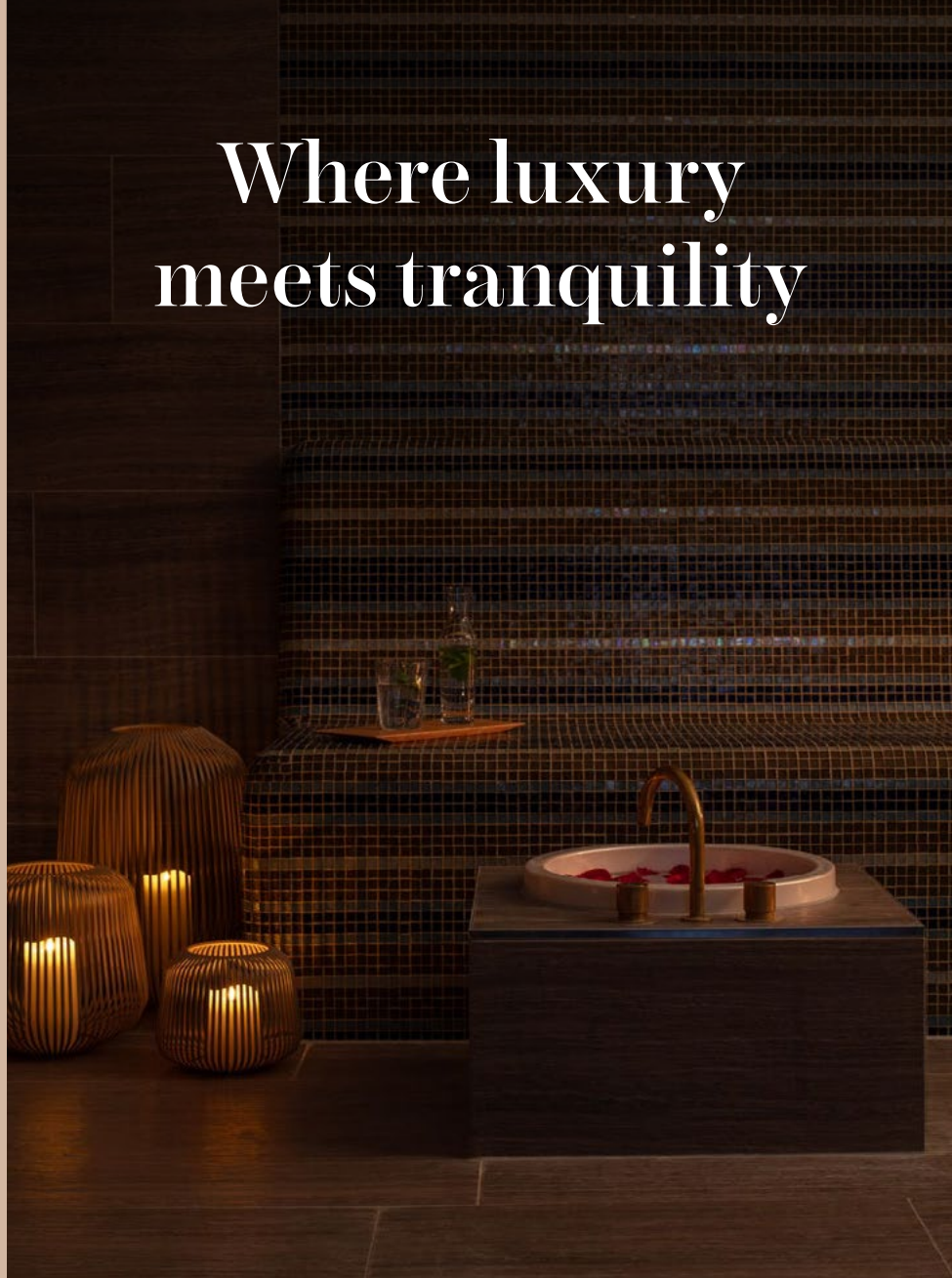


Where luxury meets tranquility



ANANTARA

SPA



Welcome to Anantara Spa

Surrender to the serenity of Anantara Spa at Anantara Palais Hansen Vienna Hotel, where luxury meets tranquility. Inside our oasis on the Ringstrasse, enjoy six lavish treatment rooms, fitness centre, rejuvenating hydropool, Finnish sauna (90°C), steam bath (45°C) and sanarium (60°C).

