

Kempinski
The Spa

our
menu of
sensational
Treatments

English





The SeasonalSpa

Kempinski The Spa is a journey inspired by the *European cycle of the seasons*.

Drawing on the elemental wisdom of nature, our treatments both invoke and restore the *body's natural equilibrium*.

Seasonal Massages

Spring in Your Step **Detoxing**

This is a detoxifying and uplifting massage that works on the lymphatic system, thus helping to eliminate toxins from your body. Our therapeutic treatment commences with a dry body brushing designed to awaken the system and clear away any lethargy.

60/90 minutes EUR 125/170

Summer Bliss **Balancing**

The Summer Bliss massage is based on soothing strokes. The body will be cooled and calmed with the use of refreshing cool stones which are placed on both the face and body.

60/90 minutes EUR 125/170

Autumn Sleep **Relaxing**

This nurturing aromatherapy massage focuses on achieving deep levels of relaxation. The massage includes a therapeutic head massage that works on cranial pressure points to alleviate signs of stress to help you to unwind.

60/90 minutes EUR 125/170

Winter Warmer **Energizing**

The Winter Warmer deep tissue massage is both energizing and nourishing, and is specifically designed to focus on painful joints or stiffness in the body. This therapeutic body treatment includes a warming foot balm.

60/90 minutes EUR 125/170

Additional Massages

Classic Massage

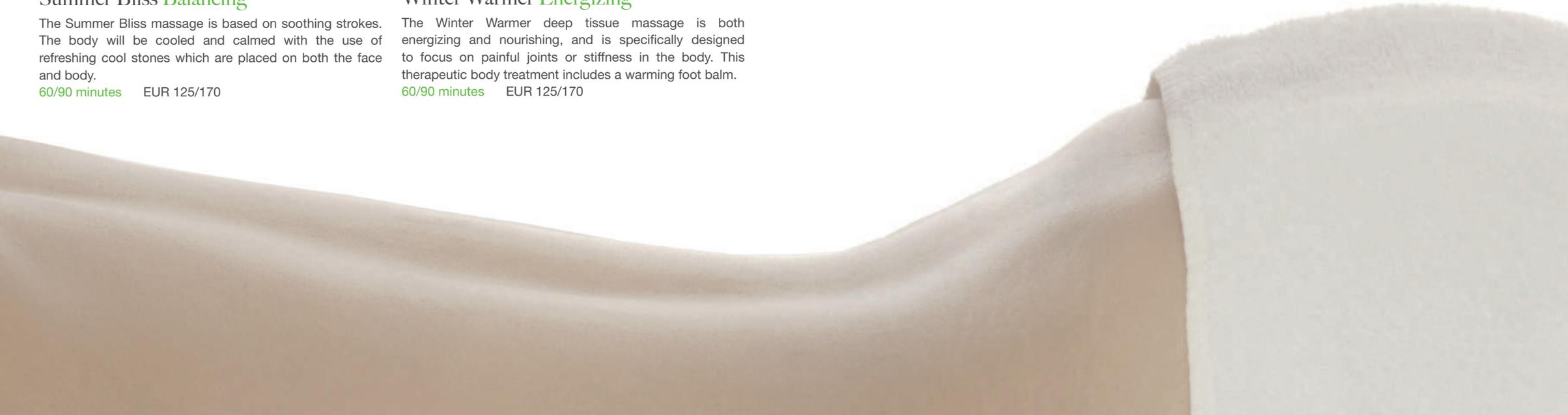
A whole body massage that is as unique as you are! Your therapist will consult with you regarding your specific needs and will tailor your massage to achieve your desired results.

60/90 minutes EUR 120/160

Hot Stone Massage

Long massage strokes are combined with heated stones placed on key energy points of the body, warming them and releasing energy from muscles. Instantly relieves and comforts.

