

A close-up photograph of moss-covered tree branches in a forest. The moss is a vibrant green, contrasting with the dark, shadowed background of the forest. The branches are covered in a thick layer of moss, and the overall scene is dimly lit, creating a serene and natural atmosphere. At the top center, there is a golden logo for 'Shofah spa' in a cursive font.

*Shofah spa*

## SHOFAH SPA – BODY AND SOUL

● <b>Shofah Signature – Aromatherapy Massage</b> classic, most relaxing massage techniques with high-quality oils of your choice	60 min	95 €
	90 min	125 €
● <b>Traditional Thai Massage</b> original “Nuat Phaen Boran” massage according to ancient practice patterns	60 min	95 €
	90 min	125 €
● <b>Shofah Thai/Aromatherapy Comfort Massage</b> our gentler Thai massage variation with high-quality oils of your choice	60 min	95 €
	90 min	125 €
● <b>Sports Massage</b> a strong and effective deep tissue massage	60 min	95 €
	90 min	125 €
● <b>Pregnancy Massage</b> possible up to the 9th month, laying on your stomach (special massage table)	60 min	95 €
	90 min	125 €

## AROUND THE WORLD

● <b>Thai Herbal Steam and Aromatherapy Massage</b> calming herbal steam alleviates stress and worries	60 min	105 €
	90 min	135 €

<ul style="list-style-type: none"> <li>● <b>Ayurvedic Massage</b> Abhyanga – balm for your everyday life</li> </ul>	60 min	95 €
	90 min	125 €
<ul style="list-style-type: none"> <li>● <b>Cupping Therapy &amp; Massage</b> stimulates lymphatic flow, supports detoxification and releases muscular tension</li> </ul>	60 min	98 €
	90 min	135 €
<ul style="list-style-type: none"> <li>● <b>Cupping Massage</b> promotes blood circulation, strengthens connective tissue, helps reduce cellulite</li> </ul>	60 min	98 €
	90 min	135 €
<ul style="list-style-type: none"> <li>● <b>Detox Massage</b> removes toxins and acids from the body</li> </ul>	60 min	95 €
<ul style="list-style-type: none"> <li>● <b>Shirodhara Oil Pouring and Head Massage</b> a gateway to your soul</li> </ul>	60 min	135 €
<ul style="list-style-type: none"> <li>● <b>Lomi Lomi Nui Massage</b> flowing, rhythmic journey to the Hawaiian islands</li> </ul>	60 min	95 €
	90 min	125 €
<ul style="list-style-type: none"> <li>● <b>Hot Stone Massage</b> warm lava stones for a strengthened immune system</li> </ul>	90 min	159 €
<ul style="list-style-type: none"> <li>● <b>4-Hand Massage</b> the fine art of synchronized massage</li> </ul>	60 min	165 €

## 30 min CLASSICS

- **30 min Back Massage** 59 €  
back reviver – invigorating and revitalizing
- **30 min Head and Shoulder Massage** 59 €  
2 in 1 – balancing and relaxing
- **30 min Foot Reflexology Massage** 59 €  
goodbye jetlag – walking like on clouds
- **30 min Hand Reflexology Massage** 59 €  
everything flows – stimulates blood circulation for more vital energy
- **30 min Abdominal Massage** 59 €  
intestinal health – the key to body and mind
- **30 min Shiroabhyanga Head and Ear Massage** 59 €  
a treat for the senses – against migraines and insomnia

## 30<sup>min</sup> SIGNATURE TREATMENTS

- **30<sup>min</sup> Anti-Stress Facial Lymphatic Drainage** 69 €  
absolutely relaxed and toned facial features for more vitality
- **30<sup>min</sup> Gua Sha Facelift** 69 €  
the Chinese anti-aging face massage – our insider recommendation
- **30<sup>min</sup> Back Exfoliating Scrub** 69 €  
for a cleansed, smooth and supple back
- **30<sup>min</sup> Ayurvedic Garshan Exfoliation Massage** 69 €  
activating und energizing – gentle exfoliation with silk gloves
- **30<sup>min</sup> Linen and Copper Glove Exfoliation Massage** 69 €  
for sensitive skin – increases oxygen supply and reduces electrostatic charge at the same time

**30<sup>min</sup> treatments** can be added to any **60<sup>min</sup> Massage** for an additional + 30<sup>min</sup> + 49 €

Create your own arrangement by combining our **30<sup>min</sup> Classics** and **Signature Treatments**

**30+30** 98 €



**30+30+30** 145 €



## OUR THERAPEUTIC MASSAGE THERAPIST

- |   |        |       |
|---|--------|-------|
| ● <b>Complete Body Massage</b><br>our medical massage just for you  | 60 min | 95 €  |
| ● <b>Lymphatic Drainage</b><br>effectively drains tissue and boosts the body's defenses                   | 60 min | 95 €  |
| ● <b>Fire Cupping &amp; Massage</b><br>time-honoured technique that releases tension and eases discomfort | 60 min | 95 €  |
|   | 90 min | 125 € |

