

*A wellness holiday for
the whole family*

Information and offers
from Therme Laa



Welcome to Therme Laa

Therme Laa draws on a spa tradition that goes back thousands of years, but has interpreted it in a whole new way: Located an hour north of Vienna, directly on the border to the Czech Republic, Therme Laa is now the top excursion destination for wellness holidays – on your own, with a partner or for the entire family. Although it can be reached quickly, Therme Laa is a world of its own, offering the hospitality of Lower Austria in all its glory combined with the pleasant, relaxed atmosphere of the Weinviertel region.

Open year-round, Therme Laa offers spacious indoor and outdoor thermal pools for relaxation, while a comprehensive range of activities for young and old alike ensures that boredom is not an option. Whether you're in the mood for a light snack or a hearty meal, the wide array of culinary on offer, including regional specialities using seasonal products, ensures that you'll find just what you're looking for. And on top of all this, the adjacent hotel offers the highest level of comfort and convenience as well as facilities for seminars and events.

Come pay us a visit, escape from the daily grind and regain your health and vitality.



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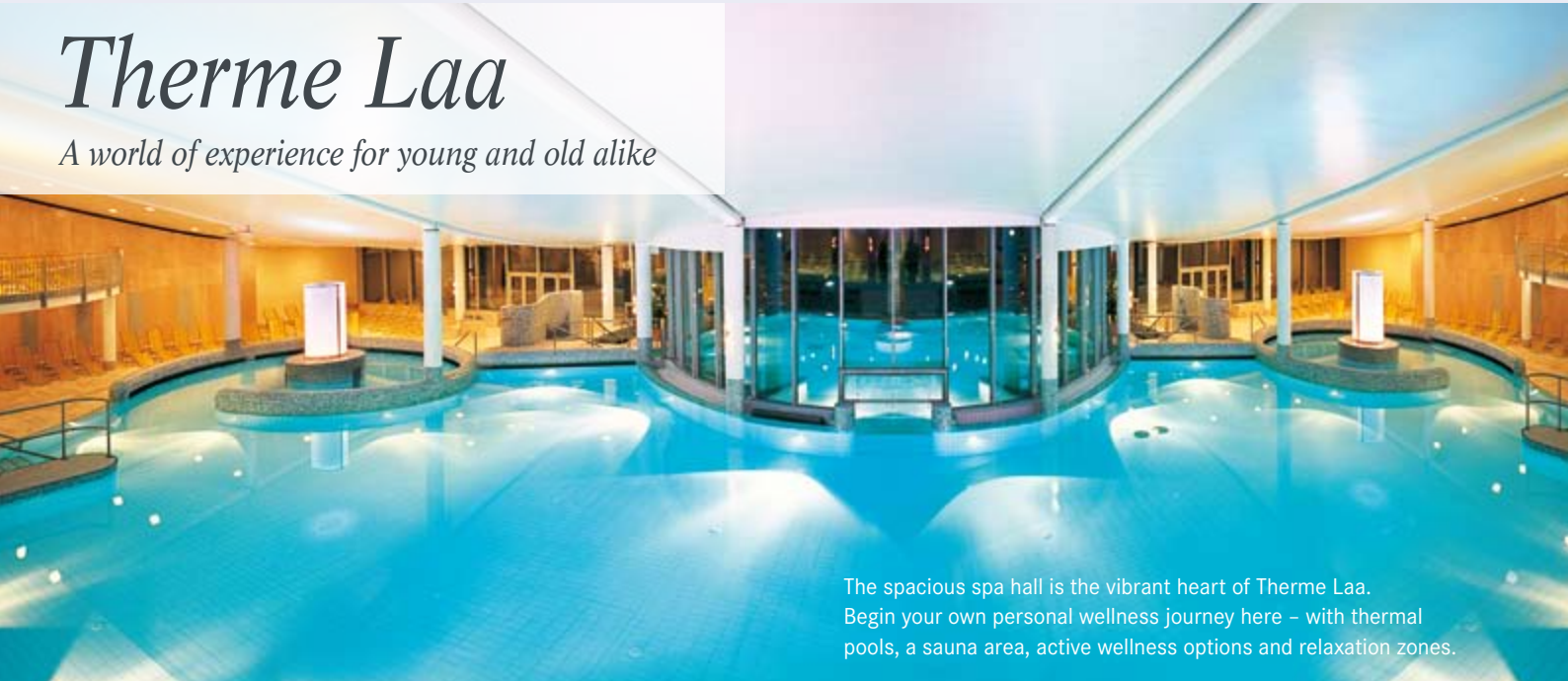
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Therme Laa

A world of experience for young and old alike



The spacious spa hall is the vibrant heart of Therme Laa. Begin your own personal wellness journey here – with thermal pools, a sauna area, active wellness options and relaxation zones.



