



SPA TREATMENT MENU

Tradition and modern care combined for perfect relaxation

Empress Sissi was renowned for seeking both inner and physical balance in nature and spa retreats across the Austro-Hungarian Empire. She instilled this knowledge of the healing power of nature and body care in her favorite daughter, Valéria, from an early age. Valéria accompanied her mother on journeys in search of beauty and well-being, both inside and out.

Raised according to principles that were considered extravagant and innovative for their time, Valéria developed a deep appreciation for movement and self-care. Her dedication to nurturing body and soul ensured she enjoyed good health and vitality throughout her life.

ENGLISH



WELLNESS VALÉRIA

SIGNATURE THERAPIES

VALERIA'S RITUAL

120 min. | €210.00

A unique full-body therapy that blends the traditions of Tatra spa culture with modern wellness techniques. Exclusive Slovak natural cosmetics infused with valerian leave the body rejuvenated, the mind at peace, and the skin radiant with a subtle anti-aging effect.

This luxurious experience includes a full-body exfoliation, deeply relaxing massage, and gentle facial treatment, drawing you into a world of imperial grace inspired by Archduchess Maria Valeria and Empress Sissi. Relaxation, beauty, and history – united in a singular experience for the body and soul.

JOURNEY TO RESTFUL SLEEP

75 min. | €125.00

A treatment designed for deep relaxation and restful sleep. Gentle massage techniques, the interplay of cryotherapy and warming golden stones, and the exclusive Valéria oil – infused with grape seed oil, juniper, rosehip, chamomile, and valerian – rejuvenate the skin and promote profound relaxation.

A Slovak herbal balm further relieves heavy legs, eases headaches, and supports deep breathing. Tradition and modern care in perfect harmony.



The prices listed are inclusive of VAT and do not include a service fee of 5% of the total bill amount.

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RITUALS INSPIRED BY NATURE

SPRING

90 min. | €155.00

Detoxifies, harmonizes, and clears the mind.

This revitalizing therapy is designed to calm a restless, scattered mind. It includes a full-body exfoliation that detoxifies and stimulates drainage within the body.

The ritual is completed with a medium-pressure massage focusing on the back, neck, glutes, and legs, promoting balance and renewal.

Inspired by the awakening energy of nature in spring.

SUMMER

90 min. | €155.00

Hydrates, revitalizes, and soothes the body.

This relaxing therapy targets the back, shoulders, and arms, helping to alleviate insomnia through slow, precise movements and deep full-body massage.

The treatment includes the application of a special Hand & Foot cream, penetrating deep into the skin's layers for intense hydration and nourishment.

A ritual inspired by the warmth and tranquility of summer.

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RITUALS INSPIRED BY NATURE

AUTUMN

90 min. | €155.00

Calms the mind, relieves muscle tension, and supports digestion.

Inspired by the essence of Slovak nature, this therapy blends mint, spruce, sage, and fennel with deep, rhythmic body massage and gentle abdominal massage.

Designed to restore balance and promote harmony during the autumn season, leaving both body and mind refreshed and renewed.

WINTER

90 min. | €155.00

Warms, regenerates the body, and soothes the soul.

This relaxing therapy features a full-body massage performed at a moderate pace with gentle pressure and long, flowing strokes. A partial back wrap enhances the warming effect, promoting deep comfort and a sense of cozy well-being.

Designed to nurture and restore during the cold winter months.

REVITALIZING LEG RITUAL

45 min. | €85.00

Refreshes, lightens, and relieves tired legs.

This comprehensive therapy revitalizes and soothes fatigued legs, featuring a foot soak, followed by a massage of the feet and legs to relax muscles and joints, reduce swelling, and restore hydration and vitality.

Perfect after hiking, sports, or a long day on your feet.

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MASSAGES

ESSENTIAL RELAXATION MASSAGE

60 min. | €95.00
90 min. | €135.00

A traditional full-body massage that relieves muscle tension and promotes deep relaxation. Grape seed aromatherapy oils, enriched with carefully selected essences from Slovak nature, are tailored to the client's current needs for maximum comfort and well-being.

THERAPEUTIC SPA MASSAGE

30 min. | €70.00
45 min. | €80.00
60 min. | €110.00

An intensive massage designed for those with demanding lifestyles. By combining trigger point therapy with firm, flowing strokes using hands, elbows, and forearms, this treatment helps release deep muscle tension, reduce stress, and restore energy. The massage can be tailored to address your specific needs and priorities.

