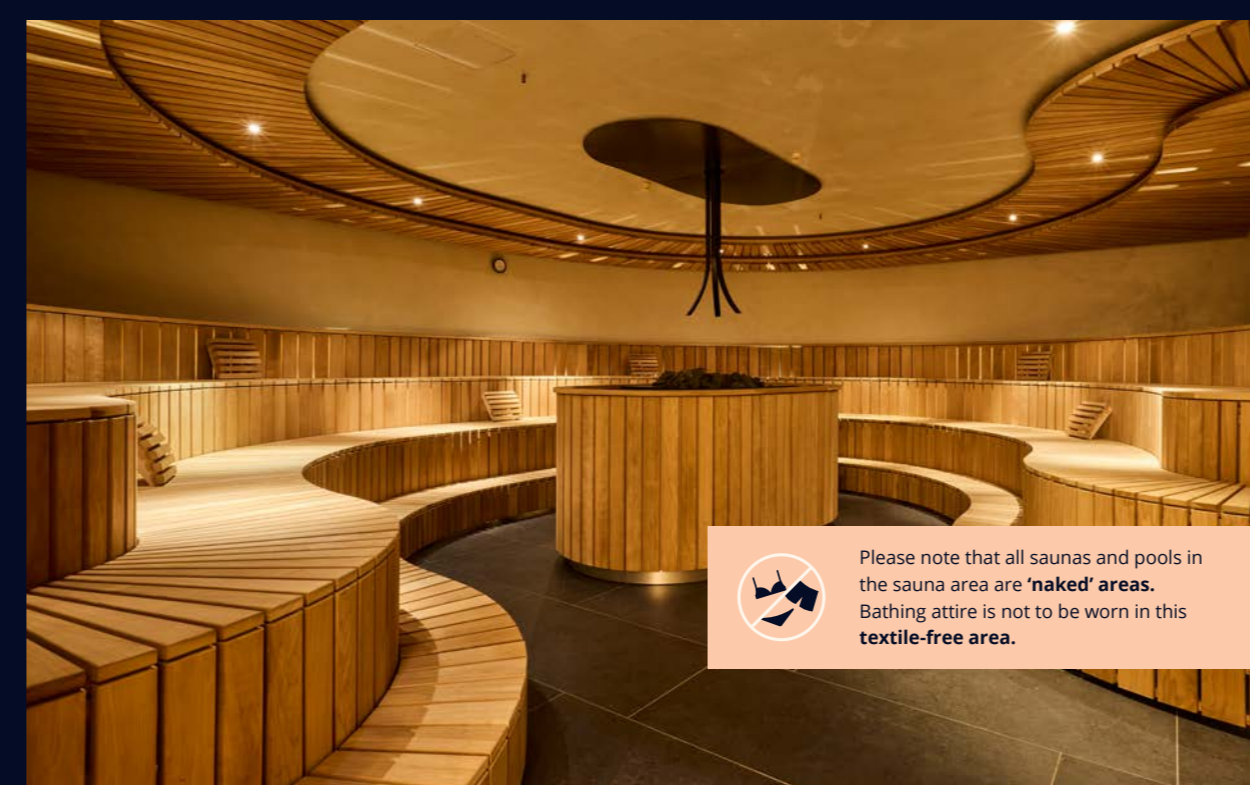
Our ice rink is not just a simple surface of ice, it is a piece of art in itself. Impressive LED elements, designed by talented artist Georg Salner from Galtür, frame the 1300 m<sup>2</sup> ice rink at Silvretta Therme Ischgl. On a length spanning 247 metres, Salner has created a sleek decorative band comprising diverse, ambiguous motifs.

These artistic elements lend a special nuance to the ice rink, making the experience unforgettable, in the day as well as the night.