## THERMOTHERAPY

- |   |   |      |
|---|---|------|
| ● <b>Tepidarium – the room of warm stones</b><br>available as an add-on starting from a 60-minute massage |  30 min  | 20 € |
|   |  30 min | 30 € |

## SHOFAH SPA PACKAGES

- **Shofah Kopf bis Fuß – Walking on Sunshine 120 min**
  - Signature Aromatherapy Massage
  - Foot Reflexology Massage
  - Anti-Stress Facial Lymphatic Massage









179 €  
349 €
- **Shofah Relaxing – Soothe your Spirit 120 min**
  - Linen and Copper Glove Exfoliation Massage
  - Thai Herbal Stamp and Aromatherapy Massage

179 €  
349 €
- **Shofah Ayurveda – Soul to Soul 120 min**
  - Ayurvedic Garshan Exfoliation Massage
  - Ayurvedic Massage
  - Shiroabhyanga Head and Ear Massage

179 €  
349 €
- **Shofah Sawasdee – One Night in Bangkok 120 min**
  - Traditional Thai Massage
  - Foot Reflexology Massage
  - Thai Head Massage

179 €  
349 €
- **Shofah Smooth and Brighten – Aloha from Hawaii 120 min**
  - Linen and Copper Glove Exfoliation Massage
  - Lomi Lomi Nui Massage
  - Anti-Stress Anti-Stress Facial Lymphatic Massage

179 €  
349 €

- |   |   |       |
|---|---|-------|
| ● <b>Shofah Balance – A Mind in Harmony 180 min</b> |  | 249 € |
| Body Exfoliation                                    |  | 469 € |
| Tepidarium Thermotherapy                            |   |       |
| Signature Aromatherapy Massage                      |   |       |
| Anti-Stress Facial Lymphatic Massage                |   |       |
| ● <b>Shofah Aloha Ohana – Sweet Memory 180 min</b>  |  | 249 € |
| Body Exfoliation                                    |  | 469 € |
| Tepidarium Thermotherapy                            |   |       |
| Lomi Lomi Nui Massage                               |   |       |
| Gua Sha Facelift                                    |   |       |
| ● <b>Shofah Baobab – All Senses 180 min</b>         |  | 249 € |
| Body Exfoliation                                    |  | 469 € |
| Tepidarium Thermotherapy                            |   |       |
| Lava Shell Massage                                  |   |       |
| Shiroabhyanga Head and Ear Massage                  |   |       |
| ● <b>Shofah Ayutthaya – Royal 180 min</b>           |  | 249 € |
| Body Exfoliation                                    |  | 469 € |
| Tepidarium Thermotherapy                            |   |       |
| Shofah Thai/Aromatherapy Comfort Massage            |   |       |
| Hand Reflexology Massage                            |   |       |

## TIME FOR TWO

You are welcome to book all treatments for two people in the same room.

### 10 times SHOFAH EN SUITE

When purchasing a 10-session package, you receive an additional session at no extra charge.

### 5 times SHOFAH EN SUITE

With the purchase of a 5-session package, you'll receive a 5% discount on your treatments.

### FLEXIBLE EN SUITE

Flexible en suite package valued at 550 €	500 €
Flexible en suite valued at 1.100 €	1.000 €



Since our massage times reflect actual massage time,  
please allow an additional 30 - 40 <sup>min</sup> for your complete treatment time.

Your visit at Shofah Spa includes a cotton two-piece suit for the traditional Thai massage,  
bath towels, and spa shoes during your stay.

Additionally, you will receive a traditional Thai foot washing ritual prior to your treatment.  
Upon conclusion of your stay, we invite you to relax in our lounge, where you can enjoy a selection of  
fresh fruits, tea and exotic beverages.

## OUR OPENING HOURS AT SHOFAH

Tuesday - Thursday	from 11:00 a.m.
Friday and Saturday	from 10:00 a.m.
Sundays and public holidays	from 10:00 a.m.



### SHOFAH SPA

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office@shofah.at

[www.shofah.at](http://www.shofah.at)



**SCHEDULE YOUR APPOINTMENT**

# SHOFAH HOLISTIC SKINCARE



# BEAUTY IS A PROCESS AND NOT A PRODUCT

Discover our holistic approach to skincare -  
inner and outer beauty are inseparably connected.  
Every body and every face is unique.

**Our Shofah Signature facial massages and innovative  
exosome technology offer an alternative to invasive cosmetic procedures.**

These treatments relax the facial muscles, stimulate circulation, and promote a rosy complexion.  
With regular use, they help reduce puffiness, under-eye bags, and fine lines over time.