90 minutes EUR 170



Body Treatments

Detoxing

Spring Clean Scrub 45 minutes EUR 85
Clearing stagnant energy is the focus of the Spring Clean Scrub. This detoxing treatment eliminates dead skin cells and refreshes the skin and body.

Spring Embrace Wrap 45 minutes EUR 85
This wrap is highly effective in purging toxins and boosting blood and lymphatic circulation. A vigorous massage uses an infusion of grapefruit and juniper berries to stimulate any sluggishness in the system. During the wrap, a refreshing hair treatment is applied using cranial pressure points.

Balancing

Summer Salt Scrub 45 minutes EUR 85
Mother of Pearl is the key ingredient in this luxurious, calming body polish. In its powdered form, it works gently yet effectively to encourage a smoother skin texture. It is an ideal Scrub for those who wish to prepare for a summer tan.

Summer Cool Wrap 45 minutes EUR 85
The body is generously encased within a cooling serum before being covered with a light wrap. Whilst the specialised ingredients activate, the face is cleansed and re-hydrated with a refreshing gel.

Seasonal Body Combination

Combine any Seasonal Body Scrub or Wrap with a full body
60 minute Seasonal massage.
90 minutes EUR 190

Relaxing

Autumn Flame Scrub 45 minutes EUR 85
This body scrub removes dead skin cells whilst aiding in the on-going process of cellular renewal. Powerful, active ingredients such as Sea Salt, Papaya and Mandarin work together to speed up the elimination process. An application of a body hydrator gives the skin a subtle glow.

Autumn Drape Wrap 45 minutes EUR 85
This wrap is deeply relaxing. The body is reassuringly wrapped, whilst a warm stone massage is administered to the face with movements designed to enhance a holistic experience.

Energizing

Winter Clear Out Scrub 45 minutes EUR 85
The Winter Clear Out Scrub contains fine Himalayan salt infused with melted Shea and Mango butter and Essential oils. When applied, dryness is polished away and the skin is deeply nourished.

Winter Fleece Wrap 45 minutes EUR 85
A comforting thermal clay is applied to gently warm the body and give nourishing relief to stiff bones and joints. During this wrap, the face is cleansed and a rich rehydrating facial moisturiser is applied to feed the skin and seal in moisture.



Holistic Hungary *Experience*

This enriching mud from neighboring Hungary works through a mineral, mechanical and thermal effect. Mineral rich, it improves skin function, elasticity and cell structure. It also maintains nerve and muscle functions whilst stimulating blood circulation in the deeper tissue layers. The natural pressure of the mud's weight, when deeply packed onto specific body areas increases the blood flow. Ideal as a back treatment only including a back massage, or a full body experience, including a full body massage.

60 minutes back only	EUR 125
Price for two	EUR 250
90 minutes full body	EUR 170
Price for two	EUR 340

Seasonal Facials

Spring Face Detoxing

This deep cleansing Spring facial ensures the skin is refreshed and renewed.

60/90 minutes EUR 130/175

Summer Face Balancing

For those who tend to have dry or inflamed skin, the Summer facial will be the one to choose. Its calming properties will help to rehydrate and cool the skin, bringing it back into balance.

60/90 minutes EUR 130/175

Autumn Face Relaxing

This relaxing Autumn facial nurtures tired skin and helps to release facial tension, resulting in a radiant look for the face.

60/90 minutes EUR 130/175

Winter Face Energizing

This wonderful Winter facial works to pamper and hydrate dry skin, and helps it stay protected and nourished during harsh climatic conditions.

60/90 minutes EUR 130/175

Men's Facial

Take a moment to indulge in a facial tailored especially for men. Enjoy this refreshing experience as your skin is deeply cleansed, exfoliated and nourished.

60 minutes EUR 120

Express Spa Treatments

Express Facial

A mini facial treatment suitable for all skin types. Skin is deeply cleaned, exfoliated and nourished. Skin is left looking clear and moisturized.

