



Spa & Wellness

FIND RELAXATION AND RECHARGE YOUR BATTERIES

An oasis of tranquillity

A warm welcome to the Palais Coburg Spa.

Set within the tranquil elegance of a Viennese city palace, the Palais Coburg Spa offers an exclusive retreat for relaxation, exercise and rejuvenation.

Look forward to a spacious indoor pool with a counter-current system, a Finnish sauna, a steam room and a refreshing plunge pool. For your workout, a modern fitness area with cardio and strength training equipment, as well as a quiet yoga room, are available.

The light-filled conservatory and the spacious sun terrace, with views over Vienna and the Stadtpark, provide the perfect setting for moments of relaxation.

Immerse yourself in an atmosphere of tranquillity and discretion and enjoy wellness in the unique ambience of the Palais Coburg.



Spa Ausstattung

Gym 73m²

A modern fitness area with cardio equipment such as rowing machines, exercise bikes, cross-trainers and treadmills, as well as a well-equipped weight room with a free weights area and high-quality equipment, is available for your use.

Yoga 43m²

The peaceful yoga studio offers a relaxing atmosphere for exercise, mindfulness and relaxation – an ideal place to bring body and mind into harmony.

Finnish sauna 90°C

Heavy sweating cleanses the body.

Steam bath 45°C

The high humidity cleanses the skin and purifies the body.

Plunge pool 13°C

1 x 1.5 m // 1.1 m deep

After your sauna session, cool your body down with a dip in ice-cold water.



Pool 27°C

9 x 4 m

Spacious indoor pool, with a counter-current system.

Sun terrace 120m²

The spa's sun terrace offers a stunning view over the city and the city park – an exclusive spot for relaxing in the open air.

Winter garden

The light-filled conservatory is situated right next to the spa and is directly connected to the sun terrace.







PURE RELAXATION

Your break for body and mind

Treat yourself to a soothing break and let our professional massages transport you to a world of deep relaxation. Whether it's gentle strokes, targeted relief for tense muscles or warming treatments – our wide range of massages is designed to give you the utmost sense of well-being.

Our personalised massages relieve tension, boost blood circulation and help reduce stress. Through harmonious massage techniques, gentle pressure points and the use of high-quality oils, we create a holistic sense of well-being that brings body, mind and soul into harmony.

Massages

Deep Tissue Massage

A specialised deep-tissue massage technique is combined with ANGATI gel oils to relieve muscle tension and improve blood circulation. The treatment is intensive yet soothing.

60 minutes

Executive Recovery Ritual

A soothing massage that relieves tension, promotes recovery and restores your energy. For a sense of lightness, inner balance and mental clarity.

45 minutes



Jardin des Herbes Ritual

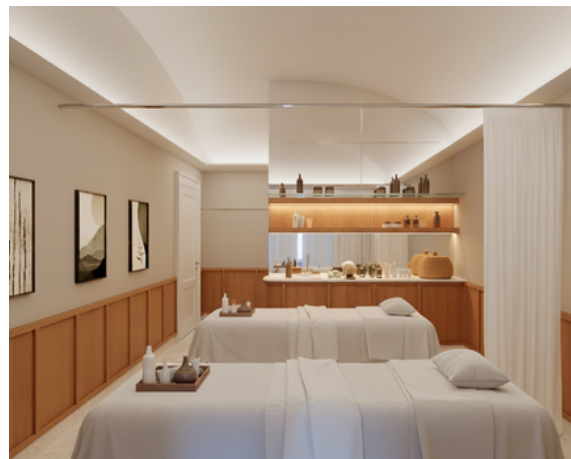
Warming herbal compresses and flowing massage techniques relieve tension, stimulate blood circulation and provide a sense of deep relaxation and restorative rejuvenation.

60 minutes

Camellia Relaxation Ritual

A personalised massage that gently relieves tension, enhances your sense of well-being and brings your body and mind into harmonious balance.

60 minutes



Jardin de Clémentine – Royal Body Ritual

Created exclusively for the Palais Coburg

The house's signature body ritual combines exclusive skincare, personalised attention and deep relaxation to create an unrivalled spa experience. Precious essences, selected oils and finely tuned massage techniques are tailored to your personal needs and unfold their soothing effects through a harmonious interplay of touch, scent and tranquillity.

Gentle, flowing movements release tension, promote regeneration and bestow a deep sense of well-being and balance. The experience is crowned by an elegant white tea ceremony, which allows body and mind to find peace and stylishly rounds off this luxurious ritual of relaxation.

90 minutes | 120 minutes

Facial treatments



Clémentine's Longevity Signatur Ritual

Created exclusively for the Palais Coburg

An extraordinary longevity experience for timeless beauty and lasting wellbeing. Detox rituals, deep-acting massage and lifting techniques, and personalised Camellia skincare combine to create a holistic treatment for the body and skin.

