

A stylized illustration of a plant with three leaves and a large circular outline. The leaves are light green and have a textured, slightly irregular shape. They are positioned on the left side of the image. A large, thin, light green circular outline is on the right side. The background is a solid dark teal color.

asaya



asaya signature treatment

THE AUFGUSS JOURNEY
BY GROUND WELLBEING

135 MIN 400€

Rooted in the ancient German healing of thermotherapy, Aufguss transcends the ordinary sauna ritual to become a curated journey of heat, fragrance and stillness. At Asaya Spa, this timeless ceremony unfolds as a lyrical dialogue between fire and ice, movement and pause, earth and air.

In this spa interpretation, the therapist becomes the “Aufgussmeister” of the body, as aroma, heat, cleansing and massage are orchestrated into sensory waves that mirror the rhythm of a traditional Aufguss ritual.

Your journey begins in the warmth of a delicately scented sauna, continues with guided aromatic breathwork, followed by invigorating body brushing & a full-body salt scrub to awaken the skin, preparing the body for a deeply therapeutic massage using warm oils and cooling stones to release tension and restore balance.

asaya atelier massage

ROSEWOOD INTUITIVE

60 MIN 210€ | 90 MIN 290€

Experience a bespoke wellness journey, crafted to restore harmony across body, mind, and spirit. This sensorial, intuitive massage engages all the senses, intuitive touch, clinically proven neuro-aromatics, and restorative sound, guiding you toward a profound sense of balance and renewal. Select one of three expertly curated Mood's NeuroFusion massage oils formulated with clinically supported, science-backed aromas to help boost mood, lower stress biomarker, and ease muscle tension.

RELAXING MASSAGE BY GROUND WELLBEING

60 MIN 200€ | 90 MIN 280€

A soothing massage using gentle, flowing techniques to encourage relaxation and promote overall wellbeing. Tailored to individual preference, it creates a sense of balance and leaves the body feeling refreshed, light, and renewed.

DEEP TISSUE
BY GROUND WELLBEING

60 MIN 220€ | 90 MIN 300€

A purposeful, rhythmical massage using firm pressure to relieve muscle tension, reduce stiffness, and enhance circulation. Tailored for deep physical restoration, it promotes greater mobility and returns a sense of lightness and ease to the body.

SALT STONE MASSAGE
BY GROUND WELLBEING

60 MIN 200€ | 90 MIN 280€

This warming experience features hand-carved Himalayan salt stones known for their naturally mineral-rich composition. The heat of stones deeply relaxes muscles while gently exfoliating and rebalancing energy pathways. A ritual of profound grounding and renewal.

Our massages can also be experienced in a serene couples' room, offering a refined and shared wellness experience.



asaya spa rituals

BY GROUND WELLBEING

Each Asaya ritual has been intuitively crafted to restore harmony between body and mind. Rooted in touch, breath and deep relaxation, our therapists guide you through bespoke journeys of renewal that address modern-day wellness needs with timeless care.

SLEEP RITUAL

90 MIN 280€ | 120 MIN 370€

A journey into stillness for insomnia, jet lag and physical fatigue

Created to ease the body into deep, restorative sleep. This ritual is a gentle journey into stillness. Soothing massage movements, calming pressure points and guided breathwork quiet the nervous system and release physical tension. Designed to reintroduce rest into both body and mind, is ideal for those affected by jet lag, emotional exhaustion, or disrupted sleep cycles.

GROUNDING RITUAL

60 MIN 200€ | 90 MIN 280€

Rooted in calm for anxiety, stress and emotional overwhelm

This flowing ritual focuses on the back of the body, where stress is most often held, to release tension, calm the mind and restore emotional balance. Long, continuous strokes create a sense of safety and surrender, allowing the body to return to a natural state of ease. You leave feeling centered, supported and reconnected to yourself.

THE WANDERING RITUAL

120 MIN 370€

A return inward for nervous exhaustion, Vagus nerve support and burnout

An immersive full body massage dedicated to supporting the Vagus nerve, the body's gateway to balance and wellbeing. This profoundly nurturing ritual encourages a renewed connection with self through intuitive abdominal work, marble stone therapy and facial Gua Sha techniques. Designed to calm the nervous system, regulate emotions and restore vitality.

CLEANSING RITUAL

90 MIN 280€ | 120 MIN 370€

Harmony from within for gut health, stress and digestive balance

This treatment gently encourages the body to enter a "rest and digest" state, gentle abdominal massage, warmth and breath-led care stimulate circulation and lymphatic flow, nurturing digestive health and emotional release. A deeply grounding ritual ideal for those holding stress in the abdomen or experiencing digestive concerns.