25/45 minutes EUR 55/85

Scalp Massage

Excellent for tension headaches and sleeplessness.

25/45 minutes EUR 55/85

Foot Massage

Instant relief from aching legs and feet.

25/45 minutes EUR 55/85

Back, Neck & Shoulder Massage

Targets and relieves upper body soreness and discomfort.

25/45 minutes EUR 55/85



Care for the Hands & Feet

	Min	EUR
Manicure with Nail Polish	45	65
Pedicure with Nail Polish	60	80
Manicure with Gel Polish	50	80
Pedicure with Gel Polish	60	95
Men's Manicure	45	55
Men's Pedicure	60	70
Nail Polish only	15	15
French Polish only	20	25
Essie Gel Polish only	25	35
Gel Polish Removal	20	25

Beauty

Eyes

	Min	EUR
Eyebrow Shape	10	12
Eyebrow Tint	15	18
Eyelash Tint	15	18
Lash & Brow Tint	25	30

Waxing

	Min	EUR
Face	15	20
Half Leg	30	45
Full Leg	45	65
Half Arm	25	35
Full Arm	45	55
Bikini	30	45
Back or Chest	45	65
Under Arms	15	20

The Definitive Treatment

Ottoman Experience *Rhassoul*

East meets west with an Ottoman empire inspired Rhassoul experience; a deeply cleansing, detoxifying and moisturizing full body treatment of ultimate luxury and indulgence.

The journey commences with a dry body brush, followed by the application of the Rhassoul mud to prepare the skin for a warming thermal steam bath to enjoy in our luxury Private Suite. Enjoy as well a Mango and Shea butter hair mask for a sense of pure nourishment to the hair and scalp. Afterwards we offer you a wonderful full body massage to complete your enriching and luxurious experience.

Dry Body brush | Rhassoul | Hair mask | Classic Massage | Spa Refreshment

150 minutes (2 h 30 minutes) EUR 250
Price for two EUR 500

Couple's *Treatments*

Why not enjoy the Spa together?

Any of the treatments on the menu can be booked for two and enjoyed in our couple's room.

Complete *Connection*

Complete Face and Body Experience

Enjoy space and time together in our couple's room. A top to toe treat; select a Seasonal Massage to soothe away all your cares, and a Seasonal Facial completes the experience.

Seasonal Massage 60 minutes | Seasonal Facial 60 minutes

120 minutes (2 hours) EUR 250
Price for two EUR 500





Evergreen
ever young,
every season...

HydraFacial MD®

Do you have a big night out or a special occasion to attend? Visit [Kempinski The Spa](#) to ensure your skin looks perfect for this event and for much longer!

The HydraFacial MD® treatment merges soothing and invigorating spa therapies with advanced medical technology to achieve instant, lasting results.

- ✓ Tailored for all skin types
- ✓ Provides immediate results
- ✓ Has no downtime or discomfort
- ✓ Targets specific skin concerns
- ✓ Provides an alternative to invasive procedures

HydraFacial MD® for Evergreen

The favourite pre-red carpet treatment for the stars.

HydraFacial MD® is an advanced medical-grade skin care treatment that targets fine lines and wrinkles; congested, oily and acne prone skin; rosacea and hyper pigmentation. It softens the appearance of large pores, improves skin texture and tone, and helps repair existing sun damage.

The HydraFacial MD® treatment merges soothing and invigorating spa therapies with advanced medical technology to achieve instant, lasting results.

The HydraFacial MD® resurfacing procedure thoroughly cares for your skin, providing cleansing, exfoliation, extraction, and hydration all while Vortex-Fusing™ antioxidants, peptides, and Hyaluronic acid. Ranked above IPL for rejuvenation, the HydraFacial MD® treatment is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The procedure is soothing, moisturizing, non-irritating and immediately effective.

