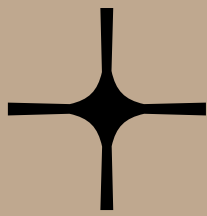


# OPENING 24/07/25



STEP BY STEP!

**Be active. Regain strength. Find peace.**

The new Boutique Spa Coburg harmonizes movement and sports, balance and relaxation, energy and flow. Small, exquisite, personal and individually designed, and deliberately uncrowded – here you'll find the space you need. Whether hiking, biking, skiing, or simply enjoying the mountains – we support your active lifestyle with targeted treatments.



Starting in **June 2025**, we invite you to rediscover your body and mind in our personal wellness space: with select yoga and fitness classes, deep-acting massages, and mindful body treatments. Starting at the **end of July**, with the opening of the **year-round heated infinity pool, gym, and lounge garden**, our spa will gradually expand into a place where vitality, lightness, and design merge in a unique way for all those who want to combine exercise, relaxation, and aesthetics. And enjoyment is guaranteed.

## CONTACT US



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Coburgstrasse 833, 8970  
Schladming



## BOUTIQUE SPA COBURG

SPA BROCHURE



## BOOK NOW

Visit us at reception for  
our daily activity schedule and  
appointment availability.  
Kristina from Spa Team

Starting  
16th june  
25



## MASSAGE

45 Minutes

with high quality BIO products from our local Pharmacy

- Swedish/Relaxation 70€  
Stress relief & calming
- Lymphatic drainage 70€  
Detoxification & metabolic activation
- Sport 75€  
Injury prevention & regeneration
- Acupressure 75€  
Deep release of muscular blockages
- Herbal Compress 80€  
Anti-inflammatory & regenerating
- Hot Stone Massage (60 Minutes) 85€  
Promotes blood circulation & deep relaxation



## BODY TREATMENTS

45 Minutes

with high quality products from Wiener Kosmetikum

- Magnesium Salt Scrub 70€  
deacidification & cell regeneration
- Full Body Wrap: 70€  
~ eucalyptus - expectorant & vitalizing  
~ aroma - anti-inflammatory
- Legs only wrap: 55€ (30 Minutes)  
~ menthol for inflammation  
~ collagen for cellulite



## BROW BAR

- Eyebrow tint 15€
- Eyebrow wax 20€
- Eyelash Tint 25€



## YOGA CLASSES

inclusive for free

- Hatha Yoga - A gentle, beginner-friendly practice focused on foundational poses, breath work, and alignment.
- Vinyasa Yoga - A dynamic, sweat-inducing flow that links breath with movement. Expect seamless transitions and energizing sequences that leave you feeling strong and centred.
- Ashtanga Yoga - A structured and disciplined practice following a set sequence. Ideal for building strength as well as flexibility.
- Yin Yoga - A slow, meditative practice with deep stretches held for 3–5 minutes. Designed to enhance flexibility, release tension, and calm the nervous system.
- Flow Yoga - A vibrant blend of styles, often fast-paced and time-efficient. Great for all levels—this is a full-body experience.



## FITNESS CLASSES

inclusive for free

- HIIT - A powerful, full-body workout designed to boost your endurance and leave you feeling energized.
- Booty burner - Target and tone your glutes and legs with this lower-body sculpting session.
- Core Crusher - Sculpt your abs and build a rock-solid core. Overall improves your total core stability.
- Upper Fire - Ignite your upper body with focused back and arm exercises. This will help build power and definition up top.
- Aqua fitness - A low-impact, full-body workout in the pool that improves cardio, flexibility, and strength—perfect for all fitness levels and easy on the joints.
- Kickboxing- A high-energy workout that sharpens your core, enhances spatial awareness, and hones your form through powerful, precise movements.



## HEALTH TREATMENTS

Health Coaching 50€

45 Minutes

- Personalized Nutrition Plans  
Fuel your body with the right foods tailored to your goals and lifestyle.
- Fitness Plans  
guided workouts designed for your body, schedule, and fitness level.
- Sustainable Habits for Life  
Build lasting routines for energy, strength, and confidence.

Starting  
16th june  
25

Personalized Meditation 30€

30 Minutes

Topic of your choice to help you through the challenges you are currently facing in everyday life

Topic must be shared the day before the appointment

Personal Training 60€

60 minutes

Efficient, Goal-Focused Training – Every session is designed to push you closer to your strength, weight loss, or performance goals.

Starting  
end of  
july  
25