Exclusive moments of pampering promote regeneration, restore energy and enhance the skin's natural radiance. A relaxing hand ritual and an elegant white tea ceremony round off this unique signature ritual, transforming it into a luxurious retreat for body and mind.

180 minutes

Camellia Glow Signature Facial

A luxurious anti-ageing facial treatment for renewed radiance, intense hydration and visibly refined skin. Precious active ingredients and exclusive skincare rituals leave the complexion radiant and revitalised.

90 minutes





Facial treatments

Duc's Elegance – Gentlemen's Treatment

Exclusive skincare tailored to the specific needs of men's skin. Regenerating active ingredients, deep relaxation and bespoke skincare combine to create an elegant treatment experience.

120 minutes

Executive Glow Facial

An efficient, high-performance facial treatment for an instantly visibly fresh, well-cared-for and radiant complexion. Ideal for discerning guests who are short on time.

50 minutes



Camellia Eye Lift Ritual

Intensive revitalisation of the eye area using firming and moisturising active ingredients, combined with ultrasound technology. The eyes appear fresher, smoother and visibly revitalised.

30 minutes



Available to book alongside a beauty treatment

Firming Cocoon Ritual **60 mins**
A luxurious firming wrap designed to support skin firmness, elasticity and contour. High-quality active ingredients and soothing warmth leave the skin feeling visibly smoother and provide deep relaxation

Regeneration Cocoon Ritual **60 mins**
An intensely nourishing restorative wrap with regenerating active ingredients to support the skin's barrier and provide long-lasting hydration. The skin appears supple, revitalised and well-nourished.

Crown & Neck Relaxation **25 mins**
A relaxing massage for the head, ears and neck to relieve tension and stress. It promotes mental clarity, deep relaxation and a feeling of soothing lightness.

Petite Camélia – Hand & Foot Ritual **40 mins**
A pampering treat for your hands and feet. Gentle exfoliation, a relaxing reflexology massage and nourishing eucalyptus treatments leave your skin feeling supple and light, and give you a new lease of energy.

Foot reflexology **25 mins**
Targeted pressure-point massage to stimulate the reflex zones of the feet. Promotes relaxation, a sense of well-being and a harmonious balance between body and mind.

Buccal Massage **25 mins**
An innovative deep-tissue massage for the face and mouth area, designed to relax the facial muscles and enhance the natural contours of the face. The skin appears smoother, more defined and visibly revitalised.



Age-Defying Serum Massage <i>An intensive nourishing facial massage using highly concentrated active ingredient serums. Helps to hydrate the skin, enhances its radiance and leaves it feeling supple and nourished.</i>	15 mins	Revitalising Eye Mask <i>A pampering eye treatment with carefully selected active ingredients to promote hydration, freshness and radiance. The eye area appears smoother, more relaxed and visibly revitalised.</i>	20 mins
Radiance Face Mask <i>An exclusive intensive mask with carefully selected active ingredients to restore radiance and refine the complexion. The skin appears refreshed, deeply moisturised and visibly revitalised.</i>	20 mins	Deep Hydration Foot Therapy <i>Warming paraffin foot treatment with intensive moisturising and relaxation</i>	20 mins
Bakuchiol Radiance Infusion <i>A highly effective anti-ageing treatment featuring bakuchiol and ultrasound-assisted infusion of active ingredients. This innovative treatment promotes skin renewal, provides intense hydration and leaves the skin looking visibly smoother, plumper and more radiant.</i>	30 mins	Classic Polish Application	10 mins
		Lash Definition Tint	15 mins
		Brow Definition Tint	15 mins
		Precision Upper Lip Waxing	15 mins
		Precision Chin Waxing	15 mins

Infusion therapy

The structure of your session

At the historic Palais Coburg, medical expertise and understated luxury combine to create an extraordinary experience of rejuvenation. Every infusion is guided by the philosophy of ANGATI Mindful Beauty — mindful relaxation, inner balance and lasting wellbeing, all set against the unique atmosphere of the Palais.

The treatment itself is always meticulously tailored — medically sound, with personalised care, and delivered in a tranquil, exclusive setting.

Each session includes:

- A preliminary consultation with a doctor and a personalised assessment of your needs; a written information sheet in German or English, along with your consent to proceed
- An electrolyte infusion solution (250, 500 or 1,000 ml) as a rehydration base
- Carefully selected micronutrients in accordance with the doctor's assessment
- A rest period to recover afterwards
- Approx. 45–60 minutes of exclusive time, entirely for you



Dr. Patricia Koch
Specialist in Internal Medicine

Infusion therapy

THE REHYDRATION

Intense physical exertion during training or competition quickly depletes the body of fluids and electrolytes. THE REHYDRATION is the highest-volume electrolyte drink in our range and specifically replenishes what is lost through sweat and exertion — a clear, straightforward way to replenish the body after physical exertion.

Suitable for:

Athletes after training or competition, intense physical exertion, hot summer days.

