



Shofah spa

SHOFAH SPA – BODY AND SOUL

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

AROUND THE WORLD

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

● Ayurvedic Massage Abhyanga – balm for your everyday life	60 min 90 min	95 € 125 €
● Cupping Therapy & Massage stimulates lymphatic flow, supports detoxification and releases muscular tension	60 min 90 min	98 € 135 €
● Cupping Massage promotes blood circulation, strengthens connective tissue, helps reduce cellulite	60 min 90 min	98 € 135 €
● Detox Massage removes toxins and acids from the body	60 min	95 €
● Shirodhara Oil Pouring and Head Massage a gateway to your soul	60 min	135 €
● Lomi Lomi Nui Massage flowing, rhythmic journey to the Hawaiian islands	60 min 90 min	95 € 125 €
● Hot Stone Massage warm lava stones for a strengthened immune system	90 min	135 €
● 4-Hand Massage the fine art of synchronized massage	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^{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 our medical massage just for you	60 min	95 €
● Lymphatic Drainage effectively drains tissue and boosts the body's defenses	60 min	95 €
● Fire Cupping & Massage time-honoured technique that releases tension and eases discomfort	60 min 90 min	95 € 125 €

THERMOTHERAPY

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

SHOFAH SPA PACKAGES

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|---|-------|
| ● 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 | |

<ul style="list-style-type: none"> ● Shofah Balance – A Mind in Harmony 180 min Body Exfoliation Tepidarium Thermotherapy Signature Aromatherapy Massage Anti-Stress Facial Lymphatic Massage 		249 €
		469 €
<ul style="list-style-type: none"> ● Shofah Aloha Ohana – Sweet Memory 180 min Body Exfoliation Tepidarium Thermotherapy Lomi Lomi Nui Massage Gua Sha Facelift 		249 €
		469 €
<ul style="list-style-type: none"> ● Shofah Baobab – All Senses 180 min Body Exfoliation Tepidarium Thermotherapy Lava Shell Massage Shiroabhyanga Head and Ear Massage 		249 €
		469 €
<ul style="list-style-type: none"> ● Shofah Ayutthaya – Royal 180 min Body Exfoliation Tepidarium Thermotherapy Shofah Thai/Aromatherapy Comfort Massage Hand Reflexology Massage 		249 €
		469 €

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'll receive an 11th session as well as complimentary access to the Tepidarium.

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 including Tepidarium access 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

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www.shofah.at



SCHEDULE YOUR APPOINTMENT

SHOFAH **HOLISTIC** **SKINCARE**



THE ESSENTIAL COMPACT

30 min

65 €

The perfect introduction to our philosophy –
a compact yet powerful rejuvenation treatment for instantly visible results.

Gentle Cleansing –
mild, yet thoroughly effective

Exosome Treatment

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

The Boost & Active Roller ensures deep delivery of exosomes
in combination with other bioactive ingredients.

These ingredients have been shown to promote regenerative processes
in the deeper layers of the skin and stimulate microcirculation.
The result is accelerated epidermal renewal, refined skin texture,
and a noticeable increase in skin luminosity.

A light SPF completes the treatment, providing essential protection
while maintaining a healthy, radiant complexion.

OUR FOCUSED BOOST FOR YOUR FACE

THE ESSENTIAL

60 min

95 €

Personalised to your skin's individual needs, our holistic facial ritual combines precise active ingredient application with deep relaxation.

Gentle cleansing and a premium exfoliation prepare the skin perfectly for highly concentrated actives. Our signature massage techniques stimulate microcirculation, support regeneration, and strengthen skin structure. A mask and finishing care complete the ritual.

STRENGTHENED, REJUVENATED SKIN – IN PERFECT BALANCE

THE EXTRAORDINARY

90 min

135 €

Experience cutting-edge skincare that combines intensive nourishment with deep relaxation and targeted regeneration.

An individual skin analysis is followed by gentle, precise cleansing and refining exfoliation to optimise the absorption of highly effective bioactive ingredients. A personalised beauty tool addresses your skin's specific needs and promotes cellular regeneration.

Our signature massage for the face, neck, décolleté, and shoulders stimulates microcirculation and strengthens the dermal structure. A nourishing mask and SPF complete the treatment.

ENHANCED LUMINOSITY – DEEPLY REVITALISED AND VISIBLY REJUVENATED

HOLISTIC SKIN CARE PACKAGES

THE ESSENTIAL & BACK MASSAGE

90 min

135 €

This ritual combines **THE ESSENTIAL** with our invigorating back massage – promoting regeneration, balance, and renewed energy. Tension is released, and the muscles are rejuvenated. This is followed by the holistic **THE ESSENTIAL**, including cleansing, exfoliation, massage, and a nourishing mask.

SYNCHRONIZED LIGHTNESS & SERENITY – FOR BACK AND FACE

THE ESSENTIAL & BACK-PURIFYING-TREATMENT

90 min

145 €

This deep-cleansing ritual combines targeted facial and back care into a holistic treatment that revitalises both skin and senses.

The back is first cleansed and refined with an exfoliation to remove dead skin cells. A careful extraction removes impurities and blackheads, followed by a regenerating and soothing oil to nourish the back. The ritual continues with our holistic **THE ESSENTIAL** including cleansing, exfoliation, face massage, and a nourishing mask.

A SMOOTH, SUPPLE BACK – A REFINED, RADIANT FACE

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

90 min

135 €

THE ESSENTIAL personalised to your individual needs – gentle cleansing, professional exfoliation, and a stimulating facial massage activate skin functions and support cellular regeneration.

A nutrient-rich hair oil is gently massaged into the scalp to strengthen hair roots, promote scalp health, and release tension. The ritual is completed with a targeted head and neck massage that relieves muscular tightness, stimulates microcirculation, and induces deep relaxation and inner balance.

REVITALISED SKIN – RELAXED HEAD AND NECK – NOURISHED HAIR

THE ESSENTIAL & GUA SHA

90 min

135 €

THE ESSENTIAL combines deeply effective skincare with the relaxing power of the traditional Gua Sha massage.

Cleansing and exfoliation prepare the skin perfectly for the nourishing mask.

Our Gua Sha technique releases blockages, stimulates circulation, and enhances lymphatic flow.

POWERFUL, REFRESHED, AND NEWLY ENERGISED SKIN

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€	500 €
Flexible en suite including Tepidarium access valued at 1.100 €	1.000 €

ADDITIONAL & SPECIAL

Exosome Booster*	20 €
The next-level glow experience: promotes regeneration, renews the skin, and restores radiance.	
Eyebrows & Lashes Deluxe Shape/Lifting/Colour	95 €
Eyebrows Deluxe Shape/Lifting/Colour	59 €
Eyebrows Colour*	10 €
Lashes Deluxe Lifting/Colour	69 €
Lashes Colour*	10 €
Sugaring Deluxe Eyebrows/Upper Lip/Chin/Cheeks	49 €
Sugaring Upper Lip*	10 €
Sugaring Chin*	10 €
Sugaring Eyebrows*	10 €
Nourishing Hair Oil*	10 €

* Only available in combination with our Shofah Holistic Skin Care Rituals

