

## **Dorint Vital Royal Spa Seefeld / Tirol**

Experience over 3500 square meters at the exclusive Wellness area. Dive into the water with its in- and outdoor pools, surrounded by extensive lying and leisure areas, tropical showers and an infrared-cabin. Relax in our saunas like caldarium, herbal sauna, laconicum or the South Tyrolese sauna and experience pure calmness in the Canyon Garden with heated waterbeds, and in the Grotte with heated ceramic beds. In addition the hotel offers several baths like the Asiatic luxury bath, Seraglio bath, Royal bath and the special vitalizing Solegrotte.

Beauty treatments with algae and sea salts, medical foot care, colour therapy and hydro baths are just a few examples of the extensive offer. At the Medi-Care-Center, under medical guidance, western healing methods with traditional Chinese medicine (TCM) are combined, which improve inner balance and well being.

### **Active Vitality**

This package will show you your actual athletic ability and new ways to more vitality! Included services:

- Initial medical examination
- Lactate testing on the ergo meter or treadmill
- Bio impedance analysis and muscle check
- Personal coaching
- Personal Training Scheduler
- Serailbad

**Price/Person: EUR 258.00**

#### **Contact & information:**

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