The thermal spa water at Therme Laa

Therme Laa has been recognised throughout the EU as a sodium-chloride iodine mineral thermal spring according to Lower Austrian provincial legislation (Heilvorkommen- und Kurortgesetz) since 1999. Its water has an outlet temperature of 42° C, a discharge rate of 6.3 l/s and a skin-friendly pH of 7.36.

The “Laa Thermal Nord I” medicinal spring feeds all the pools in Therme Laa. The medicinal water is prepared in a manner ensuring that it meets all of the requirements of the Act on Hygiene at Swimming Pools (Bäderhygienegesetz) and the guidelines contained in the Drinking Water Ordinance (Trinkwasserverordnung).

Pool area

A world of water and warmth



Brine and massage pools



Indoor thermal pool

Enjoy the warm thermal spa water in Therme Laa's largest pool, relax while soothing jets massage you or take a swim through the white-water canal. Fog rises in pillars that are illuminated dramatically by colourful beams of light and flashes – to turn your swim into a truly unique experience.

Water temperature: around 34° C; Maximum water depth: 1.35 m

Brine pool

The brine pool in the outdoor area is separated from the massage pool by a colourfully illuminated waterfall. Float along in the illuminated salt water while listening to relaxing music coming from underwater speakers.

Water temperature: around 36° C; Maximum water depth: 1.05 m

Massage pool

Underwater jet massage chairs, massage walls, drench showers and the jet geyser offer a variety of ways for you to pamper yourself outdoors. The massage pool is covered by a special umbrella that makes using the pool a very special treat even in bad weather.

Water temperature: around 34° C; Maximum water depth: 1.35 m

Active pool

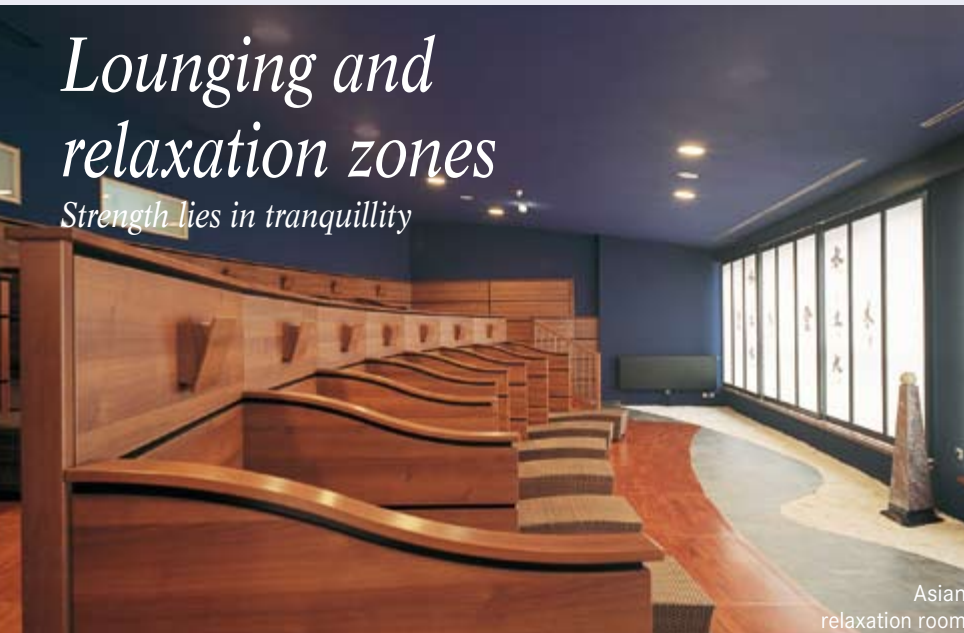
At 25 metres in length, this pool is perfect for active swimmers. It is ideal for taking a refreshing dip in summer. The gentle incline leading into the pool resembles a sandy beach and is particularly popular among kids. It also allows people in wheelchairs to enter the pool easily.

Water temperature: around 28–30° C in winter,
around 24–26° C in summer

Maximum water depth: 1.60 m

Lounging and relaxation zones

Strength lies in tranquillity



Asian relaxation room



Lounging zones

Enjoy the best view of the spa hall on the comfortable lounge chairs around the thermal pool and on the raised seating areas.

Wintergarden

Relax in a light and airy world of evergreen plants. You can enjoy two levels of glorious tranquillity and a calming atmosphere here. The Wintergarden is connected to the spa on all levels.

Asian relaxation room

Unwind and allow your mind to wander: Listen to soft, calming music with nature sounds while relaxing on anatomically correct lounge chairs. A place of inner peace and contemplation. The design is kept simple here to enhance the calming, relaxing atmosphere. This is also the perfect place to read a good book without being disturbed.