Discover bliss, beauty and wellness with massage treatments and advanced skincare regimes in a sophisticated sanctuary. Our knowledgeable Anantara Spa team are here seven days a week to guide your wellness journey, ensuring a blissful retreat.

ENQUIRIES OR RESERVATIONS

For enquiries or reservations, reach out to the Anantara Spa team at: spa.palaishansen@anantara-hotels.com or call +43 (1) 236 1000 8090.



How to Spa

OPERATING HOURS

Anantara Spa is open daily from 10:00 am – 9:00 pm. Children of hotel guests aged under 16 years are allowed in the hydropool between 10:00 am and 4:00 pm, provided they are accompanied by a parent who takes full responsibility. Guests at Anantara Palais Hansen Vienna Hotel have 24-hour access to the fitness centre.

RESERVATIONS

To avoid disappointment, we recommend booking treatments in advance.

SPA ARRIVAL

To ensure you reap the full benefits of your experience at Anantara Spa we ask that you arrive 15 minutes prior to your appointment. Late arrivals will be facilitated to the best of our ability; however, your treatment time may be shortened.

Some medical conditions are inadvisable with certain treatments, so we ask that you notify us of any medical conditions at the time of booking. All information is kept in the strictest of confidence.

WELLNESS AREA

There is an additional fee if you wish to add on use of the facilities to any treatments. Please enquire at Anantara Spa reception.

To respect the serenity of Anantara Spa, please refrain from talking loudly or shouting while in the treatment rooms, pool area or relaxation suites. Use of mobile phones is not permitted in the pool, thermal suite and relaxation area.

SPA ATTIRE AND VALUABLES

Swimwear must be worn at all times in the pool area. For your convenience Anantara Spa will provide bathrobes, towels, slippers, shower caps and a locker to store your belongings. We recommend you do not bring valuables to your appointment, as Anantara Spa does not assume responsibility for lost items.

AGE REQUIREMENTS

Children of hotel guests aged under 16 are allowed in the hydropool between 10:00 am and 4:00 pm, provided they are accompanied by a parent who takes full responsibility.

CANCELLATION POLICY

Cancellations made with less than 6 hours notice will be subject to 50% charge. No shows will be subject to 100% charge.

Massage

RELAX MASSAGE

Light, flowing strokes move across the body in an unhurried rhythm, warming the skin and slowing the breath. Gentle work through the superficial layers encourages the nervous system to settle, leaving the body relaxed and the mind noticeably quieter.

50 | 75 MINUTES

STRESS RELIEF MASSAGE

Let everyday tension melt away with a restorative full-body massage combining flowing relaxation techniques with deeper therapeutic touch. Medium pressure helps release muscular tension throughout the body, with particular attention given to the neck and shoulders, where tension often accumulates.

50 | 75 MINUTES

DEEP TISSUE MASSAGE

Some tension does not yield to a lighter touch. Deep, deliberate pressure combines with focused techniques and stretching to work into areas of muscular discomfort, encourage circulation and release tension held beneath the surface.

25 | 50 | 75 MINUTES

FOOT REFLEXOLOGY

In traditional Chinese medicine, the feet are understood as a map of the body. Precise pressure applied to specific reflex points helps restore the flow of energy, ease stress and pain, support digestion and encourage more restful sleep.

25 MINUTES

Body & Mind

TRADITIONAL THAI MASSAGE

Rooted in traditional Thai medicine, this dynamic manual therapy works along the body's energy pathways through targeted point work, rhythmic palm and finger pressure, and assisted stretching. Moving through a sequence of positions, the therapist helps rebalance the body's energy while increasing mobility through the joints and muscles.