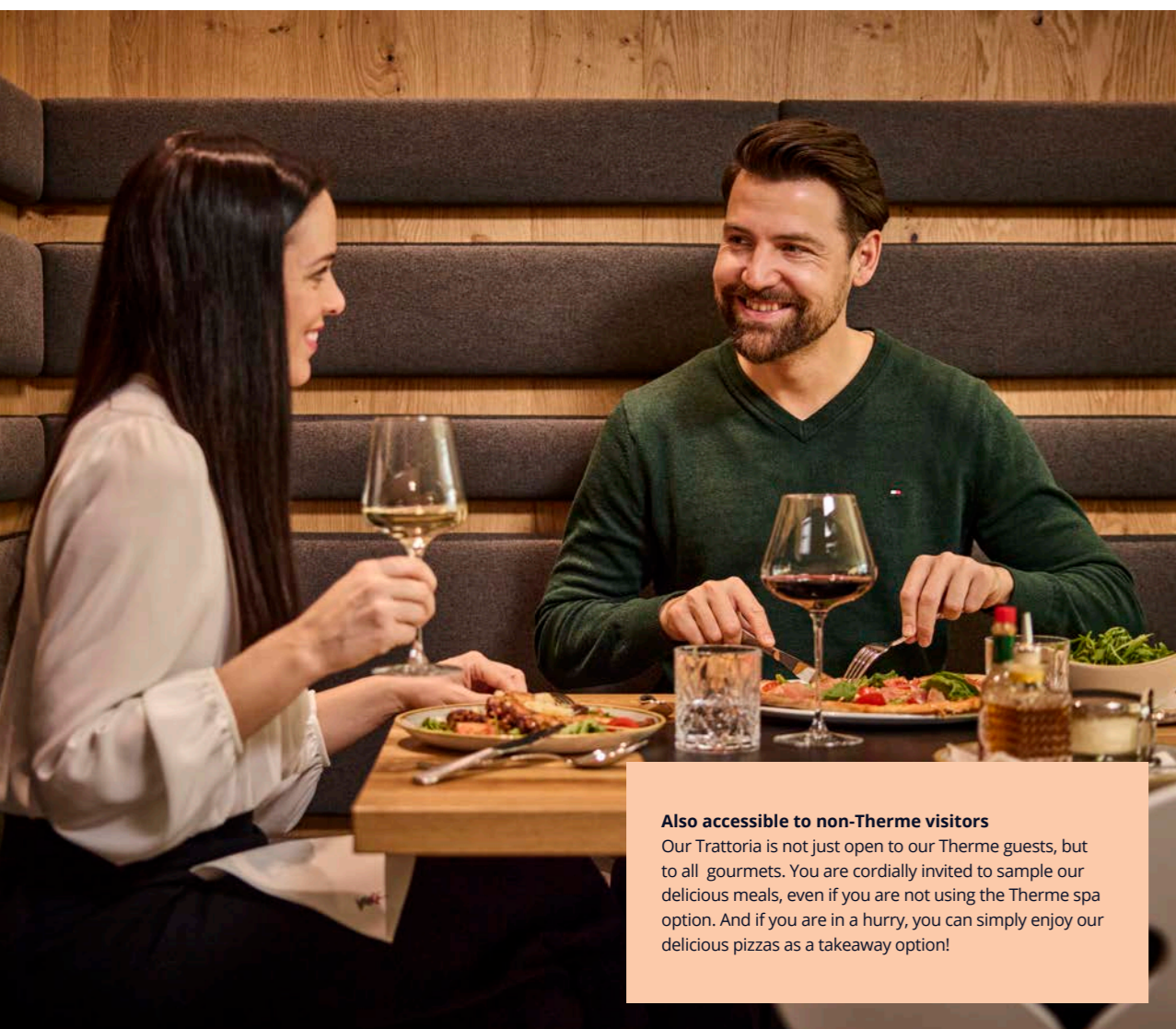
During the day the graphics are somewhat unobtrusive, yet once night falls they are resplendent in all their sumptuousness. They plunge the ice rink into a fascinating night-time play of light. Georg Salner's work of art is more than just lighting; it creates a continuous band of unique ornaments and geometric shapes, symbolising the dynamics and athleticism of ice skating.

A 25 metre sports pool provides plenty of space for everyone who wants to practice their turns in the middle of the Tyrol mountains. Relax in the wonderfully warm water in the luxury pool and in the unique whirl grotto.

The salt water grotto and the outdoor pool with exclusive pool bar are other obligatory stops for water fans. Meanwhile for our littlest swim guests, a small, perfectly formed, children's area is provided.