BALANCING RITUAL

90 MIN 280€

Empowerment through menopause

Designed for women navigating hormonal change. This soothing ritual begins with an aromatherapy foot bath and mindful breathing. Optional enhancements such as cold marble stones, Gua Sha, reflexology-inspired foot massage, and gentle lymphatic support provide tailored comfort and support during moments of transition. This deeply holistic experience nurtures emotional balance and physical ease.

COMFORTING RITUAL

60 MIN 200€ | 90 MIN 280€

A resting place for mother and child during the 2nd and 3rd trimester

A nurturing ritual for expectant mothers, designed to relieve tension, promote sleep and ease the physical demands of pregnancy. This intuitive massage focuses on shoulders, hips, lower back and legs, restoring comfort and creating a sense of peace for both mothers and baby.



asaya face

STURMGLOW FACIAL

60 MIN 225€

BY DR BARBARA STURM

This revitalizing facial will cleanse, nourish and awaken the skin, and help restore the complexion's natural glow. Lightreflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and evens out the appearance of any irregularities on the complexion.

BRIGHTENING FACIAL

60 MIN 225€

BY DR BARBARA STURM

The Brightening Facial decreases the appearance of hyperpigmentation and gently evens skin tone, while combatting the oxidative stresses that cause premature aging and dark spots. Hydrating ingredients also provide essential moisture and rejuvenating anti-aging benefits.

SUPER ANTI-AGING FACIAL

90 MIN 340€

BY DR BARBARA STURM

The Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, while promoting the skin's natural barrier function and reducing the appearance of fine lines and wrinkles. Through expertly applied techniques, the treatment helps to redefine and contour facial features, leaving the skin feeling firmer, lifted, and beautifully toned.

SCULPTING SIGNATURE FACIAL
BY DR BARBARA STURM

90 MIN 395€

A highly personalized facial experience designed to restore skin health, strengthen the skin barrier, and support long-term skin vitality. Guided by the skin's individual needs, this treatment combines Dr. Barbara Sturm's anti-inflammatory skincare philosophy with advanced molecular formulations and expert hands-on techniques. The experience features a signature myofascial massage to release facial tension, improve circulation, and promote a naturally lifted, sculpted appearance. This restorative facial leaves the complexion balanced, deeply hydrated, revitalised, and visibly renewed.

ADD ON
BY DR BARBARA STURM

15 MIN 75€

For an elevated experience for the sculpting signature facial, an optional Buccal Massage add-on can be included to target deeper muscular tension, enhance facial contouring, and support a lifted appearance.

ROSEWOOD BESPOKE BEAUTY
BY EVIDENS DE BEAUTÉ

60 MIN 225€ | 90 MIN 340€

Rooted in the perfect harmony of French elegance and Japanese precision, this luxurious facial embodies the essence of the EviDenS de Beauté skincare philosophy. Precious active ingredients and advanced formulations work in synergy with expert massage techniques to deeply nourish the skin, restore radiance, and reveal a youthful, revitalized complexion. Tailored to your individual skin type and concerns, this bespoke treatment delivers visible results while offering a truly indulgent sensory experience.

ROSEWOOD EXTREME 360
BY EVIDENS DE BEAUTÉ

90 MIN 440€

Designed to powerfully revitalize mature skin, this exceptional ceremony harnesses the advanced performance of Extreme Saho Line. Targeting visible signs of aging, it helps stimulate cellular renewal, redefine facial contours, and diminish the appearance of fine lines and wrinkles. The complexion is left visibly firmer, smoother, and more luminous, revealing a renewed sense of youthful vitality.

PRE- OR POST-TREATMENT ADD ON

OXYLIGHT OXYGEN & LED

20 MIN 100€

OXYLIGHT ULTRASOUND SKINCARE APPLICATION

10 MIN 50€



the oxylight by evidens de beauté

Featuring the OxyLight Facial, which combines the most in-demand technologies into one comprehensive session. These painless, fully customizable, non-invasive skin treatments are suitable for all skin types. They deliver maximum results through Diamond Microdermabrasion, Lymphatic Drainage, Oxygen Infusion, Biosonix Ultrasound, MyoLight Microcurrent, MyoSonix, and LED Light Therapy.

3X RADIANCE

60 MIN 450€

The EviDenS de Beauté Saho Line is paired with deep manual cleansing, followed by Diamond Microdermabrasion to refine the skin's surface and remove dead skin cells. Oxygen Therapy and Biosonix Ultrasound work in synergy to deeply infuse potent serums, delivering intense hydration and a plumping effect. MyoLight Microcurrent helps to tone and lift facial contours, enhancing firmness and definition. The ceremony concludes with LED Light Therapy, leaving the complexion visibly brighter, smoother, and radiant.