Infrared cabin

Treat yourself to 20 minutes of time just for you – to find inner peace and recharge your batteries. Enjoy the sensation of soothing infrared deep heat on your skin. The medium- and short-wave radiation used here – in comparison to other cabins – penetrates around 10 times deeper than long-wave rays. Since the heat is able to penetrate directly into the bloodstream, it helps to promote blood flow and boost the metabolism. This relaxing but also stimulating effect is enhanced by special lighting, scents and music.

Please find the current price in the supplementary price list.

Summer pool area

Swimming fun for the whole family



The summer pool area at Therme Laa offers a wide range of options for you to enjoy, with the variety you would expect of an exclusive holiday resort.



The separate summer entrance allows you to enjoy all the amenities of an outdoor swimming pool, while also having access to all of the indoor facilities at Therme Laa. So even if it rains, you won't have to interrupt your day of swimming.

A summer resort with a wealth of options to choose from:

- Seaside feeling in the brine pool with underwater music or a cool, refreshing dip in the active pool
- Spacious sunbathing area with free lounge chairs and umbrellas
- Free beach volleyball, table tennis and badminton courts
- Free water gymnastics, including specials for teens
- Entertainment at the summer pool (see the brochure containing the summer programme)
- Summer bar with a Mediterranean flair (beverages, cocktails, snacks)
- Top-notch summer grill buffets with alternating themes
- Daily children's entertainment for free (on the outdoor summer stage when the weather is nice)
- Separate family area outdoors with an outdoor children's pool

Sunshine rate

When the temperature forecasted on the previous day calls for a high of at least 25° C, and no heavy rain or clouds are predicted, our sunshine rate goes into effect. You can check in either at the main entrance or at the separate summer pool entrance that is open when the weather is nice.

Information about the current rate can be found on our website, www.therme-laa.at, or by texting "?" to 0676/800 676 888 (standard network fees apply).

The source for the weather forecasts is always Hohe Warte (ZAMG). If the weather changes considerably, the rate may change.

The summer pool is open from the beginning of June to the end of August.

Activities and relaxation

Our range of fitness activities for you



Water gymnastics

Exercising in water to help you get in shape: Did you know that athletic activity in the water burns the most calories, even at a medium level of exertion, and that it's also easy on your joints? So take advantage of our free water gymnastics.

Water gymnastics are offered for free several times a day in the indoor thermal pool, from Monday to Saturday. You can participate in a variety of relaxation and workout exercises under professional guidance.

Activities and relaxation exercises

Experience our wide range of sports and exercises, which are offered in small groups and vary depending on the season. In addition to energising classes such as easy Pilates and back workouts, you can also take part in relaxing balance and meditation classes.

Cardio fitness zone

Top-notch endurance training at the Active Spa. State-of-the-art cardio machines, treadmills and bicycle ergometers are available for spa guests to use free of charge.

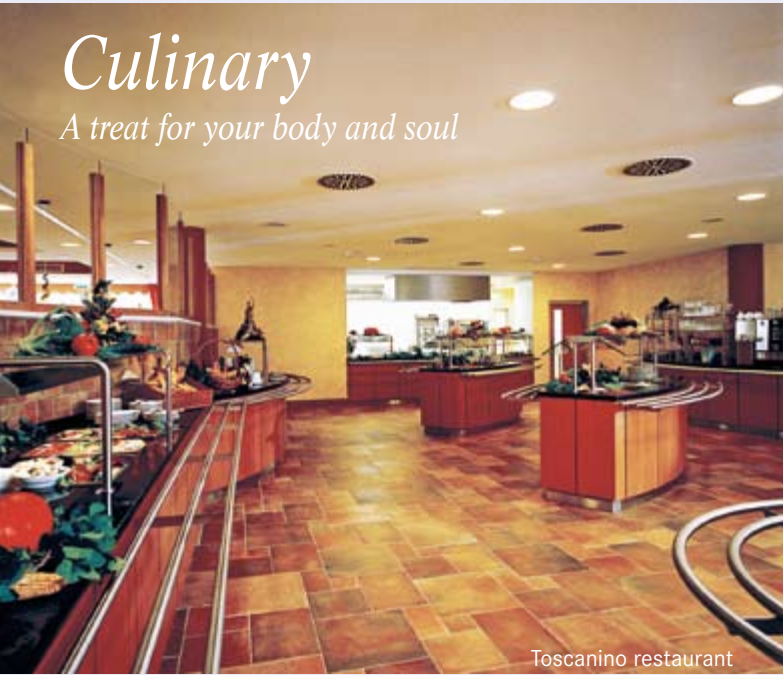
Please make sure to bring along your workout clothes and sports shoes because guests are not allowed to use the machines wearing swimsuits and bathing shoes. Children ages 14 and under must be accompanied by an adult. Disinfectant wipes for the machines are available at the gym.

