asaya



At Asaya Spa, our mission is to offer a holistically curated wellness experience that seamlessly integrates timeless local practices with international cutting-edge wellness knowledge.

Our philosophy centers on the fusion of natural, local ingredients and traditions to enhance the uniqueness of our services. We pride ourselves on utilizing locally sourced herbs and regional salts in our treatments, leveraging the innate healing properties of our environment. This dedication to local resources is prominently featured in our distinctive wellness programs, which include the exclusive use of locally produced honey from Schloss Fuschl.

In celebration of winter, we pay homage to local traditions by incorporating local Sauna infusion Essential oils from the area into our sauna experiences.

Our wellness ethos further manifests in the promotion of both indoor and outdoor activities, encouraging guests to engage with the natural beauty of our surroundings for a holistic sense of well-being.

At Asaya Spa, combining international wellness methodologies with the rich resources and traditions of our locality is fundamental to our vision, ensuring a wellness experience that is both exceptional and transcendent.

asaya

the foundation of your well-being



asaya skin health

SUSANNE KAUFMANN, nature at its most effective

Since 2003, Susanne Kaufmann has harnessed the enduring power of alpine plants, revered for their remarkable resilience in the harshest environments and endorsed by modern science as well as generations of local wisdom. Rich in antioxidants and known for supporting skin longevity, these powerful plants work in harmony with the skin to strengthen, soothe, and restore its natural vitality, offering their unique benefits with every application.

SUSANNE KAUFMANN FACIAL — 30 / 60 / 90 MINUTES

Designed to counter the visible impact of environmental stressors, The SK Signature Facial floods skin with antioxidant-rich, award-winning serums to support repair, calm sensitivity, and restore elasticity. A sequence of sculpting and fascia-releasing massage techniques across the face, neck, and shoulders eases tension, encourages lymphatic flow, and reawakens vitality. With personalised product selection throughout, The SK Signature Facial strengthens the skin barrier, boosts collagen-supporting processes, and leaves the complexion visibly smoother, more resilient, and renewed.

3X RADIANCE
BY EVIDENS

60 MINUTES

The efficiency of The Triple Collagen - an exclusive cellular complex that is used in all EviDenS de Beauté cosmetic formulas, boosting cell regeneration and visibly improving skin hydration and elasticity. Maximum results will be archived due to the 3x radiance by EviDenS to help tighten skin, promote collagen production and more youthful and radiant complexion. The EviDenS de Beauté Serum associated to a high performing Bio Collagen mask infused with the best ingredient will restore moisture & luminosity.

THE ADVANCED LIFT
BY EVIDENS

90 MINUTES

It combines the efficiency of The Triple Collagen - an exclusive cellular complex that is used in all EviDenS de Beauté cosmetic formulas, boosting cell regeneration and visibly improving skin hydration and elasticity. Maximum results will be archived due to the 3x radiance by EviDenS to help lift, tone, promote collagen production and more youthful and radiant complexion. The EviDenS de Beauté Serum associated to a Japanese Lifting Massage and a high performing Bio Collagen mask infused with the best lifting and anti aging ingredients will restore moisture, luminosity and density.

OXYLIGHT 3D RADIANCE
CEREMONY

60 / 90 MINUTES

An advanced, technology-driven facial for a luminous, even complexion. Diamond microdermabrasion, oxygen therapy, ultrasound, and LED light therapy deeply revitalise skin texture for a red-carpet glow.

asaya massage

ROSEWOOD SIGNATURE MASSAGE — 60 / 90 MINUTES

This intuitive full-body ritual blends refined massage techniques with the MOODS modern aromatherapy system—a sensorial innovation designed to align emotion and energy. Guided by your selected mood each bespoke oil composition activates specific neuro-sensory pathways, restoring balance and vitality.

DEEP TISSUE MASSAGE FIRM PRESSURE — 60 / 90 MINUTES

Reflecting the serene beauty of the local lakes, this signature massage incorporates elements of Swedish and deep tissue techniques, promoting profound relaxation and stress relief.

HERBAL HARMONY MASSAGE LOW PRESSURE — 60 / 90 MINUTES

Immerse yourself in the tranquil beauty of the Austrian alps with our Herbal Harmony massage. Utilizing locally sourced herbs, this gentle yet invigorating treatment soothes the senses and rejuvenates the body.