THE ESSENTIAL BALANCE

THE ESSENTIAL BALANCE is our comprehensive core range: a carefully balanced selection of vitamins designed to stabilise the body's natural balance and support overall vitality. A straightforward choice for anyone who wishes to invest in their wellbeing as a preventative measure, regardless of any specific occasion.

Suitable for: General preventative care, seasonal transitions, as an introduction to our infusion programme.

THE EXECUTIVE CLARITY

Busy schedules and heavy responsibilities demand mental sharpness. THE EXECUTIVE CLARITY has been developed for periods of high mental strain — to support concentration, stamina and clear decision-making when it matters most. A focused infusion for busy professionals who want to maintain their full performance even under pressure.

Suitable for: Before important appointments, during periods of high mental strain, and for busy executives.

THE IMMUNE DEFENSE

Changing weather, frequent travel or the cooler months place particular demands on the body's natural defences. THE IMMUNE DEFENSE combines high-dose vitamin C with a broad-spectrum B-vitamin complex and is taken during periods of increased stress — a tried-and-tested choice before or after periods of intensive travel.

Suitable for: Before and after travelling, during the colder months, and during periods of increased stress at work or in your personal life.

THE LONGEVITY JOURNEY

THE LONGEVITY JOURNEY is our premium programme in the field of preventive and longevity medicine. At its heart is NAD+ (nicotinamide adenine dinucleotide), a coenzyme that plays a central role in cellular energy metabolism and repair processes, and which naturally declines with age. Targeted supplementation is designed to support natural cellular metabolism — as a conscious, long-term contribution to one's own health.

Suitable for: Guests with an interest in preventative and longevity medicine, as a complementary component of a sustainable health programme, subject to an individual medical assessment.

THE RECOVERY FLOW

Long flights and jet lag can throw your natural rhythm off balance. THE RECOVERY FLOW is specially designed for this situation: water-soluble vitamins, which play a key role in energy production, can help you recover after your journey — ideal for taking straight after arriving in Vienna.

Suitable for: After long-haul flights and jet lag, and for those who travel internationally frequently.





Fitness & Exercise

Your personalised training programme with a long-term perspective

A modern, well-equipped fitness area is available for your all-round workout: from cardio equipment such as rowing machines, spinning bikes, exercise bikes, cross-trainers and treadmills, to a spacious weight room with a free weights area, a weight bench and high-quality strength training machines such as the Dual Leg, Low Row and Chest Press.

The facilities are complemented by an innovative Visio multifunctional machine (Kinesis Visions) and the Technogym Visio Display with integrated training videos and instructions. In addition, a peaceful yoga room and a sunny terrace invite you to relax and recharge.

Personal Training

Would you like personalised support?

Our partners will be happy to help you design a programme tailored to your needs and goals.



Öffnungszeiten & Reservation

The spa is available to you at the following times without the need to book in advance:

SPA & Fitness Area	Daily 06.30–22.00
Treatments	Daily 10.00–20.00

Our hotel guests are welcome to use the spa and fitness area outside of opening hours on request.



Contact

Our team is always happy to help. Please send us an email or give us a call.
We look forward to hearing from you!

Email:	reservations@palais-coburg.com
Telephone:	+43 (0)1 51818 130

Spa Etiquette

Booking an appointment

We recommend that you book appointments before you arrive so that we can best cater to your needs. On-the-spot bookings are possible, subject to availability. All treatments start and finish on time to ensure that the next guests' appointments run smoothly.

Medical precautions

Please inform our spa team if you suffer from high blood pressure, heart conditions or any other health issues. Please also let us know if you are pregnant, so that we can recommend suitable treatments. In this case, we would also ask you to consult your doctor before your spa visit.

Clothing in the spa and fitness area

We recommend wearing underwear or swimwear under your bathrobe during treatments. We can provide disposable underwear for both women and men on request. Our staff will ensure you are adequately covered during your treatment.

The use of the fitness area is permitted only when wearing trainers. The mixed-gender sauna area may be entered naked, whilst swimwear must be worn in the pool area.

Valuables and mobile phones

We accept no liability for lost items. Please lock all your valuables in your room safe before visiting the spa. As the Palais Coburg Spa is dedicated to rest and relaxation, we ask that you refrain from using mobile phones.

Children

We ask that children and young people show consideration for other guests at all times. Use of the fitness area is permitted only for those aged 15 and over, and those aged 15 to 18 must be accompanied by an adult. The sauna and steam room are reserved for guests aged 18 and over. Parents or guardians are responsible for their children.

Cancellation Policy

For confirmed appointments that are cancelled less than 24 hours before the start of treatment, we will charge the full price. If you arrive late, the treatment time will be reduced accordingly, whilst the cost remains the same.

Atmosphere

To ensure a peaceful atmosphere in the spa, we ask that you switch off your mobile phones and other electronic devices. The entire spa and wellness area is a smoke-free zone.





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