You can take part in the activities and relaxation exercises at a low price of €3.60 per unit. In order to guarantee that you get a space, please register in advance by calling +43(0)2522/84 700 555 or at the reception desk at the Active Spa or the Vitality Spa.

Water gymnastics are free of charge and do not require prior registration.

Culinary

A treat for your body and soul



Toscanino restaurant

Toscanino restaurant

Superb, light culinary – a treat for body and soul. This is what the Toscanino self-service restaurant stands for, with a dedicated team of chefs who you can watch preparing delicious meals in the open kitchen. In its wide-ranging breakfast, lunch and dinner buffets, the restaurant makes a point of offering regional specialities and products.

The Toscanino also has a sunny outdoor terrace and a cafeteria where you can take a seat and observe the children's world. High chairs are available for our young guests free of charge.

Hours: daily, 9:00 am–9:30 pm,
hot meals served until 9:00 pm.



Sauna bar

Your body loses water every time you visit a sauna, so the sauna bar on the upper floor of the sauna world offers a wide range of refreshing drinks to quench your thirst as well as light snacks. And you can unwind in the cosy atmosphere of the adjacent fireside lounge. The sauna bar is a self-service area and is open daily from 11:00 am to 9:30 pm.

Summer bar

Enjoy icy refreshments, delicious ice cream from Eskimo and light snacks and salads with a Mediterranean flair at the summer bar. Indulge in a culinary treat in the pleasant atmosphere of the shady outdoor area around the summer bar. For instance, you could try out our refreshing cocktail of the week. The summer bar is open between June and September when the weather is nice.

The Laaer Jungle

Austria's first clothed sauna for families!



A brand new addition to Therme Laa is the world for families on the upper floor of the spa hall, featuring Austria's first and only clothed sauna. Families with children under 14 years of age as well as guests who are not comfortable taking a nude sauna now have the option of enjoying the Laaer Jungle. A sauna experience included in the entrance fees for the spa!

The "Laaer Dschungel" is a well maintained nature area with protected plant and animal species that is located along the Thaya-Mühlbach stream – and it offers the inspiration for the new clothed sauna for the entire family at Therme Laa. Cliff-like elements, natural decorations, and sound effects, special lighting and scents create a pleasant atmosphere in harmony with nature. And of course it wouldn't be complete without water. In the centre of the Laaer Jungle is a waterfall that can be observed from the comfort of a heated bench or viewed up close from a bridge.

The heart of the Laaer Jungle is made up of three sauna cabins with various themes:

Tree house sauna

Right near the entrance to the Laaer Jungle, you'll find a lovingly designed bio sauna.

Room temperature: around 50° C; Humidity: around 45%
Recommended stay: around 10–20 mins.; Seating: for around 10–12

Herbal hut

The herbal hut in the middle of the Laaer Jungle offers a specially scented Finnish sauna experience.

Room temperature: around 75° C; Humidity: around 10–30%
Recommended stay: around 10–15 mins.; Seating: for around 12–15

"Afterglow" steam bath

Sweat away while enjoying high humidity and soothing scents.

Room temperature: around 42° C; Humidity: around 95–100%
Recommended stay: around 5–15 mins.; Seating: for around 8–10

Other things for you to discover

- Laaer Jungle Walk, a barefoot course
- Waterfall with a Laaer pond, bridge and heated bench
- 3 "nasal cavities" (scented alcoves)
- "Catch the streams of water" water feature
- Special shower experiences

Important: Please leave the sauna as soon as it gets too hot for your children! Saunas may only be entered by children who are clean and accompanied by an adult.

Instructions for use: It is expressly requested that you wear clothing in the sauna (bikini or swimming trunks)! Use a bath towel to sit on in the tree house sauna and in the herbal hut, and leave your bathing shoes outside the door.

Sauna world

One of Austria's largest and most exclusive sauna worlds spanning 1,500 m²

The wide array of saunas, water attractions and relaxation zones offer exquisite features and imaginative design to impress guests. In contrast to the spa's clothed sauna for families, here you can enjoy the classic sauna experience according to Nordic traditions.



Castle sauna



Aroma temple

Thermal whirlpool

The centre of the sauna world is framed by pillars and covered by an impressive glass dome. Illuminated semi-precious stones create a particularly elegant atmosphere. You can enjoy a gentle water jet massage here.

Water temperature: 36° C

Instructions for use: Please use without swimwear.

Castle sauna

A traditional sauna that offers a cosy atmosphere with a design using reclaimed wood. The rustic sauna stove resembles the Laaer Burg castle. Soothing sauna extraction using crushed ice or water are performed directly by our guests.

Room temperature: around 90° C; Humidity: around 10%

Recommended stay: around 10–15 mins.; Seating: for a maximum of 23; Sauna extraction time: 10 mins. (every hour on the hour and on the half hour); Last sauna extraction: 9:00 pm

Instructions for use: Please use without swimwear, use a bath towel to sit on and leave your bathing shoes outside the door.