The HydraFacial MD® serums specifically target your skin issues including sun damage, blackheads and whiteheads, enlarged pores, acne, brown spots, uneven skin tone, and fine lines and wrinkles. The best part - it's not just a quick-fix-it procedure. The HydraFacial MD® improves the quality of your skin, actually helping to making it healthy.

The HydraFacial MD® LED Light Therapy modality provides additional benefits post HydraFacial MD® treatment. The red LED light is used to improve the appearance of skin firmness and resilience. It also helps reduce the appearance of fine lines and wrinkles, hyper pigmentation, and other signs of aging. The blue LED light is extremely beneficial for people who suffer from oily skin or breakouts.

The Process

The HydraFacial MD® procedure is a two-step process: the in-spa procedure augmented by the daily care treatment.

Your HydraFacial MD® results can be extended through the use of the daily care solutions – the same ingredients found in the serums are available for at-home use.

Step 1 Cleansing & Exfoliation

Dead skin cells are removed to reveal healthy new skin

Step 2 Acid Peel

This gentle peel helps loosen dirt and debris from the pores without irritation

Step 3 Extractions

Painless, automated extractions use vacuum technology to draw out impurities

Step 4 Hydration

Antioxidants, Hyaluronic Acid & Peptides are vortex-fused™ to nourish and protect

Step 5 Daily Care Solution

Use the same ingredients found in the treatment to extend the skin health benefits

Featuring... HydraFacial MD®

HydraFacial MD® Treatment

A customizable, rejuvenating skin resurfacing treatment that immediately reduces the look of lines, wrinkles, acne, hyper pigmentation, congested pores and uneven skin tone on the face and neck. This facial also includes LED light therapy, leaving you to experience truly exquisite results.

60 minutes EUR 220

Deluxe HydraFacial MD® Treatment

An invigorating treatment that includes all of the essentials and luxuries of the HydraFacial MD® for your face, neck and décolleté. It begins with lymphatic drainage therapy to initiate the detoxification process. Then, the HydraFacial MD® deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes MultiPeptide Dermabuilder to address fine lines and wrinkles followed by LED light therapy and a collagen mask.

90 minutes EUR 300

Booster HydraFacial MD® Treatment

This treatment offers the perfect skin care solution for the time-challenged by bathing the skin in rich antioxidants and deeply hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation, followed by painless extractions and ends with a burst of hydration.

30 minutes EUR 180

HydraFacial MD® Back Treatment

Make as good an impression leaving the room as you do entering it. This treatment soothes and refines your back. All the benefits of the HydraFacial MD®'s lymphatic drainage and LED light therapy are extended to your back for an effective and surprisingly relaxing experience.

50 minutes EUR 180

HydraFacial MD® Body Treatment

The ultimate hydration experience. This treatment addresses all of the areas that show the first signs of aging. The HydraFacial MD® will cleanse, exfoliate, extract and hydrate your face, neck, décolleté, full back, shoulders, knees, arms including hands and elbows with hydrating solutions rich in antioxidants.

110 minutes EUR 400

To book your Evergreen treatment or for more information about HydraFacial MD® please contact us on

Ext. 8090 or +43 1236 1000 8090 or via
e-mail spa.vienna@kempinski.com.

HydraFacial MD® Enhancement

Take your Evergreen experience to another level by adding many of the following:

DermaBuilder

Multi-Peptide rich treatment serum designed to help smooth the appearance of fine lines and wrinkles.

Glycolic Peel

Moderately aggressive acid peel for oily and congested skin. Improves hyper pigmentation and the appearance of fine lines and wrinkles.

Lymphatic Drainage

Detoxify the skin to help reduce fluid retention/swelling and increase circulation.

Décolleté or Back

Treat your décolleté or back with the HydraFacial MD® to cleanse, exfoliate, and hydrate.

Collagen Mask

A deeply hydrating facial mask that nourishes the skin giving it a firm and supple appearance.

Hands

A hand treatment to reveal softer, smoother, younger skin.