50 | 75 | 100 MINUTES

BALINESE MASSAGE

Long, therapeutic strokes, skin-rolling techniques and fragrant aromatherapy oils define this ancient Indonesian therapy. The fluid rhythm works through muscular pain and deeply held tension while encouraging circulation - particularly welcome when travel or poor sleep has left the body out of step.

75 MINUTES

AYURVEDA HARMONY

Warm Ayurvedic oil gives this deeply relaxing treatment its enveloping quality. Rooted in traditional Indian medicine, it combines acupressure with lymphatic drainage to work across the body's tissues, release blockages within the chakra system, and restore balance and vitality.

75 MINUTES

For Two

COUPLES' TREATMENTS

Two treatments, one private space. Share your chosen rituals side by side in our couples' treatment room.

MINI & ME – CHILD & PARENT

Time together, shaped for two generations. A gentle Sweet Dreams massage helps the child settle into stillness, while the parent receives a Stress Relief massage designed to soften tension and slow the pace.

50 MINUTES

SPA ROMANTIC HARMONY

An unhurried ritual for two, combining side-by-side Stress Relief massages with the enveloping warmth of the steam room and time in complete privacy.

80 MINUTES

ROMANTIC GETAWAY

A deeper retreat for two, centred around side-by-side Anantara Energy Boost massages. Flowing strokes, focused pressure and reflexology work through held tension before the experience continues with the steam room and uninterrupted private time in our room for two.

100 MINUTES





Signature Experiences

ANANTARA ENERGY BOOST

The experience begins with a refreshing citrus mist, awakening the senses. A harmonious blend of Chinese and Swedish techniques, complemented by full-body reflexology, follows with medium to deep pressure tailored to the body's needs. Deeper, targeted movements work into areas of muscular tightness, helping to ease tension and discomfort, while long, rhythmic strokes guide the body into a state of deep relaxation. The ritual concludes with the low, soothing resonance of a gong, gently marking the transition from physical tension to a profound sense of ease.

75 MINUTES

LONGEVITY HEAD & BODY RITUAL

Longevity begins with mindful care, from scalp to soles. Warm oil, unhurried touch and full-body massage release held tension, while precise lymphatic drainage, Natura Bissé facial care, Shiatsu-inspired pressure points and a nourishing scalp ritual restore balance. Designed to support restorative sleep and mental renewal, the treatment reduces stress and promotes cognitive clarity.

90 MINUTES

MOM TO BE

Pregnancy asks the body to adapt every day; this ritual gives some of that care back. Warm Natura Bissé oil and slow, supported massage ease the back, legs, feet and hands, while a replenishing facial unfolds alongside the bodywork. The aroma of the oil opens and closes the experience, with every position and pressure adapted around the mother-to-be. A gentle abdominal massage may be included only with her consent.

Suitable from the second trimester, subject to consultation.

75 MINUTES

Rituals

NATURA BISSÉ VITAMIN C INFUSION

Vitamin C is layered into this body ritual through two considered stages: a refining exfoliation followed by a flowing full-body massage. Rich in antioxidants and collagen-boosting vitamin C, the treatment restores vitality to sun-damaged skin, helps minimise signs of premature ageing and visibly improves firmness, luminosity and radiance.

75 MINUTES

NATURA BISSÉ C+C ROYAL EXPERIENCE

From face to body, pure vitamin C runs through this complete skin ritual. The Vitamin C Infusion body treatment is paired with a C+C Vitality Boost facial to target hyperpigmentation, defend against free radicals and replenish moisture. Skin is left deeply nourished, firmer and smoother, with renewed luminosity, while the head-to-toe experience relaxes and revitalises.

