



Shofah spa

SHOFAH SPA - BODY AND SOUL

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

AROUND THE WORLD

● Thai Herbal Stamp and Aromatherapy Massage	60 ^{min}	105 €
calming herbal steam alleviates stress and worries	90 ^{min}	135 €

● Ayurvedic Massage	60 min	95 €
Abhyanga – balm for your everyday life	90 min	125 €
● Cupping Therapy & Massage	60 min	98 €
stimulates lymphatic flow, supports detoxification and releases muscular tension	90 min	135 €
● Cupping Massage	60 min	98 €
promotes blood circulation, strengthens connective tissue, helps reduce cellulite	90 min	135 €
● Detox Massage	60 min	95 €
removes toxins and acids from the body		
● Shirodhara Oil Pouring and Head Massage	60 min	135 €
a gateway to your soul		
● Lomi Lomi Nui Massage	60 min	95 €
flowing, rhythmic journey to the Hawaiian islands	90 min	125 €
● Hot Stone Massage	90 min	135 €
warm lava stones for a strengthened immune system		
● 4-Hand Massage	60 min	165 €
the fine art of synchronized massage		

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 ^{min} SIGNATURE TREATMENTS

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

30 ^{min} treatments can be added to any **60 ^{min} Massage** for an additional + 30 ^{min} + 49 €
Create your own arrangement by combining our **30 ^{min} Classics** and **Signature Treatments**

30+30	98 €
30+30+30	145 €



OUR THERAPEUTIC MASSAGE THERAPIST

- **Complete Body Massage** 60 ^{min} 95 €
our medical massage just for you
- **Lymphatic Drainage** 60 ^{min} 95 €
effectively drains tissue and boosts the body's defenses
- **Fire Cupping & Massage** 60 ^{min} 95 €
time-honoured technique that releases tension and eases discomfort
90 ^{min} 125 €

THERMOTHERAPY

- **Tepidarium – the room of warm stones** 30 ^{min} 20 €
available as an add-on starting from a 60-minute massage
30 ^{min} 30 €

SHOFAH SPA PACKAGES

● Shofah Kopf bis Fuß – Walking on Sunshine 120 ^{min}	 179 €
Signature Aromatherapy Massage	 349 €
Foot Reflexology Massage	
Anti-Stress Facial Lymphatic Massage	
● Shofah Relaxing – Soothe your Spirit 120 ^{min}	 179 €
Linen and Copper Glove Exfoliation Massage	 349 €
Thai Herbal Stamp and Aromatherapy Massage	
● Shofah Ayurveda – Soul to Soul 120 ^{min}	 179 €
Ayurvedic Garshan Exfoliation Massage	 349 €
Ayurvedic Massage	
Shiroabhyanga Head and Ear Massage	
● Shofah Sawasdee – One Night in Bangkok 120 ^{min}	 179 €
Traditional Thai Massage	 349 €
Foot Reflexology Massage	
Thai Head Massage	
● Shofah Smooth and Brighten – Aloha from Hawaii 120 ^{min}	 179 €
Linen and Copper Glove Exfoliation Massage	 349 €
Lomi Lomi Nui Massage	
Anti-Stress Anti-Stress Facial Lymphatic Massage	

● Shofah Balance – A Mind in Harmony 180 ^{min}	 249 €
Body Exfoliation	 469 €
Tepidarium Thermotherapy	
Signature Aromatherapy Massage	
Anti-Stress Facial Lymphatic Massage	
● Shofah Aloha Ohana – Sweet Memory 180 ^{min}	 249 €
Body Exfoliation	 469 €
Tepidarium Thermotherapy	
Lomi Lomi Nui Massage	
Gua Sha Facelift	
● Shofah Baobab – All Senses 180 ^{min}	 249 €
Body Exfoliation	 469 €
Tepidarium Thermotherapy	
Lava Shell Massage	
Shiroabhyanga Head and Ear Massage	
● Shofah Ayutthaya – Royal 180 ^{min}	 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 ^{min} 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