THE ADVANCED LIFT CEREMONY

90 MIN 675€

Elevate your experience with the addition of a Japanese Lifting Massage—a refined technique designed to sculpt facial contours, stimulate natural collagen production, and release deep-seated tension. This enhanced ceremony also incorporates MyoSonix, combining ultrasound and microcurrent energies, suitable for the delicate eye area. This targeted approach smooths the appearance of under-eye bags, revives tired-looking eyes, and rejuvenates the eyelids and outer corners for a refreshed, youthful look.

EXTREME REJUVENATION CEREMONY

120 MIN 825€

Indulge in the ultimate anti-aging experience with EviDenS de Beauté's Extreme Saho line, expertly combined with Japanese Lifting Massage and the full spectrum of OxyLight technologies. This intensive ceremony is designed to deeply revitalize mature skin by reducing visible signs of aging, stimulating cellular metabolism, and supporting collagen and elastin production. The result is lifted facial contours, enhanced hydration, improved skin density, and a luminous, more youthful complexion—delivering truly transformative results.

asaya body

ROSEWOOD SIGNATURE BODY JOURNEY 120 MIN 425€
BY EVIDENS DE BEAUTÉ

A luxurious two-hour journey. A gentle enzymatic body peeling is incorporated into The Sensory Experience Body Massage. A deeply reconnecting and caring head to toe experience towards heart, body and mind rebalancing.

JET LAG RECOVERY CEREMONY 90 MIN 325€
BY EVIDENS DE BEAUTÉ

A full-service face and body experience designed to restore harmony and balance to both body and mind. This rejuvenating treatment helps guests unwind, recharge, and begin their holiday feeling refreshed, renewed, and invigorated.

SCULPT AND TONE MASSAGE 60 MIN 210€ | 90 MIN 290€
BY DR BARBARA STURM

This signature treatment is designed to help minimise cellulite and reduce fluid retention, promoting a more toned, sculpted, and smooth appearance. It includes vigorous, firm, and deep manual massage movements applied across the entire body. Techniques such as kneading, pinching, and sliding are used to target deeper tissue layers, stimulate circulation, and enhance overall results.



add ons

A curated selection of additional rituals are available to elevate your experience. Kindly consult our experienced team for personal recommendations.

THE UPLIFTING BODY POLISH BY GROUND WELLBEING

30 MIN 110€

A deeply invigorating full-body exfoliation designed to awaken the skin and senses. This treatment gently buffs away dull, dry skin using nutrient-rich natural ingredients, leaving the body feeling smooth, refreshed, and revitalised.

THE RESTORATIVE BODY WRAP BY GROUND WELLBEING

30 MIN 110€

Surrender to a cocoon of nourishment with a full-body botanical clay mask infused with Neroli Blossom and Moringa. Rich in purifying and restorative properties, this indulgent ritual helps soothe, refresh, and revitalise the skin, promoting an overall feeling of rejuvenation while awakening the senses.

RELAXING SCALP MASSAGE
BY GROUND WELLBEING

30 MIN 100€

A grounding and calming ritual inspired by traditional scalp therapies, designed to release tension and quiet the mind. Gentle yet effective massage techniques stimulate circulation, ease stress, and promote a deep sense of relaxation.

HANDS AND FOOT RITUAL
BY GROUND WELLBEING

30 MIN 100€

A therapeutic and nurturing treatment focused on often-overlooked areas of the body. Using targeted massage techniques, this ritual relieves tension, improves circulation, and restores comfort to tired hands and feet.

iv-drips & boosts

Experience bespoke IV nutrient infusions at Asaya Spa, expertly administered by Dr. Julia Heinrich to support your vitality, recovery, and overall wellbeing. Kindly note, that iv-drips need to be booked in advance.

VITALITY & DEFENCE

IMMUNE SHOT

10 MIN 230€

For a rapid defense boost. A targeted, fast-acting formula designed to instantly support your immune system and elevate your baseline defenses.

SUPER IMMUNE BOOST

60 MIN+ 580€

The ultimate defense and vitality drip. This potent blend strengthens your body's natural immune system, accelerates recovery from exhaustion and enhances overall physical wellbeing with an added vitamin B complex and Alpha-Lipoic Acid.

FLU FIGHTER

40-50 MIN 380€

Immediate relief and intensive defense. An advanced, high-dose infusion engineered to combat the very first signs of seasonal illness or viral exposure. Packed with potent antioxidants, high dosage Vitamin C, and zinc, it eliminates symptoms fast and drastically shortens downtime.