125 MINUTES

ELEMIS FRANGIPANI BODY WRAP

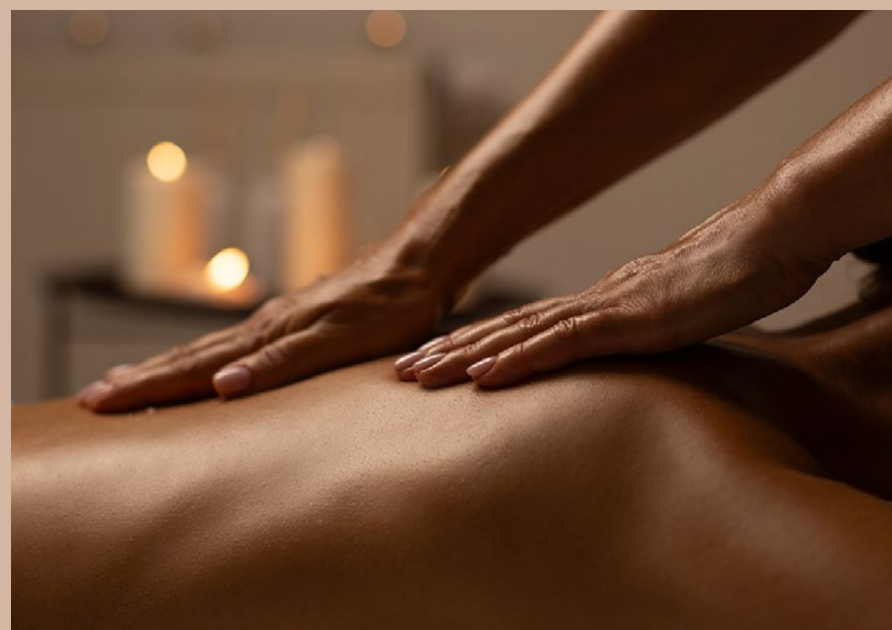
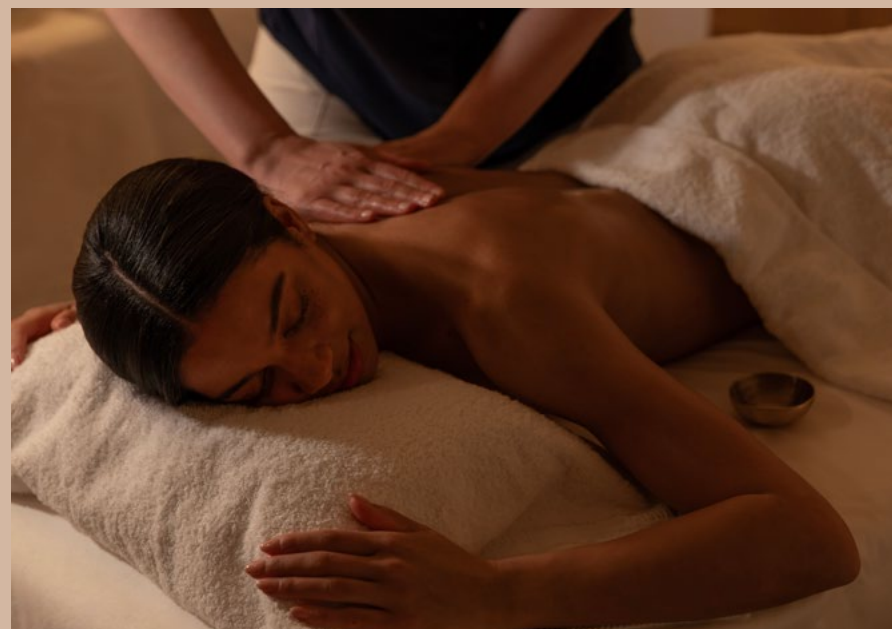
The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skinconditioning oils perform their magic. Finally, a facial and scalp massage eases you into ultimate relaxation for an emotionally grounding experience and skin that has never felt silkier.

50 MINUTES

ELEMIS CLEANSING SALT SCRUB

Discover the power of mineral-rich salt to cleanse and invigorate. Aromatic salt is used to gently slough away dead skin cells, encouraging skin regeneration and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with soothing oils for velvety-soft, conditioned skin.

50 MINUTES



Facials – Natura Bissé

SKIN RECOVERY

When skin is easily unsettled, every touch matters. Botanical ingredients and precise massage manoeuvres come together in this calming, anti-inflammatory facial to help reduce visible redness, dilated capillaries and irritation. Gentle yet firming, it comforts even the most sensitive skin while minimising visible signs of ageing.