Royal steam bath

Plunge into a world straight out of 1,001 nights. Three large alcoves made of natural stone with dome-like ceilings offer space for sitting and lounging, and surround an octagonal drinking fountain with illuminated colonnaded doorways.

Room temperature: around 46° C; Humidity: around 100%

Recommended stay: around 10–20 mins.

Instructions for use: Please use without swimwear and without a bath towel, and leave your bathing shoes outside the door. Water hoses are available for cleaning the surface of your seat.

Aroma temple

A sauna offering particularly gentle heat. Sitting in this sauna's heated alcoves is like residing on a throne, where you can calmly inhale aromatic fragrances and listen to relaxing music.

Room temperature: over 40° C

Recommended stay: 30 mins.; Seating: for a maximum of 10

Instructions for use: Please use without swimwear and without a bath towel, and leave your bathing shoes outside the door. Water hoses are available for cleaning the surface of your seat.



Outdoor
Finnish sauna



Outdoor Finnish sauna

A traditional sauna experience spanning over 50 m². The outdoor log cabin offers two levels where you can find the temperature that suits you best. This very special sauna experience with a sea salt, honey, goat's buttermilk, yoghurt cream, grapefruit or hemp sauna extraction allows every single pore on your body to absorb new energy.

Room temperature: 90–100° C; Humidity: around 10%

Recommended stay: around 10–15 mins.;

Seating: for a maximum of 55

Sauna extraction time: 10 mins. (every hour on the quarter hour and on the three-quarter hour); Last sauna extraction: 9:15 pm

Daily special sauna extraction: entrance at 11:30 am, 1:30 pm, 2:00 pm, 4:30 pm, 6:30 pm and 7:30 pm

Instructions for use: Please use without swimwear, use a bath towel to sit on and leave your bathing shoes outside the door.

Igloo

With a room temperature similar to the inside of a refrigerator and icy walls, the igloo is the perfect place to cool down after taking a sauna. The benches and floor are slightly heated so that you can enjoy the cold temperatures in comfort.

Room temperature: 5–9° C; Bench temperature: around 15° C

To ensure an optimal temperature, please always close the door during use.

Crushed ice fountain

In the crushed ice fountain, which resembles the Arctic and features decorative stalactites and stalagmites, an ice crusher provides you with ice that you can rub or pour onto your body for a refreshing cooldown.

Room temperature: 25–26° C



Panta Rhei relaxation room



Thermal whirlpool

Water world

A world of showers for you to experience, where one thing's certain – you're bound to get wet! In the rustic stalactite cave, waterfalls, drench showers and tropical storms come crashing down on you from ledges, accompanied by appropriate sound effects. In the rear rock alcoves, you'll also find drench showers, head showers, side showers and a bucket shower.

Room temperature: around 26° C; Humidity: around 100%

Instructions for use: The water world offers cold showers to help you cool down after visiting the sauna, so please do not use any shower gel or shampoo in this area.

Brine steam bath

Hot, salty air helps to soothe the airways. The ultrafine atomised brine in the brine steam bath fills the entire room and creates a unique aroma.

Room temperature: around 46° C; Humidity: around 100%,
Brine concentration: around 5%; Recommended stay:
around 8–15 mins.

Instructions for use: Please use without swimwear and without a bath towel, and leave your bathing shoes outside the door. Water hoses are available for cleaning the surface of your seat.

Panta Rhei relaxation rooms

The two Panta Rhei relaxation rooms on the upper floor invite you to recuperate after your visit to the sauna: There are water beds in rock alcoves where those in search of relaxation can lie down and allow the powers of the mysterious stones to work their magic. Between each of these water beds is a large amethyst illuminated from within – these semi-precious stones have been known for their positive powers for centuries. Panta Rhei – everything flows.

Additional offers in the sauna world:

- Outdoor Kneipp walk (for optimal effects, do not wear bathing shoes)
- Plunge pool behind the outdoor saunas, incorporated into a pond
- Indoor and outdoor lounging areas
- Separate lift for people in wheelchairs and people with difficulties walking

The sauna world is open daily from 9:00 am to 10:00 pm.

Pool closing time: 9:40 pm. Entrance for ages 14 and older.

For an optimal sauna experience, you should not enter or exit the sauna during the sauna extraction.

The sauna world is a place of tranquillity and relaxation, so we request that you do not use your mobile phone anywhere in this area.

For a one-time sauna surcharge, you can go back and forth between the spa and the sauna world as often as you like.

Vitality Spa

Wellness with style



Leave your stress behind and take a break in the Vitality Spa. Pamper yourself and indulge in a relaxing massage, a soothing bath or a beauty treatment.

The Vitality Spa at Therme Laa offers a wide array of soothing, pampering premium treatments: Massages, baths, wraps, poultices and cosmetic treatments.