Eyes and Lip

This treatment includes a lip softening that removes flaking and chapped areas and a lymphatic drainage for the eye area.

LED Light Therapy

Red and blue light helps to calm redness and skin irritation and improves the appearance of oily and congested skin.

Britanol Treatment

Intensive spot corrector, eliminates skin discoloration and sun spots, controls melanin production.

EUR 60 each

The *Evergreen* Experience

This is the ultimate HydraFacial MD® programme that improves the health and youthfulness of your skin over the long term. The programme includes a range of 30min, 60min and 90min treatments, the sequence of which has been carefully planned to deliver a maximised, long-term result. Specifically tailored for Evergreen by HydraFacial MD®, the experience includes:

3 x 30 minutes treatments

3 x 60 minutes treatments

1 x 90 minutes treatment

3 months EUR 1080

Seasonal *Evergreen* Membership

Bi-Annual Membership

This 6 month membership is designed to ensure your long-term skin health and entitles you to take one 60 minutes treatment per month.

6 months EUR 1100

Annual Membership

This 12 month membership ensures you are doing the best for your long-term skin maintenance and rejuvenation and entitles you to take one 60 minutes treatment per month for the whole year.

12 months EUR 2090



Spa Etiquette

The Spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave valuables in your guest room safe. The Spa does not assume liability for any valuables.

HEALTH CONCERNS

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the Spa facilities.

SPA EXPERIENCE

To make the most of your Spa experience and support the benefits of your treatment, we recommend that you allow extra time prior to your scheduled time to enjoy our inviting wellness area. For your convenience the Spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all treatments you will be properly draped for ensured privacy.

RESERVATIONS

Advanced booking is highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The Spa provides walk-in bookings based on availability. To make a reservation from your guest room, dial 8090 to call the spa reception.

MINIMUM AGE

The minimum age for spa treatments, use of the pool, fitness and wellness facilities is 16 years.

GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion. Please enquire at the spa reception for details and purchase.

LATENESS & CANCELLATION POLICY

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of twelve hours notice for cancellations. With fewer than twelve hours notice you will be charged for 100% of your treatment. If appointments are reserved before arrival at the hotel, the spa cancellation policy follows that of your hotel reservation.

OPENING HOURS

Spa opens from 9 am – 9 pm daily.
Fitness centre opens 24 hours daily.
(Spa members daily from 9 am – 9 pm)

Treatments are available from 10 am- 8 pm.
(Appointments outside these hours can be requested, a surcharge is applied)



Spa *Facilities*

Kempinski The Spa will take each guest on a journey around the world. It is inspired by the four European seasons and decorated in the impressive colours of the Ottoman Empire.

OUR SPA FACILITIES

- Three saunas
- Hydro Pool (13 x 20 ft)
- Rest areas with plenty of amenities
- Fitness centre with state-of-the-art cardio equipment and weight machines



CLASSIC SAUNA WORLD

Whether using the mixed sauna, ladies' sauna, the steam bath or the bio-sauna, guests can choose their ideal temperature and humidity level. Take a dip in the hydro pool and then take a break in the rest area. It's all about relaxation.

Finnish sauna	90°C
Steam bath	45°C
Sanarium	60°C



LADIES SAUNA

The Ladies Spa is the perfect retreat for the ladies at the Kempinski The Spa Vienna.

Finnish sauna	90°C
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FITNESS & PERSONAL TRAINING

The fitness center is available 24 hours for hotel guests and daily from 9:00 am to 9:00 pm for members.



- Stepper
- Rowing machine
- Cross trainer
- Elliptical trainer
- Cycling machine
- Spinning bike
- Twelve weight machines: train different muscle groups in the arms, legs, abdomen and buttocks

Personal training - Tailormade training at Kempinski The Spa.



For more information about Kempinski The Spa or to make a reservation please contact us on Ext. 8090 or +43 1236 1000 8090 or via e-mail spa.vienna@kempinski.com.