50 MINUTES

C+C VITALITY BOOST

Citrus is experienced twice: first in its bright aroma, then in the renewed luminosity of the skin. A multi-amino-acid cocktail helps revive dull, sun-damaged skin and skin showing a loss of firmness, restoring vitality and suppleness while softening visible signs of ageing.

50 MINUTES

3D COLLAGEN

This is facial architecture, approached through nourishment and touch. An infusion of collagen and nutrients from the Natura Bissé's Essential Shock (R)Evolution line revives dull skin and addresses loss of firmness, while an exclusive massage helps redefine the facial contours. Skin appears more supple, plumped and even in tone.

50 MINUTES

DEEP CLEANSING

For skin prone to shine, blemishes and acne, cleansing alone is not enough. This comprehensive facial lifts away surface impurities, deeply purifies congested pores and supports detoxification without neglecting moisture. The complexion is left clear, fresh and restored to balance.

75 MINUTES

INHIBIT ZERO GRAVITY

This is precision care for visible lines, built around Natura Bissé's advanced Inhibit Collection. Master cleansing and intensive yet delicate exfoliation prepare the skin for expert facial massage, followed by an activating massage with an anti-wrinkle ultraconcentrate rich in relaxing neuropeptides and targeted age-defying ingredients. A repairing hyaluronic acid mask and LED light complete the treatment, restoring hydration and creating a smoother, visibly filled appearance.

75 MINUTES

COMPLIMENTARY WITH NATURA BISSÉ FACIAL TREATMENTS

PURE AIR DEVICE

The facial experience begins with more than what touches the skin. The Natura Bissé Pure Air Device is designed to filter airborne particles within the treatment room, creating a cleaner, more comfortable environment in which to slow down and focus fully on the ritual.

OBSERV SKIN SCANNER

Professional skin analysis - look deeper, see clearer and treat better. From the surface layer to below, Observ 320 uses different patented LED light sources and filters to reveal how subtle signs of aging and skin health contribute to appearance.

Facials – ELEMIS

ELEMIS EXPERT™ TECH SMOOTH + POLISH FACIAL

- Reset, Resurface & Brighten
- Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.
- BIOTEC Technology:
 - Ultrasonic Peel for glowing skin
 - LED Light Mask to re-energise the skin
 - Galvanic technology to restore the skin

75 MINUTES

ELEMIS EXPERT™ TECH SCULPT + FIRM FACIAL

- Revitalise, Strengthen & Define
- Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.
- BIOTEC Technology:
 - Ultrasonic Peel for glowing skin
 - Microcurrent to lift the skin
 - Oxygen Infusion to plump the skin
 - LED Light Mask to re-energise the skin
 - Galvanic technology to restore the skin

90 MINUTES



COMPLIMENTARY
WITH ELEMIS FACIAL
TREATMENTS

ELEMIS BIOTEC

Advanced technology that combines targeted electrical currents, ultrasonic exfoliation and LED light therapy to boost skin energy, smooth texture and enhance visible firmness



Kids' Menu

SWEET DREAMS MASSAGE

Soft touch moves across the scalp, neck and shoulders, accompanied by the honey-and-vanilla scent of organic Rêve d'Ange. Gentle and comforting, it gives younger guests a quiet moment to unwind.

50 MINUTES

NOUGATINE LUXURIOUS FACIAL

A first facial should feel like discovery. For children aged six and above, it begins with cotton-candy face wash and micellar water. Chocolate-and-hazelnut cream moisturises, nourishes and protects before a gentle facial massage. Caramel lip balm and a fresh apple Eau de Toilette complete the ritual.

50 MINUTES

NOUGATINE PURETÉ FACIAL CARE

Teen skin changes quickly; this facial meets it where it is. A candy-apple scrub and charcoal mask purify and refresh, followed by a candy-apple scented mattifying fluid that restores hydration while helping control shine. Skin is left balanced, comfortable and fresh.