Unwind in a relaxing hydrobath, float in a flower petal bath or enjoy an exclusive beauty wrap – it's your choice! Try something new and discover how newfound energy can revitalise your body, mind and spirit.

You can find the current prices in the Spa, Beauty & Relaxation treatment brochure.

Wellness packages

Indulge yourself



Choose a soothing combination of a spa visit and massages or cosmetics.

“TLC”

- Day spa admission
- Full-body massage (50 mins.)

“Discover relaxation”

- Day spa admission
- Rose petal bath (25 mins.)
- Anti-stress massage (25 mins.)

“Indulge yourself”

- Day spa admission
- Partial body massage (25 mins.)
- Manicure (45 mins.)

“Savour beauty”

- Day spa admission
- Cleopatra bath (25 mins.)
- Introductory facial treatment (45 mins.)

Four steps to enjoying your wellness package

1. Purchase your wellness package as a voucher at the spa cash desk or at the Thaya Boutique, or order it in advance by calling +43(0)2522/84 700 570 or sending an e-mail to service@therme-laa.at.
2. In order to ensure that you receive the appointment you want for your massage or wellness treatment, we request that you make your desired appointment in advance by calling +43(0)2522/84 700 555 (Vitality Spa). Don't forget to tell us the name of your wellness package when you make your appointment.
3. Enjoy your day of all-round wellness at Therme Laa!
4. Hand in your wellness voucher at the spa cash desk before paying so that the voucher can be deducted from the price.

For current special package prices, call +43(0)2522/84 700 570, go to **www.therme-laa.at** or ask at the spa cash desk.

Day spa

A one-day holiday



Immerse yourself in a day of relaxation and wellness - with a day spa package. On your own, with your partner or with friends. Enjoy the luxury and all the amenities of a four-star hotel, allow yourself to be pampered at Therme Laa and end the day with a culinary highlight.

All of the day spa packages include:

- Easy check-in/check-out at the hotel reception desk
- Spa bag with a cuddly bathrobe, bath towels and bathing shoes
- Hotel locker room with lockers and showers
- “Deluxe wellness”: Exclusive spa hotel with luxurious thermal spa, sauna and relaxation areas as well as wellness bath towels
- “Diverse wellness”: Therme Laa’s spacious indoor and outdoor thermal pools, Wintergarten, Asian relaxation room and children’s world
- Participation in activities and relaxation exercises
- Cardio fitness zone

For more detailed information and current prices, visit www.therme-laa.at or call +43(0)2522/84 700 733.

Enjoy your own personal day at the spa from 9:00 am–10:00 pm. Make a **prior reservation** by calling +43(0)2522/84 700 733 or sending an e-mail to hotel.reservierung@therme-laa.at

All of the day spa packages can of course also be purchased as vouchers!

Day spa package 1: A girls’ day of relaxation

Fun and beauty for you and your friends

- Introductory facial treatment (45 mins.)
- Facial masque – to take home with you
- Including a 5-course dinner on request (6:00–8:30 pm)

Day spa package 2: Dinner and wellness

A duet of culinary delights and wellbeing

- 1 glass of Poysecco sparkling wine
- 5-course dinner with a selection of dishes to choose from or buffet creations (6:00–8:30 pm)

Day spa package 3: A day of relaxation for the senses

An exclusive day of wellness for all your senses

- Healthy breakfast at the hotel’s Feinspitz restaurant (7:00–10:00 am)
- Spa bag and personal “senses guide”
- €10 pampering voucher for wellness treatments (appointments require prior reservations and are subject to availability)
- “Senses cocktail” voucher

Day spa package 4: A cuddly day of relaxation

Enjoy romantic time spent with your partner

- “Magical cuddling” in the couple’s treatment room: Twin senses including a bath, massage (25 mins.), sparkling wine and strawberries (total duration: 70 mins.)
- 5-course romantic dinner (6:00–8:30 pm)

Day spa package 5: Customised health and relaxation day

An exclusive day of wellness including **two health treatments of your choice:**

- Introductory facial treatment for women (45 mins.)
- Refreshing facial treatment for men (45 mins.)
- Honey massage (25 mins.)
- Reflexology (25 mins.)
- Flower petal bath – with your choice of lavender or rose (25 mins.)
- Whey bath – with your choice of aloe vera or honey-coconut (25 mins.)

Our tip: End the evening right by enjoying a 5-course dinner (6:00–8:30 pm)!

Children's world

Swimming, splashing and playing
in an area spanning 450 m²



Welcome to a wonderland for children! The children's world is separated from the spa hall, but can be viewed from all sides through glass walls. There is a separate, spacious lounging area for parents in the raised seating area above, where they can easily keep an eye on what their little ones are doing.