Please note that all saunas and pools in the sauna area are 'naked' areas. Bathing attire is not to be worn in this textile-free area.


**Also accessible to non-Therme visitors**

Our Trattoria is not just open to our Therme guests, but to all gourmets. You are cordially invited to sample our delicious meals, even if you are not using the Therme spa option. And if you are in a hurry, you can simply enjoy our delicious pizzas as a takeaway option!

## CULINARY VARIETY

**Pleasure for every taste**

Culinary delights to stem anyone's hunger await in the gastronomic selection available in our Therme – whether it is after a swim, a relaxing sauna session or energy-packed training.

We have something to suit every palate and appetite.


**Versatile selection for every palate**

The selection we have available is as versatile as the Therme itself. Enjoy a crispy pizza from the stone oven, refreshing drinks at our pool bar and exquisite specialities from the charcoal grill. Pasta lovers are very well catered for in our Trattoria, while gourmets can experience culinary highlights in our Grill Lounge.

**Traditional classics, delicious Mediterranean treats and more**

Whether you prefer traditional classics or crave delicious Mediterranean meals – we have the right selection for every palate. Let our culinary variety whisk you away and experience pleasure-filled moments in Silvretta Therme Ischgl.

## SPA AREA

**Luxurious moments in the Tyrol mountains**

A very special wellness experience awaits you in the Tyrol mountains in Silvretta Therme Ischgl. If you are looking for genuine, deep relaxation and want to experience more than just the standard sauna session, then we are the right place for you.

**A place of relaxation and pampering**

We have a comprehensive Wellness selection available, in an elegant ambience. Experience exclusive pampering moments here with us that go well beyond the usual standard. Silvretta Therme Ischgl is your go-to place for luxurious relaxation and revitalising experiences.


**Leave the daily grind behind, release tension and enjoy the moment**

In our exclusive Spa area, guests will find a place where they can leave the daily grind behind. Feel how stress and tension gently dissipate here as you enjoy something good for your body and enjoy the moment to the full. Exquisite, pampering moments await in an elegant ambience, whether it is on the Wellsystem lounge or in our innovative cryocabin.

**Alpine time-out**

Indulge in some Alpine time-out at its very best! Escape the daily grind and be pampered by our experienced specialists.

**Also available to book for external visitors**

The best thing about it: our exclusive Spa treatments are not exclusively reserved for our Therme guests. You can book anytime as an external visitor too. Call us on **+43 5444 606 444** and secure your time-out in the exclusive spa area in Silvretta Therme Ischgl.



## MOON SHINE SPECIAL

**Immerse yourself in a night filled with relaxation and adventure**

On every night there is a full moon, enjoy our unique event **up to 01:00**



Here with us in Silvretta Therme Ischgl you get to enjoy a very special experience every night there is a full moon: the unique atmosphere of the full moon, where we have a different maxim on each occasion to celebrate our moonshine event. We promise an unforgettable night with a 'Gastro and Sauna Special' offer

**Gastro Special: Culinary temptations and free drinks**

Our Gastro Team indulge you with a selection of delicious treats specially created for the event. As a special highlight, two free drinks are included in your ticket. Be inspired by our cuisine!

**Infusion Special: An infusion spectacular in line with the latest maxim**

In our sauna, a genuine infusion spectacular awaits. Look forward to special infusions that perfectly match the respective maxim. **The last infusion is at 00:00 and promises to awaken your senses and provide total relaxation.**

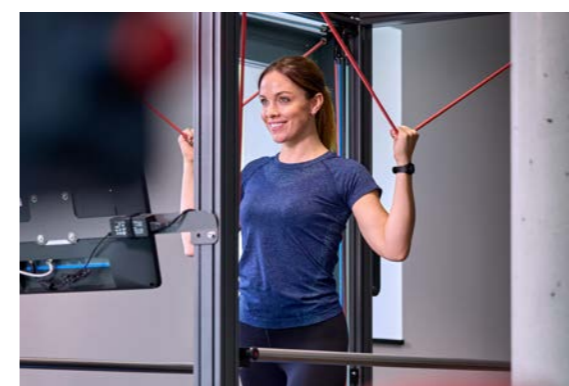
Don't miss this exceptional experience – a chance to bathe by moonlight and be inspired by our unique events. **Tickets are limited, so secure your place ahead of time.**


**SECURE YOUR TICKET NOW**


## FITNESS CENTRE

**Get fit and stay active**

Welcome to our exclusive fitness area – the place for active, health-oriented training. Explore the fitness studio, which combines functionality with comfort and an inspiring atmosphere, helping you achieve your fitness goals.