LONGEVITY & CELLULAR HEALTH

NAD+ & RESERVE-AGING

60-90 MIN 590€

The pinnacle of cellular longevity. This premium coenzyme infusion works at a cellular level to repair DNA strands, slow down cellular aging, and significantly enhance cognitive function, focus, and memory.

MITO ENERGY

40-50 MIN 480€

Recharge your cellular powerhouses. Specially formulated to optimize mitochondrial function and maximize ATP (cellular energy) production. It effectively combats chronic fatigue, enhances physical stamina, and revitalizes body and mind from the core.

DETOX PLUS

40-50 MIN 380€

Deep cellular purification. Formulated with powerful antioxidants to neutralize free radicals, promote deep cellular detoxification, and regenerate mitochondria for lasting energy.

BEAUTY & PERFORMANCE

SKIN & HAIR BOOSTER

40-50 MIN 380€

Radiance from within. Stimulates natural collagen production to improve skin texture and elasticity. This drip promotes healthy hair growth, supports cellular regeneration, and helps reduce premature graying.

SPORT & MUSCLE BOOST

40-50 MIN 380€

Peak athletic recovery. Engineered for active lifestyles to accelerate post-workout muscle recovery, enhance metabolic performance, and reduce physical inflammation.

RECOVERY & BALANCE

HANGOVER CURE

30-45 MIN 290€

Rapid rehydration and relief. Safely detoxifies the system, alleviates hangover symptoms, flushes out toxins, and replenishes essential fluids and nutrients to get you back on track instantly.

JET LAG RESET

30-45 MIN 290€

Synchronize your inner clock. Ideal for travelers looking to overcome time-zone fatigue. It restores hydration, combats oxidative stress from flying, and rebalances energy levels.

STRESS RELIEF & DEEP CALM

40-50 MIN 380€

Mind and body relaxation. A soothing blend of magnesium, St. John's Wort Extract and vital nutrients designed to lower cortisol levels, ease muscle tension, and support deep, restorative sleep.

nail services

MANICURE

60 MIN 80€

A restorative hand treatment designed to refine and nourish. Includes expert nail shaping, meticulous cuticle care, a deeply hydrating hand massage, and your choice of polish for a flawless finish.

PEDICURE

75 MIN 90€

A revitalising foot ritual focused on comfort and care. Featuring precise nail shaping, detailed cuticle work, gentle removal of dry skin, a relaxing foot massage, and polish to complete the experience.

PURE CARE MANICURE

75 MIN 130€

Elevate your experience with a gentle exfoliation, a nourishing mask and a deeply relaxing hand or feet massage.

PURE CARE PEDICURE

90 MIN 150€

A complete sensory experience for the feet. Combining nail shaping, expert cuticle care, and targeted removal of dry skin with exfoliation, a restorative mask, and a soothing foot massage, followed by a perfect polish finish.

ADD ON

30€

Semi-Permanent Polish Application - A long-lasting, high-gloss finish, expertly applied for enduring colour and shine.



fitness

PERSONAL TRAINING

60 MIN 250€

This fitness session is tailored to individual fitness levels and goals, providing professional guidance to ensure safe and effective workouts. The program focuses on strength development and overall functional fitness, helping to enhance performance, build confidence, and achieve sustainable results through precise and personalized training.

SIGNATURE TRAINING PROGRAM

10 SESSIONS 2250€

20 SESSIONS 4250€

Commit to your wellbeing with our thoughtfully designed Signature Training Program, a curated series of personal training sessions created to support your long-term health, vitality, and performance.

PILATES

60 MIN 250€

A refined movement practice focusing on strength, posture, and fluid body control. Designed to enhance core stability and create a sense of lightness and alignment throughout the body.

YOGA

60 MIN 250€

A restorative practice that encourages gentle movement, flexibility, and a sense of inner balance. Guided breath and mindful flow help release tension while calming the nervous system.

SOUND BATH

60 MIN 250€

An immersive sound experience using therapeutic frequencies to deeply relax the body and quiet the mind. Vibrational tones gently guide you into a meditative state, supporting profound rest and mental clarity.

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 fee 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.

IN ROOM TREATMENTS

In-house guests are welcome to enjoy all of our massage services in the comfort of their rooms, on request, with a supplemental charge of 50% of the service value.

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.

CHILDREN

Young adults over the age of 16 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 16.

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. Please allow us to assist you in selecting suitable treatments for this special time. Available after the first trimester.

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 facilities.

HOURS

Spa treatments are available from 9:00am to 9:00pm. For the comfort and convenience of our in-house guests, treatments may also be arranged outside these hours upon request and with advance notice, for an additional cost. We recommend scheduling treatments well in advance to ensure availability and preferred appointment times.

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