## **10<sup>times</sup> HOLISTIC SKIN CARE EN SUITE**

When purchasing a 10-session package, you receive the 11th session free of charge.

## **5<sup>times</sup> HOLISTIC SKIN CARE EN SUITE**

With the purchase of a 5-session package, you receive a 5% discount on your treatments.

## **FLEXIBLE EN SUITE**

Flexible en suite valued at 550€

500 €

Flexible en suite valued at 1.100 €

1.000 €

## THE ESSENTIAL COMPACT

30 min

65 €

The perfect introduction to our philosophy –  
a concise yet powerful introductory treatment with Bioline.

Gentle Cleansing –  
mild, yet thoroughly effective

### Exosome Treatment

Exosomes are microscopic vesicles produced by all living cells.  
In skincare, we work with plant-based exosomes that interact directly with skin cells  
and efficiently support their natural functions.

The Boost & Active Roller allows for deep transdermal delivery of exosomes,  
combined with additional bioactive substances.

These have been proven to stimulate regenerative processes in deeper layers of the skin  
and enhance microcirculation.

The result is accelerated epidermal renewal, refined skin texture  
and a visible increase in skin luminosity..

**A CONCENTRATED IMPULSE FOR YOUR SKIN**

# HOLISTIC SKIN CARE PACKAGES

## THE ESSENTIAL COMPACT WITH BACK MASSAGE & HOT STONES

60 min

98 €

This holistic treatment combines regenerative facial care with a targeted, strengthening back massage.

Designed for those who wish to release physical tension while simultaneously providing intensive support to the skin.

At its core is THE ESSENTIAL COMPACT, complemented by a rhythmically structured back massage to relieve muscular tension. The aim is to ease strain, stimulate circulation and guide the body into a calm, balanced state.

Heated hot stones are applied selectively to deepen the massage effect. Their even warmth penetrates deeper muscle layers, supports tension release and calms the nervous system.

Optimal conditions for the subsequent beauty facial care.

SYNCHRONOUS LIGHTNESS AND SERENITY – FOR BACK AND FACE

**THE ESSENTIAL COMPACT  
WITH HEAD & NECK MASSAGE  
AND NOURISHING HAIR OIL TREATMENT**

**60** min

**98 €**

A clearly structured treatment focused on strengthening the facial skin with THE ESSENTIAL COMPACT, combined with targeted relief for the head, neck and shoulder area.

The treatment is complemented by intensive scalp and hair care.

A high-quality, nutrient-rich hair oil is slowly worked into the scalp.

This application supports the nourishment of the hair roots, promotes scalp health and has a deeply relaxing effect on the upper head area.

A focused head and neck massage follows.  
Calm, precise movements release muscular tension, stimulate microcirculation and relieve pressure in the neck.

The treatment supports mental clarity and inner stability.

**REVITALISED SKIN – RELAXED HEAD AND NECK – NOURISHED HAIR**

**GUA SHA FACIAL LIFTING  
WITH HAND AND FOOT REFLEXOLOGY MASSAGE**

**60 min**

**98 €**

A holistic treatment to activate skin functions,  
calm the body and support the free flow of Chi.

The Gua Sha facial lifting technique supports lymphatic flow, stimulates circulation  
and promotes the skin's natural regenerative processes.

At the same time, it encourages the free flow of Chi – the body's life energy  
– contributing to increased vitality and inner balance.

Fine lines appear softened, facial contours more defined.

Targeted massage sequences release tension in the facial muscles,  
resulting in a more relaxed, balanced expression.

The skin appears fresher and more evenly perfused.

The treatment is complemented by a hand and foot reflexology massage,  
supporting physical release and enhancing the holistic effect of the treatment.

**CLEAR COMPLEXION – RELAXED HANDS AND FEET THROUGH FREE CHI FLOW**

**FACIAL LYMPHATIC DRAINAGE  
WITH HAND AND FOOT REFLEXOLOGY MASSAGE**

**60 min**

**98 €**

A finely composed spa ritual  
for an even complexion and deep, lasting relaxation.

Facial lymphatic drainage follows the natural rhythm of the lymphatic system,  
gently relieving congestion, supporting detoxification and leaving the skin visibly fresher  
and more balanced.

Swelling subsides, contours appear more defined,  
and the complexion gains a sense of calm and lightness.

The ritual is complemented by a soothing hand and foot reflexology massage,  
releasing tension, stimulating microcirculation  
and guiding the body into a state of deep relaxation.

The nervous system is regulated, creating space for inner calm,  
presence and a lasting sense of balance.

**MORE EVEN SKIN – RELAXED HANDS AND FEET – PURE LIGHTNESS**