Troll pool and bubble pool

Kids can have a blast in these two shallow pools. In the **troll pool** (indoors), two troll statues playing music spray the kids with water, while a third troll holds a mini slide for the little ones on its shoulders. The outdoor **bubble pool** is the only one of its kind in the world. Under the non-skid mats decorated with colourful pictures lining the bottom of the pool, there are air cushions that move up and down when kids walk on them – great fun in summer, when kids will enjoy bouncing around and toppling over.

Water temperature: around 34° C; Maximum water depth: 30 cm



Troll pool



Fantasia slide

Nearly 90 m of fantastic water fun for young and old alike, with mesmerising lighting and sound effects – the Fantasia slide is definitely one of the highlights at Therme Laa. In order to ensure worry-free fun, the slide is especially wide, and a traffic light system ensures that each person gets down safely. The top of the slide can be reached by climbing the slide tower, which affords an amazing view of the town of Laa and the surrounding area.

Total length: 88.35 m (including plunge pool); Vertical height: 9.85 m
Special effects: coloured waterfall, artificial starry skies, strobe lights

Safety instructions: Please observe the traffic light system; do not block the exit from the water slide at the bottom; adults must slide down one at a time (except when accompanying a young child).

In the area under the slide, children can play in a huge **sandpit** full of toys in the summer.

Special prices for children up to 14 years old at Therme Laa:

- Free admission for children up to 3 years old
- Happy Monday (every Monday except during school holidays)
= free admission for kids (1 free child per full-paying adult)
- Lower rate for children as joint users valid throughout the year
- Additional discount with the Lower Austrian family pass for children included in the pass
- Free admission on birthdays (also for adults!)

For further information, write to service@therme-laa.at



Family bonus

Fun, games and excitement: Children's entertainment at Therme Laa

Wellness at Therme Laa is wellness for the whole family. However, while adults are often in search of relaxation, children prefer active entertainment. Which is why we offer our children's entertainment 365 days a year*. The entertainment programme is created by employees with training in education along with an educator of young children. And adults are more than welcome to join in!

Additional offers

- Children's playroom with craft and painting corner, Ravensburger game and reading corner, building and cooking corner
- Children's world stage at the indoor pool, separate outdoor stage (summer)
- Puppet theatre and riddle competitions
- Water games
- Karaoke facilities, three microphones and a disco feeling, with bright spotlights, fog effects and live projection
- Projection screen for children's films and games
- Domestic activities (mixing cocktails, baking pizza and much more)



For further information, visit
www.therme-laa.at

For personal questions regarding children's entertainment, please send an e-mail to
kinderland@therme-laa.at



Children's entertainment is available for **free** daily from 2:00 to 6:00 pm, and starts already at 10:00 am on Mondays, weekends, public holidays and school holidays (except in summer)! Entertainment until 3:30 pm on 24 December.

There are special themed days during all school holidays and during the Advent season, with partners such as Eskimo, Ravensburger, the Poysdorf museum of local history, Fairy Tale Summer in Lower Austria and the Maissau Amethyst World.

* Children's entertainment does not relieve parents of their responsibility to supervise their children. Parents are always responsible for looking after their children.

Reservations

You can make a reservation for admission to the spa on a day of your choice by credit card in our web shop at www.therme-laa.at. And you can purchase a voucher online for that particular day. Reservations can be made at the latest one day before your desired appointment. Reserved admission is guaranteed until 12:00 pm on the selected day and can be picked up in the Thaya Boutique at Therme Laa (entrance on the left). Please don't forget to bring along your printed voucher. If you are unable to make it on the day you reserved, your voucher will remain valid for admission to the spa at a later date within one year.

Wellness vouchers

Our vouchers are the perfect way to pamper yourself, your friends or your family members.

Spa vouchers

These allow you to enter the spa for one whole day and can also be purchased including entrance to the sauna world. Please also see our spa wellness packages (page 30/31).

Pampering vouchers

Indulge yourself and others with soothing massages, baths, wraps, poultices and beauty treatments. All treatments at the Vitality Spa can also be purchased in the form of vouchers (for details, see the Spa, Beauty & Relaxation treatment brochure).

General vouchers

You can simply top up the Vamed Vitality World gift card with the amount of your choice, which can then be used as cash for all services at Therme Laa and at the Hotel & Spa.

Your bonus: The Vamed Vitality World gift card can also be redeemed in all other Vamed Vitality Resorts (Aqua Dome – Tirol Therme Längenfeld, Therme Geinberg, Therme Wien, Dungal Medical-Vital Resort, GesundheitsZentrum Bad Sauerbrunn, St. Martins Therme & Lodge and Tauern SPA Zell am See-Kaprun). In addition, the gift card is the size of a credit card and fits easily into your purse.

Day spa vouchers

You can choose from five day spa packages (page 32/33).

Hotel vouchers

Give the gift of an exclusive wellness holiday in the four-star Therme Laa Superior hotel.

