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HOTEL
SALOME
Oberlech
AM ARLBERG



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A holiday for all the senses



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Types of bath and recommended duration of treatment

Sauna 10 – 15 minutes

Bio sauna 10 – 18 minutes

Infrared cubicle 20 – 30 minutes

Steam room 10 – 20 minutes

Saline steam bath 10 – 20 minutes

Warm bath 20 – 60 minutes

Rule of thumb: *Stay for as long as you feel well!*

FINNISH SAUNA CABIN

Even Hippocrates, living in 500 B.C. was aware of the connection between heat, perspiring and health. The sauna is an age-old alternating temperature bath.

Temperature 90°

Room climate dry

Recommended duration of treatment 10 – 15 minutes

Positive effects:

- Strengthens heart and circulation
- Stimulates the metabolic rate
- Improves blood circulation
- Relieves tension
- Cleans and purifies the skin
- Increases immunity against infection
- Eases the body and soothes the mind

INFRARED CUBICLE

Light, the source of life, is a healing force. In contrast to the sauna (convective heat), warmth is produced by radiant heat that acts directly on the body.

Temperature 40 – 60°

Room climate dry

Recommended duration of treatment 20 – 30 minutes

Positive effects:

- Relaxing
- Prevents rheumatism
- Good for the skin and respiratory tract
- Suitable for people who are sensitive to heat
- Mental and physical wellbeing



STEAM ROOM

Enjoy the starry sky above and fragrant surroundings; this is pure pleasure and fun too.

Temperature 42 – 45°

Room climate 100% humidity

Recommended duration of treatment 10 – 20 minutes

In the Steam Room you experience the element of water in a very special form, providing relaxation for your whole being. This alternating temperature bath has a very long tradition whose origins probably lie in Northern Europe.

Positive effects:

- Relieves tension
- Improves blood circulation
- Stimulates the metabolic rate
- Relaxes the muscles and joints
- Freshens and cleanses the skin; your skin is moisturised to become as soft as velvet
- Inhalation of hot and humid air
- Eases the body and soothes the mind

WARM ROOM

Pure relaxation. Enjoy the opportunity to get away from it all...

Temperature 38 - 40°

Room climate dry

Recommended duration of treatment 20 – 60 minutes

Positive effects:

- Stimulates the vegetative nervous system
- Relaxing
- You can prepare for your next treatment



BIO SAUNA

This is a gentler kind of sauna with low temperatures and humidity. Perspiring becomes an enjoyable wellness experience. A variety of fragrances is available.

Temperature around 60°

Room climate around 40°humidity

Recommended duration of treatment around 10 – 18 minutes

Positive effects:

- Strengthens the heart and circulation
- Stimulates the metabolic rate
- Improves blood circulation
- Pure relaxation



SALINE STEAM BATH

Temperature around 42 - 45°

Room climate nearly 100% humidity

Recommended duration of treatment around 10 – 20 minutes

Positive effects:

- Cleanses the skin
- Makes your skin smooth
- The bronchial area: frees the respiratory tract
- The addition of salt creates a maritime atmosphere



INNER COURTYARD WITH WARM BENCH

Rest a while, relax and consider which treatment you would like next.

DRINKING FOUNTAIN

Drink the mountain spring water of Lech: refreshing, health-giving and rich in minerals.



ROMAN THERMO LOUNGERS

Rest, and enjoy the warmth that pervades your body. Relax in comforting luxury with enjoyable music.

FITNESS ROOM

A small space but great facilities!

With flat screen monitor – sport and physical training on TREADMILL

DYNAMOMETER

MULTI-GYM

STEPPER

CROSS TRAINER



SOLARIUM

10 – 20 minutes with eye-protection.

No tokens. Encourage a light, smooth tan when the sun does not shine over Lech.

HOT WHIRLPOOL

Relaxing and enjoyable at 38°. Unwind afterwards in our rest area and if you look up you will see that you are in the oldest part of Hotel Salome. This is a jewel of a place with its original wooden beams!



HYDRO MASSAGE SHOWERS & ROUND SHOWERS

Water in its purest form – an exquisite shower experience. Choose between tropical and ice-rain combined with fragrance and light. Or use the hose in the round shower to take a kneipp cure, OR enjoy as in years gone by, the force of a flood shower.



REST ROOM

Relax, recuperate, enjoy, switch off and leave behind the dull routine of daily life. Or chat about your wonderful day on the piste. With music playing, sink into the most beautiful form of relaxation – PLEASURE.

HYDRO-JET AQUA MASSAGE COUCH

You will need tokens – available from the masseuse or from reception. Great demands are made on us each and every day – in work and at home. There is very seldom a nice balance in our lives. We spend too much time sitting down, don't move around enough, and the result is that we are tense, neglect our posture and suffer aches and pains. Then comes the STRESS.

So, enjoy this very special form of relaxation, let us pamper you back to health and a feeling of wellbeing.

Fit in 15 minutes, a massage that requires just light clothing and no preparation. After only one treatment you will experience muscle relaxation and an increase in your metabolic rate.



MASSAGE

Our masseuse is available daily from 15.00 – 19.00. Please make an appointment at reception.

Traditional massage 15 – 30 minutes
Foot reflexology massage 30 minutes
Lymphatic drainage min. 45 minutes



AND IN CONCLUSION

The real high point.

A walk underground out into the crisp air of the outdoors. Plunge into the snow and abandon yourself in contemplation of an incomparable, dreamlike view towards Lech and the magnificent mountains around you. While away the time on our terrace and take a deep breath - PURE HEAVEN.



★★★★
HOTEL

SALOME

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