

Relaxation is one of the most valuable services our THERME WIEN spa can offer. With help from the exclusive organic cosmetic line “Vinoble”, created by Luise Köfer and aimed massage treatments our therapist’s can calm and release emotional as well as psychological blockages and tensed muscles which eases your mind of stressful thoughts.

TIME FOR YOU

Make an appointment either at the THERME WIEN Massage reception desk or by phone (+43-1- 68009-9611).

Guests who come for massage only, please use the THERME WIEN FITNESS entrance in Kurbadstraße 16, 1100 Vienna.

364 Days a Year

There is always time to relax: THERME WIEN Massage is open daily from 09.30 am to 08.00 pm, 364 days a year (Christmas - 24 December closed).



Please find more information about our treatments and our prices on the next few pages.

Classic Treatments

Swedish Massage (Klassische Massage)

Using specific techniques such as stroking, kneading and friction your skin, connective tissue and muscles will be mechanically affected. Your circulation will be encouraged which leads to the loosening of your muscles, removing small blockages, knots and releasing tensions giving you a relaxed and calm feeling. Please inform your therapist about your expectations and the intensity you would prefer so that the massage is fitted to your likings and needs.

Swedish Massage with aroma oil

You have a choice of four different aroma oils. The chestnut oil and cedar oil contain warming herbal extracts of the rosemary and arnica which stimulates your blood circulation. The cooling extracts in the lemon balm and blueberry oil has a smoothing effect on the muscles. Of course, the pleasant aromas increase the relaxing effect of the massage.

Lymphdrainage (Lymphdrainage)

The lymphatic system transports body fluids from the tissues to the heart and back. Therefore it is responsible for the drainage, purification and decongestion of the body. Using very soft and pumping movements your masseuse can support your lymphatic system. This special technique intends to your skin and subcutaneous tissues. Please note that this massage does not affect the blood circulation to your muscles.

Acupunctmassage (Akupunktmassage)

As well as lymph fluid and blood, energy flows through our body. For centuries the Chinese have known this life energy as "Chi". In the Acupunctmassage a special stick is used to glide along the meridian which frees the energy flow from tensions and blockages preventing pain and aches. This treatment can cause reactions in the body. These reactions are desired because they just show that your body responds to this treatment. You should relax after the Acupunctmassage; please do not immediately use the sauna, solarium or pools to give your body time to adjust to its new energy level.

Foot Reflexology Massage (Fußreflexzonenmassage)

The foot reflexology massage is believed that each organ or body part corresponds to a particular zone of the foot. Specific pressure points are stimulated and calmed by special techniques. This can sometimes be unpleasant, but they stimulate the connected organ or body part positively. Please do not compare this massage with the Swedish Massage which only relaxes the foot.

Cupping (Schröpfen)

When cupping so-called cupping glasses are placed in particularly tensed muscles areas. These glasses work by vacuum and suck very tightly on the skin. With the help of such a treatment deep-seated tensions can be eased and adhesions of the connective tissue dissolved. Please note that this treatment increases the blood flow extremely and can lead in these areas to bruises. Your massage therapists will gladly give you more information and answer any questions you might have.

Anti-stress Massage (Antistress-Massage)

This massage is a pure relaxation massage and is performed with light, rhythmic movements. The anti-stress massage aims at harmonizing and calming the mind and soul. Face, neck and shoulders are also included in order to reduce stress and its signs. This leads to the improvement of the well-being and achieves regeneration.

Vinoble Balance (Vinoble Balance)

During this massage both hands and warm grape seed bags are used to massage, spread and modulate along the energy pathways throughout the body. Due to the special effect of grape seeds new energy is activated and brought gently to the body's natural balance.

Grape-seed peeling (Traubenkernpeeling)

This peeling is a mix of finely ground grape-seeds, sea salt and grape-seed oil. The scrub removes dead skin cells whilst the grape-seed oil supplies the skin with important and needed essential fatty acids. The result is an improvement of the blood circulation within the skin and leads to a fresher and firmer appearance.

Hot Stone Massage (Hot Stone Massage)

The Hot Stone Massage is carried out with heated basalt stones which glide smoothly along your skin by using oils. In addition to the massage effect, the heat furthers the relaxation of the muscles. The Hot Stone Massage is a very relaxing and calming massage but on request can also be supported with selected techniques of Swedish Massage. The additional massage techniques seem encouraging and have an effect on the blood circulation.

Marc pack (Tresterpackung)

This from marc, milk, wine, honey and many other ingredients assembled pack is a fruit acid treatment of the skin. Old skin cells will already be removed by the peeling effect when applying. This leads to an improvement of the skin appearance whilst additionally stimulating the blood circulation and creating a sparkling, refreshing feeling. After a gentle shower the whole body is creamed with a grape body lotion.

Price List – Classic Treatments

Therapy	Minutes	Single Treatment	Package Prices (10+1)
Swedish Massage	25	€ 27,00	€ 270,00
	50	€ 50,00	€ 500,00
Swedish Massage with aroma oil (Chestnut, Cedar, Lemon Balm, Wood Berry)	25	€ 29,50	€ 295,00
	50	€ 52,50	€ 525,00
Lymphdrainage	25	€ 30,00	€ 300,00
	50	€ 59,00	€ 590,00
Acupunctmassage	25	€ 30,00	€ 300,00
	50	€ 59,00	€ 590,00
Foot Reflexology Massage	25	€ 30,00	€ 300,00
Cupping	25	€ 30,00	€ 300,00
Anti- stress Massage	50	€ 59,00	€ 590,00
Hot Stone	50	€ 59,00	€ 590,00
Vinoble Balance	50	€ 64,00	
Grape Seed Peeling	25	€ 34,00	
Exfoliation and Massage	75	€ 80,00	
Pomace Pack	50	€ 49,00	
Energy Balance Trainer	20	€ 21,00	

Price List - Treatment-Packages

Vitalizing Package:

Energy Balance Trainer Partial Massage Aroma wrap	75 Minutes	€ 63,00
---	------------	---------

Relaxation Package:

Energy Balance Trainer Lymphdrainage Aroma Wrap	75 Minutes	€ 65,00
---	------------	---------

Anti-Stress Package:

Grape Seed Peeling		
Pomace Pack		
Foot Reflexology Massage		
Anti-stress Massage	120 Minutes	€ 139,00

Manager Package:

Brush Massage		
Alpine Herbs Oil Pack		
Foot Reflexology Massage		
Whole Body Massage		
Hay Flower Pack	120 Minutes	€ 129,00

Price List - Skin Care Products to Take Home

Vinoble Cosmetics:	Size	Price
Moisturizer	50 ml	€ 69,30
Grape Body Lotion	250 ml	€ 49,50
Hand Cream	50 ml	€ 19,80
Foot Cream Morillon	100 ml	€ 18,90
Shower Gel	250 ml	€ 49,50

Skin Care Set:

Wine Bath, Oil, Peeling	100 ml	€ 59,40 (each)
Grape Seed - Sea Salt Peeling	750 g	€ 19,80
Grape Seed Oil	250 ml	€ 18,00
Massage Oil Warm Chestnut	200 ml	€ 31,00
Massage Oil Warm Cedar	200 ml	€ 31,00
Massage Oil Cool Lemon Balm	200 ml	€ 31,00
Massage Oil Cooling Wood Berry	200 ml	€ 31,00