MOUNTAIN STONE THERAPY — 90 MINUTES

Our Mountain Stone Therapy utilizes warm stones from the Austrian mountains, combined with expert massage techniques. This treatment soothes muscle tension and promotes a deep sense of well-being.

LYMPHATIC SCULPT & TONE MASSAGE — 90 MINUTES

The Lymphatic Sculpt & Tone Massage features a combination of techniques designed to promote the breakdown of fat cells and reduce fluid retention for a smoother, contoured body.

MOTHER TO BE HARMONY MASSAGE — 60 / 90 MINUTES

Treat yourself to a nurturing break during this special time. This massage is tailored to the needs of pregnancy, using gentle techniques and pure, natural oils derived from the alpine flora.

asaya body

THE FUSCHL ALPINE EXPERIENCE BY SUSANNE KAUFMANN — 120 MINUTES

Surrender to the ultimate holistic experience, exclusively created by Susanne Kaufmann for Schloss Fuschl. This bespoke signature ritual draws on the finest techniques from East and West, weaving together ancient healing wisdom and modern skincare expertise into one seamless, transformative journey.

A comprehensive face and body treatment, it deeply nourishes and regenerates the skin while melting tension from muscles and the nervous system — leaving the mind clear, the body restored, and the spirit free.

THE SLEEP RENEWAL RITUAL — 90 MINUTES

A deeply calming pre-sleep ritual inspired by the quiet stillness of the Austrian nature. Designed to guide you into rest, this treatment layers a nurturing full-body massage with a reparative facial to encourage overnight skin recovery and a slower, steadier breath. Expect a feeling of cocooned calm; ready for uninterrupted sleep and a brighter, more renewed complexion by morning.

ALPINE VITALITY RITUAL — 90 MINUTES

Our most complete body journey for deep renewal and restored vitality. The ritual begins with an invigorating full-body exfoliation to smooth, brighten, and prepare the skin for maximum benefit. This is followed by a full-body and scalp massage, tailored to your needs, using holistic techniques to release tension, encourage lymphatic flow, and reawaken energy. Skin is left silky and luminous, while body and mind return to a steady, balanced rhythm.

BODY SCRUB — 50 MINUTES

A luxurious exfoliating ritual by Suzanne Kaufmann, combining expert techniques with the effectiveness of natural active ingredients.

The scrub is applied to the entire body using flowing, enveloping movements, leaving the skin soft, smooth and beautifully renewed.



lost remedies

Our wellness offerings are rooted in Kneipp's hydrotherapy, a holistic healing method for stress relief and rejuvenation that harnesses the power of water, heat, cold, and therapeutic exercises to bolster the immune system and detoxify the body. The incorporation of alpine herbs and regional fruits into our treatments enhances your well-being. Experience the nature, Kneipp's legacy, and the profound impact of our therapies for ultimate relaxation and revitalization.