CUSTOMIZE YOUR MASSAGE

CUPPING THERAPY	+30 min. €25.00
GOLDEN GLOBES MASSAGE	+15 min. €15.00
ANNE SEMONIN BODY SCRUB	+15 min. €18.00
+421 BODY SCRUB	+15 min. €18.00
+421 THERAPEUTIC BACK WRAP*	€12.00

**Does not extend the total massage time. Can only be combined with a full body massage.*



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MASSAGES

HOT STONES MASSAGE

60 min. | €105.00

The combination of concentrated essential oils, gentle massage, and hot lava stones relieves muscle tension and deeply relaxes the body. As the heated stones are applied, you will feel the tension gradually melt away.

PREGNANCY MASSAGE

60 min. | €115.00

A gentle back and lower leg massage performed in a side position, specially tailored to the needs of expectant mothers. It helps relieve muscle tension, reduces fluid retention and promotes overall well-being during this precious time.

KID'S MASSAGE

20 min. | €45.00

A soothing and relaxing massage designed specifically for children. This gentle wellness experience promotes rest and leaves a feeling of comfort – an ideal addition for our little visitors.

Recommended for children up to 12 years old.

We kindly ask that children are accompanied by one of their parents during the massage – mom or dad can either enjoy a treatment simultaneously or simply be present throughout the session.



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BODY TREATMENTS

Anne Semonin

DEEP MOISTURE BODY COCOONING

60 min. | €70.00

A body treatment designed for intense hydration and skin regeneration, suitable even for sensitive skin types. A gentle salt scrub softens the skin, while a nutrient-rich seaweed mask restores balance and nourishes deeply. A relaxing head massage relieves stress, and the application of cream or body lotion, tailored to individual needs completes the hydration process.

VERY BERRY REVITALIZING BODY SCRUB

45 min. | €55.00

An invigorating and detoxifying body scrub designed to revive dull and uneven skin. Marine salt particles, acerola extract, and pumice gently exfoliate dead skin cells while enriching the skin with essential vitamins and minerals. The treatment is completed with the application of a nourishing cream or body lotion, leaving the skin soft, smooth, and radiant.



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FACIAL TREATMENTS

by Anne Semonin

BESPOKE EXPRESS FACIAL

30 min. | €70.00

A fast yet effective facial treatment focusing on gentle cleansing and exfoliation, followed by the application of a face mask that instantly brightens and refreshes the skin. This 30-minute treatment hydrates, improves elasticity, and restores a healthy glow. Suitable for all skin types, it's the perfect quick refresh during a busy day.

MADE TO MEASURE

60 min. | €110.00

A tailored facial treatment designed for all skin types, delivering effective and visible results. This perfect treatment, enhanced with energizing drainage, addresses your individual needs to restore balance and vitality to the skin.

WHITE STAR

60 min. | €130.00

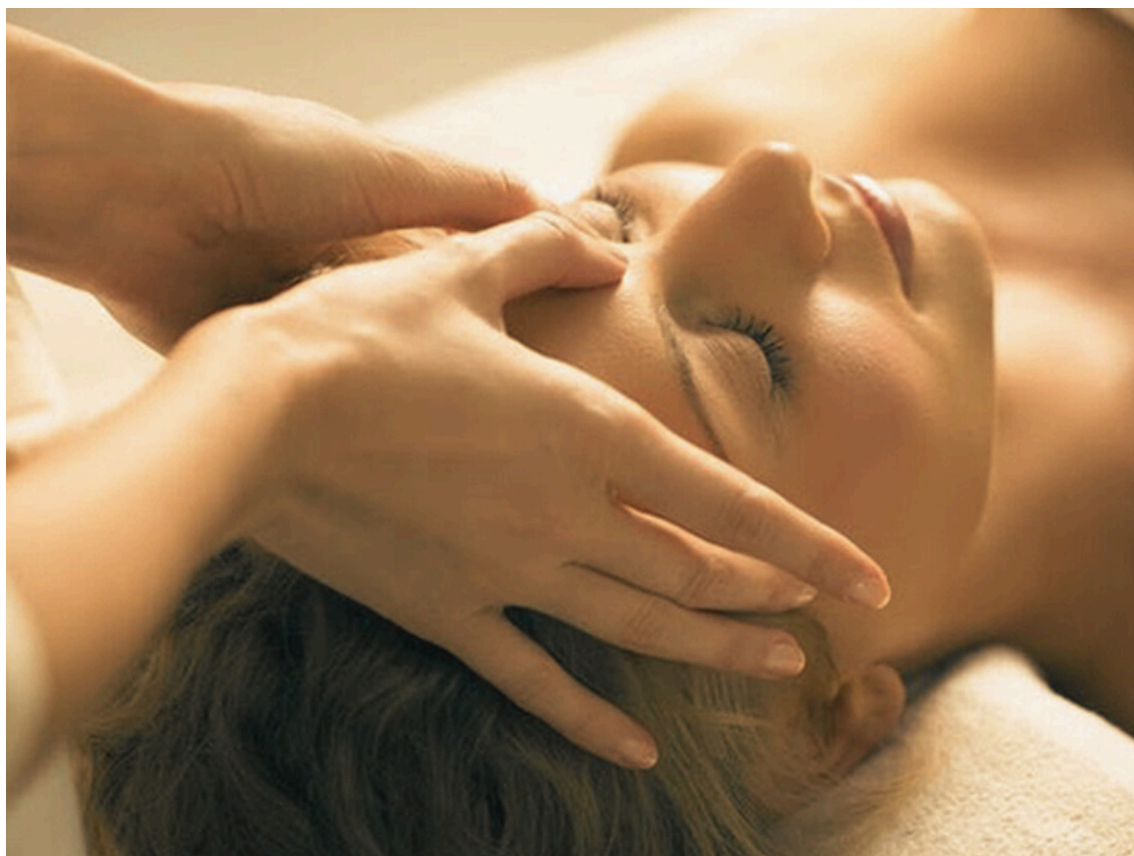
A brightening facial treatment featuring the exclusive Brightening Complex that evens skin tone, reduces pigmentation spots, and enhances natural beauty. Intense exfoliation removes dead skin cells and stimulates regeneration, while drainage massage boosts circulation and refreshes the complexion. Rich in antioxidants and marine minerals, the skin is left protected, smooth, radiant, and revitalized.