Säulengasse 13, 1090 Vienna

+43 1 317 65 64

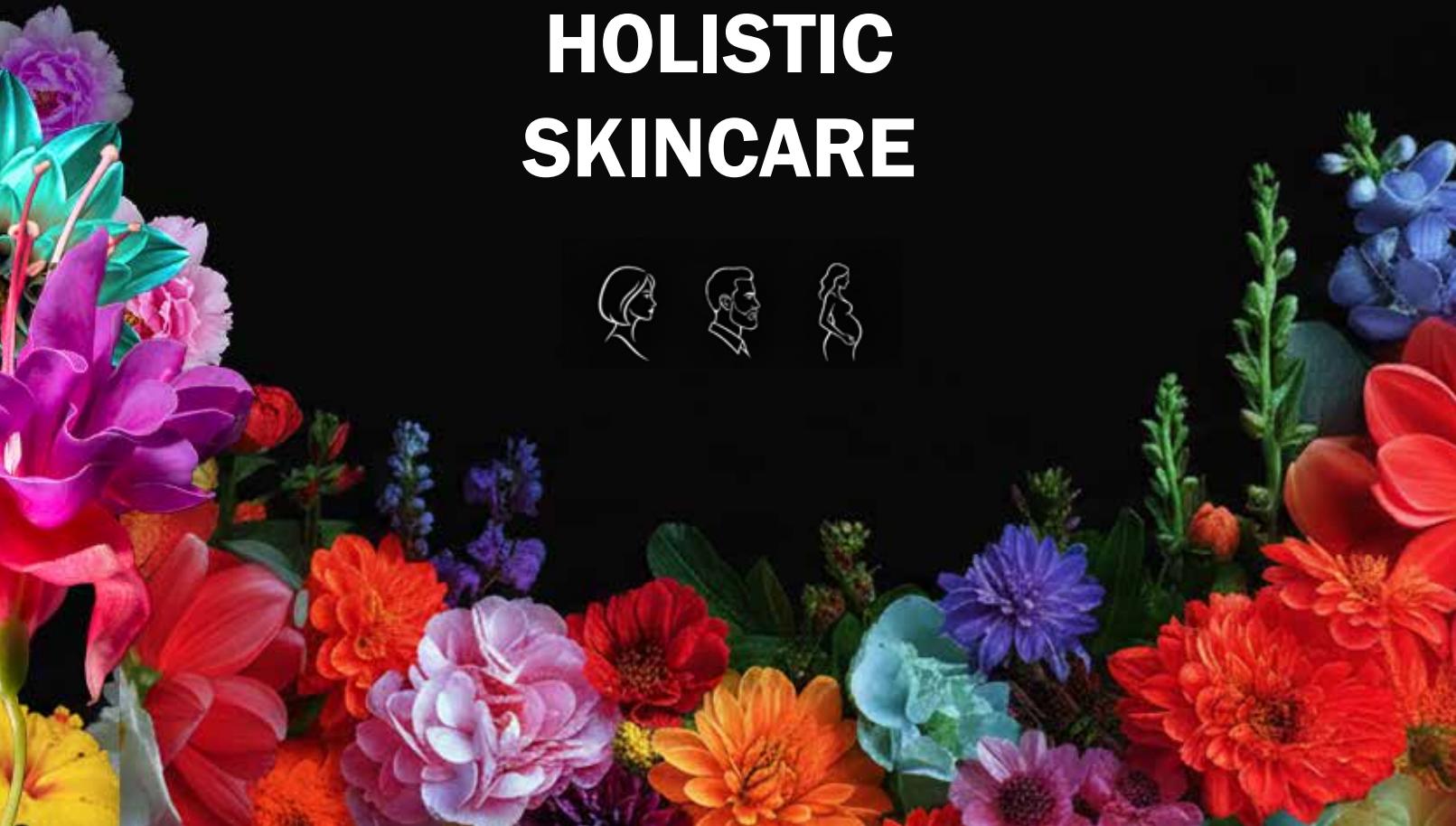
office@shofah.at

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^{times} HOLISTIC SKIN CARE EN SUITE

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

5^{times} 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€

Flexible en suite valued at 1.100 €

500 €

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

90 ^{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.