REGIONAL HERBAL STAMP REVITALIZATION

75 MINUTES

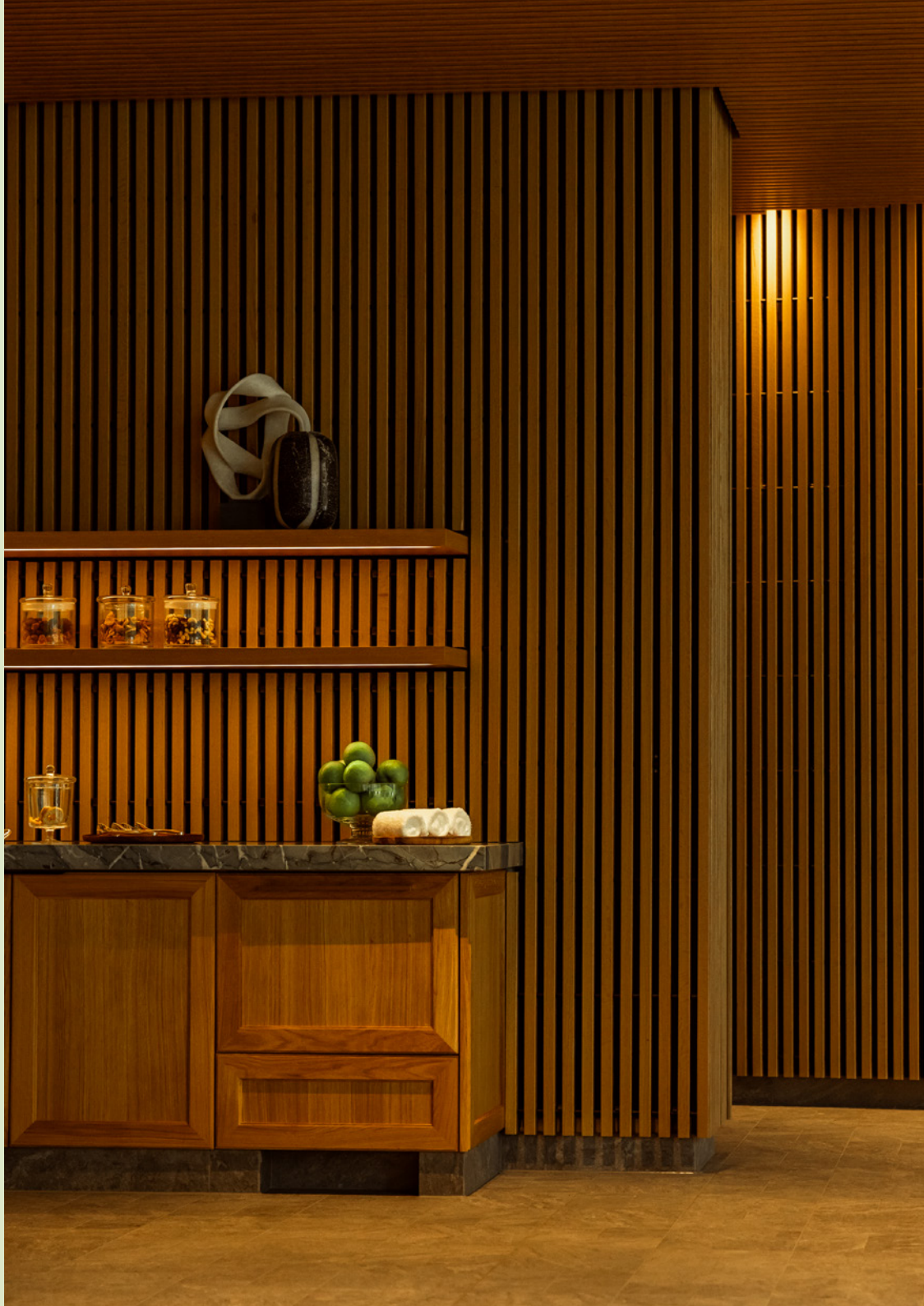
Experience the unique healing power of our region with the Herbal Stamp Revitalization treatment. This therapy uses self-made herbal stamps, carefully filled with a selection of locally-sourced herbs. As these warm stamps glide over your body, they stimulate your senses, release tension, and rejuvenate the skin. This treatment not only promotes profound relaxation but also offers a unique aromatic journey through the Alpine meadows.

HERB GARDEN LAVENDER BLISS — 60 MINUTES

Begin with a gentle body scrub using local sourced salt mixed with herbs from the countryside thyme, rosemary, and lavender. The essential oils will rejuvenate your skin. This scrub will exfoliate your skin, leaving it soft and refreshed. Next, enjoy a soothing body wrap with fango mineral mud, known for its deep-cleansing and detoxifying properties. While you relax, enjoy a scalp massage to ease any lingering tension.

SCHLOSS FUSCHL HONEY GLOW
FOR SENSITIVE SKIN — 60 MINUTES

Indulge in a sweet treat with our own Schloss Fuschl Mountain Honey. Start with a body scrub made from finely ground alpine oats and locally sourced Salzburg honey. This mixture will gently exfoliate and nourish your skin. Follow this with a body wrap using fungo mud infused with Austrian chamomile essential oil. While cocooned in this healing wrap, enjoy a calming foot massage to complete your relaxation experience.





asaya active

ALPINE HIKE ADVENTURE — 120 MINUTES

Immerse yourself in the beauty of the Austrian Alps with this guided hiking session. Designed to challenge your fitness in the clean alpine air, the session combines exercise with breathtaking views of the surrounding landscape.