CRYO TIME FREEZE

75 min. | €125.00

An intensive facial treatment combining cryotherapy and neurocosmetics to visibly firm, brighten, and restore youthful skin. The procedure includes the application of Super Active Serum, enriched with unique natural ingredients delivering powerful anti-aging results. Neurocosmetic components stimulate endorphin release, enhancing mood and overall well-being.





WELLNESS VALÉRIA SPA ETIQUETTE

OPENING HOURS

Tuesday – Sunday from 10:00 to 22:00. Monday from 14:00.

Children are welcome to enjoy the wellness area daily until 19:00 and only under adult supervision.

WELLNESS DRESS CODE

Swimwear is required in the pool and whirlpools. The sauna area is a no-swimsuit zone, with towels and sheets available for your comfort and hygiene. For hygiene reasons, entry to the wellness area is allowed only with slippers or indoor footwear. Towels, bathrobes, and slippers are provided for your convenience.

ATMOSPHERE OF PEACE AND RESPECT

To maintain a harmonious and relaxing environment, we kindly ask you to limit the use of mobile phones, including calls, music, or video playback, to quiet and non-disruptive activities. Please respect the privacy and tranquility of other guests. Gentle conversations are welcome, but please keep them at a soft tone to enhance the relaxation experience for all visitors.

ECO-FRIENDLY PRACTICES

We support sustainability and eco-conscious practices. Please reuse towels and sheets when possible before placing them in the laundry basket. Together, we contribute to protecting the environment. Additionally, we kindly ask you not to reserve loungers with towels or personal items if you are not actively using them, allowing others to enjoy moments of relaxation in a pleasant environment.

PERSONALIZED RECOMMENDATIONS

If you have specific needs or health concerns, such as high blood pressure, heart conditions, or pregnancy, please share this information with our team. This will enable us to recommend the most suitable treatments and products for you.

VALUABLES AND PERSONAL BELONGS

We recommend that you leave valuables and personal belongings in your hotel room. Wellness Valéria is not responsible for the loss or damage of personal belongings left in the wellness area.

RESERVATION AND PREPARATION FOR RELAXATION

To secure your preferred date, we recommend making a reservation as soon as possible. If you need to change or cancel your reservation, please inform us, ideally at least 24 hours in advance.

It is recommended to arrive 5 minutes in advance for the procedure to allow enough time to prepare and relax. Before the procedure, you can enjoy a cup of tea or a glass of water at the wellness reception.

Please note that late arrivals will result in a shortened procedure time to avoid limiting other guests. The procedure cannot be extended and in the event of significant delays that prevent it from being completed, the full price will be charged.

WELLNESS VALÉRIA BOUTIQUE

Bring a piece of the wellness experience home with the cosmetic products we use in our treatments. All products are available for purchase directly at the wellness and are ideal for continuing your self-care after your visit.

Unused and unpackaged goods can be exchanged within 7 days of purchase upon presentation of proof of purchase.

PRICES AND VAT

All prices are subject to change without prior notice. The prices shown are inclusive of VAT and do not include a service charge of 5% of the total bill amount. We accept payment in cash, by credit card or via hotel account





RESERVATIONS

E-mail us at wellness@hotellomnica.sk
or call [+421 52 2853 518](tel:+421522853518)



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