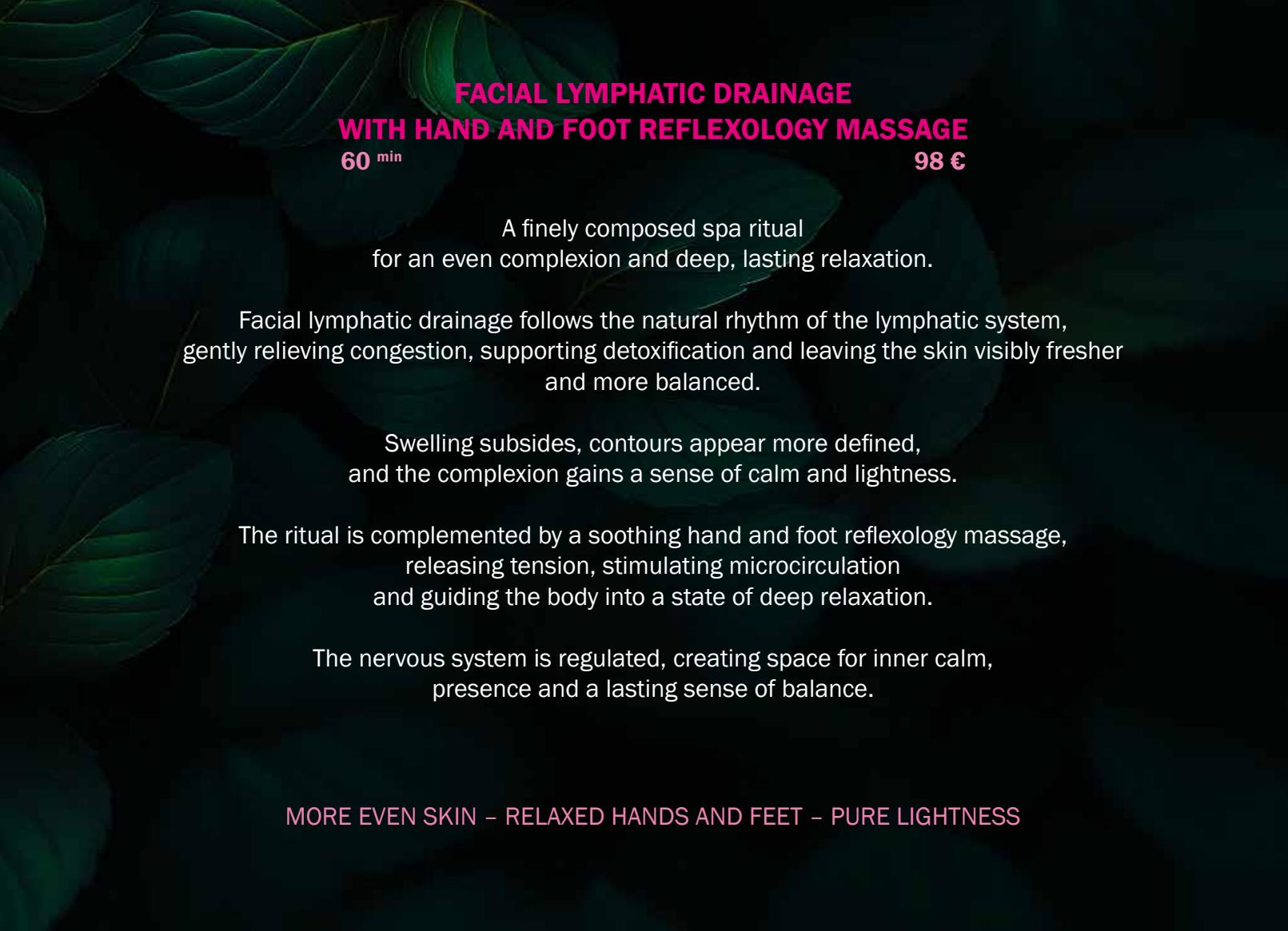
Fine lines appear softened, facial contours more defined.

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