ALPINE CYCLING EXPERIENCE — 120 MINUTES

Get your heart pumping with a challenging cycling session amidst the Alpine panorama. This cycling adventure will test your endurance while offering spectacular views of the Austrian Alps.

GYM PERSONAL TRAINING — 30 / 60 MINUTES

Join us in our state-of-the-art gym facility for a rigorous strength and conditioning session. Tailored to your fitness level, this session focuses on building muscle strength and endurance using a blend of cardio and weightlifting exercises.

SUNRISE YOGA 30 / 60 / 90 MINUTES

Awaken your senses with our Sunrise Yoga Retreat. This early morning yoga session combines gentle yet energizing asanas, breath-work, and a guided meditation to set a positive tone for the day.

PRIVATE SESSION YOGA 30 / 60 / 90 MINUTES

Experience the benefits of a fully personalized yoga session tailored to your individual goals and physical needs. In this one-on-one practice, your instructor guides you through precise movements and mindful breathing techniques to enhance flexibility, build strength, refine alignment, and deepen body awareness. Suitable for both beginners and advanced practitioners, this focused session allows you to progress at your own pace while promoting inner balance, releasing stress, and supporting overall well-being.

SPINAL MOBILIZATION MAGIC 30 MINUTES

Experience relief from back pain and improve your posture with our Spinal Mobilization Magic. This tailored workout session focuses on gentle movements to mobilize your spine, reducing stiffness and enhancing spinal health.

RESTORATIVE MUSCLE PILATES 30 / 60 MINUTES

Revitalize your muscles with our Restorative Muscle Pilates. This moderate intensity class focuses on strengthening your core, improving flexibility, and restoring balance in your body.

MINDFUL MEDITATION JOURNEY 60 MINUTES

Embark on a journey of inner peace with our Mindful Meditation Journey. This session is designed to help you cultivate mindfulness, relieve stress, and promote mental clarity.

PERSONALIZED FLEXIBILITY STRETCH 60 MINUTES

Improve your flexibility and posture with our Personalized Flexibility Stretch. This one-on-one session includes a series of stretches tailored to your needs, aiming to increase your range of motion and reduce muscle tension.

express rituals

MINI SERENITY MASSAGE — 30 MINUTES

A focused treatment designed to release tension and calm the body in a short amount of time. Gentle, flowing movements ease muscular stiffness while promoting deep relaxation and balance — the perfect moment of serenity for those short on time.

REVITALIZING SCALP MASSAGE — 15 MINUTES

This deeply soothing scalp treatment uses warm oil and gentle massage techniques to stimulate circulation, nourish the hair roots, and calm the mind. Ideal on its own or as an add-on to enhance any body or facial experience.

FOOT REVITALIZE MASSAGE — 30 MINUTES

Inspired by the principles of reflexology, this treatment restores energy flow through the body by focusing on key pressure points in the feet. It relieves fatigue, improves circulation, and leaves you feeling grounded, refreshed, and revitalized.

asaya add ons

Your treatment may be personalised with a selection of add-ons, thoughtfully designed to enhance your relaxation and elevate your wellbeing experience.

OXYLIGHT LED & OXYGEN BOOST — 30 MINUTES

EYE PATCHES

COLLAGEN FACE MASK



path's to well-being

DYNAMIC AGING	2 DAYS	3 DAYS
Personal Consultation 30 min.	1	2
Skin Analysis 30 min.	1	1
Susanne Kaufmann Facial 80 min.	1	2
3x Radiance Facial 60 min.	1	1
Healthy Lunch	2	3
Personal Fitness Training or Personal Yoga 60 min.	2	3
Detox Massage Lymphatic Drainage 60 min.	1	2
Schloss Fuschl Honey Glow 60 min.	1	1
Antioxidant Detox Juices 3 times a Day	daily	daily

Discover the Dynamic Aging program at Asaya Spa! It's more than just a wellness program - it's your personal journey to rejuvenated vitality and well-being. Our program is a harmonious combination of revitalising therapies, antioxidant facials, relaxing massages. All of this is accompanied by nutritious meals that pamper body and soul. The benefits? Improved mental clarity, increased physical stamina and a more balanced pace of life. Leave stress behind and enjoy an improved quality of sleep. Asaya Spa's Dynamic Aging program is not just an experience, it's a transformative journey and a wise choice for your well-being. Think of it as your own personal investment in a healthier, happier life.