50 MINUTES

REST SWEETLY PRINCE OR PRINCESS

Rest comes in two chapters. A gentle Sweet Dreams Massage eases the scalp, neck and shoulders before the Nougatine Luxurious Facial cleanses and nourishes younger skin. Together, they create an unhurried ritual made entirely for them.

50 MINUTES

Mani & Pedi

Indulge in our specialised treatments designed to pamper and rejuvenate your hands and feet.

SPA MANICURE

A complete manicure begins long before the polish. A salt hand bath prepares the hands for an organic sugar exfoliation that lifts away dry surface skin, followed by a slow, relaxing hand massage. Detailed care of the cuticles and nails completes the treatment before the chosen nail polish is applied.

SPA PEDICURE

Every step begins with well-cared-for feet. A salt footbath prepares the skin for an organic sugar scrub and chemical peel that remove dry surface skin. A focused foot massage combines gentle pressure with relaxation and stimulation, followed by detailed care of the cuticles and nails. The chosen nail polish provides the final detail.

ADD-ON MANI & PEDI

SHELLACK REMOVAL

Professional removal of permanent nail polish. Removal of acrylic or gel enhancements is not included.

SHELLACK

Application of long-wear permanent nail polish. Acrylic or gel enhancements are not included.



GENTLEMAN'S MANICURE

Quietly precise, this complete hand treatment begins with a salt bath, followed by an organic sugar exfoliation to lift away dry surface skin. A slow hand massage brings a moment of deep relaxation before detailed care of the cuticles and nails leaves the hands neat and well-groomed.

GENTLEMAN'S PEDICURE

Comfort and precision meet in this complete foot treatment. A salt footbath is followed by dual exfoliation with an organic sugar scrub and chemical peel to remove dry surface skin. Gentle pressure during the foot massage relaxes and stimulates before detailed cuticle and nail care leaves the feet smooth and well-groomed.



Treatment upgrades

NATURA BISSÉ OIL

Choose from three dry oils with 95% ingredients of natural origin.

FITNESS – Cooling peppermint and eucalyptus ease tension and heaviness.

DETOX – Seaweed and chia give this purifying oil its fresh, renewing quality.

DE-STRESS – Lavender and grapeseed oil help relax the body and settle the mind.

NATURA BISSÉ GEL

Choose from two targeted gels with 90% ingredients of natural origin.

THE WARMING GEL – A thermo-activated formula creates gradual warmth to ease tension and discomfort.

THE CRYO-GEL – An instant cooling effect refreshes tired areas and heavy legs, particularly after physical activity. May be used during pregnancy following consultation.

THAI BALM

Choose from three traditional herbal balms.

GREEN BALM – Cooling Saed Pangpon balm for revitalizing overworked muscles and areas of tension.

YELLOW BALM – Cooling Plai balm for soothing muscular soreness, cramping and joint discomfort.

WHITE BALM – Warming herbal balm for tight muscles and stiff-feeling joints.

HOT STONES

Heated volcanic stones help tense muscles soften and deepen relaxation.

NATURA BISSÉ FACIAL MASK

An instant-glow mini facial with the Essential Shock Intense Instant-Lift Mask, enriched with hyaluronic acid, collagen, elastin and niacinamide. Finished with a Natura Bissé cream selected for your skin type.

Upgrades are available only with a booked treatment and cannot be reserved separately.

Spa Pass

Dedicate a day to relaxation in luxurious surroundings designed to enhance your wellbeing.

Facilities include a rejuvenating hydropool, thermal area with Finnish sauna (90°C), steam bath (45°C) and sanarium (60°C) as well as a women-only spa zone with Finnish sauna and showers.

The wellness experience is completed by a dedicated meditation room and relaxation area for moments of tranquillity as well as a fitness centre.

SPA PASSES

The Spa Pass is available as a 2-hour access to the spa zone or as a full-day pass, offering flexibility to enjoy the wellness facilities according to your preference.

Available for adults only (16 years and above).

Hotel guests have complimentary access to the spa facilities.