Restaurant vouchers

Give the gift of culinary delights in the hotel's restaurant – a gourmet meal, a Sunday brunch, a Weinviertel wine brunch or a candlelight dinner.

Purchasing vouchers is simple and easy

Purchase spa and hotel vouchers easily in our web shop at www.therme-laa.at and pay by credit card. Simply download the voucher, print it out, and gift wrap it or send it directly by e-mail. You can also order all vouchers by calling +43(0)2522/84700570 or writing to service@therme-laa.at, or purchase them at the spa cash desk or in the Thaya Boutique. The vouchers will then be issued to you and sent by cash on delivery.

Hotel vouchers can be purchased at the hotel reception desk or can be ordered by calling +43(0)2522/84700733 or writing to hotel.reservierung@therme-laa.at. If you pay by credit card, the cash on delivery fees do not apply.

Vouchers must be presented at the cash desk when you leave the spa. The services included on the voucher will then be deducted from the invoice, and the services that you made use of will be deducted from the total voucher amount.

Information from A to Z

Bathing shoes: We recommend wearing bathing shoes for hygiene reasons and for your safety. Foot disinfection systems are of course available for use before you enter the pools.

Birthday special: Everyone receives free admission on their birthday! Valid for children and adults. See the supplementary price list for details.

Cash desk: The cash desks are located in the entrance area. You can pay in cash, by ATM or by credit card (MasterCard, Diners Club, VISA, American Express).

Children: We offer reduced admission for children up to 14 years old (for details, see page 35). Children under 14 years old are not allowed in the sauna world (but can enter the clothed sauna for families), and may only enter the spa accompanied by an adult.

Chip armband: In order to make your stay as pleasant and convenient as possible, you will receive an electronic chip armband when you enter the spa, which can be used to pay for all services without cash. You will of course receive a receipt for each transaction. Then you can pay for everything at once when leaving the spa.

Clothed sauna for families: The Laaer Jungle is Austria's first clothed sauna for families and offers a sauna experience in a bikini or swimming trunks. Children may enter as long as they are clean. The use of this sauna is included in the admission price for the spa.

Current number of spa visitors: You can find out information about the current number of spa visitors on our website, www.thermelaa.at, or by texting "?" to 0676/800 676 888 (standard network fees apply).

Day spa reservations: For more information, see page 38.

Hairdryers are available free of charge.

Locker rooms: We offer free lockers or spacious changing rooms for €3 for storing your street clothes. Safes are available free of charge for storing valuables and only require that you insert a €1 coin. We also offer a separate locker room and storage area for groups.

Parking: Therme Laa has 450 parking spaces for cars, separate parking spaces for people in wheelchairs, and bicycle racks.

Prices: See the supplementary price list for details.

Sauna world: Following Nordic tradition, the first floor of the sauna in the sauna world is a nude zone. Entrance for ages 14 and older.

Summer pool: For more information, see page 14.

Swim gear: Bring your own swim gear, e.g. swimwear, towels and bathrobes. If you forget something, you can find a wide range of items available for purchase in our Thaya Boutique.

Thaya Boutique: Here you'll find a wide range of swim gear, children's toys, snacks, newspapers, paperback books, souvenirs, gift vouchers and much more.

Open daily from 8:45 am to 12:30 pm and 1:00 pm to 7:15 pm.

Time credit: For every service you make use of in the Vitality Spa, you will receive a time credit corresponding to the duration of the treatment. The time credit will be deducted on the day the service is performed and cannot be transferred to other people.

Vouchers: For more information, see page 38.

Wellness treatments: Please make your appointments for massages and wellness treatments in advance by calling +43(0)2522/84 700 555 (Vitality Spa).

Wheelchair accessible: All parts of the spa are wheelchair accessible. Separate changing rooms, lockers, sanitary facilities, lifts and pool lifts are available for people in wheelchairs.

Young children: Admission is free for children up to 3 years old. There are two baby changing areas in the locker rooms and a changing table in the WC on the ground floor of the children's world. We provide pushchairs free of charge. For hygiene reasons, it is necessary that small children wear waterproof swim diapers. Swim diapers can be purchased in the Thaya Boutique.

Hotel Therme Laa Superior: For information about and reservations for the Hotel Therme Laa Superior, visit www.therme-laa.at, call +43(0)2522/84 700 733 or fax 84 700 755.

Accommodations: The tourist board offers information and reservations for accommodations in Laa and the surrounding area: tel.: +43(0)2522/2501-29, e-mail: tourismus@laa.at



Hours

Therme Laa is open daily from 9:00 am to 10:00 pm, but some areas have slightly shorter hours.

Last entrance at 8:00 pm.

Pools close at 9:40 pm.

Hours on 24 and 31 December:
from 9:00 am to 5:00 pm.

Therme Laa – Day Spa

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service@therme-laa.at

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