HOLISTIC DETOX	2 DAYS	3 DAYS
Personal Consultation 30 min.	1	1
Personal Fitness Training or Personal Yoga 60 min.	2	3
Detox Massage Lymphatic Drainage 60 min.	2	3
The Advanced Lift by Evidens	1	1
Detox Body Wrap 30 min.	1	2
Body Scrub 30 min.	1	2
Susanne Kaufmann Facial 80 min.	–	1
Detox Lunch & Dinner	2	3
Antioxidant Detox Juices 3 times a Day	daily	daily

Our detoxification package is more than just a treatment program; it's a journey towards revival and rejuvenation. With our tailored fitness or yoga sessions, relaxing detox massages and lymphatic drainages, and the invigorating effects of detox body wraps and body scrubs, you can look forward to a holistic experience. Enjoy healthy meals and antioxidant detox juices that assist in cleansing your body of toxins. Our special detox teas are available in your room at any time, providing a relaxing break from everyday life. Through the detox program, you can expect improved digestion, increased energy, better sleep, and radiant skin. These benefits will not only be felt in the short term but will have long-lasting effects on your overall well-being.

HOLISTIC SLEEP WELL	2 DAYS	3 DAYS
Personal consultation 30 min.	1	1
Personal Fitness training, Hiking or Personal Yoga 60 min.	2	3
Fuschl Alpine Experience by Susanne Kaufmann 120 min.	1	2
Scalp Massage 20 min.	1	1
Nutritious sleep food menu	2	3
Special Detox Tea during the Day (room setup)	2	3
Detox Body Wrap 30 min.	1	2
Body Scrub 50 min.	1	2
Alpine aromatherapy experience 90 min.	1	1

Our comprehensive 'Sleep Well' program is designed to enhance sleep quality and overall well-being. It includes a range of therapies such as massages, breathing exercises, guided meditations, and personalized fitness activities.
The program is complemented by nutritious meals and beverages that promote better sleep, access to top-tier facilities, sleep hygiene workshops. Personal guidance from our therapists or wellness director is provided throughout the program, ensuring a customized experience based on individual needs.





asaya etiquette

Our spa environment is one of tranquility and relaxation. In consideration to other spa guests, please switch off mobile phones.

ARRIVALS

For a more comprehensive journey, you are invited to arrive at least 30 minutes prior to your scheduled appointment to enjoy the wellness facilities and to have consultation time with your therapist. Late arrivals will be finished within the scheduled treatment time while the payment will remain unchanged.

SPA AMENITIES

On arrival you will be supplied with a luxurious bathrobe and sandals as well as a locker for your clothing and personal belongings. You will also find ample soft cotton towels throughout the spa area. Upon request, we will provide additional spa amenities such as deodorants, mouthwash, sanitary napkins, hair styling products and a make-up remover. Discreet disposable underwear is provided for all body treatments.

SCHEDULING & CANCELLATIONS

We recommend advance reservation to ensure availability. If you wish to reschedule or cancel your reservation, please advise us 24 hours prior to scheduled reservation time for us to accommodate your request. No-show or last-minute cancellations will incur a 100% charge.

IN ROOM TREATMENTS

The spa offers in-room and in-suite massages. A surcharge will apply.

CHILDREN

Young adults over the age of 14 are welcome to visit the spa facilities. Upon special request and under the supervision of a parent or guardian, we can accommodate treatments tailored to children below the age of 14. Please note that after 4:00pm, the area is reserved for guests aged 14 and above.

JEWELRY

We recommend that no jewelry be worn to the spa. Management accepts no responsibility for the loss of valuables brought onto the spa premises.

PREGNANCY

We have specially designed treatments for expectant mothers from the third to sixth month. Please allow us to assist you in selecting suitable treatments for this special time.

HEALTH CONDITIONS

Kindly inform us of any allergies or injuries that may impact treatment experience. We will be happy to advise safe options. If medical conditions prevail, please consult with your physician before taking any treatment or using our facility.

HOURS

Spa treatments are available from 8:30am until 8:00pm. However, we will always attempt to accommodate in-house guests that require treatment, outside of these hours, provided with sufficient notice.
We recommend scheduling treatments well in advance to ensure availability and preferred appointment times.

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