**State-of-the-art training equipment for top-level performance:**

Our spacious 320 m<sup>2</sup> gym is equipped with state-of-the-art equipment from milon, Skillcourt and Sensopro. Not only are these pieces of equipment efficient, but they are also digital and fully interconnected too. You therefore have the perfect tools to work on your strength and flexibility.

**Training without weights – Focus on your own body weight and stretching:**

You won't find any weights here, our focus is on bodyweight based training and contemporary stretching for holistic training to strengthen muscles and work on flexibility.

**Variety and challenge:**

As well as milon equipment we offer other training options, with Skillcourt and Sensopro. These devices provide variety and offer effective and fun challenges.

**Treat yourself to the best of care:**

Your body deserves it. Visit our state-of-the-art fitness area and experience how activity and well-being go hand in hand.

## INFORMATION &amp; TICKETS

**Plan your visit to Tyrol's wellness oasis**

Whether you are planning a relaxing wellness day or a speedy sauna session after work – in our online shop you will find the perfect ticket for your stay in Silvretta Therme Ischgl.

Get information on this site about our ticket types, prices and discounts and discover our dynamic pricing system!

**A valuable tip up front:** the earlier you book, the better value your ticket will be.


**Tickets on the day:**

If you decide on the spur of the moment, we offer you the option of purchasing tickets on the day at our Therme cash desk. Choose from **4-hour tickets** for the bathing area, the sauna or combi-usage, and **90-minute tickets** for our swim area.

**You can of course stay longer:** additional payment tariffs can be found on the monitors in Silvretta Therme. Please note: your maximum additional payment will never exceed the current day ticket tariff. The maximum fee (= day ticket) will be calculated using a dynamic pricing system and information provided at the cash desk.

**Important information:**

Please note that tickets for future days are exclusively available via our web shop.

Our Therme cash desk is available for the purchase of tickets for the current day. Your ticket is your key to a relaxing stay in Silvretta Therme Ischgl. Secure your space in our wellness oasis now and look forward to unforgettable moments filled with rest and relaxation.

## GOOD TO KNOW

**The most important questions about your visit**

Planning a trip to Ischgl's wellness oasis and do you still have questions? Find the answers below – from arrival to purchasing tickets and cuisine.

**Are special discounts available for children, students and other visitor groups?**

Yes, Silvretta Therme Ischgl provides great value tickets for the following guests:

- **Children up to the age of 3:** Free entry
- **Children between the ages of 3 and 15:** discounted entry
- **Families:** valid for children aged from 3 - 15 when accompanied by 2 adults
- **People who have a disability (from 70 %):** discount available upon presentation of a relevant I.D.
- **Groups of 20 people and over:** free entry for one accompanying person

**Are towels included in the entry price?**

No. But these are available on loan in the Therme and to purchase in the Therme shop.

**Is the sauna area included in the Therme entry fee?**

No. You can however purchase a combi-ticket for use of the Therme and sauna area.

**Where can I park my car?**

There are numerous parking areas and garages available around Silvretta Therme Ischgl. We particularly recommend the parking lounge directly opposite the Therme. This leads you via the underpass direct to Silvretta Therme.

**Where can I stow my valuables when I am visiting the Therme?**

There are lockers at the Therme for stowing valuables. These are included in the Therme entry tariff and are securely locked using the chip wristband you receive on entry. No coins are needed.

**Do I need cash in the Therme?**

On entry to the Therme you are provided with a practical chip wristband, which you can use for contactless payments in the food and spa areas. On leaving the Therme you then pay the services you purchased via the wristband at the cashdesk, or at the pay machines.


**ALL FAQs CAN BE FOUND HERE**


**🕒 Daily from 10:00 to 23:00,** excludes any full moon night (Moon shine special until 01:00)

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**PURCHASE YOUR TICKET IN OUR WEBSHOP NOW**